



The Signature

Signonella, Sicily

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TOP STORIES

More than 150 Sailors from the Navy Ceremonial Honor Guard are participating in former President Ronald Reagan's funeral ceremonies held in Washington D.C., and Simi Valley, Calif., in June.

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Medical experts from the Naval Health Research Center (NHRC) in San Diego attended an annual meeting of the Associated Professional Sleep Societies in Philadelphia June 6-10, presenting research that may give insight into which types of "sleepers" make the best military candidates.

Page 3

The Ciminiere Convention Center in Catania, which is located in viale Africa n. 208 (near the train station), will host a series of spectacular concerts featuring international artists.

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Summer is finally here and as the majority of college students travel home to enjoy their time off, a large number of Tridents are trading in summer activities for college textbooks.

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From the May 26 through June 3, HC-4 hosted approximately 500 Stephen Decatur Elementary School for Squadron tours.

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Parking changes coming to NAS II

Story and photo by
JO1(SW) Brian Johnson
Staff Writer

Everyone at Naval Air Station Sigonella knows parking can be a problem. Unfortunately, things can only get worse before they get better, but there is light at the end of the proverbial tunnel.

NAS II is about to see a lot more changes to the parking situation as new parking lots open and others close.

Later this month, the parking lot near the galley will reopen giving Sailors who work at that end of the base more parking. "The galley lot will have between 200 and 250 spaces for short term parking, long term parking, [denationalizing] and Europcar," said Lt. Darren Hale, program management officer.

However, shortly after the galley lot opens, nearly all of the Aviation Intermediate Maintenance Detachment (AIMD) lot, about 125 parking spaces, will close. "We are going to build a parking deck in that area that will be similar to the deck at the Catania airport," Hale said. "This will give us 250 spaces when the construction is finished. We expect the construction to last three to four months."

For Sailors who are living in the barracks walking to work whenever possible will be a requirement. "We will have the new lift arms at the barracks' parking lots working before we close the AIMD lot, so we will require people who live in the barracks to walk to work," Hale said.

There are already a few more parking spaces available on NAS II in anticipation of the difficulties coming up. "We added a few more spaces along the



A parking deck similar to this one at Fontanarossa airport is scheduled to be built where the AIMD lot currently is. The parking deck will double the amount of parking in that area.

north perimeter road near the main gate, reduced Europcar's allotted spaces from 24 to 16, reduced the number of reserved spaces on base by 30 percent and designated lots near the air terminal as 'No overnight parking' lots," Hale explained. "The lots near the air terminal are for people who are conducting business in the buildings in that area, not for people to park in while they go on vacation for two weeks and cars will be ticketed or towed for parking long term in these lots."

"If you need to leave a car on base for a while 'park in the galley lot or in the lot next to the Autoport," Hale said. "We are repairing the Autoport

lot, leveling it and filling the pot holes to make it more car-friendly."

Hale also pointed out that there is another big parking contract looming on the horizon for NASSIG. "We awarded a contract for a parking garage and upgrading the main gate in Sept. 2003. One of the contractors who placed a bid but was not awarded a contract is protesting the contract. The protest is being reviewed by a judge in the [United States] and whenever the ruling happens construction will

Parking, page 12

Enna, Piazza Armerina: Roman scenery in modern Sicily

Story and photos by JO1(SW) Brian Johnson
Staff Writer



Understandably many of the places Sigonellans set out to visit in Sicily are along scenic coastlines, seeing as how we are on an island. But a trip to Enna and Piazza Armerina is a trip to the center of the island and a voyage to the past in the beautiful Erei Mountains of central Sicily.

The picturesque town of Enna sits 948 meters above the Dittaino and Salso mountain valleys, earning it the title of Sicily's highest town. Settled by the Sicani, one of the three original tribes of Sicily, Enna has always had historical significance on the island.

The ride up gets better as you ascend the steep mountain roads of Enna, and were it not for some very adept driving skills could have caused real problems for our bus driver. Thankfully for those of us along for the ride all we had to do was sit back and look at the views of Enna basa (lower Enna) and the neighboring town of Calscibetta.

Once we reached the top we saw the full extent of the fortifications of Castello di Lombardia on the top of the mountain. Our guide explained some of the history of the castle, which was built in the earliest days of settlement in Enna and reinforced by subsequent occupying forces. The castle is named for the garrison of Lombard soldiers it housed in the early 14th century. The castle originally had 20 towers, but only six survive and only one of those, La Pisana or Torre delle Aquile (the Pisan tower or Tower of the Eagles), is complete.

On our walk from the bus to the castle entrance we passed the monument dedicated to Euno, a slave who led a slave rebellion in 139 B.C. Euno was successful in liberating the slaves of Enna and the surrounding areas and made king. Unfortunately for Euno, Rome sent an army to put an end to the slave rebellions going on in Sicily and he was killed.

Before we meandered through the castle grounds we were told the story of the Rocca di Cerere (Fortress of Ceres), which was once a temple dedicated to the fertility goddess Demeter (Ceres to the Romans).

Once inside the castle we got a chance to roam and see the ancient courtyards, cisterns and amphitheatres of the Lombard Castle. And for those of us willing to cope with climbing the massive ancient staircase that wraps around the interior walls of the Pisan tower we were greeted by a stellar view of the mountains valleys and virtually everything else within a five mile radius.

Next our trip took us for a short stroll down via Roma to the Duomo (Cathedral) of Enna. The Duomo, originally gothic but largely rebuilt in the Baroque style, is a wonderful piece of architecture. The bell tower is a

Enna, page 10

A view of La Pisana or the Torre delle Aquile (the Pisan Tower or Tower of the Eagles) inside the inner courtyard of Castello di Lombardia (Lombard Castle) in Enna. The Castle was reinforced by the Normans during their occupation of Sicily.



Direct Line

Capt. T.L. Davison
NASSIG
Commanding Officer

Happy Birthday Sigonella!

The U.S. Naval Air Station Sigonella is now 45 years old. Plans to build a naval air facility were drawn up in the early 1950s as a result of an agreement between the U.S. and NATO. Sigonella became a more feasible alternative than the already overcrowded facility at Hal Far, Malta, where the Navy had planned base squadrons of P2V Neptunes.

On June 15, 1959, NAS Sigonella was designated a naval air facility and had nearly tripled in size by 1977 because of the growing commitment to supporting Sixth Fleet operations in the Middle East. The rapid growth and the station's strategic importance to the U.S. prompted officials to redesignate the facility as a naval air station in 1981.

Today, the facility is not only a bustling naval air station conducting round-the-clock operations, but it is also part of the Italian air force base and as a NATO maritime airfield. Sigonella's air terminal is the busiest in the Mediterranean and second most active in Europe - after Germany's Rhein Main - in terms of moving cargo and passengers.

Due to its crucial location - at the very center of the Mediterranean - and a lack of other military bases in the area, NAS Sigonella plays a vital role in supporting joint and combined naval operations in the Mediterranean theater. Following the closure of Clark Air Force Base and Subic Bay Naval Base in the Philippines, the shortest route to the Indian Ocean and Southwest Asia is through Sigonella. Investing over \$160 million into the local economy and with several large, ongoing construction projects, Sigonella is one of the fastest growing naval air stations in the world.

The U.S. Naval Air Station is itself a tenant command of the Italian Air Force, and oversees more than 45 other U.S. commands and activities. Each command is as unique in structure as the service it is tasked to provide. Some of the largest tenants - Helicopter Combat Support Squadron FOUR (HC-4), and a deployed patrol squadron - focus on fleet support. Others, such as the Naval Computer and Telecommunications Station, U.S. Naval Hospital Sigonella and a Seabee Construction Battalion Detachment, fulfill critical support missions. While the main business of any naval air station is flying, it takes the cooperation and hard work of a number of major earthbound departments to fulfill the mission.

So, thanks for making this base a vital one and keep on charging! We still have a lot to do for the Fleet!
Happy Birthday Sigonella!

HEALTHWATCH

I have TMJ

Courtesy U.S. Naval Hospital Sigonella

Actually, you have two temporomandibular joints (TMJ). The variety of conditions that affect the muscles you chew with, temporomandibular joints, and nerves associated with chronic facial pain are referred to as temporomandibular disorders (TMD). Symptoms may occur on one or both sides of the face, head or jaw, or develop after an injury.

What TMD symptoms can I experience?

- An earache without an infection.
- Jaw pain or soreness that is more prevalent upon waking or late afternoon.
- Jaw pain when you chew, bite or yawn.

- Difficulty opening and closing your mouth.
- Locked or stiff jaw when you talk, yawn, or eat.
- Dental pain when no etiology can be found.

I think that I might have a TMJ disorder, what should I do now?

Go and see your dentist! You cannot treat something that you do not know the cause of. TM disorders develop for many reasons. You might clench or grind your teeth, tightening your jaw muscles and stressing your TM joint. Or you may have a damaged jaw joint due to injury or disease. Having a dental evaluation to help pinpoint the causes of your TM disorder will help determine what treatment is right for you.

Treatment options:

- Self care:**
- Resting your jaw
 - Keep your teeth apart unless you're eating.

- Practice good posture
- Eat soft foods when you have painful facial muscles.

- Do not chew gum
- Stress management
- Biofeedback
- Relaxation Techniques
- Getting support
- Oral devices such as splints or biteguards.

- Physical Therapy
- Jaw exercises
- Postural training
- Mobilization

The majority of cases can be treated by unloading (resting) the joint, taking a pain reliever and practicing stress management and relaxation techniques. It is important to break bad habits like clenching to ease the symptoms.



CRIMESTOPPER'S HOTLINE

624-6389

June 7 - June 13

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 6
- Traffic accident with injuries - 2
- Car break-ins - 4
- DUI - 0
- DUI's 2004 - 16
- DUI's 2003 - 58

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Letter to the editor ...

Dear Editor,

A couple of weeks ago an individual in my shop was in a car accident on their way from Mineo. They flipped their car and climbed out shortly before the car burst into flames! The individual went to the side of the road to flag down help. This person was in uniform, and had blood coming down their face. But not a single American stopped to help them!! Even though a few drove past, he only received help when an Italian stopped. There seems to be something wrong when one can only get help from the local nationals and not their fellow shipmates. If you happened to have seen this and drove past, I want you to know this person is okay, but has lost faith in their fellow Americans. I just hope the people who drove by without even thinking twice, are never left stranded on the side of the road, because some other passerby might have the same attitude that you had and keep on going.

Ursala McKissick

PAO Note...

By Italian law, if you come across an accident or witness an accident, you are required to stop, call for a medical assistance, and render first aid (if capable). If you see a Shipmate on the side of the road, you need to do the right thing and stop and help them out. Whether it is a flat tire or a major accident, Shipmates should help Shipmates!

Childhood immunizations vital to healthy life

By JO1(SWAW) AnTuan Guerry,
National Naval Medical Center
Public Affairs

BETHESDA, Md. (NNS) — The Immunization Clinic at National Naval Medical Center helps parents to protect their children against diseases that, if left untreated, could lead to serious health issues, or even worse, death.

Children are most susceptible to disease and viruses during infancy because of an underdeveloped immune system. Immunizations are a form of prevention and should be taken seriously.

"The advantages of receiving childhood immunizations outweigh the risks of not getting them. Conversely, if a child was infected with any 'childhood diseases,' there is a real chance of permanent damage or death," said acting Immunization Clinic Division Officer Capt. Kathryn McGee. "Childhood vaccines are effective and normally harmless."

The immunization process starts with a visit to a physician or healthcare provider, who then refers the infant to the immunization clinic.

Medical experts recommend that

infants 18 months and younger should, at minimum, receive the following vaccines:

- Diphtheria-Tetanus-Acellular (DtaP)
- prevents diphtheria, tetanus and whooping cough
- Hepatitis A & B
- Haemophilus Influenzae type b (Hib) - prevents forms of meningitis (brain infection), pneumonia and epiglottitis, a deadly airway infection
- Polio Vaccine Inactivated (IPV) - prevents polio.
- Pneumococcal Conjugate - prevents other forms of meningitis and pneumonia, and bacteremia, a serious blood infection
- MMR - prevents measles, mumps and rubella (German measles)
- Varicella - helps prevent Chickenpox

"Another reason to get childhood vaccinations are that most states will not allow school-aged children to enroll unless proof of vaccinations is provided," explained McGee.

Inherently, the risks involved with receiving a vaccine are minimal. Side effects such as soreness, fussiness and fever are brief and usually harmless. Very rarely do vaccines cause a serious

reaction.

The chances of a child being harmed by diseases are far greater than if a child does not receive any vaccinations. Immunizations are one of the most important ways parents can protect their children against serious diseases.

For more information on immunizations, visit the Center for Disease Control and Prevention Web site at www.cdc.gov/nip, or call the national hotline at (800) 232-2522.

NAS Sigonella Worship Opportunities

Catholic Mass

Saturday 5 p.m. Chapel (NAS I)

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 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)

Muslim Jumuah

Friday 12:30 p.m. Chapel (NAS I) Classroom

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.

The "Good-Bye" Blues

By Chaplain
Richard Townes
Command Chaplain

Recently, I passed my half-year mark here in Sigonella. It was a bittersweet day. On the one hand, I was happy because I am now eighteen months closer to being reunited with my family and friends in the States, on the other hand, I am also eighteen months closer to leaving all my friends and shipmates here in Sicily. Already I have said good-bye to a fellow chaplain and three of our dedicated religious program specialists. I also said "arrivederci" to several members of my Little Traditional Worship congregation as well as many other people from around the base. Good-byes are never easy for me and I have many more to face.

When we say a final "good-bye" to those who are close to us it's as though a small part of our inner being is going away with them. The good times we had as friends are over. The joys will not be shared nearly as much, nor will the sorrows. We move on, of course, but it's never exactly the same again. Sadly, people come and people go, consequently, this can cause sadness and loneliness.

The good news is that these feelings don't have to keep us down.

They don't have to master us because there are ways to overcome such emotions. In the Navy there's always someone new to meet and exciting things to do. What better way to help us mend our loneliness than reaching out to the new sailor who just reported aboard. You'll benefit from taking the initiative to introduce yourself and so will the "newbie." You can also get out of the "triangle" of work, exchange and home, to take in the sights, sounds, and succulent tastes of Sicily. Get out and enjoy all this island has to offer. If you're really feeling blue, you can always talk to one of your chaplains.

However, what gives me, personally, the most comfort is knowing that God Himself is with us in many ways. As a follower of Jesus Christ, I believe He is especially present among the people gathered to worship in His name. In the Divine Service we join together to offer our Creator and the Lord of our lives praise, honor and glory. There, in the whole assembly of people gathered, we also find the strength to defeat the loneliness and sorrow we might be feeling through the miraculous work and Word of God.

I really hope that you don't let the departing of friends and co-workers cause the blues to played over and over in your life, but if you do, you now know how to turn that pitiful tune into a joyous hymn.

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.

NAVY NEWS

Navy Ceremonial Honor Guard participates in Ronald Reagan funeral

By JO1(SCW/SS) James G. Pinsky and JO1(SW) Monica Darby
Navy News Service



U.S. Navy Sailors march down Constitution Boulevard during former President Ronald Reagan's funeral procession, as a horse-drawn caisson carrying Reagan's flag-draped casket proceeds to the Nation's Capitol where he will lie in state in the Capitol Rotunda. A state funeral will be conducted late Friday morning at the Washington National Cathedral, where President Bush will give the eulogy.

WASHINGTON (NNS) — More than 150 Sailors from the Navy Ceremonial Honor Guard are participating in former President Ronald Reagan's funeral ceremonies held in Washington D.C., and Simi Valley, Calif., in June.

"It is a great honor to be a part of his funeral," said Chief Machinist's Mate Alton Hainsworth, a member of the Ceremonial Guard who grew up during Reagan's presidency. "He was a great leader that helped our country."

Reagan died June 5 after a decade-long battle with Alzheimer's disease. He was 93.

Twenty-six members of the Ceremonial Honor Guard's HAWK team were flown to California to participate in the public viewing held at the Ronald Reagan Presidential Library in Simi Valley earlier this week. Reagan was flown to the U.S. Capitol by a special airlift mission on board a U.S. Air Force 747 aircraft for the first state funeral ceremony in Washington, D.C., since former President Lyndon B. Johnson's in 1973.

The Honor Guard was well prepared thanks to something they are used to — rehearsal.

"Our guys know what to do," said Lt. Andy Wattala, operation's officer for the Ceremonial Honor Guard, "because we've been practicing for state funerals for years."

Upon arrival at Andrews Air Force Base, the Guard's FALCON team transferred Reagan's casket to the awaiting hearse.

Reagan's widow, former First Lady Nancy, escorted by Commanding General, U.S. Army Military District of Washington, D.C., Maj. Gen. Galen B. Jackman, watched the transfer solemnly as the Air Force Band played a subdued "Hail to the Chief."

The police-escorted motorcade delivered the casket to a horse-drawn U.S. Army caisson near the White House. The Guard's Team PEACOCK, comprised of 99 Sailors, participated in Reagan's funeral procession from Pennsylvania Avenue to the Capitol's Rotunda.

Members of the Ceremonial Honor Guard will continue to stand watch over Reagan's body until it is flown back to California for burial following Friday's funeral ceremony at the National Cathedral in Washington, D.C.

Reagan's casket will return to Simi Valley, Calif., following the memorial service at the National Cathedral June 11, where a private burial ceremony for family and friends will be held on the presidential library grounds. The Navy's Ceremonial Honor Guard will participate in the private funeral.

The Navy's Ceremonial Honor Guard is stationed in Washington D.C. It is a two-year assignment for Sailors newly graduated from the Navy's boot camp at Recruit Training Command, Great Lakes, Ill.

"This is history," continued Boatwain's Mate 2nd Class Maria Mancuso. "A once-in-a-lifetime opportunity, and I'm so proud to say I was a part of it."

Sleep Studies Focus on Finding Best Sailors for Navy Missions

By Ellen Maurer
Bureau of Medicine and Surgery Public Affairs

WASHINGTON (NNS) — Medical experts from the Naval Health Research Center (NHRC) in San Diego attended an annual meeting of the Associated Professional Sleep Societies in Philadelphia June 6-10, presenting research that may give insight into which types of "sleepers" make the best military candidates.

NHRC researchers have been working with the University of California in San Diego and the Veterans Affairs Healthcare System in San Diego to analyze certain sleep characteristics — including average length of sleep and dream recall — which may indicate how quickly a person feels "wide awake."

This consideration of dream recall is a part of a larger study in which the teams reviewed the correlation between how long a person typically sleeps each night and what that person's response is when deprived of sleep.

"Understanding why some individuals require little sleep and function well under sleep-deprived conditions may result in selection, conditioning and intervention approaches for certain military occupations," said Lt. Walter Carr, a Navy Sleep, page 13

"It's probably hard to see what their efforts are doing right now, but their work is going to pay off so much in the long run," said Maynard. "I know they're going to be so happy with the results of their hard work."

For related news, visit the Commander, U.S. 7th Fleet Navy NewsStand page at www.news.navy.mil/local/c7f

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.

Sailors keep up pace during Blue Ridge DSRA

By JOSA Marc Rockwell-Pate
USS Blue Ridge Public Affairs

YOKOSUKA, Japan (NNS) — Sailors aboard USS Blue Ridge (LCC 19), and civilian contractors, are continuing their work to complete \$30 million worth of repairs and upgrades during the ship's Dry Dock Selected Restricted Availability (DSRA) here.

The amphibious command ship — and flagship for U.S. Seventh Fleet — entered the DSRA April 14 and is expected to last several months.

Blue Ridge Sailors are performing many of the improvements to the ship, while contractors from the American Systems Engineering Corporation (AMSEC) oversee and assist in some of the tasks. Eight AMSEC civilians and 50 Sailors from various Blue Ridge departments comprise the rehabilitation, or "rehab," team. The Sailors are split into four groups, each led by a petty officer third class.

"Right now, the rehab team is probably doing the toughest work on the ship as far as the crew," said Capt. J. Stephen Maynard, Blue Ridge commanding officer. "I am really impressed with the drive and the positive outlook that my Sailors are keeping, despite the hard workload that they have encountered."

"I think that working on the rehab team is good for the Sailors, because there are different departments working together to meet a common goal for the ship," said Fred Gallegos, an AMSEC supervisor.

"Rehab is nice, because it gives people the chance to work hard and do something different than their normal job," said Machinist's Mate 3rd Class Michael Small, a rehab team member.

The team works on enlisted and officer living quarters and facilities. They start off by removing up to five inches of concrete deck material from a given space. They then grind the underlying metal deck down to a smooth surface and thoroughly clean the space before adding a coat of primer to the deck. Finally, everything taken out of the space is replaced.

"The Sailors on this ship are working hard, and learning about what it takes to tear down and then put back together their berthings," said Chief Warrant Officer John Clyburn, Blue Ridge maintenance material officer. "People are motivated and working hard, and that's what you need during a DSRA."

Blue Ridge's Sailors have kept the ship ahead of its work schedule, said Maynard. He added that it's not only the rehab team that is working hard.

"The engineering department has already cleaned out two boilers," said Maynard. "The communications department has taken up all the deck in their spaces, and the deck department is doing an excellent job with the mooring stations and topside preservation. All of these departments have really impressed me."

By the end of Blue Ridge's DSRA, crews will overhaul 11 fan rooms and replace the ship's air-conditioning system. Additionally, two diesel engines and a new diesel generator are scheduled for installation.

Aside from the ship's repair and maintenance work, new furniture and new sound system equipment will be added to lounge areas.

"It's probably hard to see what their efforts are doing right now, but their work is going to pay off so much in the long run," said Maynard. "I know they're going to be so happy with the results of their hard work."

For related news, visit the Commander, U.S. 7th Fleet Navy NewsStand page at www.news.navy.mil/local/c7f

News Briefs

Budget for Baby

We'd just like to remind expectant parents to sign up for the upcoming Budget for Baby class on June 21 from 9:30 a.m. to noon.

Stallion Stampede

HC-4 will be holding "The Stallion Stampede" 10K Trail Run and 3K Fun Run/Walk on July 31, 2004 benefiting the Survivors of the HC-4 Helicopter Accident on July 16, 2003. Pre-registration for the 10K is \$15.00 and for the 3K is \$12.00. On race day, the 10K will be \$18 and the 3K is \$15. \$10 for all runners/walkers under the age of 18. Prizes will be awarded to the first four male and female finishers in the 10K race. T-shirts will be given to all who register. It should be a fun event and we hope to raise lots of money for the scholarship funds for the four children as well as the memorial fund for Petty Officer Cox. For more information, e-mail stallionstampede@yhoo.com

Sunday Dinner

Hungry? Miss mom's Sunday dinner? Miss sitting down and being served really good home cooking? Stop by for some home cooking at the Single Sailor Dinners held Sunday evenings at 5:30 beginning June 20 at the NAS I Chapel Fellowship Hall. The Chapel cannot be held responsible for weight gain due to the delicious nature of these meals. The dinner is limited to 24 people. Sponsored by your friends at the Chapel.

Arrivederci Sig

Base Education and Training Department (BETD) recently assumed coordinating responsibilities for the first week of Base Indoc as well as the Arrivederci class from the Fleet and Family Support Center (FFSC). If anyone is interested in attending the Arrivederci class, please contact GM2 Miller via their Dept. Command Training Petty Officer (TPO) in order to obtain a quota for an upcoming class. It is advisable to attend the Arrivederci class three months prior to departure date.

New Degree

UMUC is pleased to announce the arrival of a Master's degree in Counseling Psychology to Signonella. Classes will start in August. Don't miss this opportunity to further your education! For more information contact Holly at 624-4492.

Youth Soccer

Anyone between the ages of 10 and 12 years old interested in playing competitive soccer this fall is asked to contact Jim Burke at 624-5116(W) or 624-0214(H) for further trouble.



CTT3 Mathew Donatelli from Pittsburgh, Pa., uses a sander to sand the deck in the Print Shop aboard USS Blue Ridge (LCC 19).

The Energy Block

What an exciting month for NAS I and the PWD utilities. The work is now starting on our new water treatment plant. I say new because it will be done using the latest technology by a process that has been around for approximately a century. Also known as hyper filtration or reverse osmosis, it is used to purify water and improve the color, taste, and or properties of the liquid. It is also used to produce water that meets the most demanding specifications that are currently in place. reverse osmosis, or RO, is the finest filtration known.

This system uses a process known as cross flow to allow the membrane (a type of filter that allows only the water that is being purified to pass through it) to continually clean itself, while rejecting the contaminants that remain. The process of the RO requires a driving force to push this water through the membrane, and the most common force of pressure is from a pump.

Reverse osmosis is capable of rejecting bacteria, salts, sugars, proteins, particles, dyes, etc. Those units with the carbon filters may also reduce the level of pesticides, divoxins and volatile organic compounds like chloroform and petrochemicals.

Bottom line, it's a win, win deal for all. Better looking, smelling, and tastier water that uses much less energy to produce and wasting 20 percent less water or more for the back flush than the current system. This new facility is actually paying for itself. Because of the huge Savings Nas Signonella will generate from the production, maintenance, and operation cost by using less people. The same holds true for the new plant on NAS II that will begin construction next month.

Did You Know:

- A dripping faucet can waste up to 20 gallons of water per day.
- A leaking toilet can waste up to 200 gallons of water per day.
- A typical dishwasher uses approx. 14 gallons of hot water per load.
- The United States uses more than 400 billion gallons of water per day.
- If 10,000 families with 4 members each installed inexpensive low flow aerators on their kitchen and bathroom sink faucets, they would reduce water consumption by more than 33 million gallons per year.

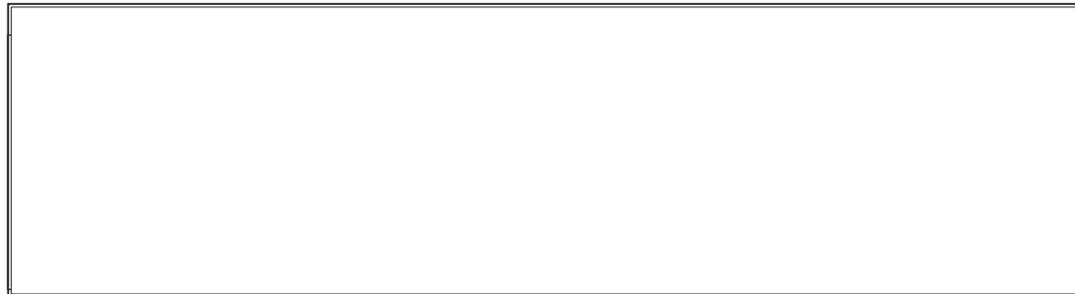
Let's use, not abuse

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

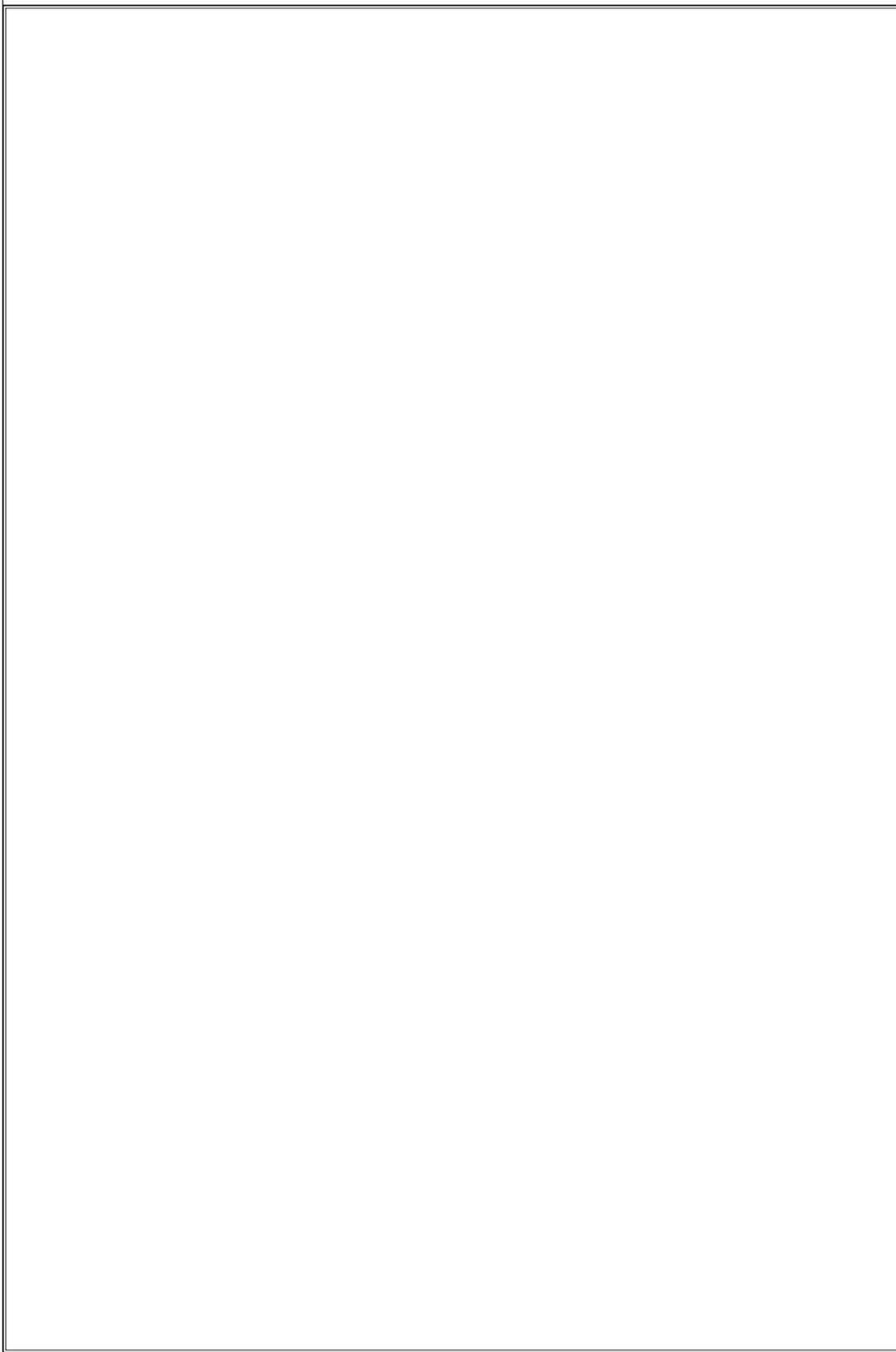
COMMUNITY CALENDAR

18 June Catania History I ITT Call 624-4396	19 Mt. Etna Classic - Individual Golf Tournament Il Picciolo Golf Club 9 a.m.	20 Father's Day Special Dads get free admission Base Theater 624-4297	21 U.S. Constitution ratified in 1788	22 Arrivederci Sigonella Community Building 12 p.m. to 3:30 p.m. Call 624-4922	23 Coast Guard reserve established in 1939	24 Photo Safari Meeting 4:30 p.m. - 5:30 p.m. The Works (next to NAS I Library) Call 624-4488	25 Catania by Night Depart NAS II 5 p.m. Depart NAS I 5:30 p.m. ITT 624-4777	26 NAS I pool trip Depart Mineo 11:30 a.m.					
27 Palazzolo Acreide & Wine Tasting ITT Call 624-4396	28 Naval Air Station Sigonella Change of Command 9 a.m. NAS I Piazza	29 Cruisin & snorkelin' in Marzamemi sign up at the NAS I Teen Center 624-4018	30 FFSC: Rainbow Playgroup 10 a.m. - 11 a.m. 205 Housing	1 July Photo Safari Meeting 4:30 p.m. - 5:30 p.m. The Works (next to NAS I Library) Call 624-4488	2 MWR Freedom Fest 2004 4 p.m. - 12 a.m. Community Center Parking Lot	3 MWR Freedom Fest 2004 4 p.m. - 12 a.m. Community Center Parking Lot	4 4th of July Fireworks Extravaganza 6 p.m., Fireworks begin at 9 p.m. Maranai Housing Area	5 BINGO Starts at 6:30 p.m. Cards on sale at 5:30 p.m. The Crater Pub	6	7	8 Red, White and Blue 4-Person Golf Tourney Meeting 4 p.m. Jox Sports Bar Tourney July 10, 9 a.m. Call 624-3785	9 Catania by Night & Wine Tasting ITT 624-4396	10 Alainis Morrisette 9 p.m. Taormina Music Festival

Community Call Fri., June 18 Learn the fascinating history of Catania with ITT. Visit the Cathedral, Elephant Square, the fish market and more. Call ITT at 624-4396.	Sat., June 19 Sing your heart out with over 6,000 songs to choose from at the Crater Pub. Watch out for Russian Roulette Karaoke!	Sun., June 20 Visit a Olive Oil museum with ITT's trip to Chiaramonte Gulfi. You'll have a chance to purchase olive oil and tour this small town nestled between the Iblei Mountains. Call ITT at 624-4777 for more information.	Mon., June 21 Stop by the Crater Pub for some BINGO action. Cards go on sale at 5:30 p.m. and early-bird games start at 6:30 p.m. Cash prizes for winners.	Wed., June 23 The Ten Pins Bowling Center is having "He Pays, She Pays" games every Tuesday and Wednesday from 5:30 p.m. - 8 p.m. He pays for all the games and she enjoys them. Shoe rentals will be reduced to 50 cents.	Thurs., June 24 Learn photographic techniques and prepare for upcoming photo excursions at the free informative Photo Safari Meetings. Photo Safari excursions and other available photo opportunities will be discussed. Call ITT at 624-4488 for more information
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Conserve energy ... if you don't need it turn it off.





By Alberto Lunetta
Signature Staff

Italian News

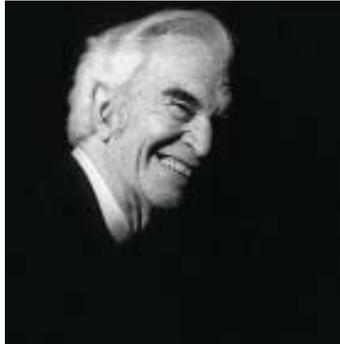
Sicilian culture and lifestyle

Summer concerts kick off in Catania.

The *Ciminiere* Convention Center in Catania, which is located in viale Africa n. 208 (near the train station), will host a series of spectacular concerts featuring international artists.

Jazz pianist Dave Brubeck and his current Quartet will perform on June 27. A composer and a living jazz legend, Brubeck was born in Concord, California in 1920. He has appeared on the cover of *Time* magazine, performed with the New York Philharmonic conducted by Leonard Bernstein, composed and performed music for Pope John Paul II, and earned a star on Hollywood's Walk of Fame. This 83-year old Baldwin artist also served under General Patton during World War II. As a composer, Brubeck's distinctive and versatile style both jazz, ethereal and classical music is known all over the world. His classic recordings include "Take Five," "Blue Rondo a la Turk," "It's a Raggy Waltz," "Unsquare Dance," "I'm in a Dancing Mood," and "The Duke." This American music pioneer also founded The Brubeck Institute that hosts one of the largest personal jazz collections in the world. Held in the Holt-Atherton Special Collections Department at the University of the Pacific Library, the collection contains hundreds of published and unpublished compositions, original manuscripts, recordings, photos, writings, press clippings, and memorabilia. Brubeck is featured with his classic quartet, Bobby Militello on alto sax and flute, Michael Moore on double bass, and Randy Jones on drums.

Saxophonist and composer John Zorn will perform on June 30. Zorn was born in New York in 1953. He played a variety of instruments before studying saxophone and composition at Webster University in St. Louis in the early 1970's. At the age of 14, he discovered contemporary classical music and began composing and working with free improvisers and rock bands. Zorn, who integrates avant-garde jazz with Jewish folk elements, is also a founding member and saxophonist of the group "Naked City." He composed all of the works the ensemble performed. During his brilliant career, he has written film scores and cartoon soundtracks, and has composed several works for a variety of instrumentation. In 1993, as a result of his exploration into his



The concert of legendary California-born Jazz pianist Dave Brubeck and his current Quartet taking place on June 27 is one of the highlights of the music festival running at the *Ciminiere* Convention Center through July 28.

Jewish roots, Zorn composed a songbook called "Masada" (named after the mountain-fortress where a group of 1st century Jewish rebels committed suicide rather than surrender to the Roman conquerors). It includes over 200 compositions based on Jewish folk melodies. Zorn's songbook is so versatile that can be performed by any type of band: jazz quartet to metal band to string ensemble. Masada also became the name of a band that accompanies this eclectic composer. The group consists of John Zorn (alto sax), Marc Ribot (guitar), Cyro Baptista (percussion), Kenny Wollesen (drums), Jamie Saft (keyboard / synthesizer / lap-steel guitar) and Trevor Dunn (bass).

The Bobby McFerrin's Voicestra will be on stage on July 14. This amazing vocal group founded by Bobby McFerrin is a talented jazz vocalist and composer from New York who has won ten Grammy awards. McFerrin's cappella solo performances have been fascinating audiences throughout the world since 1983. During his career, McFerrin has collaborated with jazz artists such as Herbie Hancock, Wynton Marsalis, Weather Report's Joe Zawinul and Wayne Shorter, the Manhattan Transfer and Jon Hendricks as well as Garrison Kiellor, Jack Nicholson, and Robin Williams. The members of Voicestra (an orchestra of voices) are: Rhannon, Kirsten Falke, Roger Beard, Nicolas Bearde, David Worm, Beth Quist, Marlon Saunders, Adrian Pierre Cook, Judi Donaghy, Roger Treece Janis Siegel and Joey Blake.

Joao Bosco & Cubanismo's concert will be held on July 19. If you like Latin music and orchestras make sure you don't miss this spectacular concert featuring Brazilian virtuoso guitarist and singer Joao Bosco who has been a samba star since the 1970s. *Cubanismo*, an amazing 14-piece orchestra specializing in Cuban dance music and led by trumpeter Jesus Alemany, will accompany Bosco.

German singer Ute Lemper will perform on July 24. Lemper has earned a world-renowned reputation as a premiere interpreter of German musical and cabaret tunes. She is also famous for her interpretations of the works of Weill and Hollander, smoky French *chansons* and more recently, her award-winning portrayal of Velma in the hit musical "Chicago."

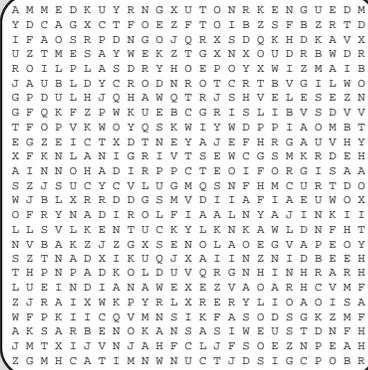
Belgian born Natacha Atlas will end this amazing festival on July 28. Atlas is of Middle Eastern descent, with ancestral and family links to Egypt, Palestine and Morocco. Her music, which combines both East and West traditions, has been influenced by the music of Arabic musicians like Tunisian singer-songwriter Walid Rouissi and Egyptian composer and Oud-master Essam Rashad.

Tickets
For more information detailed schedule and tickets click the following websites: http://www.ticketsonline.it/prenotazioni/Etna_Fest.htm or call 095-7225340. You can also contact the Catania Provincial Tourism Board at the following numbers: 095-7306222/279; 095-311768; 095-7306266/277.



Word Find

U.S. Navy Battleships



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Navy College graduation at chapel

By JO1(SW) Brian Johnson
Staff Writer



Navy College Office held a graduation recognition ceremony at the new NAS I chapel Thursday June 10. The ceremony recognized students who have earned a degree in the last year. "Approximately 40 students earning degrees ranging from Associate's to Master's degrees were recognized," said Jeff Fishman, Navy College director. The commencement speaker was Naval Air Station

Travel (ITT) Section. Busch Entertainment Corporation's Military Appreciation Days and Operation Homecoming programs begin May 31, and run through Veterans Day, Nov. 11. Military Appreciation Days tickets may be purchased only at local ITT offices. Tickets will not be available at park ticket windows, and the discount applies to single day tickets only. Proof of deployment or overseas service is required for the Operation Homecoming program, along with a valid Department of Defense ID and completed application form. Application forms are available online at www.seaworld.com, www.sesameplace.com and www.buschgardens.com. For more information, call 1-800-DIALBUD. "Navy MWR has a long-standing history of working with the amusement parks to provide Sailors and their families with discounted leisure opportunities," added Fritz. "These offers are intended to recognize and thank military men and women and their families for their service and sacrifice." For related news, visit the Navy Morale, Welfare and Recreation Navy NewsStand page at www.news.navy.mil/local/navymwr.

Navy MWR announces theme park salutes to the military

From Navy MWR Communications Group

MILLINGTON, Tenn. (NNS) — Sailors and their families can take advantage of free or discounted tickets to several world-renowned theme parks this summer.

Busch Entertainment Corporation, the family entertainment subsidiary of Anheuser-Busch, is offering substantially discounted tickets to six of the company's theme parks through a program called "Military Appreciation Days."

Additionally, as part of their "Operation Homecoming" program, Busch Entertainment Corporation is offering a free admission to one of the company's SeaWorld, Busch Gardens or Sesame Place parks for military personnel who are returning from overseas service and were unable to participate in last year's Operation Salute program.

"Sailors and their families are encouraged to check with their local ITT office for details on the promotions, and for additional travel products, such as hotels and airline discounts, as well as discounts on additional leisure activities or special events while they're at the theme parks," said Karen Fritz, program manager for Navy Morale, Welfare and Recreation's (MWR) Information, Tickets and

Travel (ITT) Section.

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For related news, visit the Navy Morale, Welfare and Recreation Navy NewsStand page at www.news.navy.mil/local/navymwr.

Students dive into sea science aboard Navy vessel

From Naval Oceanographic Office Public Affairs

STENNIS SPACE CENTER, Miss. (NNS) — More than 40 students from across the nation are taking part in educational three-day sessions in June aboard an oceanographic survey ship in the Gulf of Mexico as part of the Naval Oceanographic Office's (NAVOCEANO) annual OCEANS ALIVE program.

The Oceanographic Career Enhancement and Naval Science: Adventurous Learning in Variable Environments, or OCEANS ALIVE program, is designed to stimulate students' interest in science and mathematics, by teaching them practical applications as they examine the ocean from sea surface to seafloor.

While aboard the ship, students are introduced to acoustics, geology, marine biology, bathymetry, meteorology and physical oceanography through a series of classroom lectures and hands-on projects. Students also gain an understanding of how the Navy collects and processes oceanographic data.

"It was interesting to learn how all the systems we studied are applied to the safety of our troops,"

said Kathy DeWein, a teacher at Clarksville High School in Clarksville, Tenn.

Additionally, the program provides the opportunity for NAVOCEANO scientists to share their knowledge and enthusiasm with students and teachers in the community. It also provides a potential recruitment base of future oceanographers, mathematicians and engineers. "I think this program is a great opportunity for us to see firsthand how all of the science and math we're learning in school is used in real life," said Danielle Boetcher, a student participant from Hartford, Wis.

Since 1998, more than 350 students and educators nationwide have participated in the OCEANS ALIVE program. An added feature is that teachers receive Continuing Education Units from the University of Southern Mississippi for their participation in the program.

"It's really rewarding to see students and teachers get so excited learning new things about the oceans," said Patty Harrison, Naval Oceanographic Office employee and OCEANS ALIVE coordinator.

To learn more about the OCEANS ALIVE program or NAVOCEANO, visit <https://www.navo.navy.mil>.

TRIVIA

- Which of these names means "North Man," Nigel, Nathan, Neville or Norman?
- What is the fear of crime called: Eremophobia, Scelerophobia, Cenophobia or Melissaphobia?
- How many stars are on the logo for Paramount Studios?
- True or false: Ovis are the only bird that can see the color blue.
- In the animated series "The Simpsons," who provides the voice for Ned Flanders?

(Answers on page 13)

Movie Connection

With a Theater Schedule

<p>Friday, June 18</p> <p>1 p.m. Harry Potter and The Prisoner of Azkaban (PG)**</p> <p>6 p.m. Harry Potter and The Prisoner of Azkaban (PG)</p> <p>9 p.m. Kill Bill Vol. 2 (R)**</p> <p>Saturday, June 19</p> <p>1 p.m. Ella Enchanted (PG)**</p> <p>3:30 p.m. Connie and Carla (PG-13)**</p> <p>8:30 p.m. The Day After Tomorrow (PG-13)**</p> <p>Sunday, June 20</p> <p>1 p.m. Shrek 2 (PG)</p> <p>3:30 p.m. Laws of Attraction (PG-13)**</p> <p>6 p.m. Kill Bill Vol. 2 (R)</p>	<p>Monday, June 21</p> <p>1 p.m. Harry Potter and The Prisoner of Azkaban (PG)</p> <p>6 p.m. The Whole Ten Yards (PG-13)*</p> <p>8 p.m. The Day After Tomorrow (PG-13)</p> <p>Theater Closed Tuesdays</p> <p>Wednesday, June 23</p> <p>6 p.m. Kill Bill Vol. 2 (R)</p> <p>8:30 p.m. Laws of Attraction (PG-13)</p> <p>Thursday, June 24</p> <p>6 p.m. Walking Tall (PG-13)*</p> <p>8 p.m. Jersey Girl (PG-13)</p> <p>Friday, June 25</p> <p>6 p.m. 13 Going On 30 (PG-13)**</p> <p>8:30 p.m. The Punisher (R)**</p>
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** 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)

Buckle -up Sigonella It's the law



Tridents are hitting the books this summer

By: LTJG Jeff Blankenship
VP-26 Public Affairs

Summer is finally here and as the majority of college students travel home to enjoy their time off, a large number of Tridents are trading in summer activities for college textbooks. The average college student would cringe at the idea of summer classes but for the Sailors of Patrol Squadron 26 (VP-26) it is gratifying, and why wouldn't it be—it's free! With tuition assistance now covering one hundred percent of tuition costs for up to twelve credit hours per year, it is difficult to walk through the squadron passageway without seeing a Trident with a textbook in their hand. College courses in combination with Defense Activity for Non-Traditional Educational Support (DANTES), College Level Examination Program (CLEP) tests, and credit transfers from Navy "A" schools, allow Sailors to achieve degrees faster than ever.

The busy and unpredictable work schedule is a common reason Sailors do not attend classes. "The flight schedule as well as my ground job keep me pretty busy," explains AW2 James Stuvee from Duck Hill, Mississippi. "I am just not ready to trade in my personal time for even more professional time." Other

Tridents see the benefit of sacrificing a little personal time to pursue a college degree. AT3 Mathew Derks from Lenexa, Kansas, attends part-time at Embry Riddle University taking mostly on-line courses while studying professional aeronautics. "One three credit hour class costs \$507," says AT3 Derks. "Even though tuition assistance only pays for up to twelve credit hours per year, I can still use my GI Bill when funds get tight toward the end of the fiscal year." Although books and other miscellaneous expenses are a burden, AT3 Derks believes the benefit of a college degree outweighs the costs.

Others have also found ways to quickly get college credits in only a few hours and still have time for leisure activities. DANTEs and CLEP exams help Sailors do just that. DANTEs is a Department of Defense organization created to help Service Members earn the degrees or certification they deserve while continuing to serve their country. DANTEs exams are fast and give you instant test results while at the same time can be planned around a busy Sailors schedule. CLEP, are exams recognized by most regionally and nationally accredited institutions as means for students to "test out" of a given course. These exams are worth college credits ranging from 2 to 6

credits each. All students are eligible to take both DANTEs and CLEP exams through national testing centers or colleges at an average cost of \$45 each. However, they are free to service members—and in some cases, their spouses too.

Although Naval Air Station Brunswick offers programs at many distinguished universities, including Embry Riddle Aeronautical University, University of New Hampshire, and University of New England, Sailors are not limited to these schools. AZ3 Robert Partlow from Gahanna, Ohio attends classes on-line at Columbus State Community College while pursuing an Associates of Arts in Fire Science. "I have always wanted to be a firefighter," explains AZ3 Partlow. "I fax my tuition assistance form every quarter and schedule my classes on line, so I can be deployed anywhere and still take classes."

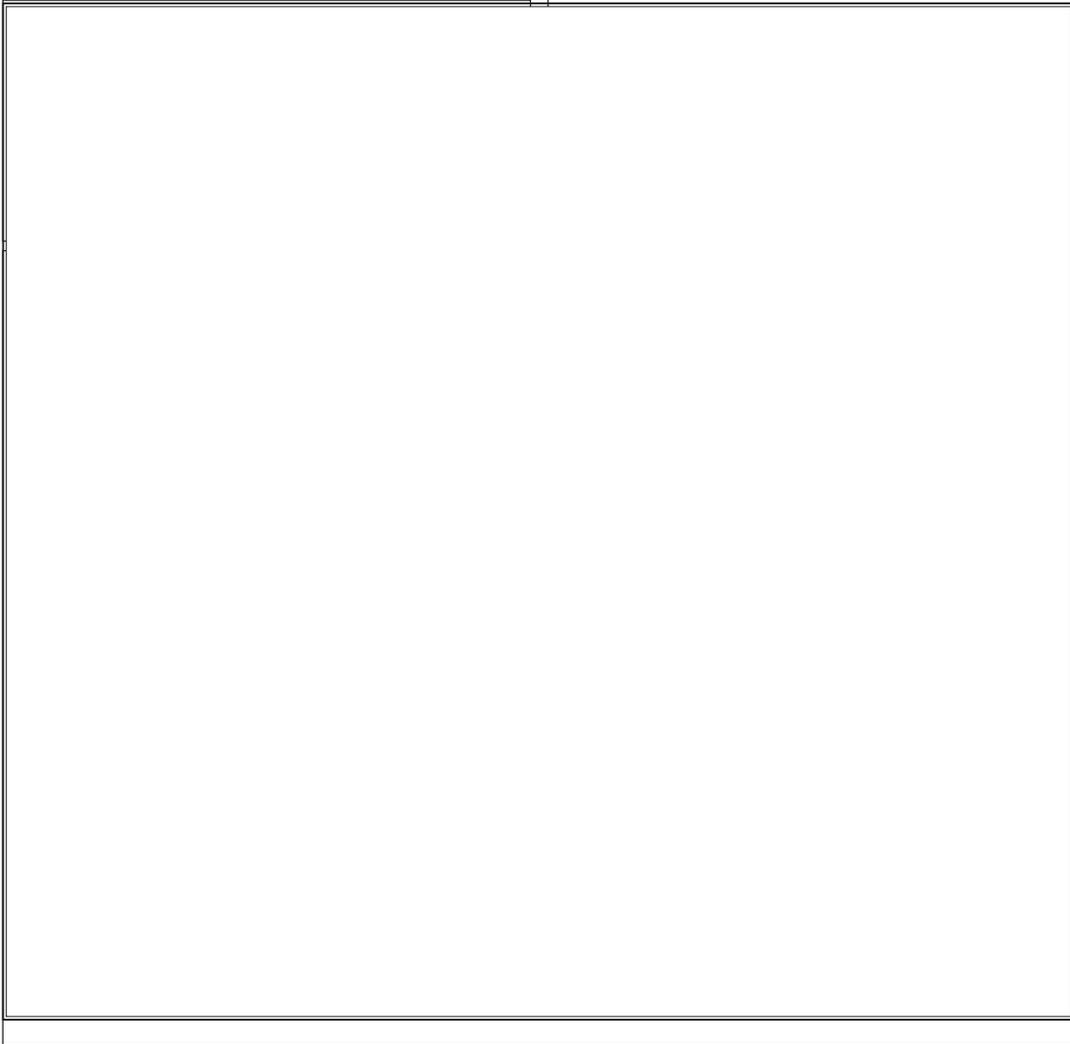
Tridents are trading in softball for psychology and canoeing for calculus in an effort to earn their college degrees. Even though summer activities might be on hold for some Sailors at Patrol Squadron 26, they know the benefit of higher education will reward them both personally and professionally. Tridents are filling up summer classes so if you have not registered yet you should hurry, just like the summer, these classes will be gone soon.

SDS students visit HC-4 Stallions

Courtesy of HC-4



From May 26 through June 3, HC-4 hosted approximately 500 Stephen Decatur Elementary School for Squadron tours. Upon arriving, they received a tour of the squadron hangar followed by a hands-on demonstration of the flight gear worn by HC-4 pilots and aircrew. Next the children walked through one of the squadron's MH-53E helicopters and climbed into the cockpit. Several pilots, aircrew, and maintenance personnel were on hand to answer any of the many questions posed by both the children and some of their parents. The children enjoyed their time, and learned a little bit about what HC-4 accomplishes from Sigonella and in some cases what their moms and dads do at work. When asked what she thought about her visit, one student, Kaitlyn Dowling, stated "I love helicopters." Kaitlyn's father is the Maintenance Officer.



SPORTS

Former Mids continue push towards Olympic Trials

From Navysports.com

Annapolis, Md. - Two former Midshipmen distance runners, Ensign **Aaron Lanzel** and 2nd Lieutenant **Erik Schmidt**, competed this past Saturday at the Big Blue National Invitational at Hillsdale College in Michigan in one of their last chances to qualify for the upcoming U.S. Olympic Trials.

Lanzel won the 800-meter run in a time of 1:48.76 and is training for 1,500-meter run. He recently posted a personal-best mark of 3:40.83 in the 1,500 while placing sixth at the U.S. Open during Memorial Day weekend. With the strong performance at U.S. Open and other meets leading up to it, Lanzel has been invited to compete in the mile this Saturday at the prestigious Prefontaine Classic in Eugene, Ore.

"I had been in contact with the meet director about getting into the field before the U.S. Open," said Lanzel. "I checked with him afterwards and after he heard what my times were he said they had an open spot.

"It is pretty exciting getting to the opportunity



Former Mid Aaron Lanzel won the 800-meter run at Big Blue National Invitational.

to compete in such a prestigious meet. I think running against some of the best competition in the world will really benefit me and push me to lower my time further."

"Aaron is one of the most intelligent trainers that I have had the chance to coach," said Navy coach **Al Cantello**. "I have worked with some great runners in the past like Greg Keller, Ronnie Harris, and Mike Ryan, who have

each won numerous honors and hold a myriad of records, and Aaron is right there with them."

Schmidt, a member of the Class of 2004, finished third in the 1,500-meter run with a personal-best time of 3:41.29 crossing the line just behind Paul McMullen (3:40.92) and Dan Wilson (3:41.10). Schmidt's mark was nearly two seconds better than the Olympic Trial "B" standard of 3:43.00. The automatic qualifying time is 3:39.00 and must be achieved by July 1.

"Erik ran a tremendous race," said Cantello, of Schmidt's performance, which comes just over month after he returned from an earlier injury. "His time was pleasantly surprising."

The 2004 U.S. Olympic Track and Field Trials will be held July 9-18 at the Alex G. Spanos Sports Complex in Sacramento, Calif. Lanzel's time of 3:40.83 is the 19th fastest time among Olympic Trial hopefuls, while Schmidt's 3:41.29 is 26th.

"They run three rounds at the Olympic Trials - the trials, semifinals and finals," explained Cantello. "To run three rounds it means they will have to invite close to 36 runners. I have a good feeling that Erik and Aaron will be on the starting line for the trials."

Hurley ties for 11th at Sunnehanna Amateur

From Navysports.com

JOHNSTOWN, Pa. - Naval Academy graduate **Billy Hurley** (Leesburg, Va.) turned in a 4-over par 214 to finish in a three-way tie for 11th at the 51st Annual Sunnehanna Amateur Tournament for Champions in Johnstown, Pa. over the weekend. Winning the tournament with a 7-under par was two-time All-American and rising senior at Clemson, Jack Ferguson.

After Friday's competition was a wash due to inclement weather, the field of 58 competitors played 36 holes on Saturday. After the first-two rounds, Hurley was tied for 12th with five other golfers with a 4-over par (70-73 - 143).

Sunday's action split the difference for Hurley who

turned in a 1-over par 71 to move up a spot in the competition. In his move up in the field, Hurley passed Kentucky's John Holmes and Andrew Dresser of Texas Tech who each shot a 1-over par 141 on Saturday. Both Holmes and Dresser dropped down in the field after posting a 4-over par 75 in the final round. Meanwhile, rising Pepperdine senior Michael Putnam leapfrogged from 28th to 10th with the lowest round of the tournament, a 5-under par 66, in the final round.

Hurley will continue his summer tour this week with his next stop in Pittsford, N.Y. for the Monroe Invitational Championship at the par 70 Monroe Golf Club. Action gets underway Wednesday with a round of 18 and will conclude Saturday. The last two winners of

the tournament have been from Clemson - Brent Delahoussaye and D.J. Trahan (2002).



Navy's Billy Hurley finished 11th at the Sunnehanna Amateur, the first of 11 tournaments in which he is scheduled to compete in over the summer.

The Lane

MT. Etna Classic golf tourney

Hit the links at Il Picciolo starting at 9 a.m. Saturday June 19 and show the rest of Sigonella who's king of the course. Lunch and awards are included in the entry fee, but you'll need to bring money for greens fees. Call 624-3785 for more information.

2-on-2 sand volleyball league

The action starts Monday June 21 at the NAS II sand court, so slap on the sunblock and come over to the pit. Awards given for regular and post season play. Call 624-3785 for more information.

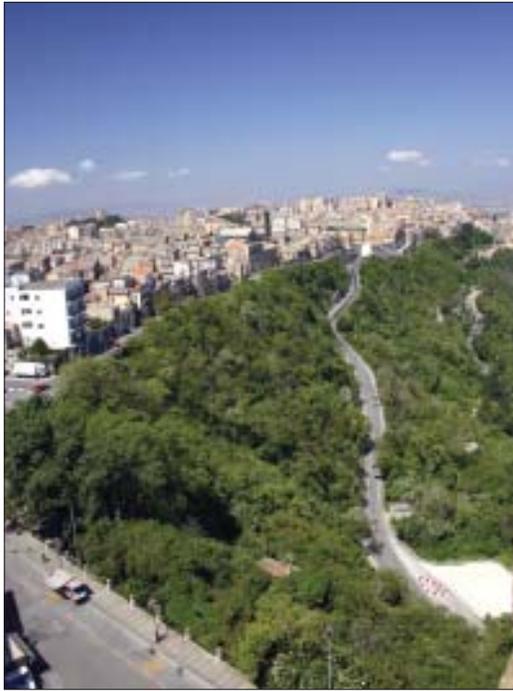
Sigonella's Strongest Strong Man competition

Compete for the title of Sigonella's strongest in this team event. Teams must be co-ed and have four members. The showdown will consist of five events with points awarded after each round. At least three events must be completed to qualify for the title. Sign up your team at either fitness center or register the day of the event, July 3, at the NAS I fitness center. Call 624-3785 for more information.

You Drink, You Drive, You Lose. Drive Safely Sigonella



Enna from page 1



Top left: A view of the "Navel of Sicily" Enna, which is situated in the Erei mountains of central Sicily and was founded by the Sicani, one of the three original tribes of Sicily.

Top right: This statue is dedicated to Euno a slave who began a slave revolt in 139 B.C.E. Euno and the other slaves defeated the Romans holding the territory and proclaimed Euno king.

Right: One of over 3,500 square meters of mosaics at the Roman villa Casale at Piazza Armerina.



journey through the three classical orders with a Doric portico, Ionic above that and finally Corinthian at the top. Inside the Duomo you can view the Christ of the Three Faces, a painting in which Christ's expression alters depending on the angle it is viewed.

After seeing the Duomo we walked next door to the Alessi Museum, a museum that that was built in 1862 to house the sacred vestments of Canon Alessi, and a selection of paintings. The most notable of the paintings is a 15th century Madonna and Child by an unknown Flemish artist. Also housed in the museum is a collection of Greek, Roman and Byzantine coins, archaeological finds ranging from prehistoric to late Middle Ages and Egyptian funerary figurines discovered among grave goods in Sicily.

After our walk through the museum we took a drive to an agriturismo for lunch. On the way we were told of the significance of the Lago di Pergusa, which is the alleged location of the rape of Persephone, the goddess who was dragged to the underworld by Hades.

As for lunch – our hosts brought out food, food and more food, and then dessert. The view during lunch was a beautiful Sicilian mountain valley away from hustle and bustle of the city.

After lunch we again had a chance to step back in time at the beautifully preserved Villa of Casale in Piazza Armerina. Historians debate when Casale was built, some say between the 3rd and 4th centuries and others

say between the 4th and 5th centuries, but one thing is certain the villa is in excellent condition for its age. The villa was covered with earth because of an earthquake in 346 and a landslide in 1161.

The villa has 63 rooms all of which are covered with beautiful mosaics, depicting everyday Roman life, everything from the big hunt to chariot racing to fishing and pentathlon. In total there are over 3,500 square meters of mosaics in the villa.

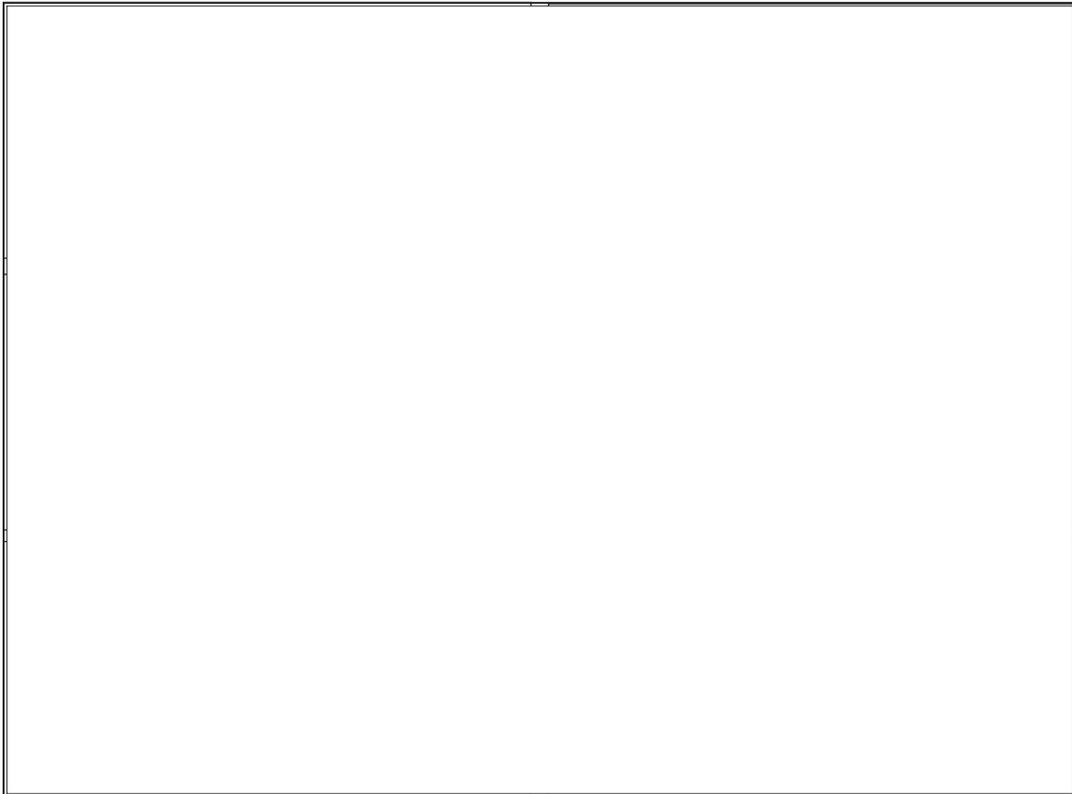




Top: The remains of an aquaduct that carried the water to the villa Casale. The aquaduct would have fed the bath houses and the fields in the area.

Bottom: A view of the Rocca di Cerere(Fortress of Ceres) from the Pisan tower of the Lombard Castle. The fortress overlooks the Dittaino and Salso mountain valleys.

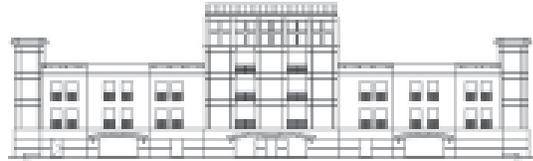
Right: The tower of the Duomo(cathedral) in Enna uses all three of the classical types of architecture, Doric at the base, Ionic in the middle, and Corinthian at the top.



Parking from page 1

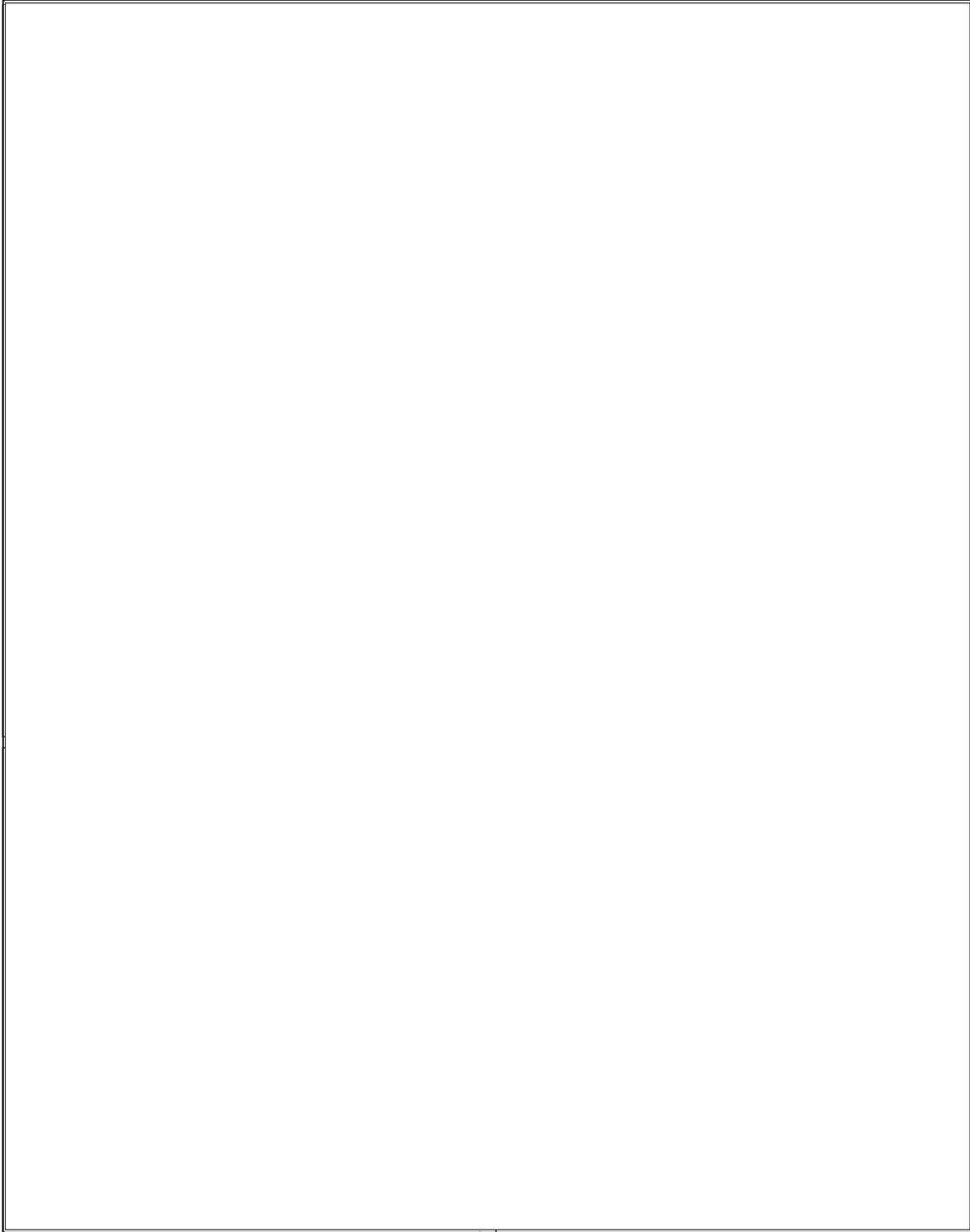
begin very quickly afterward," explained Hale. The contract Hale was talking about will take away the parking lots in front of the Flight Line Clinic and Minimart as well as the gravel lot next to the Tactical Support Center(TSC) so the parking garage can be built and the parking lot to the right as you come in the main gate due to construction on the main gate. "The spaces we are losing for the main gate upgrade are permanent losses," Hale said. "When the parking garage construction begins the contractor will be making gravel lots on the grassy area along the main road, but parking is still going to be very difficult." In order to prepare for future parking

problems NASSIG is looking at some possible solutions. "We would like people who live in Marinai to bicycle or take the shuttle bus," Hale said. "The shuttle stops at Marinai at 6:22 a.m., 6:52 a.m., and 8 a.m. and returns at 4:20 p.m. and 5 p.m." Another thing everyone can do to alleviate parking congestion on NASSIG is carpool whenever possible. "If enough people we carpooling we could designate spaces for HOV-3(high occupancy vehicle) as a sort of reward for making the effort to lessen the congestion on base," Hale said, "but nothing is definite yet." Another possible relief for people who choose to carpool or walk would be community bicycles. "We are exploring the idea of buying



A view of naval Air Station Sigonella's future parking garage. The garage will have 625 spaces.

some bikes that would be for community use, base to the other and when you were finished free of charge," Hale explained. "Individuals hop on another bike and ride back. Unfortunately we are having trouble finding someone to maintain the bikes." would be responsible for having a helmet, but otherwise free. You could ride from one end of





Sleep from page 3

researcher involved with the sleep studies sponsored by the Office of Naval Research.

In this research, they found that people who slept six hours or less a night ("short sleepers") were more likely to remember their dreams and feel more refreshed when they woke up. However, the feeling of being "wide awake" fades in short sleepers who are deprived of sleep.

They also found that those who slept six or less hours a night showed a significant decrease in learning ability when deprived of sleep for 36 hours. "Long sleepers," people who naturally sleep nine or more hours a night, proved to be more resilient to the detrimental effects of sleep deprivation. When deprived of sleep for 36 hours, "long sleepers" showed no change in their ability to complete a verbal learning task.

"Understanding the impact of sleep deprivation on cognitive performance is increasingly important in our society, where many people acutely or chronically fail to obtain adequate sleep," said Carr. "This is especially true in aviation, where cognitive demand is high and tolerance for performance error is low."

Carr added that current research does not support the assumption that those who frequently remember their dreams are not sleeping enough. Studies, in turn, are also not meant to suggest that only those who dream "feel refreshed." The studies only propose that there may be several ways to measure a person's sleep health, and that some of those ways may indicate groups who are naturally aroused quickly and groups who are less affected by sleep deprivation.

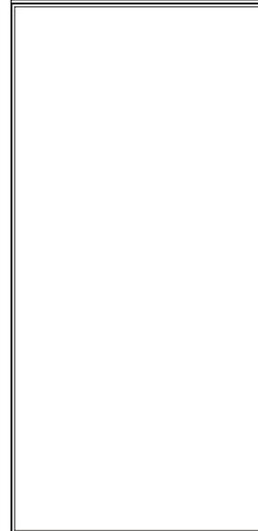
The findings in these research efforts may help supply medical experts with more information on how sleep affects both a person's physical and mental health.

For related news, visit the Naval Medicine Navy NewsStand page at www.news.navy.mil/local/mednews.



Trivia Answers

- 1) Norman
- 2) Scelerophobia
- 3) 22
- 4) True
- 5) Harry Shearer





The Signature
 Anyone interested in sending ads via email should leave a phone number and point of contact name at sigsignature@yahoo.com. Ads run for two weeks and are run on a space available basis and must be sponsored by active duty military members, family members or Italian National/American base employees.
 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.

Paid Ads

Sales person needed. Must be fluent in both Italian and English. Must be self-motivated with good communication skills for the sales of quality Italian made furniture. NAS in the Beauty Inn. Call between 11:00 a.m. and 1:00 p.m. 330-662-408.

1993 BMW 520, full opt, A/C. Asking \$6000.00. Negotiable. Call 348-431-2582.

1993 BMW 520i 24V A/C FO Euro 4,500.00 Call 349-431-2582

1999 Honda Integra Type R 18, full optional. Euro 11,500. Call 347-231-2237

1972 Fiat 500L, white. Euro 2,500 Call 348-530-1059

English Canadian female babysitter available in AcI Trezza and surrounding area. Certified in CPR and First Aid. Call Cody at 339-166-2440 or 333-601-6146.

Fiat Bravo 2.0 20V HGT 96A/C Good Condition E3,900 OBO Call 338-524-5878 or 328-599778.

Manicures and Pedicures by Katie in Marina Housing.

Call 624-1454 for appointment. Candles soft music and cookies. Gift Certificates available.

Wanting to take a vacation but you have no place to leave your pet? Book your Pet-Sitter Today. Call 347-791-1051

Looking for American Refrigerator Call 335 614 1834.

1996 BMW 318i 105000Km Good condition AC PL Anti-theft Stereo included Euro 5,000.00 349-575-0249.

Italian and Spanish teacher gives private lessons call 347-1860211.

Need help with your housework? No Job to big or too small, honest, dependable and many years of experience. Reasonable rates and am able to provide references. Also available for PCS jobs. Call 095307471, ask for Gaylene.

1999 Ford Galax 2.0 TD with AC. 7 seats Ask price \$ 9,000.00 Call 3498846982

1992 Lancia Delta, rare. A/C. Asking Euro 9990.00 Negotiable. Call 095937909

For rent. 2 bedroom apt. with living room, dining room, playroom, laundry room, terrace, garage. 500 Euro. Near IP Gas station. 338-273-5683

Automotive

1988 BMW 735L 4 door, blue, A/C, 5 speed, leather, all power, wood trim, 172,000 KM. Everything works, all service done. Must sell soon. \$4990.00 OBO. Call 335-6817831 (cell) or 095-306527 (home).

1989 Acura Legend L, 4 door, cold A/C, automatic, airbag, moonroof, power seats w/ memory, windows, locks, heated mirrors, CD player. Replaced brake pads, side valve, cover gasket, alternator, CV joints, main relay and exhaust pipe. Plus extra spare parts. AFI plated. \$3500.00 OBO. Call Ed at 347-3869650 or 624-4670/6312.

1972 Mini Minor, 1000 cc motor. Motor and body are both in good condition. All original. \$3500.00 Call 339-4011979 or 624-3762.

1992 Alfa Romeo 164 T-Spark, White, power windows,

doors, etc., A/C. In great shape, very reliable. Asking 2000.00 euro. Call Jorge at 624-2206 (work) or 347-6287869 (home).

1994 Honda CBR 600 F2. Vans Hines slip on exhaust, KN air filter, black windshield, in good condition, looks new, only 43,000 km, 3,500 Euro OBO. Call Nino at 338-7676950.

1990 Lancia Thema, 5speed, 4door, A/C, power windows, locks, mirrors, cover plates, good condition. \$1800. Call 095-56-3704 or 347-359-8998.

1980 Jeep CJ-5 for sale. You need to see to Believe. Completely rebuilt engine, new tires and wheels and too many new parts to list. Comes with many jeep accessories for your 4 wheeling pleasure. Taking only serious offers. First \$8000.00 takes it home. Call Mike at 624-0346 (home) or 624-5441/2 (work).

1995 Honda (Steed) Shadow: US Teal green, and AFI plated. Moving must sell, \$1000.00 OBO. Please Call 624-1264.

2001 BMW Z3 1.9 Liter. EURO 23,500. Silver color, convertible top, leather seats, hub caps, 14,000 miles, A/C, CD player, alarm system Call Alex at 347-4834201.

1993 Ford Aerostar Van. Runs Good, Looks OK. Family truckster. Good transportation for you and the kids. \$2000.00 OBO. Call Mike: Hm - 624-0346.

1968 Autobianchi 500 Giardinetta. Beautifully preserved, totally original vintage 500 Belvedere Stationwagon! Suicide doors and convertible top. Runs and drives great! Must see to believe condition for this rare example of an unusual and fun car, asking \$3,500 o.b.o., for pic's see www.sigtrades.com. Ask for Aldo at x4599 or 338-4898796

1990 Audi 80 1800i cc, power locks, power windows, power steering, sunroof, FM cassette stereo, electronic alarm, new tires, new muffler, recently tuned up, passed safety inspection. Price is Euro 2,400. Call Suro at 624-6893 (work) 095-7793664 (home) 347-7529584 (cell).

1987 Alfa Romeo 33, black 4 door, new tires, new clutch, great reliable car for use from home to work. 5 Speed, power windows, a/c works and is cover plated. Draws 300 Liters

a month. Asking 1200 neg. call 624-6567 days, 335-687-1429 cell phone nights.

1995 Acura Integra LS US SPECS 5spd LS/VTEC engine 3K on it 6K dollars in upgrades, too many to mention!! \$7,000 FIRM! Contact Victor at 340-053-3898.

1989 Audi 80 Dark Blue. four door, power windows and locks, No A/C. Great car for Sicily. Has about 190,000 KM on it. AFI Plated. Will be available at the end of June. \$2500 or OBO. Please call Michelle at 349-681-5618 for more information.

1992 Alfa Romeo 155 2.0ltr, 84,000KM. Black. A/C, alloy wheels, rear spoiler, beautiful looking car. Runs great! Asking 3500.00 euros. Call 624-5360.

2000 Chevrolet Cavalier. Silver, 4 doors, 67,000 miles, automatic transmission, AM/FM radio, AC, good condition. MUST SELL!! Asking \$8,200 O.B.O. (price negotiable) For more info contact Jon at 340-479-0772 or e-mail me at jon120283@yahoo.com

1994 Ford Fiesta, dark green. 1.3L 3-door. AFI registered w/ cover plates. Great commuter/city car, but capable of the long trip. Easy on the gas. New disk brakes (rotors and pads). \$2,000. Call: W 624-9233, H 095309478 cell 340-7142102.

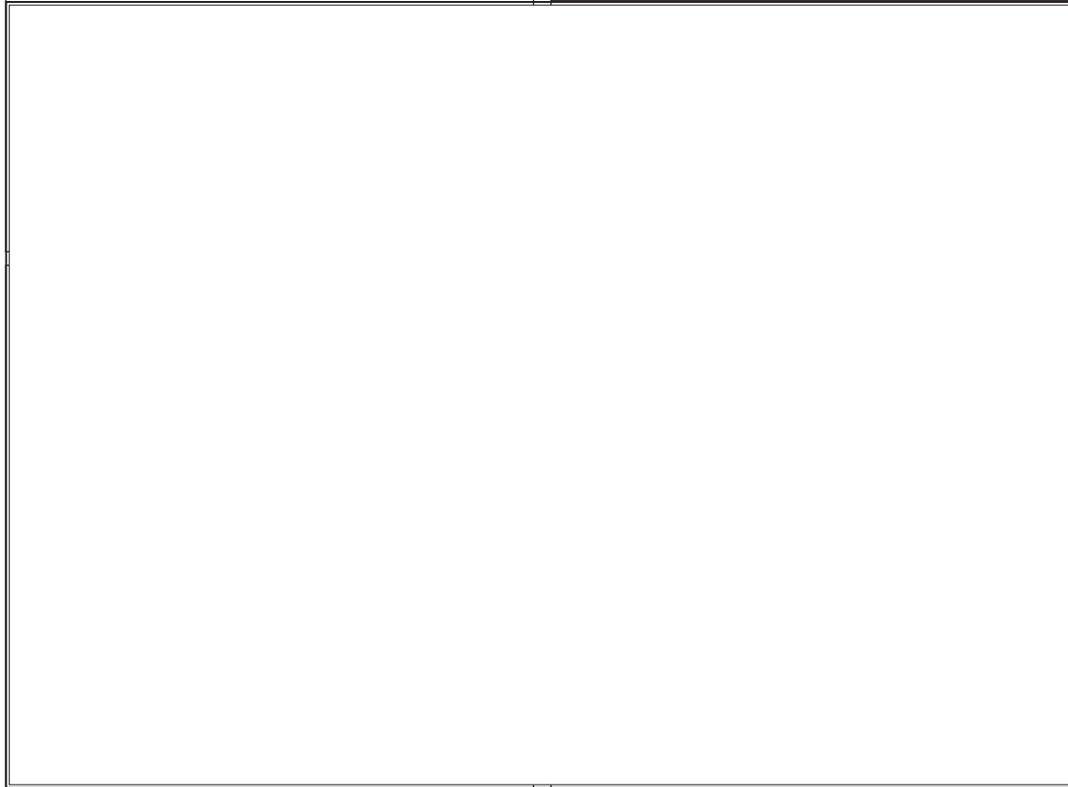
2000 Yamaha V-Star 650, low miles, American specs, Carmen red beautiful bike. \$5,500 negotiable. Call Dean 339-339-9901, 624-0253 H, 624-2729PW.

1994 Beretta. Automatic. PS/PB/ABS. AC, driver's side airbag. Interior/exterior in fair condition, runs great. \$3,000 O.B.O. Call Gene at x6406(day), 095-727-1402 (eve).

1991 Opel GSI 2.0 liter low mileage sporty and very dependable. Fast rally series. 12 disc CD player Pioneer system. \$2,500. Call 348-6627289.

Pets

6 month old female dalmation fun loving, playful, housebroke, loves kids knows the command sit and is kennel trained. \$50.00 call Patti or Brian 624-1346 at home or cell 333-833-9965.



Send II Mercato advertisements to sigosignature@yahoo.com

Free playful and loyal male puppy to good home. Part Spaniel, all affectionate. Cannot give the attention needed due to pregnancy. Chipped, shots, not fixed. Call Mike at 624-1427, 9-5pm. Serious inquiries only!

FREE to good home. One year and 2 months old, male Neapolitan Mastiff. Full blooded without papers. Very playful. Needs room to run and someone to give him lots of attention. Is good around kids but doesn't realize his own size or strength. Need to get rid of ASAP. Do not have time for him with the expected arrival of my 2nd child. Call Shawna at x5578 or 333-365-9519 or Cherie at 339-629-1933.

FREE to good home. One and a half year old female Sicilian mutt. Small Long haired dog. Very playful and friendly but needs a lot of attention and love. Just had puppies about 4 months ago. They too are free to a good home. 2 males - half mutt half Neapolitan Mastiff. Black with brindle legs. Not sure what size they will be. At present age they almost as big as the mother. Do not have time for them with the expected arrival of my 2nd child. Call Shawna at x5578 or 333-365-9519 or Cherie at 339-629-1933.

Free cut. White, part siamese, female cat. Has all shots and is chipped and spayed. Call Josh or Kelly at 624-0695 if interested.

Free to a good home. 11-month old medium sized black cat. Can be indoor Or indoor/outdoor. Contact Kevin at 340-6721727.

For Sale

King size dual sided pillow top mattress and box spring, \$75.00. Call Patti or Brian 624-1346 (home) or 333-833-9965 (cell).

Golf Clubs - Child size - 5,7,9 pitch irons, putter, fairway driver (wood) with carry case - all for \$35 or best offer. Call 095-789-0029 or 3355998550.

Matching sofa & love seat made by the Alan White Company. Great set for a couple just starting out or a single sailor living out in town. Light multicolor fabric. The sofa is an extra long 78 inches and very comfortable! Asking \$500.00 OBO. Call Brian or Sherry @ x3644 or 333-6670363.

Air Conditioner for sale. Mobile, can be moved from room to room works great! Only a year old, have to PCS. 450 euro brand new, asking \$300 or best offer. Call Tanya or Eduardo at 339-6408727.

Windsurfing Package! Beginner to intermediate. Mistral New Malibu board, 2 sails (Neilpryde 6.0/Gastra 7.2), carbon fiber mast, boom, harness, 2 base pieces, all padding. PCSing. \$500, 624-2691 or 095877805.

Low carb chocolate - all bags new and unopened: Hershey's mini chocolate sugar free bars - seven 3.3 oz. Bags, Hershey's mini chocolate sugar free bars with almonds - three 3.3 oz. Bags, Russel Stover milk chocolate sugar free truffles - five 3.5 oz. Bags, Reeses Peanut Butter Cup Sugar Free Minis - five 3.3 oz. Bags, \$20.00 for all. New Fisher Price Imaginext Pirate Raider Ship \$15.00. Please call: 624-0388.

PCS sale. Bedroom suite, living room suite, 19" TV, 2 VCR's and some small appliances. Plus misc items. Contact Jon or Christy 095-309536 or email phineasfog@yahoo.com.

Two 5-shelf dark. Sauder brand bookcases \$10 each, black futon with light oak wood frame \$125, Panasonic DVD player w/ remote \$15, Sony VCR w/ remote \$10. If interested, please call X03377.

PCS'ing...Must sell Immediately!! Queen size mattress, box spring, frame and cherry head board \$300.00 O.B.O. Basketball hoop \$70, JVC 29" multi-sys. TV \$225, entertainment center \$125.00 O.B.O. Switched on School House computer Homeschool 4th grade curriculum \$80.00 O.B.O. Acutel cell phone with chip \$35.00. Calls after 4:30 p.m. x1274 or 347-6065034.

Couch and love seat, black and gray, in good condition - \$350 obo. Call Cindy 339-385-5994 or 095-791-0229.

PCS Sale. Various items: portable phone, cell phone, sleeper couch, covered outdoor swing, food processor/blender, vacuum, 2 transformers (500 & 1500W), tile topped kitchen table, European ext cords and plugs. All appliances 220V. 095-86-1477.

PCS sale: Sony DVD player, single-load with Remote originally paid \$150. Asking for \$80. Call 624-4399 or 624-3051 before 11 Jun if interested.

HOOVER Floor Mate floor cleaner for sale. Only 6 months old and used 5 times. Sells in the NEX for \$150 asking \$80. It will dry vacuum, wet vacuum, and scrub your tile floors. Works really well. I still have the box and instruction manual. Call Josh or Kelly at 624-0695

JVC 7012 Multi-function Silver Receiver & JVC 7CD Black Disc Changer Brand new. Barely used and receiver still has original box and all manuals. Purchased Changer as display at NEX but have used very seldom. CD Changer: \$100.00 Receiver: \$200.00 Call Nick @ 333-845-1151, 095-309502 or 335-5979669.

AIWA Car CD receiver and JVC cassette receiver w/ 12 disc CD changer and remote for sale. CD Changer never used, few scratches but still brand new. JVC Receiver works great and remote is fully functional with changer and deck. Changer comes with mount plates and all manuals included. Changer adapter cable not included.

All for \$200.00 Call Nick @ 333-845-1151, 095-309502 or 335-5979669.

Wardrobes \$50, 4-drawer filing cabinet, \$5; 2 5x7.5 green area rugs, \$5 ea; 1 5x7.5 gray area rug, \$5; coffee pot, juicer, lamps, mixer, 220V, \$5 each. Entertainment center, \$5. Call Judy 624-6734 or 340-1475935.

Wanted

Housecleaner wanted in Tremestieri. Call Dana at 095-7513854.

Italian language tutor wanted for my two children ages 4 and 6. Call Dana at 095-751-3854.

Wanted: Garage, or space in garage, to rent for motorcycle (for security and cleanliness). Motta only. Call 349-220-8120 pm or leave message during the day.

Wanted: Alto Sax instructor. I have my own instrument would like to continue my lessons. Please call 335-569-8004 or 624-1362 in the evenings.

Calling all knitters! Local knitting club starting up. All levels of experience welcome. If you are interested in joining us, please visit www.shriekofnature.com/knit or email Deb at sicilyknitter@yahoo.com for more info.

CELLO WANTED: Looking to buy or rent a cello. Please call 624-1485.

Yard Sale

Yard sale in Marinai at 2115A and 2118C. Saturday, June 19th, 8:00 A.M. to 12:00 P.M. Lots of clothes, misc. appliances, something for everyone!

Yard Sale: 2124D via Capri Saturday, June 19th 9:00 a.m. to noon. Multi-family yard sale something for everyone. Baby items, clothes (all sizes), kitchen items, household items.

Lost and Found

Large aquatic turtle found in the middle of Shields street @ 205 housing. Kids/residents in the area don't know who the owner is. If you are missing your family pet, please call us! We are taking good care of this big guy temporarily. Contact Sherry or Brian @ x3644.

Found: Little girls purse in Mineo park please call 624-0388 to identify the purse and its contents.

Jobs

Be part of a team committed to supporting the USN

and your family! Navy Exchange Sigonella is currently looking for prospective associates To fill the following positions: Sales Clerk, Customer Service Clerk, Supervisor Sales Clerk, Visual Merchandise, and Personalized Service Clerk. For more information, visit the Personnel Office on the second floor of the main Navy Exchange, or contact Enzo Curcuruto at 624-4276/4275.

The US Naval Hospital, Sigonella, is soliciting for one part-time personalized service contract for a medical surgical unit registered nurse. Closing date 11 June. Sources must be eligible for US employment and US board certified. Solicitation packages are available at the supply department, purchasing office, NAS II. Call Mr. Barbagallo at 624-5725 and Nellie Barone at 624-3791.

Central Texas College is looking for qualified instructors in the areas of Criminal Justice, Automotive, Legal Assistant and Emergency Medical Technician. If interested Please call Carly Gutierrez @ 624-4306 or 095-56-4306.

HRO ads

Communications Clerk, UA-0394-06. Naval Computer And Telecommunications Station, Base Communication Office, Sigonella. Announcement number LN004-028949. Closing June 22.

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-1702-0304, MWR Department, Child Development Center. Announcement number SIG03-EDTECH. Open Continuous.

Supervisory Recreation Specialist, GS-0188-07, MWR, recreation Division, Sports and Athletics Branch, Sigonella. Announcement number SIG04-028531@. Closing July 9.

Occupational Health Nurse, GS-0610-11, U.S. Naval Hospital, Directorate For Medical Services, Occupational Health Department, Sigonella. Announcement number SIG04-029062. Open Until Filled.

Medical Records Technician, GS-675-07, U.S. Naval Hospital, Directorate For Administration, Patient Administration Department, Sigonella. Announcement number SIG04-029149. Open Until Filled.

Environmental Protection Specialist, GS-0028-11, PWD, Environmental Division, Sigonella. Announcement number SIG04-029872. Closing June 21.

