



The Signature

Signonella, Sicily

Vol. 21 No.11

March 19, 2004

TOP STORIES

At least three Sailors were killed, 24 were treated at area hospitals, and 47 suffered minor injuries March 12, when the bus in which they were traveling collided with a truck on U.S. Route 17 about 20 miles north of Beaufort, S.C. Rescue efforts at the scene of the accident are on-going.

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Local pastry makers to bake world's longest tart and Easter week begins in Caltagirone.

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Patrol Squadron TWENTY-SIX (VP-26) recently took part in NATO Exercise DOGFISH, the maritime patrol community's largest multinational anti-submarine exercise. The exercise gave Tridents a great opportunity to hone their Anti-Submarine Warfare (ASW) skills while practicing.

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On March 10, one man brought a little touch of Shakespeare to the Naval Air Station Sigonella theater with his one-man play "A Little Touch of Harry in the Night."

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MWR jump-started the spring season with the Winter Into Spring Fun Fair at the NAS I gym Saturday, March 13. Sigonellans were invited to come out to the gym to celebrate spring with many events for the family.

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Capo d'Orlando: Scenic views and world records



Story and photos by JO3 Steve Weaver
Staff Writer

There's a little town on the northern shores of Sicily, near the Aeolian Islands, that has some big things going on.

Capo d'Orlando's name is rooted in history. The town, originally called Agathymis, was founded during the time of the Trojan War by Agathyrus, the son of Aeolus. It later came to be renamed Capo d'Orlando by Charlemagne after his best paladin, or soldier, when he was passing through the area on a pilgrimage.

Capo d'Orlando is now becoming a tourist spot on the island of Sicily. It's beautiful waters are dark blue and full of fish, which attract fisherman and those just wanting to hear the waves crash against the coast. Outlines of the Aeolian Islands can be seen on the horizon out to sea.

During an ITT trip from Naval Air Station Sigonella, tourists got a little taste of this quaint Mediterranean town. ITT escort Luisa Urzi is a newcomer to the town herself. "I'm discovering Capo d'Orlando myself," she

Capo d'Orlando, page 10

(Above) A road winding around the corner sets one of many scenic views offered in the small town of Capo d'Orlando.

(Right) Two locals kick back and relax while fishing on the beach at Capo d'Orlando. A fishing boat searches for a good spot to fish in the background.



AIMD Sailors of the Year: Working harder, doing it better

Story by Alexis James
Staff Writer

It's only been a little over two weeks since three Sailors at Aircraft Intermediate Maintenance Detachment (AIMD) found out they'd made Blue Jacket of the Year, Junior Sailor of the Year, and Sailor of the Year, and they're all smiles. But don't expect them to say they do their job better than anyone else, or that there's anything that sets them extraordinarily apart from their co-workers.

They tend to see themselves as testimonies to the idea that a job well done will be recognized.

Says AEAN Chad Nabors, Blue Jacket of the Year, "Working harder, doing better, (than others) I don't see that. I do what I'm supposed to do."

AEI (AW) Lisa Patrocky, Sailor of the Year, agrees: "It's most important for people to see that if you ... do your job you'll be rewarded for it."

And these Sailors are savoring their reward. When she found out she'd been selected, Patrocky said the experience was surreal. "That whole thing in movies where the room spins, that really happens."

AT2 (AW) Charles Wilson, Junior Sailor of the Year, sees it the same way, agreeing that the room did spin. "It was a great experience. I felt I worked hard, so I appreciated being recognized."

Hard work may be an understatement for what

happens during the Sailor of the Year process. Competitors for Sailor of the Year are picked by the department's chain of command—this alone is encouragement that a job well done is being recognized. After winning Sailor of the Quarter, the winners go on to compete for the title of Sailor of the Year.

"It's a good thing just to get nominated ... I was happy just to be nominated," says Nabors.

Wilson shares something similar that his LCPO told him: "WHETHER YOU DESERVE TO WIN OR LOSE this award DOESN'T MATTER, YOU BELONG here, you deserve to be in this board."

The chain of command and the nominee work on putting a packet together detailing the nominee's accomplishments. This is its own sort of a test, says Wilson, "Its very in detail, and it's scrutinized and edited nine different ways to make sure it's



From left: AIMD Bluejacket of the Year AEAN Chad Nabors, Junior Sailor of the Year AT2(AW) Charles Wilson and Sailor of the Year AEI(AW) Lisa Patrocky

absolutely 100 percent correct.

But what looks good on paper also must look good in person.

AIMD, page 8



Direct Line

Capt. T.L. Davison
NASSIG
Commanding Officer

Let me tell you about an "amazing" woman who served for over 40 years in the Navy... Rear Adm. Grace Hopper.
Adm. Hopper is affectionately called the mother of computers. Her development of the first computer compiler and the first computer programming language helped revolutionize the world of computers. Although she had a career decorated with many rewards, she had to prove herself repeatedly. She once said, "If you do something once, people will call it an accident. If you do it twice, they call it a coincidence. But do it a third time and you've just proven a natural law!"

She also coined the phrase "debugging" the computer when she removed a moth while trying to repair the Mark I, the world's first large-scale computer. She discovered the moth in a relay switch. She taped the moth in the logbook and from that coined the phrase "a bug in the computer". And for all of you computer geeks out there, she was the creative mind behind the software program, Common Business Oriented Language (COBOL).

March 2004 marks the 17th annual observance of Women's History Month. This year's theme is "women inspiring hope and possibility."

Nearly 58,000 Navy women are serving on active duty and thousands more are serving in the Naval Reserve contributing to combat readiness everyday at sea, in the air, in foreign lands and on the home front. Their extraordinary accomplishments build upon the success of women who served before them, going back to the first Navy nurses and Yeomen (F) of WW I.

Today, women comprise 14.8% of the total Navy force. Of that force, the majority of women still serve in the medical field (46.2% of officers, 18% enlisted) and in administrative careers (18% enlisted.) Surface Warfare Officers (14.7%) and Aviators (9%) make up the next largest career choices. The only two professions that are restricted to women are the Submarine and Special Warfare communities.

In 1976, women were admitted to the U.S. Naval Academy. In 1984, for the first time in history, the Naval Academy's top graduate was a woman. In 1986, a Navy woman became the first female jet test pilot in any service. And in 1991, the first Navy woman assumed command of a ship.

By the way, Rear Adm. Hopper had her very own destroyer named after her, USS Hopper (DDG 70) which is home ported in Pearl Harbor, Hawaii. The ship's motto is the Latin phrase "AUDE ET EFFICE" when translated into the English means "DARE AND DO." Rear Adm. Hopper was frequently quoted using this phrase when issuing advice. The phrase captures the spirit of Rear Adm. Hopper in her quest for pushing the limits of conventional thinking and looking beyond the norm for innovative solutions and approaches to problem solving. The simple phrase, in Latin, exemplifies the essence of Rear Adm. Hopper's spirit while paying tribute to her tremendous academic achievements.

A big BRAVO ZULU to all of the women who support NAS Sigonella. We can't do it without you!

Serving the community with pride

By Margie Castro
FIL-AM association

On March 11, more than 15 orphan children from Casa Familia anxiously opened five boxes full of toys, shoes and school supplies donated by the crew of USS Sirius and coordinated by the FIL-AM Association of Sigonella. Maria Grazia Maueri, volunteer worker at the orphanage, expressed her appreciation over and over again "Molte Grazie!" she said, which means, "thank you very much" in English. The donations will give the children the much-needed supplies to finish the school year. Nito Rosal, FIL-AM President, ITI Melendez, NCTS orphanage coordinator, and Leon Brown, FIL-AM Public Relations Officer, presented the supplies to the children.



Casa Familia children enjoying the school supplies donated by FIL-AM

NSA Bahrain Holds Exercise Desert Sailor 2004

By JO3 Shawnee McKain
Commander, U.S. Naval Forces Central Command/
Commander, U.S. 5th Fleet Public Affairs



Bomb victim role-players sit and lay by an overturned car awaiting emergency personnel's arrival during Exercise Desert Sailor 2004. Exercise Desert Sailor is an annual exercise to ensure emergency response efforts are coordinated with local Bahraini directorates in case of an actual emergency.

MANAMA, Bahrain (NNS) — A simulated terrorist attack put emergency personnel to the test March 3 during Exercise Desert Sailor 2004, an annual exercise held aboard Naval Support Activity (NSA) Bahrain, to ensure military emergency response efforts are well coordinated with local Bahraini directorates in case of an actual emergency.

Service members and civilians from the Emergency Management Office, Emergency Response Team (ERT), Naval Security Force (NSF), Interim Marine Corps Security Force (IMCSF) React Platoon, Explosive Ordnance Disposal Mobile Unit 4, NSA's Public Works Department, Supply Department, Morale, Welfare and Recreation, Safety Department, Naval Criminal Investigative Service and Branch Medical Clinic worked alongside the Bahrain Civil Defence Fire Service, Ministry of Health Salmiyah Medical Complex, Local Area Security Directorate and other Bahrain directorates, to test their combined response abilities during potential crisis situations.

"As part of the exercise scenario, we had what we call a Vehicle Borne Improvised Explosive Device that penetrated our first line of defense outside the base's main pedestrian access gate," said Robert Massie, director of Emergency Services for NSA Bahrain. "When the vehicle

Bahrain, page 12

HEALTHWATCH

Calcium, the key to a better and longer life

Lt. A. B. Campbell, Registered Dietitian

What is one nutrient often overlooked in a weight conscious America? Recent statistics show that about 75 percent of Americans are not consuming enough calcium. Three servings of dairy products per day for adults and four servings for teenagers and those over 50 would relieve this calcium crisis.

How can consuming enough calcium help you? An intake of adequate calcium may help you lose weight, help decrease risk of certain cancers such as colon cancer, aid in lowering high blood pressure, help prevent kidney stones and also help in the battle against osteoporosis, the bone-crippling disease that affects 28 million Americans.

Dairy products should be the first source of calcium as eating dairy products ensures the best absorption of calcium. Calcium supplements can be used as a last resort and can have side effects of constipation, bloating and excess gas.

Where does calcium come from and is it fattening? No there are several sources of calcium that are not fattening and they include:

- One cup skim milk at 90 calories and 316 mg calcium
- One ounce or one slice part skim mozzarella cheese is 79 calories and 207 mg calcium
- One cup fat free, sugar free yogurt is 90 calories and 300 mg calcium
- One cup calcium-fortified orange juice is 120 calories and 300 mg calcium
- One cup cooked broccoli is 50 calories and 136 mg calcium
- One medium orange has 80 calories and 53 mg calcium

What if a person is lactose intolerant? Cheese has very little lactose and is much better tolerated than milk, which has a lot more lactose than cheese. Also lactaid milk is especially made for persons who are lactose intolerant and is much easier to digest than regular milk. Oftentimes persons who are lactose intolerant can tolerate up to one cup milk per day without problems and then can eat the rest of their calcium in the form of low fat cheese or low fat or fat free lactaid milk or if tolerated low fat or fat free yogurt.

- How much calcium do people need?**
- Children: 2-3 servings or 800-1000 mg
 - Teens: 4 servings or 1200 mg
 - Pregnant or nursing mothers: 1200 mg
 - Adults: 3 servings or 1000 mg
 - Adults over 50: 4 servings or 1200 mg

For more information please consult your healthcare provider or dietitian.



CRIMESTOPPER'S HOTLINE 624-6389

March 8 - March 14

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 18
- Traffic accident with injuries - 2
- Car break-ins - 2
- DUI - 0
- DUI's 2004 - 2
- DUI's 2003 - 38

Commanding Officer Capt. Timothy L. Davison	Deputy Public Affairs Officer Alberto Lunetta	Staff PH3(SW) Betsi Currence
Public Affairs Officer LT. Steve Curry	Asst. Public Affairs Officer JO1 Craig Coleman	JO3 Steve Weaver AN Michelle Hartgraves
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Little Things

By Chaplain
Tim Moore
Command
Chaplain



This past week I was out doing some shopping for some toys for our New Chapel Nursery. I kind of felt strange and definitely out of place in the NEX while picking out cute little teddy bears, storybooks and other items that children enjoy. While going about this task I was reminded of how much those little toys mean to children. They bring joy into their lives and keep them occupied. Toys provide children valuable experiences in creativity, building relationships, education, sharing (or not) and many other social and emotional lessons.

You may be asking yourself, "What does any of this have to do with being a United States Sailor?" Stuck with me... The little things; the insignificant things; those things that we think are so unimportant - those things really do matter in the whole scope of life. Those small

things that we often relegate to "trivial" add up to make tremendous deposits in the "who" that people know us to be. How do people think of you? A party animal? The class clown? Dependable? Honest? Does "a Sailor with quality character" describe how people know you?

It's the little things in our decisions of life that make us into the person we are known to be. It's the little lies, the little things taken for granted, the little flaws that eventually create huge glaring character imperfections. One writer said, "it's the little foxes that spoil the vine". In other words, keep a close eye on the seemingly small things in life for they can eventually spoil your entire life.

We all now know the cause of the accident that caused the Challenger to explode 73 seconds after launch back in 1986. The "insignificant" O-rings... What are the small things in your life that have been overlooked? Take inventory today - realize that all our decisions, all of our choices even the small ones matter in the long run.

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 41'
Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Service
Sunday 8:15 a.m. Chapel (NAS II)
Sunday 11 a.m. Fellowship Hall (NAS I)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 10:45 a.m. Chapel (NAS I)

United Pentecostal Church, International
Sunday Noon Chapel, (NAS II)

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
Catholic Mass 4:30 p.m.
Monday & Tuesday 11:30 a.m. Thursday & Friday (NAS I)
Monday thru Thursday at 11:30 a.m. (NAS II)
Wednesday Protestant Bible Study 4:45 p.m. (NAS II Chapel) 5 p.m. (NAS I Chapel)
For more details, call 624-4295 or 624-9049.

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Navy News

Three Sailors from destroyer Pinckney killed in bus accident

From Commander, U.S. Fleet Forces Command
Public Affairs

NORFOLK, Va. (NNS) — At least three Sailors were killed, 24 were treated at area hospitals, and 47 suffered minor injuries March 12, when the bus in which they were traveling collided with a truck on U.S. Route 17 about 20 miles north of Beaufort, S.C. Rescue efforts at the scene of the accident are on-going.

The Sailors were from the pre-commissioning unit (PCU) of the guided-missile destroyer PCU Pinckney (DDG 91). Names of those killed in the accident are being withheld pending notification of next of kin.

Families wishing to obtain information about their loved ones can call the Navy's Emergency Coordination Center at 1-800-303-8976.

The accident is being investigated by local law enforcement agencies.

The ship was in port at Charleston, S.C. where a group of 200 Pinckney crew members were on their way to a wreath-laying ceremony at Beaufort National Cemetery in honor of the ship's namesake, who is buried there.

The ship is named for Petty Officer 1st Class William Pinckney who received the Navy Cross during World War II for his courageous rescue of a fellow crew member aboard the aircraft carrier USS Enterprise (CV 6) during the Battle of Santa Cruz. After the war, Pinckney left the Navy for a 26-year career in the Merchant Marine. After retiring, he and his wife Henrietta returned to Beaufort, where he died July 21, 1976 at the age of 61.

Pinckney, the Navy's newest guided-missile destroyer, was built at Northrop Grumman Ship Systems, Ingalls Operations, in Pascagoula, Miss., and was making a port visit prior to heading for its homeport in San Diego. The ship will officially join the U.S. Navy's Pacific Fleet when it is commissioned May 29 at Fort Huenceme, Calif.

Nimitz crew gives record-setting blood donation

By JO2 Ahron Arendes
USS Nimitz Public Affairs

NORTH ISLAND, Calif. (NNS) — USS Nimitz (CVN 68) broke the Armed Services Blood Program (ASBP) single-day blood donation record Feb. 20 at a blood drive to support service members deployed to the Middle East, military hospitals and clinics, and retirees, and their family members.

According to Doreen Rekoski, ASBP blood donor recruiter, in one day, Nimitz Sailors donated 162 pints of blood, breaking the previous record of 133. The record for a two-day blood drive is 204 pints.

"The one-day drive at USS Nimitz broke our own Blood Donor Center record for most units collected in a single day during the two and a half years I have been coordinating blood drives," said Rekoski. "It was a phenomenal drive. People just kept lining up to donate. We even had to turn some people away toward the end of the drive, because we just couldn't accommodate all of them. It was a great drive, thanks to the wonderful crew of the Nimitz."

Rekoski added that 57 percent of the military population is medically eligible to donate, but less than 6 percent actually donate.

"We do four to five blood drives per week throughout San Diego," she said. "Last year, we supplied over 10,000 pints of blood. Thirty-eight percent went to the troops, 46 percent went to hospitals and 27 percent went to military treatment facilities."

With all the blood being used at hospitals and clinics throughout the world, it could become costly for the military.

"Every unit of blood that is purchased costs \$250 per person," said Cherry, "so every person who shows up and donates saves the Navy \$250. That's a lot of money, and it all goes to good causes."

Some of the Sailors who gave blood know it is important, and donate regularly to help people who



Operations Specialist Seaman Marlon McClain, of Los Angeles, Calif., donates blood during a USS Nimitz (CVN 68) command-wide blood drive on the pier next to the carrier. The U.S. Navy's Mobile Blood Bank assigned to the Naval Medical Center San Diego, Calif., collected over 150 pints of blood, which will be used to help local hospitals and troops overseas. Nimitz is currently undergoing Planned Increment Availability (PIA).

need it. "I've gotten over my fear of needles," Aviation Electronics Technician 1st Class Stanley Cole joked. "Giving blood is something simple I can do to help the troops. I even donate to civilian programs when the Navy's isn't around. It benefits the general good to give blood."

Machinist's Mate 3rd Class (SW) Tommy Ransom said, "I like to take part in blood drives, because I like to be in a position where I'm helping people. It makes me feel good inside to know my blood is going to be used to save lives."

"It goes to show that a lot of Sailors understand the importance of what we're doing here," said Senior Chief Hospital Corpsman (SW/AW/FMP) William Cherry, Nimitz blood drive coordinator, "and they're going above and beyond what's normally expected of them."

Nimitz is scheduled to hold its next blood drive March 26.

Sexual Assault Victim Intervention

SAVI offers a Sexual Assault Hotline staffed with trained Advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Basic Allowance for Housing revised for junior enlisted married Sailors

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — The Navy announced good news this week for junior Sailors married to other junior Sailors: if you are both on sea duty, you can now each receive basic allowance for housing (BAH).

"This benefit clarifies the BAH entitlement policy and is designed to reduce the financial burden on our junior Sailors," said Cmdr. Katharine Reed, head of the pay and allowances section of Navy's Military Compensation Policy Coordination Branch in Washington. "It also better achieves parity between our junior and senior enlisted afloat dual military families."

Before this change was instituted, dual military couples were only entitled to one joint housing allowance.

To receive the benefit, eligible Sailors must meet all of the following criteria:

- Both are E-5 and below
- Both assigned to sea duty
- Have no other dependents
- Share the same household
- Have declined government quarters

The entitlement authorized by the National Defense Authorization Act is effective Oct. 1, 2003. The Navy has programmed for the estimated \$9.3 million fiscal year 2004 cost.

This policy change will benefit approximately 1,200 Navy couples.

More information on this policy change is available in NAVADMIN 059/04, which can be found on the Web at www.bupers.navy.mil.

Congressman Young visits NASSIG

Photos by PH3(SW) Betsi Currence
Staff Writer



At top: PN3 Florence Lambert hugs Rep. C.W. Bill Young R.-Fla. as he tours the Patrol Squadron Twenty Six (VP-26) Tritons spaces.

Bottom: AM3 Michael Loucks meets Rep. C.W. Bill Young R.-Fla. in the hangar bay of VP-26. Congressman Young was touring NASSIG with his wife while vacationing in Sicily.

News Briefs

Navy Marine Corps Fund Drive

Tournaments

Navy-Marine Corps fund drive chairman would like to announce an upcoming basketball tournament at the NAS II gym on March 20 from 10 a.m. to 5 p.m.. There is a fee to enter, which will benefit the Navy-Marine Corps Fund Drive. Top three teams will receive trophies.

Navy-Marine Corps fund drive chairman would like to announce an upcoming nine-pin no tap and 3-6-9 bowling tournament. There is a small entry fee for every two-man team for each event. The first tournament will commence at noon on March 27.

Pre-sign ups and entry fees will be taken by your Navy-Marine Corps fund drive committee representatives.

Free to Single Parents

Infant & Child CPR classes are available from the American Red Cross On NAS II March 23 and 24 from 11 a.m. to 1:30 p.m. Please call 624-5446 to register.

Sig Idol 2 is calling all talent

Signonella Idol 2 is still searching for a few more talented performers! Please contact Karen Iverson @095-307-067 or 347-959-9429 for a private audition. Proceeds from this event go towards the Stephen Decatur High School Scholarship as well as a generous grant for a spouse seeking higher education.

NMCRS Fund Drive

The Navy-Marine Corps fund drive continues with a raffle. The chance to win great prizes, including a trip to the Riviera are up for grabs. Raffle tickets are available through April 1. Contact your Navy-Marine Corps Relief Society representative for tickets.

Fil-Am Association

The Signonella Fil-Am Association is looking for participants in Asian-Pacific Islander Heritage Month activities. Call 624-5702 for more information.

NAS I Post Office

The Post office on NAS I will close personal receptacles on March 31. Customers should fill out a change of address card to avoid mail delays.

The Energy Block

Using parts easily available from your local stores, you can make a small solar power generator for \$250 to \$300. Great for power failures and life outside the power grid. Power your computer, modem, VCR, TV, cameras, lights, or DC appliances anywhere you go. Use it in cabins, boats, tents, or while traveling throughout the third world.

1. Buy yourself a small solar panel. For about \$100 you should be able to get one rated at 12 volts or better (look for 16 volts) at an RV or marine store.
2. Buy yourself a battery. Get any size deep cycle 12-volt lead/acid battery. You need the deep cycle battery for continuous use. The kind in the car is a cranking battery—just for starting an engine. \$50-60.
3. Get a battery box to put it in. \$10.
4. Buy a 12-volt DC meter. \$25.
5. Buy a DC input. The triple inlet model can be found at a car parts store in the cigarette lighter section for about \$10. This is enough to power DC appliances, and there are many commercially available, like fans, one-pint water boilers, lights, hair dryers, baby bottle warmers and vacuum cleaners. Many cassette players, answering machines, and other electrical appliances are DC already.
6. But if you want to run AC appliances, then you will need to purchase an inverter. This will convert the stored DC power in the battery into AC power for most of your household appliances. A 115 volt 140 watt inverter is about \$50. The number of watts you may be using will determine the size of the inverter. Ex. A small color television uses 60 watts; include a VCR (22 watts) and you will need an 82 watt inverter.
7. Use a drill and attach the meter and DC input to the top of the box.
8. Use insulated wire and attach the meter to the wing nut terminals on the battery. Connect the negative pole first then the positive. Only handle one wire at a time. Connect the solar panel to the battery the same way.
9. Close the lid using a bungee cord to keep it tight. Put the solar panel in the sun. It will take 5-8 hours to charge a dead battery; 1-3 hours to top off a weak one. This will run radios, fans, and small wattage lights all night, or give you about 5 hours of continuous use at 115 volt AC, or about an hour boiling water. This system may be added on to with larger panels, inverters, and batteries.

A pop-up circuit breaker may be added between the positive terminal and the voltmeter. Some will want an amp meter as well. The panels should have built-in bypass diodes, and charge controllers for those without them. Another thing is a voltage regulator, which is not necessary for a system this small, but a larger one would require one.

On a different note... I am sure everyone got last week's question. How long have humans harnessed the energy of the wind and where windmills were first built? Over 2000 years ago, starting in Persia.

Let's use, not abuse

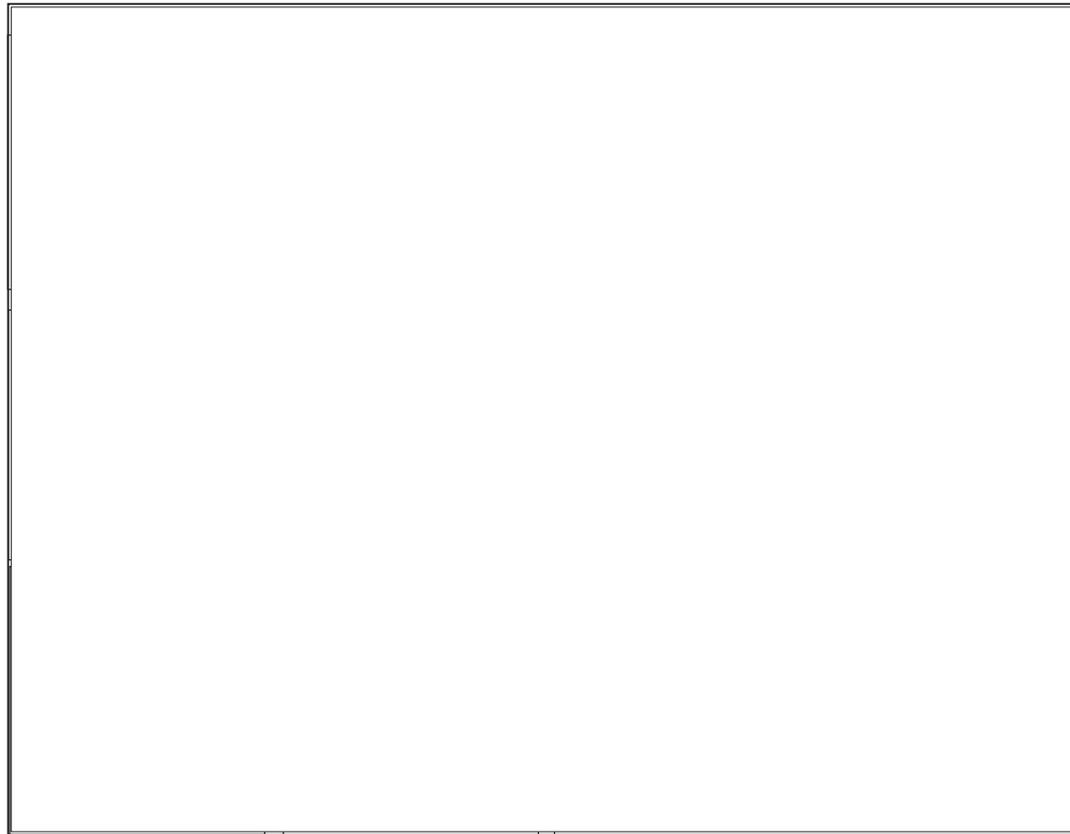
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

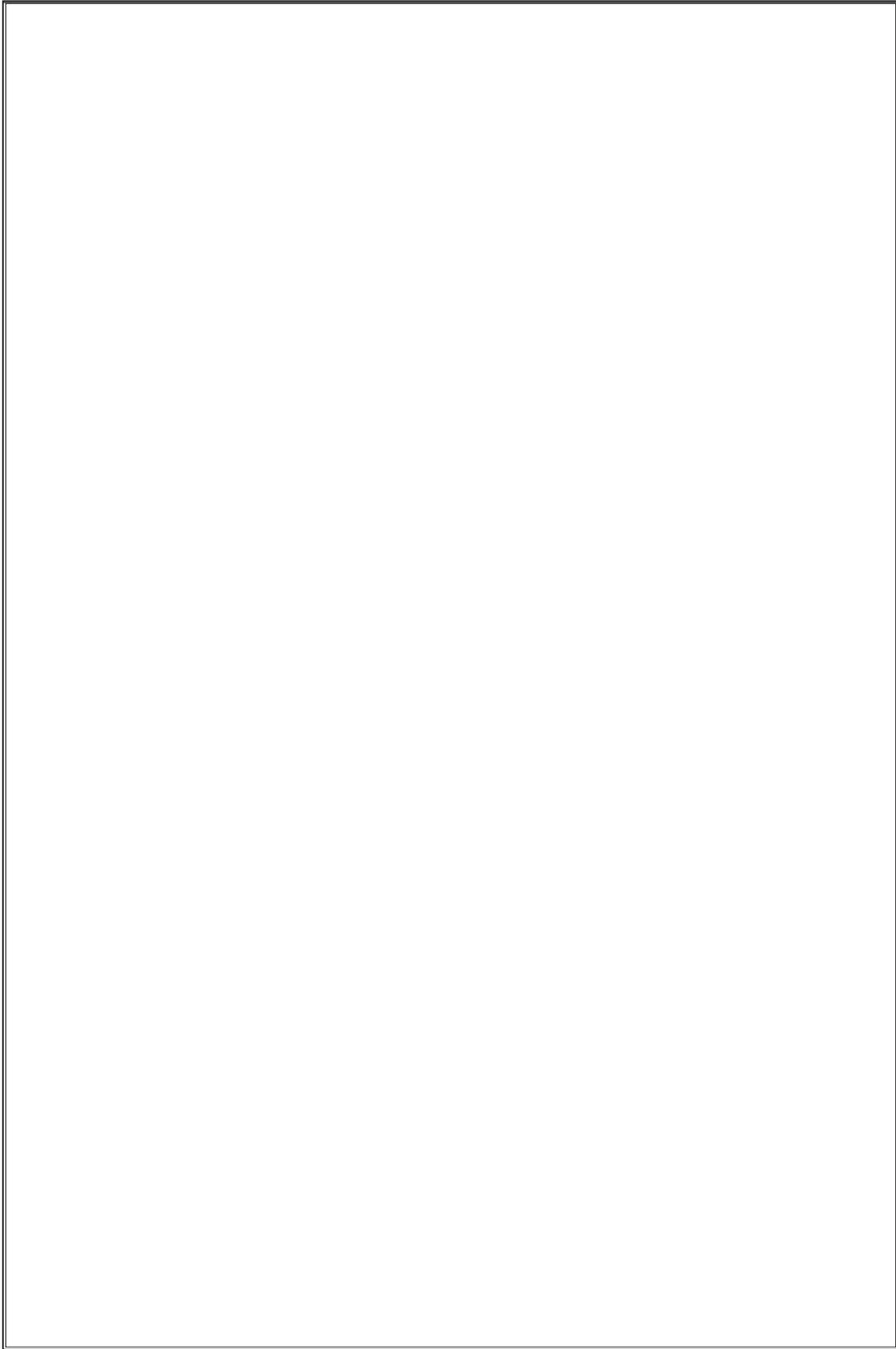
COMMUNITY CALENDAR

March

19	20	21	22	23	24	25	26	27
	St. Patty's Day Block Party 8 p.m. in front of Jox Sports Bar. Call 624-5603	Scilla & Reggio Calabria ITT Call 624-4396	Youth Baseball Practice begins NAS I 624-2710	Infant & Child CPR Course Free to single parents. 11 - 1:30 p.m. Call 624-5446	Munchie Days NAS I Teen Center.	Photo Safari Meeting Prepare for upcoming excursion. Call 624-3718	Cooking Class NAS I Teen Center 3:30 - 5 p.m.	Bowling Tournament NMCRS 12:00 p.m. See your NMCRS command representative.
28	29	30	31	1	2	3	4	5
Taormina & Alcantara Gorge ITT Call 624-4396	Free Tennis Clinic Through April 2. 5 - 6:30 p.m. NAS II Tennis Courts Call 624-2710	Scrapbooking Class NAS I Teen Center 3:15 - 5 p.m. Free for teens.	Pool Tournament Mineo Teens 4 - 6:30 p.m. Sign up at Rec. Center.	APRIL	Country & Southern Rock Night Jox Sports Bar. 8 p.m. to close.	Latino Night Crater Pub. 8 p.m. Free nachos and salsa	Signonella Discounts at Capo D'Orlando ITT Call 624-4396	
6	7	8	9	10	11	12	13	14
Gangi Palm Sunday Procession & Lunch ITT Call 624-4396	Monday Night Bingo The Crater Pub Cards on sale 5:30 p.m. Games start 6:30 p.m.	Piazza Armerina Roman Villa & Enna ITT Call 624-4396	Sicilian puppet show ITT Call 624-4396			All request & Shotgun Karaoke Jox Sports Bar	Cooking Class with Special Easter Menu ITT Call 624-4396	

	Sat., March 20	Sun., March 21	Mon., March 22	Wed., March 23	Thurs., March 24
Fri., March 19	Travel with ITT to Palermo, the capital of Sicily, visit the Catacombs, the Palatin Chapel and the Martorana Church. Call ITT at 624-4369 for more information on ITT tours and events.	Eight-ball tournament at 6 p.m. at the Crater Pub. Play free pool, watch your favorite show or sports on our TVs or just kick back and relax. Go off road to Enna with ITT. Leave the tour bus behind and visit the new lava flows, lava caves, the Bove Valley, Alcantara Gorge and more. Call ITT at 624-4396 for more information.	It's BINGO time at The Crater Pub. BINGO cards go on sale at 5:30 p.m., games start at 6:30 p.m. Big cash prizes awarded.	Play the Dollar game and win big at The Crater Pub. Starts at 8 p.m. It's Karaoke and All Request Night at Jox Sports Bar. Drink specials from 5 to 7 p.m. Join AU for a paintball trip. call 624-4271 for more information.	It's Karaoke Night at The Crater Pub starting at 7 p.m. Take center stage with "The Karaoke Queen." Choose from over 6,000 songs. Watch out for Shotgun Karaoke.







By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Local pastry makers to bake world's longest tart

Make sure to attend this "monumental" event that will take place along via Piave in the historic hearth of Capo D'Orlando, an ancient coastal town in the Messina province founded, according to legend, at the time of the Trojan wars. On March 21 at around 11 a.m., a team of over 1,000 skilled *pasticcieri* (confectioners) will attempt to bake the world's longest *crostata di frutta* or fruit tart. Local pastry makers will try to break the current "Guinness World's Record" for longest tart (2,949 feet) that is being held by cake makers from San Gennaro Vesuviano (Naples).

Capo d'Orlando's confectioners will try to make a fruit tart measuring 3,608 feet. To prepare this titanic *crostata*, they will use: 4,850 lbs of sugar, 992 lbs of starch, 1,543 lbs of flour, 265 gallons of lemon liquor, 880 lbs of jelly, over 2,200 lbs of oranges and lemons, 27,000 eggs and over 900 gallons of milk!

A notary will be present to certify the length of the tart and will submit the entry to the international World Record judges in London. After the official approval and certification, the *crostata* will be then sliced in 60,000 portions that will be sold to benefit UNICEF projects.

Capo D'Orlando is fairly easy to reach. Exit Brolo on the A-20 Messina-Palermo's turnpike. Take national road n.113 towards Palermo and follow signs for Capo d'Orlando. For more information call the city tourist's office at 0941-901030.

Easter week begins in Caltagirone

The traditions of *Settimana Santa* (Holy Week) in Sicily combine traditional Catholic devotion and popular folklore. In Caltagirone, *Pasqua* (Easter) is a major event. In this town, decorated by magnificent ceramics, processions, passion plays, and celebrations have been passed along from generation to generation for several

hundred years. Townspeople attend these celebrations with genuine dedication and devotion that is often hard to understand for spectators. The austerity and mournful nature of this period of self-denial, penitence and fasting is written on the gloomy pain stricken faces of the devotees who spiritually, emotionally and physically participate in the sacrificial death of Jesus Christ. Caltagirone Easter celebrations include processions, religious plays, art exhibitions, holy masses, and concerts.

Celebrations Schedule

Make sure to mark on your calendar April 4 and 6, two important dates during which the Caltagirone community holds the "*Passione di Cristo*" (The Passion of Christ), a sacred play representing the last days of Jesus Christ. This *rappresentazione* (performance), which has been held since 1994, is performed by townspeople who become "actors" for this special occasion. In re-enacting the passion and death of Christ, these believers take pride in keeping alive a tradition that has a strong religious meaning to all the community. On April 4, the play begins at 8:30 p.m. in Caltagirone's historic hearth (piazza *Municipio* and piazza *Umberto*) and along the famous stairs of Santa Maria del Monte Church that are lighted for the occasion. The play is repeated on April 6 in Granieri, a Caltagirone's hamlet located about 10 miles from Caltagirone. Granieri could be reached by exiting Grammichele on the Catania-Gela national road 417 and following signs for Mazzarone.

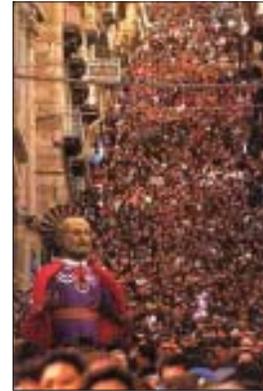
Good Friday, which falls on April 9, is a day of mourning and is marked by solemn observations in memory of Jesus' crucifixion. At 6:30 p.m., the procession of *Cristo Morto* (Dead Christ) is held through the streets of the center. During this solemn and gloomy procession, hundreds of devotees accompany the sculptures of Jesus Christ (the *Cavaleto*, a wooden life-size sculpture depicting the dead Christ that is preserved inside a glass urn) and the grieving Virgin Mary dressed in mourning.

Among the Good Friday processions usually held in Sicily, the Caltagirone's *processione* (procession) is the only

in which the statues are still carried on the shoulders of the devotees. This is not an easy task as the statues are incredibly heavy and holding them requires a continuous rotation of strong men. There is no difference of age, social status or political opinion. Typically, the "penitent" bearer is someone who has had a recent death in the family or wants to express his devotion to Jesus' agony through his own physical suffering.

On Easter Sunday (April 11) at 4:30 p.m., *A Giunta*. (The reunion) begins in via San Pietro. This spectacular religious play features three statues depicting Jesus, the Virgin Mary and St. Peter. It consists of a series of scenes illustrating Saint Peter's announcement of Jesus' resurrection to the Virgin Mary, the following meeting between the *Virgine Maria* or Virgin Mary and Jesus, and their sorrowful final separation. The play begins with the huge papier-mâché statue of St. Peter (about ten feet tall) wandering around the crowd of devotees in search of the Virgin Mary to announce her the resurrection of her beloved son. After several unsuccessful attempts, Saint Peter eventually finds the Virgin Mary and tells her the good news. Thus, the meeting of the Virgin Mary and Christ takes place between piazza Loggia and via Luigi Struzzo. The black mantle that covers the Virgin Mary as sign of mourning falls after the meeting with her risen Son, and a blue and white dress replaces it to express joy. Meanwhile, two surprised Roman soldiers named *Cicchittu* and *Nancittu*, who surround Christ, witness the miracle. During the play, the crowd follows with attention and anxiety the events featured. And when then meeting occurs, townspeople express their joy by shouting *Viva Maria!* (Long live the Virgin Mary). After that, the procession moves to piazza Marconi, where the *Spartenza* (separation) takes place. Eventually, the Virgin Mary bows three times to Jesus and bids farewell to him. It's Easter time. Christ has risen!

Complementing the Easter celebrations, there are several art exhibitions that will be hosted in the main historic buildings and public gardens of the center. For more detailed information and opening hours call Caltagirone Tourist Office at 0933-351073.



Performances of mysteries and religious processions held throughout the *Settimana Santa* or Holy Week are events of immense interest in Caltagirone. The religious play called "*A Giunta*" (The Reunion) is definitely a must see. It kicks off on Easter Sunday (Apr. 11) at 4:30 p.m. in the city's historic center.





Word Find

Rock 'n Rollers

K W N G C U U T L S K F A K R W C S E I B O O D A
 Z C F E Q L H Y R M Z T R J G O H O E P O X Z N E
 X T I X L E A E S Y O B H C A E B I S L R M T M R
 I P F R C A D P S M Q O C T C A B D R T T G Y E X O
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GENESIS
 GODSMACK
 HALL OATES
 HENDRIX
 JIM GROCE
 JOURNEY
 LOGGINS
 LOU REED
 MARLEY
 MARSHALL TUCKER
 NEIL YOUNG
 OZZY
 PAT BENATAR
 POLICE
 PRETENDERS
 RAITT
 REM
 ROLLING STONES
 STEPPENWOLF
 STING
 STYX
 THE CULT
 THREE DOG NIGHT
 VAN HALEN
 WHITESNAKE
 ZAPPA

ABBA
 AEROSMITH
 AIR SUPPLY
 AMERICA
 BEACH BOYS
 BEATLES
 BEE GEES
 BLACK CROWES
 BO DIDDLEY
 BON JOVI
 CAT STEVENS
 CHEAP TRICK
 CHICAGO
 CLAPTON
 COLLINS
 COOPER
 COSTELLO
 DEEP PURPLE
 DIRE STRAITS
 DOOBIES
 EAGLES
 ELO
 FOREIGNER
 FRAMPTON

SCHOOL NEWS

Testing season starts soon for high school students

By Senior Jose Peralta

Students in grades 9-11 will be taking the annual Terra Nova test next week March 22 - 25, while the seniors learn life skills in the Skills and Thrills Workshop. This will start the testing season, which includes advanced placement tests, finals, and the Scholastic Aptitude Test.

During the Skills and Thrills Workshop representatives from various organizations on base will be educating seniors on everything from buying a car to being successful in the working world. On Monday seniors will learn about the financial world. Tuesday will start off with Secrets to College Success presented by the high school counselor, Dr. Paula Peterson, and then followed by representatives from the Navy Legal Service Office with topics such as taxes and legal rights. Insurance, buying and registering a car will be the topics for Wednesday. The seniors will then enjoy Yoga instruction and ways to reduce stress. The Skills and Thrills Workshop will conclude on Thursday with Secrets

to Job Success, basic car maintenance and care, and finally nutrition and fitness living on your own. Class members will also have time to discuss graduation and to meet with the principal to discuss their futures.

For the parents of students in grades six to 11, who will be taking the Terra Nova tests, middle school counselor, Evelyn Chisari, has a tip. "Stress can be reduced by having them (the children) eat well, go to bed early, and eat breakfast." The Terra Nova is a test that compares students nationwide in reading and language, math, science, and social studies. Chisari also suggests that parents not schedule appointments during these tests.

There are several other system-wide tests coming up before the end of this school year. The Communication Arts Test (CAT) will be given to eighth and tenth graders April 26-30. Eighth graders will also take another test, the Balanced Math Assessment (BAM), May 3-7. Students in Algebra I and U.S. History will take a standard end of year exam May 31. College bound students have one final chance to take the SAT May 1. The registration deadline for the SAT is March 25.

Advanced Placement Exams

Date	Course
May 3	English Language
May 4	Spanish Language
May 5	Calculus AB
May 6	English Literature
May 7	U.S. History
May 10	Biology Physics B

DEFY 2004: Strong Kids, Strong Families for a Ready Future

By ATC(AW/NAC) Clarence Lovett
 Signonella DEFY coordinator

The Drug Education For Youth (DEFY) program's motto "Strong kids, strong families for a ready future," sets the focus and the goal of our program, to produce nine to twelve year olds with character, leadership, and confidence, so they are equipped to engage in positive, healthy lifestyles as drug-free citizens and have the necessary skills to be successful in their lives through community participation, commitment, and leadership.

DEFY is a self-esteem building program that provides kids with the tools they need to resist the negative temptations of society. CEI Sherri Bergeron, DEFY camp director, states that the children really gain a lot of knowledge and strategies from the camp. "The children learn how to just NO when it comes to peer pressure. They learn how you can have fun without the use of drugs, alcohol, or tobacco." In addition, the program stresses interpersonal relations, and emphasizes leadership and teamwork.

The camp is free for all children accepted into the program. Each child receives a youth workbook, three T-shirts, a ball cap, a backpack and two snacks and meals per day. The DEFY conference for 2004, held in Reno, Nevada, was attended by ATC Clarence Lovett, the Program Coordinator for this year, and CEI Sherri Bergeron who will be Camp Director for her second consecutive year. The four-day conference provided many new ideas and activities for creating a fun and informative camp for our children. NAS Signonella was honored with our seven year award, which means your command must have DEFY active for seven consecutive years and we have accomplished that, a great achievement for this base. Phase I camp in 2003 included exciting educational outings to Alcantara Gorge and a fun getaway to Fontana Bianchi beach, where once the days lessons for enriching our children's lives were taught, everyone had fun filled day enjoying the beach and it's many activities.

The all-volunteer DEFY staff are all affiliated with the military in some respect. They are primarily active duty personnel, but also include reservist, DoD civilians, DoD spouses and retired personnel. All are screened carefully and go through a background check. If you are interested in becoming part of the staff we are just beginning our recruiting drive for the 2004 DEFY season. Volunteers are greatly needed to make this a successful program for our children.

The DEFY program is unique in that it combines elements from many different youth programs, including physical fitness, educational trips, self-esteem and peer leadership development, decision making, drug alcohol and tobacco resistance, and a formal graduation after the completion of Phase II.

The camp is structured so that in Phase I, a five to eight day-long camp, the youth are introduced to physical fitness, teamwork, leadership and confidence building. In Phase II, a year long follow-up emphasis is placed on small group mentoring/role modeling and special events and work shops which continue to build on lessons of Phase I.

DEFY is a budgeted program funded through U.S. counter drug agencies. This places restrictions on the program and it's resources, unfortunately one of the restrictions is that youth are only allowed to attend the program once, with acceptance based on a first application received, first entered into the program until the years openings have all been filled. Please note that every effort will be made to accommodate all participants including those with special needs.

For further information visit the DEFY website at www.hq.navy.mil/defy/curriculum.htm. Applications for Staff volunteers and for youth participants must be turned in no later than 18 June at the BLAST youth center in 205 housing. You may contact ATC(AW/NAC) Clarence Lovett at 624-5290 or 335-776-8345 or CEI Bergeron at 624-5290 or 335-776-8351 if you have any questions.

Senior trips and school vacations

By Frank X. O'Gara

DoDDS-Europe Public Affairs Officer
 Spring recess for most DoDDS-Europe schools is scheduled for April 5-9, 2004. During that time, DoDDS-E will not sponsor, sanction, or authorize any school trips or vacation excursions for students. This is a matter of policy and not related to any force protection concerns.

Each year, many tour companies offer trips to a variety of vacation spots. Some of these trips are marketed as senior trips to various locations. Some of the advertisements for these trips can be misleading to parents who think that the trips are sponsored and sanctioned by DoDDS. That is not the case. There may be legitimate trips offered by community agencies; however, they are in no way connected with DoDDS-Europe.

This is particularly true for seniors. There have been past incidents where groups of seniors have arranged trips with tour companies during school breaks or at other times of year without

any coordination with school. When they are marketed as "Spring Trip for seniors", parents mistakenly think the school is providing supervision. This is not the case. DoDDS-E does not offer trips for seniors to vacation spots at anytime. DoDDS-Europe does not sanction any senior skip days or any senior trips during instructional time. Any school-sponsored activity involving seniors will always be clearly communicated to parents by school officials. If a parent has not received official notice of an activity from school officials, they should question it carefully.

Parents are advised to carefully research any trips or activities that students are participating in during the upcoming spring recess and at other times of year.

As a result of the heightened force protection concerns throughout Europe, parents need to carefully heed advisories warning U.S. citizens traveling throughout Europe when planning vacations this year. The safety of our children must always be our main concern.

TRIVIA

- 1) In what two states were the most battles of the Civil War fought?
- 2) What is the street address for the White House?
- 3) What California city is generally considered to have America's worst air pollution problem?
- 4) In Shakespeare's play "Henry V," what is the name of the Welsh character who gives a bit of comic relief?
- 5) All of the planets in our solar system have at least one moon, except for which two?

(Answers on page 11)

Movie Connection

With a Rating of G

Friday, March 12



6 p.m.
Torque (PG-13)**



8:30 p.m.
House of Sand and Fog (R)**

Saturday, March 13



1 p.m.
Peter Pan (PG)



3:30 p.m.
Chasing Liberty (PG-13)



6 p.m.
Miracle (PG-13)

Sunday, March 14



1 p.m.
Cheaper by the Dozen (PG)



3:30 p.m.
Teacher's Pet (PG)



6 p.m.
House of Sand and Fog (R)

Monday, March 15



6 p.m.
Lord of the Rings: The Return of the King (PG-13)*
 15-minute intermission at approximately 7:30 p.m.

Theater Closed Tuesdays

Wednesday, March 17



6 p.m.
Peter Pan (PG)*



8:30 p.m.
House of Sand and Fog (R)

Thursday, March 18



6 p.m.
Shattered Glass (PG-13)*



8 p.m.
Torque (PG-13)

Friday, March 19



6 p.m.
Big Fish (PG-13)**



8:30 p.m.
The Butterfly Effect (R)

** 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 x4248)

Navy's most senior E-8 AT retires

JO1(SW) Brian Johnson
Staff Writer

People join the Navy for any number of reasons, money for college, discipline, independence, travel or a change of scenery. For ATCS (AW) Daniel Vega it was the latter.

In 1978 Vega went to the Navy recruiter in his hometown of San Juan, P.R. and began his journey.

"I joined because I needed a change of life," Vega said. "A few of my friends had joined and I thought the Navy sounded like a good idea."

Vega didn't intend to make the Navy a career, but the money talked and he stayed for another tour. "I was going to get out but they gave me a \$16,000 SRB [(Selective Re-enlistment Bonus)] and I decided to stay for a while," he said.

It was during his first tour with Attack Squadron One Nine Two (VA-192) that Vega realized what he would like to do, and after he re-enlisted he made it his goal. "During my first tour with an attack squadron all I wanted to do was be the chief behind the desk," Vega said. "I wanted to be the one who made sure the work got done properly, and I got to do it."

Over his time in the Navy Vega has had many good times and some bad, but one of his biggest satisfactions was "when I was with [VFA-86] 15-20



ATCS(AW) Daniel Vega who recently retired after 26 years of service.

guy wanted to work on my shift," he said. "I was very proud of that. I think they wanted to work for me because I always try to push them to learn something new, to better themselves, to perform at a level they didn't think they could."

After all his time in the Navy Vega believes the best advice he can give to junior Sailors is "to do their job better than the average bear. Have pride in your work, whatever it is, whether you're fixing aircraft or sweeping a floor."

Recently Vega retired and had the considerable distinction of being the most senior E-8 in the AT community. "I've spent half my career as a senior chief," he explained. "But as time goes on priorities change and I guess I still did quite well with my career."

Now that he has come to the end of his career in the Navy Vega knows he'll have a few things to get used to. "I'm not going to miss getting mad at people for not doing their job," he said. "When you've been a chief for a while you get used to being the boss, the one in control, it's going to be hard because if something isn't right or needs to be done you can't just say 'hey airman come here' you have to do it differently."

In the end Vega is proud of his service. "No matter where I've been no one can say I didn't do my job correctly," he said. "I always gave my best."

Team Trident Participates in DOGFISH

Lt. Jg. Matthew Flynn
VP-26 Public Affairs Officer

Patrol Squadron TWENTY-SIX (VP-26) recently took part in NATO Exercise DOGFISH, the maritime patrol community's largest multinational anti-submarine exercise. The exercise gave Tridents a great opportunity to hone their Anti-Submarine Warfare (ASW) skills while practicing coordinated operations with several NATO countries. In traditional Trident fashion, VP-26 also took an active role in hosting aircrews from a number of different nations including England, Canada, Portugal, Norway and the Netherlands. Many of these countries maintain and operate similar versions of the Lockheed P-3 Orion aircraft (Canadian CP-140 Aurora, Portuguese P-3P, Dutch and Norwegian P-3C), while British crews operate the Venerable Nimrod aircraft.

Hosting gave many Tridents the chance to meet and socialize with foreign Maritime Patrol Aircraft (MPA) aircrews while at

the same time learning how they operate. VP-26 welcomed the participants as they arrived at NAS Sigonella, passing out sodas and water to weary travelers, and provided transportation and maintenance support when needed.

Trident aircrews appreciated the opportunity to practice communicating and operating with NATO ships and submarines. LTJG Carolyn Holloway, a Tactical Coordinator in VP-26, said, "the scenarios were certainly challenging but also very exciting and rewarding. Our entire crew enjoyed working with all the NATO surface and subsurface units, especially the elusive German Submarine." By the end of the exercise Trident aircrews clearly were more practiced and proficient at coordinated ASW operations.

As the exercise concluded, all DOGFISH participants attended a social hosted by the Italian Officers Club. In the spirit of international exchange, each nation provided food and beverages from their home country for sampling. "The French had a spread of wine and cheese that was amazing and the British

and German beers were outstanding," said Navigator LT Chris O'Meara. Throughout the evening, aircrew and maintenance personnel ate, drank and socialized in this fantastic atmosphere. Many servicemen traded squadron, crew and national patches; a tradition upheld since multinational squadrons began working together decades ago.

During the party, friendships were renewed as classmates from flight school were reunited. "I met an Italian friend of mine that I had flown with in Primary Flight School back in Corpus Christi, Texas," said Pilot LTJG Gary Costello. "We exchanged squadron patches and email addresses; it was great to see him again." The party was a complete hit and reminded everyone involved of the multifaceted benefits of international cooperation.

The exercise was a great success and everyone enjoyed the training benefits, as well as the opportunity to meet old friends and make new ones. Patrol Squadron TWENTY-SIX thanks all DOGFISH participants and looks forward to working with these nations and their crews in the future.

AIMD from page 1

The nominees are "interviewed" by a board of their superiors. For this exercise, "Your military brain has to be the best," emphasizes Wilson. "The board can consist of anything from today's Navy, or yesterday's Navy. It takes a lot of preparation to get ready for these things."

Patrocky had a method she implemented for these interviews. "The people on the other side of the table are not here to judge me, they're here to help me succeed," she says. Apparently, this idea worked — she also won Sailor of the Year for the Naval Air Station (NAS) Sigonella Region, which means she went up against all commands of NAS Sigonella and Suda Bay, and will be competing in Naples for the Sailor of the Year title for all of Europe.

Each of these Sailors have different ideals they say help them do the best they can in their respective jobs.

Nabor can repair "any type of aircraft you see on this base." He is also part of the Auxiliary Security Force, which means if the base goes into a heightened security level, "I don cammis and go out and work for security until they go back to a normal threat level." He credits his work ethics to his chief in boot camp, who taught him, "Do the right thing, even when others aren't looking, it will get noticed." Says Nabor, "I guess he was right!"

"I've always believed if you take care of your people, your people will take care of you, Patrocky



AE1(AW) Lisa Patrocky

said." And as a career counselor, this is important to her job. "I like to think I help people with their jobs," she says. "I wouldn't be here if the people of 600 Division hadn't done their job and done it well when I was LPO. I wouldn't have been selected as Duty Career Counselor."

Wilson, whose department repairs, charges and disperses batteries for all the commands on the



AT2(AW) Charles Wilson

base, says he has a rather competitive nature. "I don't want to lose at checkers!" This and his pride in professionalism help him give 100 percent every day. "I have a set standard that I put myself to and I do everything I do with an amount of pride because personally I don't want to fail in anything."

Achieving these things in the Navy world doesn't mean the Sailors don't operate outside of the sphere of their jobs.

"I'm a mom, I have three kids, I don't know if that's a hobby, or a second job!" Patrocky laughs. "I like spending time with my kids ... my



AEAN Chad Nabors

husband."

Nabor is a musician when he's not in uniform. "I play guitar — that's most of my spare time right there! Other than that, I like to travel." And he'll be traveling this fall, to Florida when he moves to a new command there.

As for Wilson, Patrocky describes him as the "Jay Leno of AIMD." He's a self-proclaimed car guy—driving a 1977 BMW (with more flashy cars in the States), and volunteering at the Auto Hobby Shop in his time off.



SPORTS

5-on-5 Soccer Results			
March 8		March 10	
USNHS	4	GSE	5
VP-26	2	COMSTA-2	1
Supply	9	TSC	11
HC-4	7	COMSTA-1	1

Five Mids Collect All-America Honors

From Navysports.com



Junior Matt Albright earned First-Team All-America accolades in both air rifle and smallbore.

Murray, Ky. — After a third-place finish at the 2004 NCAA Championship, all five members of the Navy rifle squad who competed last weekend were named NRA Collegiate All-Americans. The Mids took second place in the air rifle championship and fifth in air rifle at the team portion of the NCAA Championships last Saturday, as the squad set new records in both disciplines.

Junior Matt Albright (Shelton, Conn./Christian Heritage School) led Navy in both air rifle and smallbore, posting a 392 and an 1178, respectively. Both scores are new school records at the NCAA Championships.

Despite an injury to team captain Marta Jung (Reno, Nev./Robert McQueen), the squad also managed to set a new team aggregate record and an air rifle total, with a 6182 and a 1552. Junior Mike Miller (Albuquerque, N.M./Eldorado) chalked up a 388 in air rifle and an 1170 in smallbore, while freshman Sarah Bergman (Fort Mill, S.C./Fort Mill) added a 390 in air rifle and fellow plebe Chris Schneider (Fort Mill, S.C./Fort Mill) tallied an 1161 in smallbore to help the Mids secure their highest team finish since the 1999 season (when Navy took second place). Jung posted a 382 in air rifle and an 1121 in smallbore.

Albright earned First-Team All-America recognition in both disciplines, as his averages were among the top-10 in the nation this year. Miller earned Second-Team All-America honors in smallbore, while Bergman and Schneider both earned a spot on the air rifle Second Team. Jung was selected to the honorable mention squad in air rifle.

Schmidt places fifth at NCAA Championship; earns All-American honors

From Navysports.com

Navy senior Erik Schmidt (Sr., Spokane, Wash.) placed fifth in the finals of the mile at the NCAA Indoor Track and Field Championship, Saturday evening at the Randal Tyson Track Center in Fayetteville, Ark.

Schmidt, who was seeded 12th entering the Championship and recorded the sixth-best time in Friday's preliminaries (4:04.09) to advance to the final,

was clocked in 4:02.23 in his fifth-place showing Saturday night. In a close race, he finished only one-quarter of a second out of second place (4:01.99, Nathan Robison of Brigham Young), Indiana's Sean Jefferson captured the NCAA title with a time of 4:00.16.

"Coach Al Cantello told me to expect to go out quick at the start of the race," said Schmidt. "The first lap saw the leaders out at about 59 seconds and I was at

about 61, but we were all together. It seemed as if everyone was waiting for Chris Mulvaney of Arkansas to make a break for it, but he never did. The pack never really spaced out until the last quarter of the race.

"I was in third heading into the last straightaway when all of a sudden three guys were around me. I was able to hold some of them off, but not all."

"Erik ran tough as nails tonight," said Navy coach Al

Captain's Cup Motta Run Results

COMSTA	8-7	15
HC-4	8-6	14
ADMIN	6-7	13
EOD	6-7	13
HOSPITAL	6-7	13
NEPMU-7	4-6	10
SUPPLY	4-6	10
AIMD	10	10
PWD	2-6	8
WEP	2	2

Varsity Sports

Soccer

If you are an experienced female soccer player that would like to join the Women's Navy Varsity team to play in a local Italian league. Please contact Robin Anton at x1561.

Softball

The Sigonella Men's varsity Softball team will be holding tryouts March 20 at 1300 at the Paterno field. For directions contact the coach at 2783.

MWR is looking for anyone interested in coaching the Women's Varsity Softball Team. contact Ron We at 2710 or 335-6161753.

The Lane

Intramural Softball

Regular season begins May 3, so get your friends together for so great summertime competition. Coaches meeting March 29 at 4 p.m. at the NAS II gym. Preseason begins April 12. Men's A and B leagues and Women's league. Prizes awarded to top finishers.

Aerobics instructor training

Every Friday and Saturday in March you can get certified to teach spin, step, kickboxing, yoga and circuit training. Classes are limited to 15 participants so sign up today. Registration is ongoing. Call the NAS I or NAS II fitness Centers at 624-4483 or 624-5243 for more information.

3-on-3 basketball tournament

Start gathering your friends for your team so you can show off your best moves and beat the competition. The tournament will be March 29, at the NAS I Fitness Center from 10 a.m. to 4 p.m. Sign up by March 25 at the NAS I Fitness Center. Men's and women's divisions and the top three teams win T-shirts. Double elimination tournament.





Capo d'Orland from page 1

said. "I came during summertime once, but that was to enjoy the beach. I'm trying to discover more about this city... the people seen very friendly."

One of the friendly people of Capo d'Orlando is local bakery shop owner Amalia Arcordia, or Amy as she's called. "Amy is what everybody called me in the states because everybody messed up Amalia," Arcordia said. Amy's bakery features many tasty American style treats including cheesecake, chocolate chip cookies, muffins, and even chocolate bunnies. The ITT tour-goers were able to sample some of these treats.

Arcordia came to Capo d'Orlando 26 years ago from Binghamton, N.Y., on holiday because her father was from the area. There she met her husband and married him. "That's life," she said laughing.

Amy has not only a bakery, but has other ventures. "The bakery I opened a year in December of last year," Arcordia said. "I also have an English school here which I started 13 years ago." Her students see her in the street and come up to her, saying in English, "How are you?" Some of them tried their English out on this journalist, and I have to say she teaches them well. It's not only the students who say hi, she seems to know the whole town. "She's friends with everybody," said Urzi. "She waves to everyone."

"I've got second generation students," she said with a smile. "I've got children of my first students because I started teaching in 1978. I've had a couple of thousand of students in my time. I know almost everyone."

With all Arcordia is involved with in the town, there is something she will be doing on March 21 along with other town members that will hopefully break a world record...baking the worlds longest cake. This cake will be "Guinness Book of World Records" long. Arcordia said the old record of 1 kilometer, 55 meters will be dwarfed by their 1 kilometer, 150 meter lemon cake.

"The cake is going to be prepared outside at 10 a.m.," Arcordia said. "At 5 p.m., the Guinness judge will be here to measure the cake and declare if it has one or not. Lets hope it does." The cake will contain 27,000 eggs, 2,200 kilograms of sugar, 500 kilograms of lemons and will be made by 16 different bakers from local shops. 220 people will be helping just with adding the cream on top. "I really think it's going to be a sight to see," Arcordia said. "Something you can tell your kids about."

Who will eat this monumental cake you ask? Anyone can for 1 Euro, which will go to a good cause. "This is all for UNICEF," continued Arcordia. "The cake is going to be cut in 66,000 pieces. You donate 1 Euro per piece, and that's all going to UNICEF." Nothing like eating a little lemony history. The ceremonies will include wine taste, live music, and many more activities.

Area bakers and many people are donating their time and materials to help make this record breaking attempt possible. Dr. Prospero Di Noto, a sugar distributor, donated all the sugar, or zucchini, that will be needed. "I'm very happy to have the opportunity to

give the sugar," he said. "For the development of the city of Capo d'Orlando and because it's for charity."

"They're doing something that's going to be very important, very international," said Urzi. "It's interesting to see the town getting together to organize and to make sure it's going to be fabulous. This is something I would suggest anyone to come and see."

With large lemon cakes aside, the town itself has many great things to see. Sights such as the Art Gallery, a geological structure called the Flysch of Capo d'Orlando, castles and beautiful villas. The tour visited one such villa, the Piccolo Villa, which overlooks the town, and is a museum of the Piccolo of Calanovella family. Some interesting things in the villa include rare Mediterranean plants, a pet cemetery and many "secret" and precious items.

ATAN Brandon Keefer of Patrol Squadron Two Six (VP-26) said he like the trip and recommends Capo d'Orlando to anyone. "I think it's a good experience," he said. "They've taken us to see a little bit of the city, let us wander off where we want to go." He added his favorite part was visiting the beach.

"I really think that people would love this place because it's small...it's quaint," said Arcordia. "I was very lucky because it's not easy living away from home. It's such a beautiful place."

Some of the town's fishermen may be beginning an interesting thing where they'll take you in overnight and teach you the old style fishing techniques of the town...techniques that encourage growth in the population of fish in the area. There are also some great bed and breakfasts - some English speaking - in the area. One man who came with the ITT trip didn't come back in the tour bus. He got a room and stayed overnight in a hotel.

So go and see the little town make a big record on March 21. It will be a scenically delicious good time.



(Above) The bakers who will attempt to break the world record for the longest cake gather together in the Capo d'Orlando town center. (Below) Amy Arcordia talks with two students she teaches English to at her local school. (Right) A colorful skyline off the coast of Capo d'Orlando.





(Above left) Some of the tasty treats in the American bakery shop owned by Amy Arcordia. Arcordia opened the shop in Dec. 2003.

(Left) Tour escort Luisa Urzi holds up a lemon harvested at the Piccolo Villa.

(Above) A pet cemetery on the grounds of the Piccolo Villa, which includes graves for both dogs and cats. Most of the pets on the grounds had Arabic names such as Ali or Puch.

Trivia Answers

- 1) Virginia and Tennessee
- 2) 1600 Pennsylvania Avenue
- 3) Los Angeles
- 4) Fluellen
- 5) Venus and Mercury



A little touch of Shakespeare at the base theater

Story and photos by JO3 Steve Weaver
Staff Writer

"But soft, what light through yonder window breaks. It is the east, and Juliet is the sun. Arise fair sun and kill the envious moon..." These words are part of the dialogue of the William Shakespeare play "Romeo and Juliet" that I had memorize in high school. It's a little touch of Shakespeare I know.

On March 10, one man brought a little touch of Shakespeare to the Naval Air Station Sigonella theater with his one-man play "A Little Touch of Harry in the Night."

"The show is an adaptation of Shakespeare's "Henry V," said Lt. Cmdr. Tyrus Lemerande, Naval reservist and artistic director of the Knight Horse Theatre Company. "It's a one-man adaptation where I play seven different characters on stage."

Shakespeare's play consists of 40-plus characters and is three hours long, but Lemerande condensed the play down to seven characters and a 75-minute running time. "It's a severely condensed version of Shakespeare's play," Lemerande said. "My play is actually a different animal, which is why I've given it a new title called "A Little Touch of Harry in the Night," which is a line taken from act four."

"It really examines the journey of the King from the beginning until the ultimate battle at Agincourt when the king and his men are outnumbered five to one by the French army," he continued, "and are in victorious due in no small part to the character of Henry himself and his ability to inspire and motivate his men to do great things."

The idea for the show stemmed from his master's thesis project at Penn State University where he had to do a one-man show, he chose "Henry V." "The issue that this place deals with of sacrifice, loyalty, faith and honor are things that I hold very near and dear to my heart and I wanted to find a way to convey those things to an audience," Lemerande said. "So I went about cutting this play down significantly and I chose this play specifically because it has a great structure to it. [The audience has] to fill in the blanks. They have to see the horses, they have to see the canons and the castles and the sieges and the swords. It really is an audience interactive piece and that's what we love most about it when we perform it for a live audience."

Lemerande then took his performance further when he met his fiancée and partner. "We met on touring Shakespearean troupe," said Amy McLaughlin, executive director of Knighthorse. "On our days off we would perform Henry V... A Little Touch of Harry, and we decided we could make a go of this on our own."

They did make a go of it, and now tour schools, universities and of course military installations, bringing Shakespeare to the masses. "We believe that Shakespeare wrote for everybody," said Lemerande. "The plumbers and the professors and everybody in between. Everybody should be able to enjoy and fall in love with the power and the passion of his language. We really want to reach out to them and bring them into



Lt. Cmdr. Tyrus Lemerande prepares for a mock battle during his one-man performance of William Shakespeare's "Henry V."

the light of what is Shakespeare. That's one of the reasons we perform the way we do, when we go into a space we leave all the lights on for the duration of the performance so the actor and the audience are in the same environment."

During the performance Lemerande is by himself, fighting and toiling and setting the scenes by using minimal props and even the audience members to set the scene. "We want to bring theater back to its roots, which is in the audiences imagination and their ability to see things that aren't there...to fill in the blanks that the actor can't provide," Lemerande said. "The images that they can create in their minds eye are far more distinct, elaborate and beautiful than anything that we can put on stage with some nails and paint."

With big budget, special effects laden movies like "Lord of the Rings" ruling the theaters, it might be hard for a one-man show to evoke emotions. "The biggest reaction especially from the student level, is

their surprise at the excitement of it," said McLaughlin. "That Shakespeare wasn't boring, that they actually understood it, and they could follow along. They love the fight scene more than anything. We love to get [students] talking about imagination, the kinds of things they saw that we didn't represent."

The duo also take their show to military crowds as well, such as Sigonella. "This show particularly works really well with a military audience," Lemerande said. "I have performed this show at the Naval Academy for the midshipmen and I performed it at the Air Force Academy in Colorado Springs, Co., for the cadets out there and they really connect with the themes of leadership that it brings out...more so than I think their civilian counterparts."

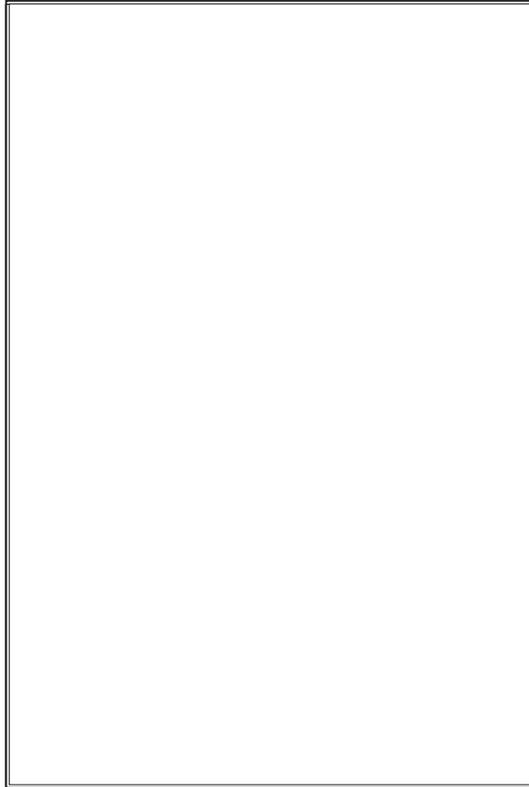
Lemerande is a drilling reservist and has two brothers in the military. "I have strong connections to the service still and so I love the opportunity to be out here and to bring a little culture to our Soldiers, Sailors, Airmen and Marines."

Lemerande and McLaughlin



Lemerande played seven characters during "A Little Touch of Harry in the Night," each with a distinctive personality.

started the Knighthorse Theatre Company, a not-for-profit company, in September 2003. They are planning to do more shows in the future such as Shakespearean Lovers, Showcases with characters like Romeo and Juliet, Me and Mrs. Macbeth, and Hamlet and Ophelia. They will also perform a two-person adaptation of Shakespeare's "Tempest" for fall 2004. "We plan on adding a show each year and keep going until we have a repertoire of about 15 or 16 shows," Lemerande said. "The ultimate goal is to open our own Shakespeare academy."



Bahrain from page 2
exploded, it caused mass chaos and disruption. Immediately, the installation went into its highest security level, as the security cell activated the installation emergency response system calling out all response entities."

To make the simulation more realistic, cars were overturned and mannequins were thrown into trees and on top of buildings, while live volunteers with simulated injuries scattered themselves throughout the area. The blast resulted in more than 75 mock casualties, who included active-duty personnel, dependents, third country nationals and local nationals.

To add to the realism, friends and family members attempted to get into the explosion area to help or find their loved ones. NSF formed a perimeter around the site to stop people trying to break through.

"This is extreme," said MASA Troy Vanostendorp of NSF. "We didn't think these people would be running up like this. We're prepared for anything but even people in handcuffs are trying to run."

The IMCSF was the first unit to respond to the simulated explosion. They quickly assessed the situation and radioed for help. The ERT and branch medical clinic

were then called to conduct rescue operations and move the casualties to a medical care area, and from there they were transported to a local area hospital.

As the number of simulated casualties rose, the Bahrain Civil Defence Fire Service and Bahraini Paramedics were called in for help.

"It's very important to see how we react to this type of situation on base," said MA1 Bill Thomas, a volunteer casualty. "We were told to act as though our injuries were real and let medical respond to us. We were not supposed to help them at all."

The host nation paramedics loaded victims into their ambulances and transported them to Salmaniya Medical Complex, where their simulated injuries were treated in accordance with the hospital's own triage protocol.

"This is the first time we've been able to bring Bahrain medical personnel and base medical personnel together for an exercise of this magnitude. We knew there would be a communications and command and control challenge," Massie said. "That did surface. It did not take long for them to organize a mutual triage response system where they were able to communicate in a positive way, and get our casualties out of the installation."



Winter Into Spring Fun Fair a success for MWR, Sigonella

Story and photos by PH3(SW) Betsi Currence
Staff Photographer

MWR jump-started the spring season with the Winter Into Spring Fun Fair at the NAS 2 gym from 12-6pm on Saturday, March 13. Sigonellans were invited to come out to the NAS 1 gym to celebrate spring with many events for the family.

By the close of the fun fair at 6 p.m. many Sigonellans had come to participate. "It was a really big success, we had about 800 people come through," said Lana Morano, MWR activities director.

Children and parents gathered around the stage to watch the feature event, a traditional Sicilian puppet show. Some of the other events at the fun fair were crafts, a magic show,

jugling acts, free bowling at Tenpins bowling center, a balloon artist and a free showing of "Miracle" at the Base Theater.

"This was a great way to get children involved in the community and MWR should do more events like this," Ryan Lippert said, a parent attending the fun fair.

Right before running from the craft table to go watch the puppet show Austin Lippert said he was having fun while making the shamrock door hanger. With all the crafts, a puppet show, jugglers and many more activities, the winter into spring fun fair was entertaining for the whole family.

Helping the fun fair run were volunteers from various commands. "We had wonderful volunteers, it was really nice," Morano said. "One gentleman from [Explosive Ordnance Disposal] EOD brought ceramic crafts for the kids to paint. We had a total of 23 volunteers."



Janae Cunningham assists the magician on a magic trick at the Winter Into Spring Fun Fair last Saturday in the NAS 1 gym.



Maria Frost and daughter Kaema work on a Fish Tic Tac Toe Game Board during the Winter Into Spring Fun Fair on Saturday, March 15



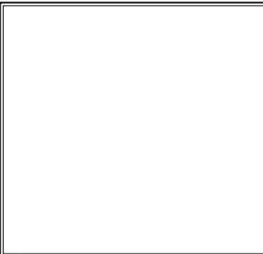
Children from the Sigonella community watch the traditional Sicilian puppet show during the Winter Into Spring Fun Fair held on Saturday March 15.



Ryan Lippert assists his son making a shamrock door hanger at one of the craft tables at the Winter Into Spring Fun Fair.



The magician shows Janae Cunningham how to use the magic wand to perform a magic trick at the winter into spring fun fair.





The Signature

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Ads must be 40 words or less. The Signature no longer accepts ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. If someone would like these types of services in The Signature they can call Jerry Boritzki @ 095-307-412 to pay for an advertisement.

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Free to good home. A female cat with great personality and good with kids, needs a new home. I can't keep her due to PCSing in April. If interested call X3640 and leave message.

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Dogo Argentino mix he looking for a good home and family. Has all shots. 8 months old. Call Brian 3409809951 DSN x5804.

Free dog. He is fixed and has all shots current from December. I am Unable to care for him. Has kennel (for airplane) and lots of pet items. Call 095-56-3537.

Free to loving home. 3 month old Boxer/Lab mix. Great with kids and other dog's. Travel cage and accessories included. Need to find family with more time to spend with the puppy. Call Frank at X1254, or 3405172065.

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For Sale

Sony DCR-TRV22 Digital Video Camera Recorder bought 4 months ago from NEX for \$650, will sell for \$550 O.B.O. Call Gabe or Heather at 624-0337 if interested.

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Audiovox portable DVD Player 110/220 V - 5.8" screen. Purchase at NEX for \$299.00 will sell for \$ 150. Contact Edward @ 3206027252 or www.ewhite.cjb.net for pictures.

Panasonic DVD Video recorder (home component) three month old. Unit is 110/220 Volt 50/60 Hz. Purchased for \$550.00 will sell for \$ 300. 00. PCSing. Contact Edward @ 3206027252 or www.ewhite.cjb.net for pictures

Large blue couch with double recliners on each end and fold down tray - \$575.00. Microwave (small) - \$30.00. Recliner chair (green) \$45.00. Call 624-3660 or 335 135 0326.

Wanted

Outside toys for toddler. Swing set, jungle gym, sand box etc. Also looking for patio furniture. Live in Mineo but will look in Marinai or 205 also. Call x0225 or 347-696-2411.

Someone to cook meals on weekday evenings. Must be able to enter 205 without being sponsored. Call 095-56-3537 for details.

PCS'ing or simply spring cleaning? Donations needed for blankets, sheets, and towels for the stray animal facility. We can use baby bottles and playpens also. Call Noella @ x1536 or the facility @ x3936 to arrange pickup.

Found

Found piece of jewelry on NAS 1, e-mail with date lost and description to rob_sig@yahoo.com.

HRO

Recreation Aid, GS-0189-03, MWR Department, Recreation Services Division, Youth Activities Branch, various location, Sigonella. Announcement number SIG03-RECAID. Open Continuous.

Education AID/Technician, GS-1702-03/04, MWR Department, Child Development Center. Announcement number SIG03-EDTECH. Open Continuous.

Religious Education Director (Catholic), GS-1702-05/07, Chaplain Department, Sigonella. Announcement number SIG04-026294. Open Until Filled.

