

The Signature

Sigonella, Sicily

Vol. 20 No. 31

Aug. 8, 2003

DODDS program provides Sure Start for children

AN Michelle Hartgraves
Staff Writer

It is that time again. Summer is coming to a close and a new school year looms on the horizon. To help the school year start off right, a program was implemented by the Department of Defense Dependents Education Activity (DoDEA) to prepare children for school.

The Sure Start Program is the equivalent to Project Head Start Program in the states. The program is designed to help pre-kindergarten children get ready for their first year at school.

Sure Start consists of four components, educational, health, social service, and the parent component.

The educational component offers children a variety of learning activities that encourage their social, emotional, cognitive and physical growth according to Tammy Prado, elementary school clerk and registrar.

The health component provides children with medical, dental, mental health and nutritional services. The social service part of the program deals with improving the conditions and quality of family life. Parent involvement training educates parents on the parental role they play in their children's education.

As a condition of enrollment parents volunteer in the classroom and have two or three home visits by Sure Start staff. Immunization and the required documentation for DODDS registration are also necessary.

The target population includes children of sponsors

Sure start, page 10

National Night Out's takes a bite out of crime

AN Michelle Hartgraves
Staff Writer



Sigonella participated in this year's national night out celebration at Marinai Housing. The celebration is designed to bring the community together against crime.

Every moment, every second, every hour, and every day, a crime is being committed. As crime increases more and more people band together to help fight crime and raise awareness. Programs such as McGruff the Crime Dog, and Neighborhood Watch have grown in popularity and have sprouted up throughout the states.

Aug. 5 marked the 20th Annual National Night Out. Sponsored by National Association of Town Watch, National Night Out became "America's Night Out Against Crime" in 1984. Still going strong, the program is held on the first Tuesday night in August of every year.

National Night Out, page 13

Today's Hometown Weather

La Quinta, CA.



La Quinta

High 81° F - Low 60° F

Partly cloudy

SECNAV visits NASSIG

JOSN Steve Weaver
Staff Writer

The Acting Secretary of the Navy (SECNAV) and the Deputy Under Secretary of Defense for Installations and Environment visited Naval Air Station Sigonella on Aug. 1 as part of a European tour.

NASSIG was the first stop for the honorable Hansford T. Johnson and Raymond F. DuBois on the six-day tour which includes Naples, Souda Bay, and Rota.

Johnson and DuBois toured the Maranai and 205 housing complexes, the new kindergarten, Navy Exchange, commissary, and food court. They then had lunch at the NAS II Galley, where they dined with Navy ombudsmen.

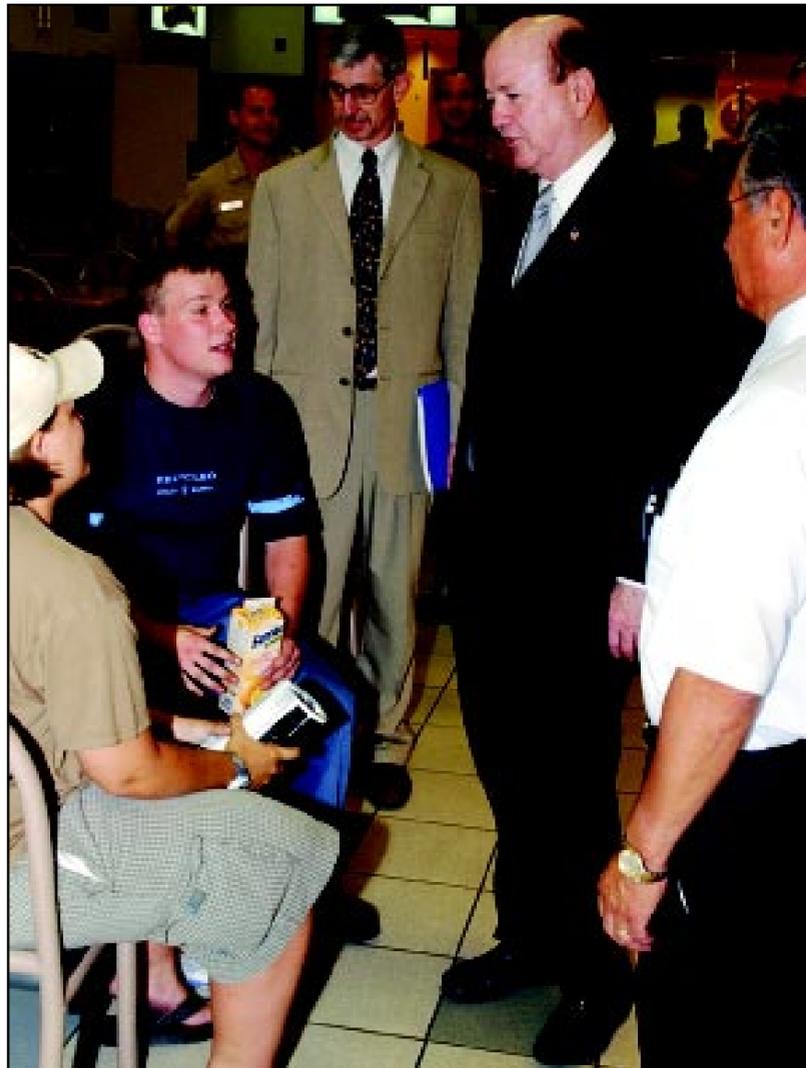
After lunch, they participated in a promotion ceremony for Capt. Michael Blount at Hangar 413. Johnson and DuBois then spoke to Sailors from Helicopter Support Squadron Four (HC-4), Patrol Squadron Eight (VP-8), and Patrol Squadron 45 (VP-45).

With the recent tragedy at HC-4 still on the minds of Sigonellans, Johnson spoke on the importance of safety. "I, and I hope everybody in the Department of the Navy, think that people are our most precious asset," he said. "Their safety is of great importance to me. For safety to work, you have to have a safety culture where it's important to every person."

DuBois also weighed in on the topic of safety. "Secretary of Defense Donald Rumsfeld made it very clear early on in his tenure that safety would be an issue that he would hold the service secretaries and service chiefs personally responsible for," he said. "If it was reported to the Secretary of Defense that someone died, and we had a terrible accident here on this very installation, he wants an answer [on what happened], and he will get it."

The SECNAV also spoke on the role of NASSIG in current and future operations in the region. "In the Mediterranean there's what's called the string of pearls; from Rota, to Sigonella, to Souda Bay," he said. "These allow the Navy to move and operate in this area. Almost everything transiting the Mediterranean is ser-

SECNAV, page 8



The Honorable Hanford T. Johnson, acting Secretary of the Navy, speaks with Navy Exchange patrons about the quality of life on NAS Sigonella during his visit to the base.

NASSIG Physical Therapy: When you can't just 'walk it off'

JOSN Steve Weaver
Staff Writer



A member of Public Works, to a traction machine in order to perform lumbar traction. The machine is affectionately called "The Rack" by patients.

It was a great day for softball at Naval Air Station Sigonella. I was in the outfield waiting for the next pitch to be thrown. 'Ding' went the aluminum bat as the softball hurled to left center, where a certain coworker of mine was playing. The ball got into our gap and rolled under the green mesh fence. My coworker, for reasons unknown to me hurdled the fence and came down on his face. I thought, 'didn't he know it was a ground rule double?'

When he got up, he had a limp in his step. Days later, he was still complaining of the injury he sustained. He smartly went to see a doctor and eventually ended up in the exact place he needed to be, the NASSIG Physical Therapy Department.

"Here, because we have a lot of active duty population, we see a lot of sports injuries," said HM2 Diana Anderson, a physical therapy technician. "Knee, ankle, shoulders, a lot of neck and back type injuries. During softball season we see a lot of

shoulder injuries due to overhead throwing and pitching, and ankle injuries, usually ankle sprains, due to sliding into the bases. During PRT twice a year, we get a lot of people come in for back and knee pain especially."

The mission at the Physical Therapy Department, like any department at the hospital, is to get people well from an injury and back to being productive, whether the injury was sustained jumping the fence on a ground-rule double or on the job. "We Therapy, page 8

Toto, I've a feeling we're not in Kansas anymore

Photo by ET1 (SW) Jena Canell



A tornado looms in the distance due to the severity of recent thunderstorms. Tornadoes which are very rare in Sicily touched down two places. The first one touched down Aug. 1, 20 miles west of NAS II. The second, touched down on hills eight miles south of base and moved south east where it disappeared after 10 minutes.



Direct Line

Capt. Ken Bitar
NASSIG
Executive Officer

In about a month, school will be starting and life on base will seem busier. I continue to see a lot of kids enjoying their "time off" by playing in the neighborhood parks, swimming pools and playgrounds. With the summer halfway over, it is important that you and your family and our single Sailors enjoy their "time off" as well. There is more to do in Sicily than hanging out on base, going to the clubs or staying in your housing area.

Amelia Earhart once said that adventure is worthwhile in itself. How can you be adventurous and stay in your BEQ room or family housing area? Sicily is a wonderful place to live and visit. There are numerous ancient sites (some of which you can see from the base) that are quite exciting. Have you taken a tour of the Motta castle? By the way, the Normans built it in 1096.

Sicily boasts a long, rich history, and diverse cultural heritage, due to the frequent occupation by foreign powers. Because of its important strategic position, midway between the Straits of Gibraltar and the Suez Canal, Sicily has been the site of meetings between many civilizations, in battle as well as peace, and each left traces of its culture and history. The Greeks arrived first, calling the island "Trinacria," referring to the island's triangular shape. The Romans, Byzantines, Arabs, Normans, Germans, Spaniards, French and Austrians followed, all helping to shape Sicily's past.

Down in Agrigento, the archeological area known as the Valley of the Temples, is one of the most important archeological sites in the world. Along a long rocky scarp, chosen as the southern limit of the town, are still sited the great temples of ancient Akragas: Hera (Juno) Lacinia, Concordia, Heracles (Hercules), Olympian Zeus (Jupiter), Castor and Pollux (Dioscuri) and Hephaistos (Vulcan).

Just a short drive from NAS II, you can hear your echo in the Ear of Dionysius in Syracuse. Syracuse was built on an ancient Greek settlement founded by Corinthians in 734 BC. It's between the beautiful Greek and Roman Theaters. The Neapolis Archeological Park on the Termitine Hill offers a clear distinction between the Greek and Roman structures.

Beaches ranging from soft white sand to lava rock border Sicily. Some are large and crowded, and some grace private coves. The most developed beaches are on the northern and eastern sides of the island between Palermo and Catania. The more private beaches are found on the southwestern coast. The usual swimming season is from mid-spring to late fall. Just be sure to wear some sunscreen!

As you can see, coming to Sigonella is more than just going to the base commissary or NEX. See what's outside the gates and enjoy the rest of the summer! Be safe and drive slow!

Open letter to *The Signature*

While the mishap involving an HC-4 helicopter on the 16th of July was tragic and cost four men their lives, this event truly highlighted the very best in the Sigonella Community. Many Sigonellans knew members of our crew personally and had to deal with their own grief. Nevertheless, the incredibly supportive response from virtually everyone in the community, Italian and American alike, helped the surviving families and the squadron to move forward. Literally hundreds of individuals and organizations contributed to our memorial service as well as the day to day, behind the scenes efforts that enabled family members to participate in events here and squadron operations to continue.

Personnel from NASSIG Security, Operations, Legal and Public Works facilitated the safety investigation that will preclude future mishaps. Navy and Marine Corps Relief funded travel for several bereaved family members who would have been unable to be with us otherwise. The Commissary and NEX contributed groceries and flowers for the visiting families' rooms. The Navy Exchange's tailor and cleaners made herculean efforts to prepare uniforms for services on short notice while the base Public Affairs Staff fielded myriad requests for information and assistance. MWR, the AOSC and many individual volunteers helped with childcare. The Chaplains' Office, Calvary Baptist Church, the photo lab, florists, numerous technicians and much of VP-8 worked tirelessly to put together the memorial service that was attended by over 1000 friends, family members and neighbors. Many, many more individual Sigonellans and organizations not mentioned above helped the families and our squadron members to deal with the mishap in countless ways.

On behalf of the men and women of HC-4 and the families of our deceased shipmates, I salute the entire Sigonella Community and offer our deepest thanks to all of our neighbors who have helped, in so many ways, during this difficult time.

Cmdr. Mike Fitzpatrick, USN
Commanding Officer HC-4

No limit on annual training days for SELRES for remainder of FY-03

From Commander, Naval Reserve Force Public Affairs

NEW ORLEANS (NNS) — There is no limit to the number of Annual Training (AT) days Naval Reservists in pay billets can apply for through the remainder of FY-03. Volunteer Training Unit (VTU) members are not eligible for AT.

In a message from Commander, Naval Reserve Forces Command (COMNAVRESFORCOM), clarification was offered to ensure all Naval Reservists understand there is no limit remaining, but Reservists going over 29 days total AT for the Fiscal Year (FY) require additional screening. The message does point out that all orders must terminate no later than Sept. 30.

"The level of AT funding is not really changing, just the way we can apply those funds," said Lt. Cmdr. David Herschel, COMNAVRESFORCOM's director of finance. "The recent decision by the office of the Secretary of Defense to waive certain portions of the AT policy has given us greater flexibility on ways to spend down the remaining funds."

No reasonable AT request should be denied, to include approving second AT(s) or approving AT for Selected Reservists who have been demobilized during FY-03.

Specific information is available in COMNAVRESFORCOM message DTG 291358Z JUL 03.

VA Benefits Representative coming to Sigonella

Courtesy NASSIG FFSC

Do you have questions about your VA benefits after you separate from the military?

Do you know what benefits are available to you?

Do the Sailors in your command know about their VA benefits?

Floyd Nagler has worked for the Department of Veterans Affairs Benefits office since 1973. He currently works as the Customer Service Manager at the St. Paul, Minn., regional office. Mr. Nagler was instrumental in setting up the VA Benefits Outreach Program in Europe 1992 and in the Far East in 1993. Since that time, the VA has been sending 12 counselors a year overseas on four month tours to Germany, Italy, England, Japan, Okinawa, and Korea. The VA counselor's primary focus is assisting servicepersons with VA compensation claims for service connected disability benefits, followed by general assistance on the eight additional VA programs, ie: MGIB education, vocational rehabilitation, home loans, insurance, medical care, dependent benefits, VA pensions, and death benefits. Mr. Nagler continues to accept overseas assignments and also trains counselors for overseas assignments. His wide-ranging military and civilian background has ensured that he has the answers to nearly any VA question one might ask.

Mr. Nagler served in the Marines in ground reconnaissance from 1968 to 1971 with two tours in Vietnam. His photographs of Vietnam have been featured in The History Magazine (www.thehistorymagazine.com). After separating from the Marines, he joined the Army reserves. He retired from the reserves in 1999 as a Command Sergeant Major. During his time in the reserves, he was deployed to the Persian Gulf in 1990-1991 and Haiti in 1995.

We are lucky to have Mr. Nagler come to Sigonella. He will speak to the August TAP (Transition Assistance Program) class and at a GMT geared to spouses at the base theatre on August 14, 1300 to 1500. He also will see individuals by appointment for benefit counseling. His extensive knowledge of the VA programs will be invaluable to active duty and separating personnel. Contact Amy Parke, 624-4291 for more information or to schedule appointments.

The Pulse

Preventive health assessments keep Sailors ready for duty

By JO1(SW/AW) AnTuan Guerry,
National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) — With the potential threat of terrorist attacks all over the world, Sailors could be deployed at any point in time for support. When the call to duty comes, a Sailor must be ready to deploy at a moment's notice — sometimes as soon as 48 hours or less. Consequently, maintaining up-to-date personal files, and medical and dental records are a must.

With the implementation of the Preventive Health Assessment (PHA) at National Naval Medical Center (NNMC), the necessary steps are now being taken to ensure that medical records are up-to-speed when the call for deployment is made.

According to Nurse Cmdr. Agnes Bradley-Wright, PHA coordinator at NNMC, it is a system of checks and balances that greatly enhances the possibility that all Sailors will be fit for immediate deployment and their medical records will be up to date.

"PHA ensures that there won't be any last-

minute scrambling trying to get service members prepared and ready for deployment. With PHA, the records will already be up to date," Bradley-Wright said.

The PHA, which was implemented this month, according to Bradley-Wright, is now an annual requirement for active-duty Navy personnel.

The assessment must be completed in conjunction with the Sailor's annual birth month medical record review and physical activity risk factor questionnaire.

"We're focusing on prevention," stated Bradley-Wright. "We want to identify those people at-risk up front, instead of waiting on symptoms and then intervening."

"The old policy did not call for Sailors to show up for their records to be checked. But, now, (they) must physically go to Family Health Center to get their records checked. This is part one of a two-part process," Bradley-Wright explains.

An annual PHA can be broken down into a few simple steps, according to Bradley-Wright:

- The Sailor physically goes to Military Family Health Care Center to have corpsmen review their medical health record for any discrepancies (expired and required shots or treatments).

- The Sailor gets discrepancies annotated and placed in the computer system. At this point, appointments must be made to get discrepancies completed.

- The Sailor receives a checklist detailing the next step.

- After discrepancies are completed, the Sailor will set up an appointment for assessment and interview in Health Promotions (Part II of PHA).

- Upon completion of face-to-face interview, the Sailor will be checked off as completing mandatory PHA.

Bradley-Wright says that a major reason that PHA is being implemented is because Sailors were not following up and getting their discrepancies completed.

"In the past, when chart reviews were being done, members were not being aggressive in getting their discrepancies fixed. This process (PHA) is a face-to-face interview where the member has to sit down, so we can close the loop and make sure everything is completed," she adds.

The sower and the seed

By Chaplain
Phillip B. Creider
Command Chaplain

A long time ago, when Jesus of Nazareth spoke the parable, "The Sower and the Seed," He was talking "farm talk" to farmers so they could understand what He was trying to say. If He was talking to us Sailors today, He might say something like this:

A drill instructor went out to meet his new recruits for the very first time.

Some of them were there because they were bored with life and any place seemed better than where they had come from when they signed the papers. They couldn't get a job or hold it down. They did not really want to be Sailors. They did not listen. They did not obey. They did not really want to learn. They just wanted "out." They got yelled at a lot, were awarded a lot of push-ups, and discovered that working parties weren't really parties. They could have had it easier.

Other recruits joined up because they thought that Service Dress Blues looked cool, and they liked the flashy recruiting ads. They thought that all they had to do was earn money for college. They thought that that was

all there was to being a Sailor. When they got to the Naval Training Center and starting training to be Sailors, they lost all interest and ended up in the motivation company where they found that life could really be hard. They could have been smarter.

Still others arrived and tried to be big shots and "sea lawyers," and impress other recruits with the things they thought they already knew. They failed because they could not take care of themselves, much less others. They finally became the guests of honor at non-existent late night blanket parties. They could have been humbler.

Some of them, however, joined up because they really did want to become members of the United States Navy, the best Navy in the world!

They listened, they obeyed, they worked, they learned, they grew, and they excelled. They went on to be Honor Graduates, receive lots of Meritorious Masts, "Outstanding" Evals and be CAPed. A few got commissioned as Officers. Two of them went on to become Master Chief Petty Officers of the Navy. They, in fact, yielded one hundred-, sixty-, and thirty-fold.

WHOEVER HAS EARS ought to hear... and then go from there!

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.



CRIMESTOPPER'S HOTLINE

624-6389

July 28 - Aug. 3

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 8
- Traffic accident with injuries - 1
- Car break-ins - 1
- DUI - 1
- DUI's 2003 - 35
- DUI's 2002 - 35

Commanding Officer
Capt. Timothy L. Davison

Deputy Public Affairs Officer
Alberto Lunetta

Staff Writers
AN Michelle Hartgraves

Public Affairs Officer
Lt. Steve Curry

Asst. Public Affairs Officer
JO1 Craig Coleman

The *Signature* editorial office is located at:
Naval Air Station Sigonella, Sicily
PSC 812 Box 3020
FPO AE 09627.

Editor JOSN Steve Weaver
JO2 (SW) Brian Johnson

Telephone: 095-86-5440; DSN 624-5440

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of *The Signature* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the United States Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense or *City Crier, Inc.*, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. *The Signature* is published weekly by *City Crier, Inc.*, PSC 812 Box 3020, Shawn Kelley, Publisher. Telephone: 349-391-6027. Editorial submissions are welcomed from all NAS Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via e-mail at any of the addresses located below the staff's names, guard mail stop #68 or hand-delivered no later than close of business Friday preceding expected publication date. All articles submitted by non-staff members will be considered contributing writers. *The Signature* will not publish any anonymous articles. All advertisements in this publication are the property of *City Crier, Inc.* Any reproduction of advertisements in *The Signature* is unauthorized without the written consent of the publisher.

NAVY NEWS

A Day to Celebrate for Iraqis, U. S. Forces

By JO1 Lisa Keding, Naval Mobile Construction Battalion 7 Public Affairs

AD DIWNAIYAH, Iraq (NNS) — Over the last two weeks, ribbon-cutting ceremonies have become frequent occurrences at schools in this Central Iraq town.

A July 23 ceremony marked the completion of reconstruction efforts at the Al Azhar Primary School for Boys in Ad Diwaniyah, Iraq, which Seabees and Marines deployed to the area helped make happen.

One of the two contracting teams assigned to Naval Mobile Construction Battalion (NMCB) 7 worked with Marines from 3rd Battalion 5th Marines to negotiate the contract for the repairs at the school. The contracting team followed the construction project until its completion a few days ago.

Seabees from NMCB-4 began the project two months ago, but turned the project over to NMCB-7 Seabees prior to their scheduled return to the states in June. The Seabee team worked with school officials to plan the repairs at the school, which Iraqi contractors completed.

For this school, like many others in the area, NMCB-7 Seabees went over the list of requests made by officials at the school. They then performed a site assessment of the school to ensure successful repairs to the school.

"We go to a school and come up with a scope of work that needs to be done. We then put a work request out for bid to contractors from the area," said Chief Utilitiesman (SCW) Richard Steffee, one of the two contracting chiefs at NMCB-7.

The team goes through dozens of bids for each contract before selecting a contractor. They look for quality and experienced contractors, but also for fair bids and expediency of work. Currently, the two NMCB-7 teams are busy overseeing 35 projects in Ad Diwaniyah.

"The Iraqi contractors who repair the schools do a lot of extra work for us, and they take an enormous amount of pride in their work," said Steffee.

But Steffee said the most interesting occurrence at the Al Azhar school could be seen in the actions and personalities of the children who live near the school.

He explained that some of the children use to throw rocks at U.S. forces as they drove by or when they stopped to visit the school.

"We went from going there and feeling threatened every



Naval Mobile Construction Battalion Seven (NMCB-7) Seabees construct an administrative building which they build around an existing cement covered parking lot in Diwaniyah, Iraq.

day to feeling 100 percent welcomed and appreciated," said Steffee. "You see happy faces now, and no one is hiding in the background picking up a rock."

Not only have the actions of the children changed near the school, but the ways the Seabees and Iraqi contractors do business has evolved into a more trusting relationship, said Steffee. The contractors invite the Seabees to Iraqi style lunches once or twice a week, he explained. "We sit down and break bread together and talk about things as if we were old friends," said Steffee.

Similar praise for the Seabees who visited and helped to repair the school could be heard in the headmaster's comments after the ceremony.

"It was a great assistance for us—for rebuilding our school—and I feel as if they are my brothers," said Hussein Shakir, headmaster of the Al Azhar Primary School.

In the afternoon, Steffee and Lt. Brian Clapp, the contracting officer for the team, visited several schools in the area to oversee work that was in progress and to meet with contractors to discuss future projects at many of the damaged and run down schools in the town.

After a morning that started with cheerful celebration, it was back to the rubble grounds and classrooms for this Seabee team in the afternoon.

The efforts of both NMCB-7 contracting teams and other U.S. forces continue to shape the rebuilding efforts in this Iraqi town and seem to be giving these Iraqi children daily reasons to put down their rocks.

Navy's Home Visiting Program helps new parents with family transitions

By JO1(SW/AW) AnTuan Guerry, National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) — Parenting can be a struggle for even the most seasoned veterans. For active-duty Sailors, other factors like sea duty deployments must be added to daily stressors, like traffic and work-related issues. For some single, first-time parents on active duty, the prospects of parenting could become downright frightening.

Help is available for those needing assistance with parenting, through the Na-

tional Naval Medical Center's (NNMC) Home Visiting Program and the New Parent Support Team (NPST).

In a way, it's like "boot camp" for new moms and dads, and training starts before "active parenting day." Even before the baby's birth, the Home Visiting Program provides Sailors and their families with resources.

As the name suggests, the program calls for professional personnel from NPST to visit Sailors' homes at least once a month. The goal is to promote good parenting techniques and help with any special needs of the family.

Angie Nolan, a registered nurse who manages the National District Washington Fleet and Family Support Center Home Visiting Program, is one half of the two-person team responsible for responding to Sailors in need. Her counterpart, Renee Ware the Social Service Representative, works more on the administrative side of the house, maintaining databases, collecting referrals and making first contact with potential cases.

According to Nolan, NPST falls under the Clinical Services umbrella of the Fleet and Family Support Center. The Navy-funded

program is aimed primarily at active-duty Sailors at NNMC and the Washington Capital Area.

Nolan initiated the Home Visiting Program as a pilot study in 1994. Nolan says the program is voluntary, and accepts walk-ins and referrals from clinics mainly at Pediatrics, Gynecology, Mother and Infant Care Center, Military Family Health and Neonatal Intensive Care Unit.

Navy NPST works collaboratively with the other branches of the military to make referrals to services closest to their command.

U.S. Naval Forces conduct back-to-back multinational exercises

By Lt. j.g. Ligia Cohen, Commander, U.S. Naval Southern Command Public Affairs

ABOARD USS STUMP, At Sea (NNS) — USS Stump (DD 978) and USS McInerney (FFG 8) recently completed two major exercises in support of Commander, U.S. Southern Command's Theater Security Strategy. Stump and McInerney participated first in UNITAS 44-03 Pacific Phase in the seas off of the Ecuadorian coast, followed immediately by their participation in PANAMAX 2003, the first multinational, joint exercise designed as a response to potential sea-borne threats to the Panama Canal.

During UNITAS, Stump served as flagship for Rear Adm. Vinson Smith, Commander Task Force 138, the multinational task force of the Americas.

Recap CORNER

SECURITY-TELEPHONE BUILDING

On Friday, Aug. 1 we moved Security to their new home and we'll be moving the radio Monday through Wednesday this week. The new pass and ID window will be operational in the new facility on Wednesday evening. While constructing the second inbound lane and the turnout-parking area at the NAS I Main Gate, pedestrian traffic to the new Pass and ID window will use the existing pedestrian sidewalk to the Main Gate and then cross the street to the new Pass and ID window. We plan to complete the new traffic lane, parking and turnout by January of 2004. This final construction will complete our new construction at the NAS I Main Gate.

How SIG 2.3 Affects You: We are in the final phases of removing the power poles and power lines, and installing the first course of asphalt paving in front of the Stephen Decatur School to finish this work before school starts. We worked with the Exchange, Commissary and Supply Department to route the delivery trucks through the main gate, instead of using the side gate during this construction period. This work will complete on Monday, Sept. 1, and please remember that School will be starting on Sept. 2, so the school busses will be using the loop road around the park and that road will be closed to all POV traffic, except on weekends.

If you have any questions about SIG 2.3 construction, contact LT Darren Hale at haled@nassig.sicily.navy.mil.

6,500 Sailors, Marines return to San Diego

By JO2 Rebecca Horton, Navy Region Southwest Public Affairs



Anxious family and friends await the return of loved ones aboard the amphibious assault ship USS Bonhomme Richard (LHD 6) as the ship pulls in to Naval Station San Diego.

West, offloaded at Camp Pendleton July 24 and 25.

The end of the 190-day deployment marked the longest deployment in Boxer's history.

Waiting to greet Dubuque Sailor, Seaman Apprentice Jonathan Brasfield, were his parents, sister, aunt, uncle, and grandparents, all from McKenzie, Tenn.

Brasfield, who joined the Navy last August, had not seen his family since his graduation from Great Lakes Recruit Training Command.

"Johnny's grandma is losing her battle with breast cancer, and we wanted to make sure that she got to be here for her grandson's return from war," said Brasfield's uncle Greg Barker.

While waiting for the Brasfield's ship to come in, his family watched Sailors from the Cleveland reuniting with their families.

Brasfield's aunt, Amy Barker said, "It breaks my heart to see these new dads holding their babies for the first time. I am realizing that people around the country don't fully understand what all these servicemembers have done and what they are giving up for us."

All five ships, along with recently returned USS Comstock (LSD 45) and USS Anchorage (LSD 36), arrived in the North Arabian Gulf in February to join a larger amphibious force that brought 33,000 Sailors, Marines and Coast Guardsmen to the region. This amphibious force, named Task Force 51, eventually included 32 U.S. and coalition ships.

Stationed in the Arabian Gulf during Operation Iraqi Freedom, the ships of ATF West provided critical support to the ground troops of the U.S. and coalition forces that pressed into southern Iraq and toward Baghdad. More than 30 aircraft and a dozen landing craft based aboard the ships, conducted daily and nightly combat and logistics missions in support of ground forces.

Boxer personnel were also involved in the night rescue of former POW Army Pfc. Jessica Lynch. The ship's intelligence specialists provided satellite imagery of the hospital and surrounding areas to Marine pilots who staged for the mission from Boxer.

The ATF made port visits to Manama, Bahrain; the Australian cities of Sydney, Cairns, Townsville, and Brisbane; the island nation of Tonga, and Pearl Harbor.

"It's great to be back home," said Aerographer's Mate 3rd Class Thomas Folds. "I'm definitely looking forward to spending time with my family."

News Briefs

Calling All Homeschoolers

Are you a home schooler? Are you considering home schooling? Come to our kick-off meeting for Home schoolers in Sigonella Support Group on Sept 19. Call Irene at 634-1294 or Erica at 624-1201.

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.

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.

Registration Dates

You can register for University of Maryland courses from Aug. 11 to the 22. All classes begin Aug 25 and go until Oct. 17.

TRICARE Job Opening

Science Applications International Corporation (SAIC) has an immediate Full Time opening at the TRICARE Service Center, Sigonella, Italy for a TRICARE Medical Service Coordinator to provide customer service and operational support within the TRICARE service center setting. In this position, you will assist in providing information and support to individuals eligible for TRICARE benefits Qualifications: Three years cumulative experience in the following areas: Two years experience in U.S. military healthcare delivery system or civilian managed care medical/administrative environment; Two years experience in a medical or clinical environment; One year experience with the Composite Health Care System (CHCS) or other Civilian Healthcare Computer System; Fluency in English; Must be eligible for Status of Forces Agreement coverage.

Completion of ADP-II seven-year background investigation required in conjunction with employment. For consideration, please e-mail the cover letter and resume to tricare-jobs@saic.com.

Energy Block

Fuel prices are considerably higher here in Italy compared to what we are used to paying in the states. Think about if we didn't have gas coupons, a lot more of us would carpool to work.

For every mile-per-hour over 55 mph, the average car or truck loses almost two percent in gas mileage. Cars emit 20 pounds of carbon dioxide for every gallon of gas consumed. By boosting the occupancy of automobiles in rush hour from one to two would save 40 million gallons of gasoline a day, while reducing the number of vehicles on the road. If you have a shorter commute to work, consider biking or walking to save gas and enjoy the sunshine. Are you looking for a car to purchase? If so, use comparison tools to evaluate the fuel economy for makes and models you are considering for the most fuel-efficient car.

Stay cool, but don't burn all your gas away when it's hot! Air conditioning burns fuel so drivers should use it sparingly. Cars with lighter exteriors and interiors will have lower temperature and reduce the need for air. Run errands in the morning or evening when it's cooler. Another wasteful habit is keeping your car idle when stopped for long periods of time. You burn less gas when you turn your engine off and restart it. Don't get stuck with bad tires. Make sure your tires are in good shape, aligned properly and, have the correct amount of air. It is also very important you stay on top of your car's maintenance and servicing. Worn spark plugs, bad breaks and low transmission fluid can all worsen a car's fuel efficiency. These precautions not only save on fuel, but will also help prevent the problem of being broken down on the side of the road waiting for a tow truck. Hey! Let's be aware of the small problems and save all our ENERGY for the big ones!

•DID YOU KNOW: A transit bus with as few as seven passengers uses less fuel per passenger mile than a typical car with only a driver in it.

•DID YOU KNOW: Increasing mass transit ridership by 10 percent in the five largest metropolitan areas would save 135 million gallons of gasoline a year, while also reducing emissions of air pollutants.

LETS USE, NOT ABUSE



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Cefalù Summer events

Don't miss the opportunity to visit this Sicilian fairy tale coastal town in the Palermo province and enjoy the cultural summer events that run through Aug. 19. Cefalù is a medieval town built on the site of an ancient Sicanian and Greek settlement. The city has a breathtaking beach, narrow medieval streets, an important museum divided into several divisions such as the library, the picture-gallery, the archaeological, the rare coins and the shells sections, and delightful restaurants overlooking a rocky coast. It also boasts one of Italy's most beautiful churches, the Norman-Arab-Byzantine cathedral. Atop the mountain are the ruins of a large fortress and an ancient Sicanian-Greek temple, the Temple of Diana.

- Aug. 9 and 21 / 6:30 p.m. - guided tour in English to the Cefalù historic center of Cefalù leaves from piazza Garibaldi.
- Aug. 11/ 9:30 p.m. music show performed at the Bishop's residence entrance hall.
- Aug. 12 / 9:30 p.m. Music show: *Melodies on the Ocean* at the Terrace *Corte delle stelle*.
- Aug. 13, 20 and 27/ 6 p.m. Sicilian Puppet show at the Corte delle Stelle Theatre in via Ruggero (historic center).
- Aug 19 / 6 p.m. International folklore Music throughout the historic center.
- Exhibition of contemporary Sicilian painters in via Mandralisca n.13.

For more information call Cefalù Tourist Office at 0921 421050.

Sperlinga hosts Medieval Festival

The Latin inscription on the archway of the beautiful Sperlinga castle's hall reading: "Quod Siculis placuit sola Sperlinga negavit" (Sperlinga alone refused what pleased the Sicilians) is essential to understand the history of the town. In the 13th century, French soldiers belonging to the Angevin rule actually took refuge inside it when the *Vesperi Siciliani* or Sicilian Vespers revolt against them spread throughout Sicily. On Mar. 30, 1282, Sicilians staged a violent rebellion against the hated and ambitious French Angevin ruler, Charles of Anjou, who had been crowned King of Sicily by Pope Urban IV to oppose the German Hohenstaufen family. The revolt sparked off when, on Easter Monday, a French sergeant bothered a Sicilian married woman who was

attending the solemn Vesper celebrations outside a church near Palermo. Her husband stabbed the Frenchmen to death. Immediately after, townspeople massacred all French soldiers in the city. As the church bells throughout the city rang for Vespers, messengers ran throughout Palermo calling for an uprising. Consequently, the revolt quickly spread all over the island. Some of the French troops, who were fleeing Sicily, found shelter in Sperlinga, a city that boasted of being independent from the rest of Sicily. Sperlinga's townspeople helped them to flee safely to Messina, the only major area still under French control.

The city sits strategically atop an isolated 750 meter-rock overlooking the surrounding hills and on several caves or grottos that have been used over the centuries as stables, prisons, and forges to make and maintain weaponry. The magnificent medieval castle, which is situated in the main square and dug in the rock around 1,000 B.C., is the perfect backdrop for the *Sagra del Tortone* or Tortone Festival.

The *sagra* (festival) is named after the *Tortone*, a fried cinnamon cake that is prepared during the celebrations. On Aug. 16 the festival kicks off with actors and musicians in period costumes recreating

the medieval atmosphere and performing a spectacular parade at 7 p.m. at the castle. In the evening, the investiture ceremony of the "Sperlinga Princess" will be held at 9 p.m.

On Aug 17, the festival begins at 5 p.m. with a parade featuring the contestants to the "Lady of the French-Italian lands" contest that will be held later on the day at 10 p.m. In the evening, a spectacular re-enactment of the "Sicilian Vespers Incident" is held at 8 p.m. Amazing fireworks and shows end the festival at 11 p.m.

Before leaving the festival, get a chance to visit the town. Besides the variety of cave-dwellings and grottoes that can be visited downhill, Sperlinga features an interesting main church, situated along the road which leads to the castle. Inside the *chiesa madre* (cathedral) are several paintings dating back to the 18th century and an

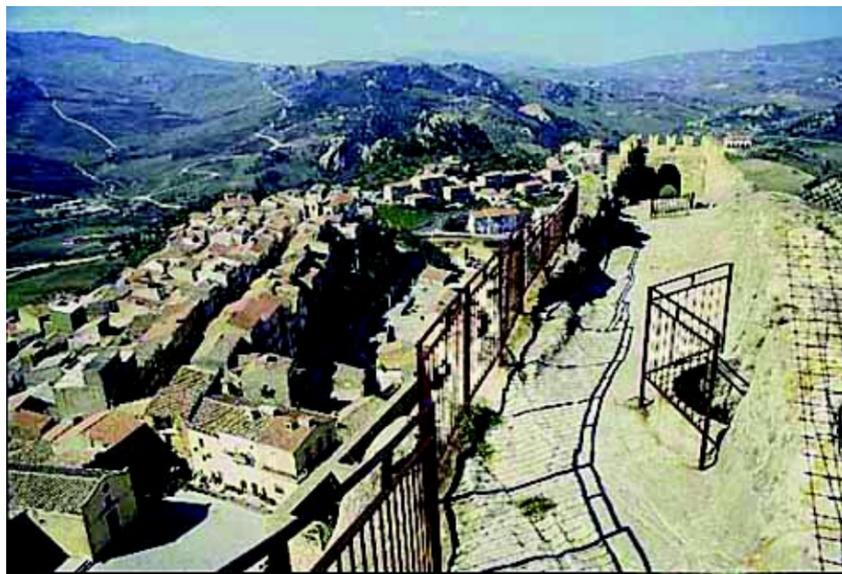


Photo courtesy Sperlinga Tourist Office

On Aug 16 and 17, a spectacular medieval festival named *Sagra del Tortone* will be held in Sperlinga. The festivities, which also include the contest for the "Lady of the French-Italian lands," will take place in the local castle grounds. There will be jesters and jugglers, drummers and dancers, musicians, archers and magicians. During the festival the tasty Tortone cinnamon cake will be also prepared.

organ dating back 1830. Another church of artistic interest is that of the *Madonna della Mercede*, where a wooden crucifix by Brother *Umile da Petralia* is kept. On the opposite part the town, Sperlinga offers visitors a remarkable natural reserve area featuring paths, oaks, weasels, martens, wild cats, hares, foxes and rabbits. In the district of Rossa-Sant'Ippolito and in the Sant'Antonio valley, festival goers can see several tombs and caves that were dwelled by indigenous peoples.

Reaching Sperling is fairly easy. Exit Agira on the Catania-Palermo highway. Take the Agira- Nicosia national road and follow directions to Sperlinga.

For more information call the local tourist office at 0935-643177.

C
M
Y
K

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

COMMUNITY CALENDAR

8
August

Juggling Contest
12:45 to 1:15 p.m.
Take 5

9
Jeepsters Club
Family Day
at
Piazza Armerina
leaving Mineo Housing
9 a.m.

10
Camp Trip
to
Southern Mt. Etna
Liberty
Call 624-5187

11
Amazing All-Star
Replay Zone
until Aug 15
Youth Center
Call 624-3712

12
VA
Representative
Appointment
9 a.m. to 3 p.m.
FFSC
Call 624-4291

13
Community
Flea Market
10 a.m. to 2 p.m.
place TBA
Call 624-4171
to sign up for a
table

14
Piazza Armenia
and
Medieval Festival
ITT
Call 624-4396

15
Summer Party
in
Giardini Naxos
ITT
Call 624-4396

16
Captain's Cup
Swim Meet
10 a.m.
NAS II Pool
Call 624-4334/5335

17
Palermo Trip
ITT
Call 624-4396

18
Wallyball
Tourney
NAS II Gym
time TBA
Call 624-2710

19
Pre-teen
Twister
Contest
4 to 5 p.m.
Mineo Rec Center

20
Rainbow
Playgroup
10 to 11 p.m.
205 Housing

21
Indoc (part one)
every thur
8 a.m. to 4 p.m.
Community Bldg
Indoc room

22
ICR (part two)
every Friday
8 a.m. to 3:30 p.m.
Comm. Bldg. ICR Class

23
Eraclea Mineo
&
Beach
ITT
Call 624-4396

24
Agrigento
&
the
Turkish Steps
ITT
Call 624-4396

25
Free Tennis Clinic
until Aug. 29
5 to 6:30 p.m.
NAS II Courts
Call 624-2710

26

27
Rainbow Playgroup
10 to 11 a.m.
205 Housing

28
Youth Sports Physical
9 a.m. to noon
Stephen Decatur Cafeteria
Call 624-4281

29

30
Kayaking Trip
to
San Vito lo Capo
AU
Call 624-4271

31

1
Sept
Labor
Day

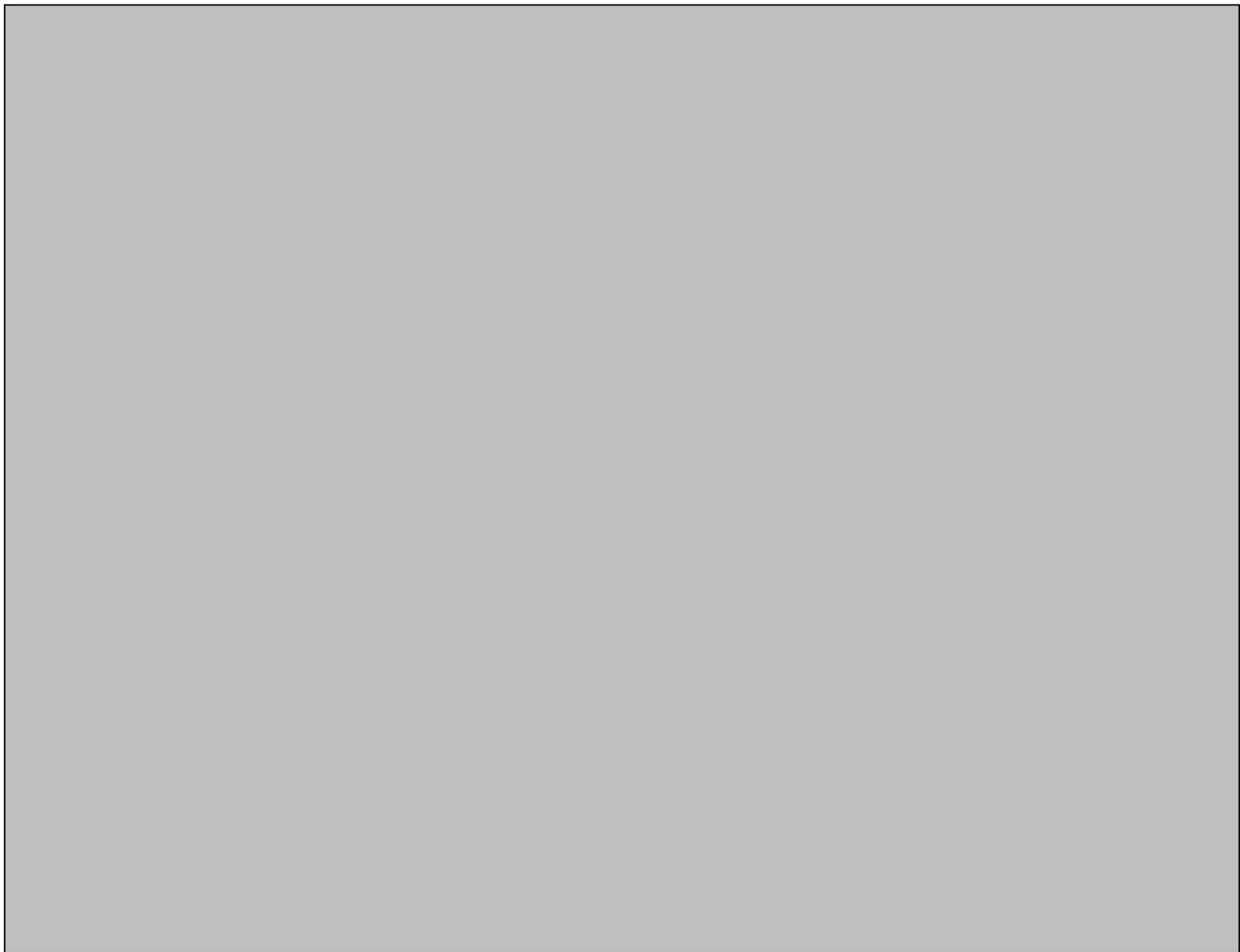
2
First
Day
of
School

3

4

5

6
3rd Annual
Open Golf
Championships
Individual Play
Golf Challenge
tee off 9 a.m.
Picciolo Golf Club
Call 624-2710



Word Find

AKC Breeds

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

MASTIFF
 NEWFOUNDLAND
 NORFOLK TERRIER
 OLD ENGLISH SHEEPDOG
 PAPILLON
 PEKINGESE
 POINTER
 POMERANIAN
 POODLE
 PUG
 ROTTWEILER
 SAINT BERNARD
 SCOTTISH TERRIER
 SHETLAND SHEEPDOG
 SKYE TERRIER
 WELSH TERRIER

AFGHAN HOUND	CHESAPEAKE BAY RETRIEVER	GOLDEN RETRIEVER
AMERICAN FOXHOUND	CHOW CHOW	GREAT DANE
BASSET HOUND	COCKER SPANIEL	GREAT PYRENEES
BEAGLE	COLLIE	GREYHOUND
BLOOD HOUND	DACHSHUND	IRISH SETTER
BORDER COLLIE	DALMATIAN	KEESHOND
BOXER	DOBERMAN PINSCHER	LABRADOR RETRIEVER
BRITTANY	ENGLISH SETTER	LHASA APSO
BULL MASTIFF	GERMAN SHEPHERD	MALTESE

Avoiding Summertime's Backyard Bug

By JO2(SW/AW) Sybil McCarrol, National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) — A walk in the woods can be a great pleasure. However, it can also end up being a miserable experience that's potentially dangerous if you are not mindful of ticks that may carry Lyme disease.

Lyme disease is a multisystem, multistage, infectious disease caused by the coiled spirochete bacteria, *Borrelia burgdorferi*. The disease is transmitted to humans by the saliva of blood-feeding ticks infected with *B. burgdorferi*. The principal vector responsible for the spread of the disease in the northeast United States is *Ixodes scapularis*, also known as the deer tick. On the West Coast, it's *Ixodes pacificus*, the western black-legged deer tick.

Ticks feed on blood by biting and latching onto the flesh of a host animal, usually that of a deer, mouse or human. Once the tick finds a host, it crawls to moist, warm, hairy areas to begin feeding. On humans, they like the armpit, groin, back of the knee, neck and scalp areas.

Early evidence of acute Lyme disease usually shows up three to 30 days after the initial tick bite. A bright red, telltale rash often marks the spot. "Clinically, the hallmark of acute Lyme disease is the erythema migrans; usually referred to as the EM rash," said Lt. Cmdr. Dave Blazes, assigned to the National Naval Medical Center's (NNMC) Infectious Diseases division. "EM is a red circular patch that appears at the site of the bite. The patch can enlarge and vary in shape, depending on its location. The center of the rash may clear up as the rash spreads, causing a bulls-eye appearance. Dark-skinned people may develop a rash that resembles a bruise."

The EM rash is seen in 60-80 percent of people who develop the infection, while others may have the disease without the presence of a rash. Other symptoms of acute Lyme disease include fatigue, chills and fever, headache, muscle and joint pain, and swollen lymph nodes.

Some patients who have Lyme disease do not realize it or can be misdiagnosed because many symptoms mimic other illnesses.

"Patients with Lyme disease can sometimes be asymptomatic," explained Blazes. "Their symptoms can resolve without treatment, but complications can appear later. There are three stages of Lyme disease. The third is the most serious. Later signs of the disease include arthritis, usually in large joints like the knees, central nervous system abnormalities, and irregularities of the heart rhythm."

Once a tick bites you, you have about 48 hours to remove it before the disease is transmitted. Proper removal of the tick is paramount to preventing infection. Tick bite victims should take precautions carefully to remove the whole tick, with the head attached to its body, using small tweezers.

"Some people think that you should burn, or smother ticks with alcohol before removing them with tweezers," said Blazes. "These methods can aggravate the tick and cause it to secrete more saliva. This may increase the risk of contracting Lyme disease."

"If the tick is already engorged when you first see it, there is still a chance to prevent Lyme disease. A recent study in the New England Journal of Medicine showed that a single dose of 200 mg. of doxycycline will reduce your chances of contracting Lyme disease by about 70 percent."

Other common oral antibiotics used for treatment of tick bites and prevention of Lyme disease include amoxicillin and cefuroxime axetil. If a patient has heart or central nervous system involvement, intravenous antibiotics should be used.

Acute Lyme disease is diagnosed clinically by the classic rash and symptoms. Laboratories can also assist in diagnosis. "Doctors may reach a diagnosis by reading lab results that look for Lyme antibodies in the blood," explained Lenny Jobe, a medical technologist at the Microbiology and Serology Department of the NNMC Laboratory. "These antibodies can mean that you have a current or past infection. The results can be positive, negative or equivocal — which means borderline."

In more advanced cases, doctors can also perform a lumbar puncture or spinal tap if the patient is suffering from central nervous system disorders thought to be caused by Lyme disease.

According to Blazes, the best treatment for Lyme disease is prevention. You can evade ticks by avoiding wooded areas altogether or, at least, staying on a well-beaten path. However, avid outdoorsmen and people who enjoy activities, like camping, fishing, gardening, hiking, hunting and picnicking, can take simple preventive measures, like wearing high socks and tucking their socks in their pants.

Also, insect repellents containing DEET (diethyl-n-toluamide) and permethrin are also a powerful deterrent against ticks.

Veterinarians offer various pills and topical medicines to protect pets, and to keep them from carrying ticks into the homes.

Backyard, page 13

Fri. Aug. 8

Join in on the winner-take-all 8-Ball Pool tournament at JOX Sports Bar. There is a fee to enter, action starts at 8 p.m. Participants will automatically be entered in a drawing at the end of month for a pool cue.

Sat. Aug. 9

Cool off Sicilian style at the Etnaland Water Park with Liberty. Bring Euro for meals. Sign up and pay by 6 p.m. Friday, Aug. 8, at Take 5. Call Liberty at x5187 for more information.

Sun. Aug. 10

Visit the historical island of Ortigia with ITT. It is linked to Siracusa by bridges. You'll also tour the Cathedral, the fountain of Artesia, and Museum Bell'Uomo. Afterwards, catch some rays at the beach for a few hours. Call ITT at x4396/x4777 for more information.

Mon. Aug. 11

It's BINGO night at Live Wire at 6:30 p.m. Cards go on sale at 5:30 p.m. Come early for a good seat. Cash prizes every week.

Sitting around the barracks with nothing to do? Join Liberty for some rounds of poker at Take 5 at 4:30 p.m. Free to play and win.

Tues. Aug. 12

Talk about travel with other interested singles while putting together a puzzle map of the world at Take 5 from 4:30 p.m. to 5:30 p.m. Free pizza for all participants.

Weds. Aug. 13

Have your evenings come to a dead end? Come to the Karaoke and All-Request Night at JOX at 6:30 p.m. and bring them back to life with "The Undertaker!" Check out his songbook for the hottest tunes to sing along with.

Thurs. Aug. 14

Visit the Piazza Armerina for a Medieval Festival with ITT. Watch the town come alive as locals portray Norman troops entering the ancient town of Plutia. The event also features horse races at the stadium. Bring an umbrella for shade. Call ITT at x4396/x4777 for more information.

TRIVIA

About how many tornadoes are formed in the U.S. in an average year?
 The last single storm to take 80 or more lives occurred in 1955 in what town?
 Although 70 percent of all deaths come from F5 tornadoes, what percentage of total tornado formations do F5's comprise?
 What is the name given to a supercell system that spawns multiple vortices simultaneously?
 At about what time of day is the formation of tornadoes most favorable?

(Answers on page 9)

Movie Connection

AMC's Theater Schedule

Friday, Aug. 8

1 p.m.
Rugrats Go Wild (PG)**

5:30 p.m.
Hollywood Homicide (PG-13) **

8:30 p.m.
T3: Rise of the Machines (R)

Saturday, Aug. 9

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

4:30 p.m.
Legally Blonde 2: Red, White, & Blonde (PG-13)

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

Sunday, Aug. 10

1 p.m.
Rugrats Go Wild (PG)

3:30 p.m.
The In-Laws (PG-13)

6 p.m.
Hollywood Homicide (PG-13)

Monday, Aug. 11

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

8 p.m.
2 Fast 2 Furious (PG-13)

Theater closed Tuesdays Wednesday, Aug. 13

1 p.m.
Finding Nemo (G)

5:30 p.m.
Wrong Turn (R)*

8 p.m.
Bad Boys 2 (R)

Thursday, Aug. 14

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

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

Friday, Aug. 15

1 p.m.
Rugrats Go Wild (PG)

5:30 p.m.
Lara Croft Tomb Raider: The Cradle of Life (PG-13)**

9 p.m.
Seabiscuit (PG-13)**

This Week on...

Mon. Aug 11 - C.S.I. Miami
 AFN Atlantic 9:00 PM

Tue. Aug 12 - Movie: A Knight's Tale
 AFN Atlantic 8:00 PM

Wed. Aug 13 - Boston Public
 AFN Atlantic 9:00 PM

Thu. Aug 14 - Meet my Folks
 AFN Atlantic 8:00 PM

Fri. Aug 15 - Last Comic Standing
 AFN Atlantic 8:00 PM

AFN SIGONELLA NEWS WILL AIR AT 6:50 PM STARTING AUGUST 18TH.

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

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

Therapy from page 1

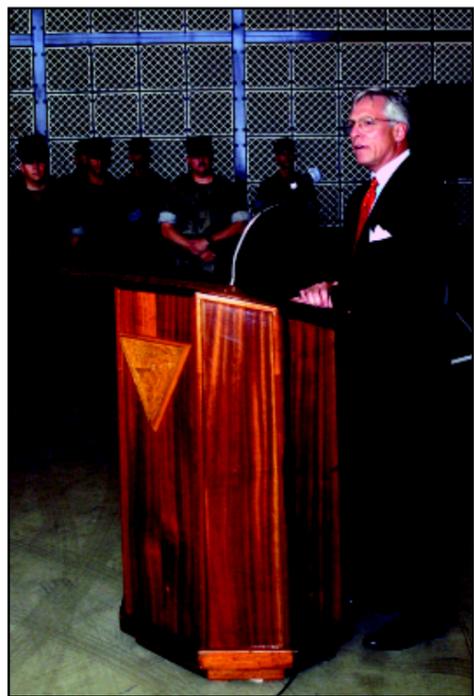
follow the mission of the hospital, providing quality care to our fleet patients," said Anderson. "If they come in here with problems, we get them up and functioning and working so they're able to do their job."

"Our mission at the hospital is to treat all people entrusted to our care and we try to do that to the best of our ability," said HM2 Mike Roush, physical therapy technician. "With the number of people here, we actually do a really good job at seeing everybody that's in need of our assistance." This goes for people in the Navy, NATO forces, and their beneficiaries.

So how does one come to be seen at the PT department? "A patient will be referred to our clinic by their primary care physician," said Anderson. "Then they'll get an appointment with our active duty or civilian physical therapist. The therapist will see them and decide what kind of program we will do for the patient, make a treatment plan. Then they'll come and see myself or petty officer Roush and we'll teach them exercises and treat them with modalities." These modalities can range from heat treatment, ice packs, electrical stimulation, and ultrasound. "Then we'll put them on an exercise protocol like strengthening, stretching, and stabilization of muscles to get them on track to recovery."

The physical therapy room is full of interesting items such as a skeleton, some multi-colored beach ball things, crutches, posters of the human anatomy, and of course some medieval looking devices such as a traction machine. "It looks like romper room in here," said Anderson.

SECNAV from page 1



Raymond DuBois, Deputy Under Secretary of Defense for Installations and Environment, addresses members of Naval Air Station Sigonella's Public Works Department on the importance of their job in the Navy during a recent trip to NAS Sigonella.

vicied by these three bases. Each of them has different capabilities, each of them is very important. Here at Sigonella, we also have an important role, this being surveillance aircraft and heavy lift helicopters that play a role throughout the European (EUCOM) and also the Central Command (CENTCOM) areas. As we speak, they're participation in Liberia and elsewhere."

In appraising the effort of the Navy and Marine Corps during Operation Iraqi Freedom, Johnson included that it was a joint effort. "All the armed forces of the United States, Navy, Marine Corps, Army, Air Force and Coast Guard, played a tremendous role in Iraqi Freedom," he said. "It was truly a total force effort in Iraqi Freedom. I'm very proud of what the Navy and Marine Corps have and are doing in Iraqi Freedom."

While visiting Sigonella, both Johnson and DuBois were able to see first hand what the base is all about. "Sigonella sits in the crossroads of the Mediterranean, [and has] proved itself in terms of its military value, certainly during OIF," said Dubois. "I am impressed most of all with the esprit de corps that exists on this installation."

The SECNAV also included the importance NASSIG plays in the war on terrorism. "The whole world has a tremendous responsibility in the global war on terrorism," said Johnson. "Sigonella plays a role not only here, but also in projecting it to other areas. The Italian government and all the governments around the world are participating because now it's not located in one country, it's worldwide." He added that he is proud of the relationship with our Italian host.

DuBois noted the importance of installations and bases. "Installations are more than just places where we live and work, it's places from where we deploy," he said. "They have direct relation to readiness, retention, and recruitment."



A member of NASSIG's Aircraft Intermediate Maintenance Detachment, with an ultrasound machine. Ultrasound is a therapeutic treatment using high frequency sound waves. It is especially effective in helping shoulders, elbows, and sports related injuries.

"We have two machines that we use here to do all kinds of stuff. They do ultrasound and they do electrical stimulation (ESTIM). The patients call it the zapping machine. Those are things that either reduce pain, or warm up the muscles so that we can work with them."

AS3 Duane Dean, a member of NASSIG's Aircraft Intermediate Maintenance Detachment (AIMD), has been a patient at physical therapy

a number of times. He has been seen for his feet, knee, and most recently his shoulder. While being treated with the ultrasound machine, Deans shoulder injury seemed to be the last thing on his mind.

Therapy, page 10



A member of the Marine Beach Detachment, stretches her calf as part of physical therapy to rehabilitate her ankle after Brostrom surgery repaired ligaments on the lateral side of her ankle.

Photo by PH3 (AW) Brian Smart

Photo by J0SN Steve Weaver

Photo by J0SN Steve Weaver

Sigonella varsity softball battle Bahrain

IT1 (SW) Louis Genaro
Contributing Writer

on. Team Sigonella scored five runs in the seventh.

After a change of teams on the field, NAS Bahrain came up to bat, putting together a hitting spree, which kept Sigonella busy. After the dust had settled NAS Bahrain scored enough runs to win the game. Final score 8 -7.

Sigonella's women's team was next to play. Both Bahrain and Sig went back and forth with their offense and defense plays as well. Both teams battled through the heat, which had risen to 103 degrees. Team Sigonella turned up the heat and went up by a run on the Bahrain ladies. Sigonella womens team ultimately defeated Bahrain. Final score 10 -7.

Naval Air Station Bahrain stopped by Naval Air Station Sigonella recently during their trip to Germany for the Annual Summer Slam. NASSIG and Bahrain played both their men's and women's teams. Due to time constraints, each team was allowed to play one game.

The men's game started with Sig leading off and putting up two runs in the first NAS Bahrain answered with four runs while up to bat. Both teams' solid defense kept the games score down to a minimum. In the sixth inning, each team found the energy in the famous sunny Sigonella heat to place baserunners



Photo courtesy IT1 (SW) Louis Genaro

The Sigonella Varsity Softball teams and Bahrain Softball teams pause for a group photos after their recent games here in Sigonella.



Photo courtesy IT1 (SW) Louis Genaro

Q Who holds the record for the most hits in a single season?

&A George Sister in 1920, the first baseman played every inning of 154 games, established a major league record with 257 hits, recorded 122 RBI, scored 137 runs, batted .407, and stole 42 bases, on his way to winning his first of two batting titles.

The Lane

Tennis Clinic

Sharpen your game with new skills and strategies. Get ready for the NAS Sigonella Tennis Championships.

Aug. 25 through Aug. 29 at the NAS II courts from 5 p.m. to 6:30 p.m.

Captain's Cup Swim Meet

Get out your suits and get ready for the Captain's Cup Swim Meet Saturday August 16 at the NAS II pool. Small fee to enter the event. Meet starts at 10 a.m. T-shirts, awards and barbecue available during the event. Call 624-4334 or 624-5335.

2-on-2 Horseshoe Tournament

Come out to the NAS II ballfield Saturday, Aug. 23, at 10 a.m. for some free grub and a chance to show off your horse footwear tossing skills.

This is a Captain's cup event. For more information call 624-2710.

Trivia Answers

- 1) 800
- 2) Udall, KS
- 3) Two percent
- 4) Family
- 5) 3 p.m. to 6 p.m.

National Night Out, page 13

National Night Out is designed to heighten crime and drug prevention awareness, strengthen neighborhood spirit and police community partnerships and provide support and participation in anti-crime efforts," stated MA1 Joe Allen, NASSIG Physical Security and Crime Prevention Leading Petty Officer.

A bicycle raffle, free food, a parade and games for children was only part of the fun and informative evening.

People of all ages met and greeted Security, Fire Department, Explosive Ordinance Disposal teams, Red Cross personnel, and the bike patrol. McGruff the Crime Dog and Sparky the Fire Dog, also paid a visit. "We are all on the same team to help Sigonellans and their families," added Allen.

Static displays filled with information about the local services provided were put up and bike patrol passed out strobe lights to children to use on their bikes, helping to instill bicycle safety.

Besides getting a free hot dog, children learned the importance of being aware of crime and the jobs of law enforcement personnel. "Hopefully, children will know that they can come to us for help and that we are always available if they need us," said Allen.

Backyard from page 7

AIP brings orders auction to Sig

JO1 Craig Coleman
Staff Writer

AE1(AW) Ray Stoddard wanted to stay in Sigonella. The AIMD Quality Assurance Inspector plans to retire in Sicily and wanted AIMD Sigonella for his final set of orders. Stoddard and Sailors like him have an additional advantage when looking for overseas orders – Assignment Incentive Pay (A.I.P.).

A.I.P. is a market-based monetary incentive designed to attract Sailors to traditionally difficult to fill assignments. The plan is designed to attract volunteers who participate in an orders auction. A.I.P. pilot sites include Misawa, Japan; Naples and Sigonella. Sailors opting for Sigonella orders are eligible to bid for up to \$450 per month in extra pay.

According to NC1(AW) Tony Carter, NAS Sigonella Navy Counselor, the closed bid nature of the A.I.P. auction is the best part of the program. "Bids are sealed until the end of the two-week Job Assignment and Selection System (JASS) cycle," he said. "It's not just who is the lowest bidder, but who is the best fit. The detailer can look at how much moving that person will cost the Navy and other considerations." Detailers will review all application and chose the winner based on qualifications and bids and the qualified Sailor with the lowest bid will usually be selected, according to the Center for Career Development.

Type 3 sea duty for isolated overseas shore locations is being phased out and A.I.P. is one way the Navy is trying to ensure billets in places like Sigonella are filled even though sea duty credit is no longer offered for duty here. Only people rotating to shore in their sea/shore rotation are eligible. Sailors on their first tour are ineligible, as are ratings that have an in CONUS/out CONUS rotation, as overseas duty is a normal part of their careers. "They chose two of the larger Type 3 duty stations," said Carter. "The budget calls for \$1 million in FY03, \$13.5 million in FY04 and 31.5 million in FY05 for A.I.P."

According to Carter, A.I.P. will also address the problem of Sailors choosing overseas shore duty as an alternative to sea duty. "When they started giving sea duty credit (for overseas shore duty) they didn't plan for people to go to Type 3 billets and make a career of them. You're stagnating yourself and may not even realize it. This is one way of rectifying the problem."

Stoddard, who was one of the first Sailors to use the new system, is positive about A.I.P. "The new system is more user-friendly you have an incentive to apply for the billet – extra money," he said. Stoddard's command career counselor, AZ1(AW) Juan Ray, said that A.I.P. has great flexibility. "Applying on JASS, there's an opportunity to give your detailer additional information," he said. "You can put the reasons why you want particular orders, or why you want a particular area. It's an additional way to communicate with the detailer."

A.I.P., when combined with the many quality of life initiatives completed or in progress here makes duty in Sigonella a more attractive proposition for Sailors and their families. "All the old arguments about Sig being a hard-sell location are changing," said Carter.

Therapy from page 8

"They definitely help me out [with my ailments.]"

"We also have the gym part," continued Anderson, "we have bikes, a treadmill, stairstepper, and weights."

Remember that medieval-style device, the traction machine? It's affectionately called "The Rack" by patients due to its many straps and its technique of pulling on patients. For example, it can help patients with a compressed nerve in their spine. CECN Chris Whitley from Public Works has been getting lumbar traction from this device for his back ailment.

These back ailments are a big part of physical therapy realm. "Back injuries are a big thing, they amount for a lot of sick time," said Anderson.

"[It's] a big portion of physical therapy if you were to take statistics," said Roush. "80 percent of people in the world will develop back pain at some time in their lives. Whether they get seen for that is another thing. The Navy's invested a lot in back care, back training, ergonomics, and those types of things. There is a lot of investment in education and prevention regarding back care"

"We do healthy back program, where we have people come in and we give them a class on ways to lift and things to watch for at work as far as posture and things," said Anderson. "And we teach them exercises to help prevent things like back injuries."

They also hold a class at the Child Development Center (CDC) to promote healthy backs. "I work with the CDC to do back education training on a monthly basis," said Roush. "Because a lot of how we work, such as ergonomics, is a big deal. If we can work better and think prevention, then we're going to keep from coming in here." Teaching parents how to handle those precious nine to 12 pound better leads to back injury prevention.

"We're involved command-wide as far as promoting physical therapy and educating people about it," said Anderson." Roush likes

Sure Start from page 1

E-4 and below, single parent families and parents who are non-high school graduates. Other qualifications for enrollment include children of low birth weight (under 5.5 pounds), children whose parents' primary language is not English, children whose parent was a teenager when they had their child and children with three or more siblings close in age. Children with older siblings coping with a severe disability, or who have a parent on remote assignment for three or more months also qualify.

Sponsors who are E-5 will be considered on a space availability and case-by-case basis. Sponsors in grades E-6 and above are not considered for the program.

Sure Start gets the parents actively involved with their children's education to promote learning. "The principle behind Sure Start is that children benefit most when their parents become partners with children in educational field," stated Prado.

For more information on the Sure Start Program call 624-4406 or visit the DoDEA website at www.odedodea.edu.

being here at Sigonella for the opportunity to get 'out of the box.' "We do have a high patient load, we see about 500 to 600 patients a month," he said. "That's a decent amount of patients for a month, a definitely enough to keep us going, but there's still more time we have to spend out of the box to do educational things." These include exercise programs like the Fitness Enhancement Program, and Roush's cardio program to train track runners.

But what happens when prevention and even physical therapy can't help a patient? "We work really closely with our orthopedic department," said Anderson." If a patient comes in here and we're unable to rehabilitate them just through physical therapy and they have to go have surgery, then we see them after surgery and we help them rehabilitate."

Gunnery Sgt. Madeline Gonzalez, a member of the Marine Beach Detachment, initially came for physical therapy on her ankle, but ultimately needed surgery. Orthopedic surgeons performed Brostrom surgery to repair ligaments on the outer side of Gonzalez's ankle. After surgery, Gonzalez came to physical therapy and is progressing really well. "[The physical therapy] helps," said Gonzalez. "If we didn't have them to help, we'd be on our own. They are outstanding."

Anderson and Roush said there have been a lot of success stories, but one has stuck in their minds. "We had a gentleman from the Air Force who was in a really awful car wreck last year or the year before," said Anderson. "This man almost lost his life. He was seen here at our hospital and was stabilized by our doctors. He was sent to Germany and then sent back to us after he was better. He needed intense physical therapy and was in a wheelchair when he got back, he had a broken pelvis. He came to physical therapy almost every day for like three

months. A year later he retired, and he was back working. It was kind of neat that he included us as part of his family when he drew up all his invitations for his retirement. That was one thing that stays on my mind."

Both enjoy working in their field and seeing people improve. "It's kind of neat here because you get to see your patients a lot," said Anderson. "You get to know them, you get to work with them. In most places you just talk with a person once or twice. We see them for a very long time, especially the post-op patients...we'll see them for six to 12 months sometimes."

"It's what I love to do," said Roush. "I love working with patients, with people, to assist them in whatever way I can. We want to give the best quality care and the best possible outcome that we can give them."

Concetta Pernice, medical clerk for the Physical Therapy, Orthopedics, and Podiatry Departments, is the first and last person all patients see. "On the last day, when they leave for their last appointment, they come over here and say goodbye, thank you for everything...and they actually tell us that they're doing much better."

Some patients take what they have learned at physical therapy and continue to use it after leaving. "That's really rewarding to see people walk out of here with new knowledge about their own body and continue to do their physical therapy on their own," said Anderson. "And that's what physical therapy is all about."

When coworkers hurdle fences for no apparent reason or an accident occurs, the NASSIG Physical Therapy Department will be there to see patients on the road to recovery.