

The Signature

Signonella, Sicily

Vol. 21 No.38

Sept. 24, 2004

TOP STORIES

Hurricane Ivan ripped through Naval Air Station (NAS) Pensacola in the early morning hours of Sept. 16, causing millions of dollars in damages.

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Many newcomers to NAS Signonella find themselves fascinated with the Sicilian culture and learning about life in Italy from the perspective of our host nation.

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The festival will be held from Sept. 24 through 26 kicking off at 4 p.m. in the town's historic heart with food, arts and crafts, art exhibits, activities, live music and more.

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Naval Air Station Signonella (NASSIG) honored their Command Ombudsmen at an appreciation luncheon on Sept. 17 at Da Michell's located on NASII.

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The Stephen Decatur School varsity football Jaguars played their first game of the season last Saturday against the Naples Wildcats on the new NAS I Land Annex field.

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This past Saturday, MWR, NEX and DeCA co-hosted "Signonella on Display," which highlighted an array of on and off base activities.

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Crossing the bridge from PO to CPO

Story and Photos by
JOC Linda Brinkley
Staff Writer

Not only was Wednesday, Sept. 15 a long day for 17 Chief Petty Officer (CPO) selectees at Naval Air Station Signonella (NASSIG), but it was also a day of accomplishments, a day of completion, the end of their transition from First Class Petty Officers to the Navy's newest chiefs.

Each of them began their day long before most NASSIG residents even thought about what the morning might be bringing. With liberty expiring for the CPO Selectees at 11:59 p.m. on Sept. 14, their day began with a basic day in the life of a Sailor.

The transition process for these CPO selectees began more than six weeks ago when they started their physical fitness-training program. Meeting several times each week, the CPO selectees along with their sponsors and members of the chiefs' mess, could be seen doing a base run, crunches, jumping jacks, leg lifts and even swimming.

The goal the chiefs' mess tries to accomplish in all activities held during the transition process is team building, building camaraderie, and providing training. "It's teaching these first class petty officers who are now going to be chief petty officers how to function in a mess, which is a team," NASSIG Command Master Chief (CMDMC) Anthony Evangelista said. "Our vision is working toward mission accomplishment."

In addition to teaching the CPO selectees to function in a mess, to work as a team, they are given activities that help develop their leadership skills. They each have a division for which they are responsible. They had to write fitness reports and evaluations on the Sailors in their division and they had to hold disciplinary review boards. "When you're a First Class Petty Officer your vision tends to be more on the work center, tends to be more on fixing the gear," Evangelista said. "When you become a chief, you become a manager, you're charged to positively influence people in the ranks and that's what we're teaching them here."

As part of the transition activities, the CPO selectees were charged with taking NASSIG's shipboard trainer and turning it into a ship, taking them back to shipboard life. "We have some



The Chief Petty Officer selectees were challenged with building a bridge between barriers using only planks from previous challenges. (l-r) CPO Selectees UTC (SCW) Jody Markham, CMC (SCW) Jason Cangel, AEC (AW) Karen Marini and AEC (AW) Franklin Morse with ETC (SW) Salvatore Patti in back, place the planks across the barrier as they begin to build their bridge.

guys and gals in the group that have never been on a ship," Evangelista said. "We took those who have and they brought the quarterdeck online."

"The first thing we did was muster them at the shipboard trainer," said MACS (SW) Charles Mogle. "They did a muster report. They set their condition one watches. They did a stores unloading. They got ready to get underway. We set up a scenario so they could get a taste of shipboard life."

MAC (Select) Andrew Kidd, the only Naval Reservist in the group, has never been onboard a ship before. "Through the exercise, I was acquainted with what it would be like

living on a ship with all the activities and the noise," Kidd said. "I learned the importance of paying attention to detail."

One exercise scenario had the CPO selectees onboard a landing craft from which they would make a beach assault. In the first phase of the exercise, the landing craft was taking on water. The selectees had to bail out the water to keep their ship from sinking. That followed with a beach assault where the selectees, divided into three divisions with five crewmembers each, had to get to their target area.

In accomplishing their objectives, they were required to do a low crawl over the beach, underneath the barbwire (not with real barbwire

of course), and while they were taking fire. They would take on casualties and transport their injured on stretchers. They had to build three wall bunkers to protect the division from enemy fire. Using their planks and barriers they had to build a bridge, and figure out how to get each of their team from the beginning of the obstacle course to the end.

MAC (SCW/SW) Tony Guyette who was responsible for the safety of all participants in the bridge building exercise said, "I constructed a bridge. A bridge with many possible outcomes, only one of which is

CPOS, page 13

Traffic instruction beefed up: stricter enforcement, harsher penalties

By JCI Craig Coleman
Staff Writer

Changes to the vehicle Traffic Enforcement Program (NAS Signonella Instruction 5114.1D) designed to curb the local American accident rate go into effect Oct. 1. The goal of the amendment is to improve the driving habits of Americans stationed here and to change the way American drivers react to the local driving culture.

According to Capt. J. Stuyvesant, NASSIG commanding officer, "Under this new instruction, if you have a reckless driving ticket, you will go to Traffic Court where you could lose your driving privileges for at least 10 days for the first offense and one month for the second offense." He added,



A traffic accident involving Americans and local nationals on the road to Motta S. Anastasia.

"Now if you have a third offense, you could lose your privileges for the rest of your tour. We are going to aggressively enforce the traffic laws and regulations off base for all American drivers."

According to Lt. Steve Curry, traffic court judge, the new commanding officer, Capt. Joe Stuyvesant, wanted to improve the safety level of Signonella people.

"The new C.O. noticed a lot of people driving erratically and [he] felt the penalties that were in existence did not meet his expectation of the instruction," Curry said.

Motor vehicle accident statistics over the past four years show disturbingly high numbers of accidents involving Americans in Sicily. In 2003 there were 751 total accidents, or an average of 2.05 accidents-per-day, including 58 driving under the influence (DUI) offenses. Through August of this year both traffic accidents and DUIs have decreased, but the problem still exists.

NAS Signonella safety, security, traffic court judges and the staff judge advocate all worked to make NASSIGINST 5114.1D a stronger deterrent to traffic violation. The point assessment for each infraction is only a minimum. For instance, any two moving violations within a three-month period will result in the loss of base driving privileges for one month.

"The punishment is supposed to make it inconvenient," said Capt. Ken Bitar, NAS Signonella executive officer. "We have several Sailors out there today hitching rides with friends because they no longer have their license and live out in town."

Traffic, page 8

"If people continue to disregard traffic laws and put safety secondary to their convenience of getting someplace in a hurry, we are going to lose an American and send him home in a box. We are going to lose an American Sailor or family member - there's no doubt in my mind."
-Capt. Ken Bitar, NASSIG executive officer.



Direct Line

Capt. Joe Stuyvesant
NASSIG
Commanding Officer

The MCPON, in his 2004 guidance on the development of CPOs stated: "The ability of Chief Petty Officers to lead and manage change in a uncertain and dynamic future is a crucial element to our organization's overall success. In order to ensure we are able to meet these challenges, we must focus on past principles and practices that ensure future success." Thus began the CPO Rites of Passage for 17 of Sigonella Sailors last week.

Becoming a Chief is a milestone in a Sailor's life and for their families as well. The anchors symbolize Honor, Courage and Commitment, which are our Core Values. The responsibilities and privileges are completely unique to the Navy. The Navy sets a Chief apart from the other services E-7 communities because of the inherent deckplate leadership of being in khakis and from wearing the anchors. The Chief's Mess is a great place to learn from other Chiefs and to take that experience and learning into the workplace and to the Sailors.

I was proud to see that the NAS Sigonella Chief's Mess conducted a fantastic Chief-select training program, which concluded with several battle stations scenarios. From learning leadership to team building, the whole process took about six weeks. Being a chief means that you are capable of handling every task with ease and that the chief is the go-to person in the shop or department. A Chief takes care of his or her people...it's that simple.

I saw 17 men and women Sailors become the Chief last week in the Chapel. Their pride in wearing khakis for the first time was clearly seen. I hope they all use this experience and build upon it to become a fantastic Chief Petty Officer.

Congratulations Chiefs!

**Be safe Sigonella...
drive to arrive.**

Traffic Safety

Traffic tickets issued from Sept. 13 through Sept. 20.

Number of tickets in parenthesis.

- (0) Violation 1: Driving or being in actual physical control of a motor vehicle while under the influence of intoxicating liquor (0.07 percent or greater on or off base)
- (6) Violation 19: Speeding over 10 but less than 15 miles per hour above the posted speed limit
- (0) Violation 20: Speeding one to 10 miles per hour above the posted speed limit
- (3) Violation 21: Improper passing
- (0) Violation 26: Failure to obey traffic signals or traffic instruction of an enforcement officer or traffic warden; or any official regulatory traffic sign or device requiring full stop or yield right of way, denying entry, or requiring direction of traffic.
- (2) Violation 27: Operating a vehicle with no driver's license in possession
- (0) Violation 31: Improper overtaking
- (2) Violation 32: Other moving violation
- (1) Violation 33: Failing to comply with NASSIG parking regulations.
- (9) Violation 37: Failure of operator or occupants to use available restraint system devices while moving (operator penalized)

Traffic Statistics

Sept. 13 - Sept. 19

Traffic accidents with injuries: 2
Traffic accidents without injuries: 7
Car break-ins: 2
DUI/DWI: 0
DUI/DWI's 2004: 22
DUI/DWI's 2003: 58

Commanding Officer Capt. Joe Stuyvesant	Deputy Public Affairs Officer Alberto Lunetta	Staff JOC Linda Brinkley
Public Affairs Officer Lt. Steve Curry	Asst. Public Affairs Officer J01 Craig Coleman	Volunteers Alexis James
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	Editor J02 Steve Weaver	Nicole Hamaker

HEALTHWATCH

A.I.D. L.I.F.E: Suicide prevention

By LCDR Bryn Reina

In 1998, suicide was the second leading cause of death in the Navy. In the past two years, it has been either the 2nd or 3rd leading cause of death among active duty sailors. This is lower than civilian rates, but it remains one of the top killers of sailors. Although more common in the elderly, suicide rates in teens and young adults are climbing. Being aware of risk factors and signs of suicide as well as knowing how to get help can save the life of an active duty sailor, family member, or friend.

Some risk factors for suicide include alcohol and other substance abuse/use, previous suicide attempts, being single or divorced, lack of social support, legal or financial problems, and being unemployed.

Some warning signs include: pre-occupations with death/talking about suicide, giving possessions away/putting affairs in order, relationship difficulties, impulsive anger, isolation or withdrawal,

legal or financial problems, work or academic performance problems or decline, decline in appearance, depression and hopelessness, inability or unwillingness to connect with potential helpers, and drug or alcohol abuse.

Suicide is NOT a normal response to problems or stress. It is very important to take action if someone has suicidal warning signs. If you think someone you know is at risk, it is important to ask the person if he or she is thinking about suicide. Asking someone about suicide and talking about it will NOT increase the likelihood of the person committing suicide. If anything, it will help decrease the risk as it can lend support and also lead to getting help.

If you know someone who has some suicide warning signs, use the acronym AID.LIFE. A- Ask the person if they are thinking about suicide. I- Intervene immediately. D- Don't keep it a secret (even if the person asks you to). L- Locate help (call 911 if the person says they are

going to harm themselves, go to the ER, contact a Chaplain, a doctor, Fleet and Family Support Center, Mental Health Clinic, and if you're a child or teenager, tell an adult, a parent or teacher). I- Inform your chain of command. F- Find someone, but Don't leave the person alone. E- Expedite, get help right away.

Work supervisors and parents can play a key role in suicide prevention. They should know their sailors' children and be aware of changes in performance/grades, attitudes, and behavior. Knowing your kids means adequately supervising them, knowing who their friends are, knowing what's going on in their lives, and taking an active role in their lives. Knowing your sailors means knowing about what's going on in their lives that may be affecting work (i.e. financial/marital problems) and being actively concerned about the welfare of your sailors and their families. Be active listeners who are non-judgmental and supportive.

Healthwatch, page 8

NJP Results

E-4

Violation of the UCMJ, Art. 92 (Failure to obey a lawful order), and Art. 134 (Drunkenness) Awarded restriction to the limits of U.S. Naval Air Station Sigonella for 30 days; extra duties for 30 days; and reduction to next inferior pay grade (suspended for 6 months).

E-4

Violation of the UCMJ, Art. 111 (Drunken operation of a vehicle) Awarded restriction to the limits of U.S. Naval Air Station Sigonella for 45 days; extra duties for 45 days; forfeiture of \$703.00 pay per month for a period of 2 months (1 month suspended for 6 months); and reduction to next inferior pay grade.

The grass is always greener



By Richard Townes
Commanding Chaplain

especially if we are feeling blue, but good does exist.

Another way to find contentment is to try something different or unique. If you're tired with the place where you work or live, then take on a new challenge or hobby. Set something out in front of you such as a brief get-away to spice up your life. If you find yourself malcontented with the people around you, try looking for their good traits (yes everybody has them) and be a champion of those good qualities.

Contentment is so important that God addressed the issue in the Ten Commandments when he said, "Do not covet." We're not to have evil desires for other's possessions and loved ones. We're to be happy with all that God has given us in the first place, and if we stop to think about it, he's given each of us a lot. (Look closely, however, because it might be right in front of us and we don't know it.)

That's how I handle my malcontentedness. I constantly remind myself that God has given me everything I need and more - including his Son Jesus. He takes complete care of me, so when I start to moan about my life it's usually because I'm trying to take on everything myself instead of relying on the help that's available. Chaplains can be of great assistance in helping you bring your worries into perspective in order to be content.

I do hope your days are filled with the serenity that accompanies contentment, and I also hope that you're able to focus on the good that surrounds you instead of the bad. Once you've figured out how to be content, help others through your own positive and caring attitude. Who knows, you might discover that your own grass is green?

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NAS Sigonella Worship Opportunities

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

Protestant Traditional 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 Jumuaah
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.

NAVY NEWS

NAS Pensacola suffers major damage from Hurricane Ivan

By JO1(SW) Hendrick L. Dickson, Navy News Service

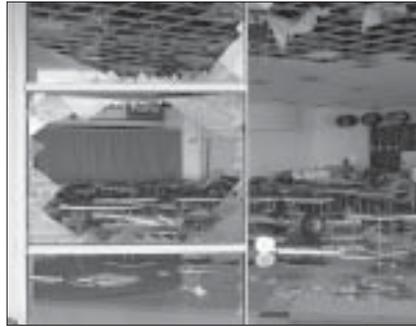
WASHINGTON (NNS) — Hurricane Ivan ripped through Naval Air Station (NAS) Pensacola in the early morning hours of Sept. 16, causing millions of dollars in damages.

Navy officials reported Sept. 17 that nearly 90 percent of the buildings on the base suffered significant damage.

The base is currently restricted except for emergency and disaster relief personnel, as they work to secure downed power lines and remove debris.

The Florida National Guard is en route to assist with relief and recovery efforts. Seabees from Naval Mobile Construction Battalion (NMCB) 1, Gulfport, Miss., have been busy during the initial response efforts, clearing roadways with bulldozers and chainsaws to ensure emergency response and relief vehicles have access to hurricane-damaged areas.

According to Navy officials, all personnel attached to the base are present and accounted for, and there are no injuries reported. Nearly 2,900 Sailors from NAS Pensacola were deployed to various shelters around the local community to work with the Red Cross to unload supplies and food.



Portside, a favorite eating facility for Sailors and Marines on board Naval Air Station Pensacola sustained significant roof and internal damage from Hurricane Ivan. Navy officials reported Sept. 17 that nearly 90 percent of the buildings on the base suffered significant damage. The base is currently restricted except for emergency and disaster relief personnel, as they work to secure downed power lines and remove debris. Ivan made landfall at Gulf Shores, Ala., at approximately 3:15 a.m. EST Sept. 16, with winds of 130 MPH.

Communications on and off the base have been erratic, as phone landlines are being restored to limited capability. Internet connectivity/Navy.mil Web site is down at this time.

Saipan Expeditionary Strike Group ships to participate in SNFL deployment

From USS Saipan Public Affairs

NORFOLK, Va. (NNS) — Three ships and approximately 1,900 Sailors from the Saipan Expeditionary Strike Group got underway Sept. 15 to participate in the Standing Naval Force Atlantic (STANAVFORLANT), or SNFL, Western Atlantic (WESTLANT) deployment along the U.S. seaboard.

Saipan amphibious assault assets, which consist of USS Saipan (LHA 2), USS Oak Hill (LSD 51) and USS Trenton (LPD 14), will team up with 14 ships from five countries including Canada, Germany, The Netherlands, Spain and the United States.

The deployment, which began for STANAVFORLANT units Sept. 1 and is scheduled to last until Dec. 17, is the first WESTLANT deployment in more than four years. It presents a unique opportunity for U.S. Navy forces to operate in a combined, joint environment with a certified NATO Reaction Force (NRF).

The objective of the STANAVFORLANT WESTLANT and strike group combined exercise (COMBINEX), is to conduct coordinated training and operate in a coalition environment while demonstrating the capabilities of an expeditionary strike group (ESG) as part of a multinational strike force. Upon completion of this exercise, U.S. Navy and STANAVFORLANT participants will have an advanced understanding of combined operations, and be ready to excel in any future coalition tasking.

The amphibious assault assets assigned to the Saipan Expeditionary Strike Group had their originally scheduled deployment canceled so that they could remain in an employable state of readiness should missions arise requiring their capabilities. This opportunity to engage with allies allows the ESG to maintain

their proficiency.

In keeping with the Chief of Naval Operations' concept of a responsive Navy, known as the Fleet Response Plan, ships only deploy when and where they are needed, emphasizing the concept of presence with a purpose.

STANAVFORLANT is a permanent peacetime multinational naval squadron composed of destroyers, cruisers and frigates from the navies of various NATO nations. The force operates, trains and exercises as a group, providing day-to-day verification of current NATO maritime procedures, tactics and effectiveness.

More information about SNFL can be found at www.manv.nato.int/manv/pages/organisation/snfl_history.htm.



Official U.S. Navy file photo of the amphibious assault ship USS Saipan (LHA 2), the Saipan Expeditionary Strike Group, which includes USS Oak Hill (LSD 51) and USS Trenton (LPD 14), got underway Sept. 15 to participate in the Standing Naval Force Atlantic (STANAVFORLANT) Western Atlantic (WESTLANT) deployment along the U.S. seaboard.

The Center Corner

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.

Learning about our host nation

Courtesy NASSIG FFSC
Many newcomers to NAS Sigonella find themselves fascinated with the Sicilian culture and learning about life in Italy from the perspective of our host nation. The other side to that is just as many newcomers prefer to stay close to home and the installation rather than venture out into this new environment.

Both perspectives are normal. Curiosity always increases our desire to learn; however, often the desire to learn is overshadowed by the presence of an unfamiliar setting. When we find ourselves in an unfamiliar setting, we usually do one of two things: we may withdraw to what is familiar, or we may ignore the setting and insist that everyone accept us as we are.

Since both of these reactions to an unfamiliar environment are also normal, Fleet and Family Support Centers (FFSC's) located OCONUS have included an Intercultural Relations program as part of their educational services. The purpose of the program is to provide immediate information regarding the host nation's environment, culture and customs, and to be a continuing resource for personnel during their overseas tour.

The FFSC's ICR program accomplishes three important things: first, the program alerts newcomers to a level of diversity that may not otherwise be known; second, it prepares newcomers to be better "ambassadors" from the States; and third, it invites everyone to enjoy a variety of vibrant, rich and historical cultures.

To that end, the FFSC at Sigonella provides weekly ICR classes on country-specific information with hands-on experience, along with an introduction to cross-cultural training. **Country-specific training** includes seminars and workshops designed to provide additional cultural information with respect to history, geography, day-to-day living, public transportation, and Sicilian cooking. **Cross-cultural training** includes seminars and workshops designed to raise cultural awareness, increase knowledge of culture differences, and develop skills in dealing with cultural differences. This training includes:

- "Culture awareness"
- "Culture shock"
- "Intercultural relations in the workplace"
- "Culture differences"
- "Intercultural management"

Education in intercultural relations is the basis for a successful tour of duty. If you or someone you know would like more information regarding our ICR program activities, please contact the FFSC at 624-4192.

NMCB 1 Seabees depart for Pensacola

By JO1 (SW) Dennis J. Herring, Naval Mobile Construction Battalion 1 Public Affairs

GULFPORT, Miss. (NNS) — A team of Seabees departed Construction Battalion Center, Gulfport, Miss., at 1 a.m. Sept. 17 for Pensacola, Fla., to establish a command center for disaster recovery operations.

Seabees with Naval Mobile Construction Battalion (NMCB) 1 spent the night of Sept. 16 loading trucks with communications equipment and tools to assist with initial recovery operations. NMCB 1 officials received the order to deploy Sept. 16 at 5 p.m. and began preparations for the trip. Less than eight hours later, more than 40 Seabees departed on the initial trip.

"Our Seabees really came through and completed the preparations in record time," said Lt. Cmdr. Scot Sanders, NMCB 1 operations officer.

"We deployed a reconnaissance team, a disaster recovery team and a group to establish the on-scene command post at Naval Air Station Pensacola for Rear Adm. (sel.) Wayne Shear from Naval Facilities Engineering Command (NAVFAC) in Washington," said Lt. j.g. Ryan Carey, of NMCB 1's operations team. "Shear will be the on-scene commander for recovery operations in the area."

"Pensacola base officials have estimated the damage on the three military bases at more than \$100 million," Carey said. "We have been told that more than 20 percent of the windows on base have been blown out, and all of the roofs have damage. There was also severe flooding. Health and safety is the major concern at this time."

A team of 115 Seabees from NMCB 1 has been selected to depart Gulfport Sept. 18. No time for their return has been decided.

"The combined teamwork of the 22nd Naval Construction Regiment, the 20th Seabee Readiness Group and NMCB 1 ensured that the Seabees were able to respond in very short order to make a difference in support of an extremely important mission," added NMCB 1 Commanding Officer Cmdr. Louis V. Cariello.

News Briefs

Expired Fuel Coupon Refund Procedures

Sept. 30, 2004 will be the last day current fuel coupons dated Oct. 1, 2003 - September 30, 2004 can be used.

New coupons will be available for purchase Sept. 20, 2004 at the NEX Cash Office at NAS 1 and Personalized Services/NAS II. The purchase of the new coupons will be taken from the October ration allowance and will not be accepted for fuel purchases until October 2004. New POL coupons can only be used from Oct. 1, 2004 through Sept. 30, 2005 at AGIP or ESSO Stations.

Old coupons can not be exchanged for new coupons. Refunds will be given for the dollar amount of remaining liters.

Refunds will be given beginning Oct. 11, 2004. Refunds will continue to be given until June 30, 2005 for fuel coupons dated Oct. 1, 2003 - September 30, 2004.

For further information or questions, please contact the NEX Fuel Office at 624-4541.

SDSS PTSA Car Wash

The Stephen Decatur Secondary School PTSA will be holding their first fundraising car wash of the year on Sept. 26 at the NAS I NEX Annex overflow parking lot next to the CDC and bowling alley from 9 a.m. to 3 p.m. Come out and support our students! Volunteers needed! Call 624-1529 for more information.

Girl Scout registration

Are you interested in joining Girl Scouts?

We offer troops for girls of all ages: Daisy Girl Scouts: Kindergarten Girls; Brownie Girl Scouts: 1st, 2nd, 3rd Grade Girls; Juniors Girl Scouts: 4th, 5th Grade Girls; Cadette Girl Scouts: 6th, 7th, 8th Grade Girls; Senior Girl Scouts: High School Girls

We are also looking for Adults to Volunteer!

Call Sheri Curry at 624-1225 and leave a message with your name and number. You can also stop by Stephen Decatur Elementary to pick up/tum in registration forms.

Women's Enrichment Group

Sponsored by FFSC. A time limited, structured, process oriented approach to self-esteem, self-empowerment, and boundaries impacting social and work place functioning.

Criteria: Women, AD and PM that have experienced past abuse that interferes with their ability to function successfully in relationships, and current life situations. Time Frame: Oct. 29 to Dec. 3. Duration: Six weeks, meeting Friday afternoons.

For further information or to sign up please contact HM2 Sarani at 624-4840 or Ms. Walker at 624-4291.

The Energy Block

Why are we paying so much for electrical energy? Let's face it, these days everything we use is a mechanical and technical contraption. Once we get used to them, we can't imagine living without them. Air conditioning, heated water, washing machines, dryers, clean air and clean water; all these conveniences are costing us money! If we don't know how to save energy, we spend our hard earned money feeding the electric company and hurting the environment, the end result is fewer raw materials for our children.

There are steps you should take to make sure your air conditioner, whether it's central air or a room model, runs at peak efficiency. The compressor of your central air conditioner should be located in a cool, shaded place outside. It is important to have your air conditioner checked twice a year to ensure proper operation and efficient electrical use. Your air ducts should be checked for air tightness and a clean air filter is a must. Your air conditioner also needs to be thoroughly cleaned and properly charged. If it is overcharged, it will reduce operating efficiency and could damage the unit. If it is undercharged, it will use energy less efficiently. For room air conditioners, be sure to clean the air filter every month. Dirt that impedes the airflow will not only make them use more energy, it could cause damage to the units. The condenser needs to be professionally cleaned every two years, with the exception of dusty living conditions, which will require them to be cleaned every year. Close all unnecessary openings when the air conditioning is running—windows, doors and fireplace dampers. It helps to use weather-stripping and caulking around the outside of doors and windows to prevent the loss of cool air. Air leakage may account for one-third to one-half of your winter heating and summer cooling costs. Use ceiling fans or small fans to help circulate the air in the summer. Turn off lights that you don't need, it saves energy and cuts down on added heat during the summer. Turn your air conditioner off if you leave the house for several days. If we save money on our electric bill then we have more to spend at the shopping center!

- DID YOU KNOW: You can reduce 40 percent of your air conditioning energy use by shading windows and walls.
- DID YOU KNOW: If every household in the United States raised the temperature on their air conditioner by six degrees, we'd save the equivalent of 190,000 barrels of oil every day.

Let's use, not abuse

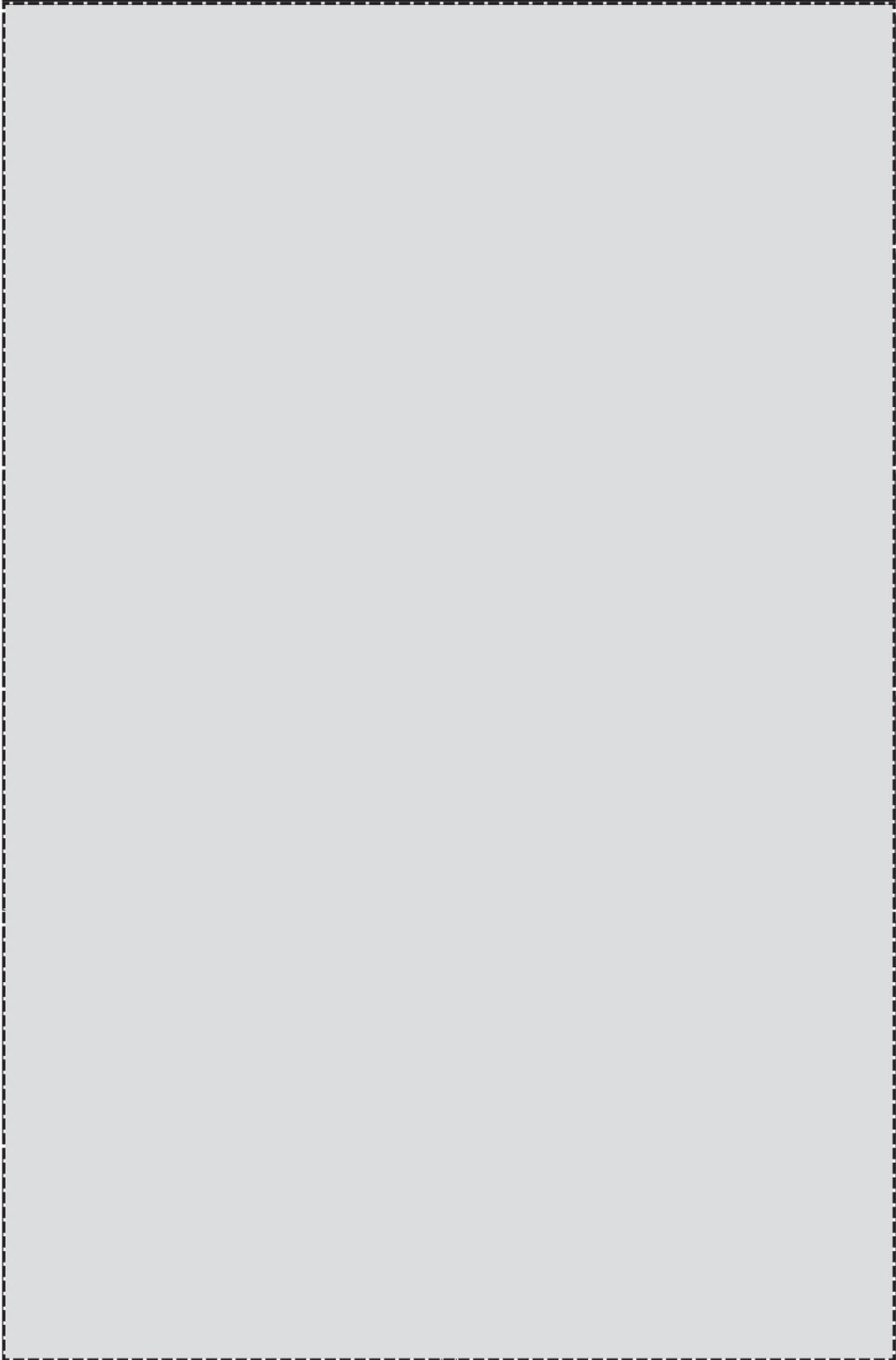
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

COMMUNITY CALENDAR

					24 Sept.	Dental Assistant Training Program Deadline for applications Red Cross Office Call 624-4900	25
					1 Oct.	International Dine-Out ITT Call 624-4777	Babysitter Training Red Cross Call 624-4900
26	27	28	29	30			2
Lipari Express ITT Call 624-4777	Intramural Fall Volleyball Games start NAS I Gym Call 624-5238	Navy Fitness Training For CFLs and ACFLs Call 624-4301					Etna Off-Road ITT Call 624-4777
3	4	5	6	7	8	9	
Cefalu & Castelbuono ITT Call 624-4777	CFC Kickoff Event Front of NEX 7-Day store, NAS II 10:30 a.m.				Aerobics Instructor Training Sign up at either fitness center	Columbus Day Weekend Bungalow Trip Lipari and Aeolians Call AU at 624-4271	
10	11	12	13	14	15	16	
Zafferana Octoberfest All day Call 095730622 or 0957306266 or 0957306255	BINGO 6:30 p.m. The Crater Pub				Karaoke 8 p.m. Jox Sports Bar	Navy Ball See your Navy Ball command rep. for ticket information	

Community Call Fri., Sept. 24 Stop singing in the shower. Show your friends what you've got. Stop by Jox Sports Bar at 8 p.m. for their Karaoke night.	Sat., Sept. 25 Explore the Valley of the Temples. Pack your camera because unforgettable photo opportunities will abound. Bring money for lunch and entrance fees. No tour guide is provided. Call Adventures Unlimited at 624-4271 for more information.	Sun., Sept. 26 Visit the archeological area of Siracuse including the Ear of Dionysius, Cordari Cave, The Greek-Roman Amphitheater and the Cathedral. Then, wind down with lunch on the Island of Ortigia. Call ITT at 624-4777 for more information.	Mon., Sept. 27	Tues., Sept. 28 Stop by Take 5 for their Tournament Tuesdays. The fun begins at 6 p.m., sign up at 5:45 p.m. Xbox, spades, poker, dominoes, foosball... Take 5 has it all. The weekly winner will have their picture posted on the "Wall of Fame" board in Take 5. Free pizza and sodas for all players and prizes awarded to tournament champs.	Fri., Sept. 29 Calling all CFL's and ACFL's and Command PT Leaders. The Navy Fitness Training Course is offered monthly on NAS I This class teaches students to train others to use the equipment at the fitness facilities. Call Sandy at 624-4301 for more information.
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By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Arts and Crafts Festival to be held in Motta

The festival will be held from Sept. 24 through 26 kicking off at 4 p.m. in the town's historic heart with food, arts and crafts, art exhibits, activities, live music and more. Don't miss the chance of seeing the lovely medieval castle on Sept. 25 and 26. Guided visits will be available at 10 a.m. To enroll just show up at festival area that is set up in viale C. Caruso. For more information and detailed schedules contact the Motta Tourist Office at 095-308161.

Bronte Festival celebrates Pistachio

If you like pistachio let me direct you to the *Sagra del pistacchio* (Pistachio festival), an amazing annual festival held in the heart of Bronte from Sept. 24 through 26. Bronte, a town located on the Western slopes of Mt. Etna has always been a mecca for pistachio lovers, has been awarded the title of "Italian capital of pistachio." In fact, Bronte boasts a production of nearly 30,000 quintals of pistachios (one per cent of the total world production) that are harvested every two years between August and September. Bronte is therefore considered the spearhead of pistachio's production in Europe. That is why, in Sicily, this precious seed fruit is also nicknamed "green gold."

Romans firstly introduced the cultivation of pistachio in Sicily importing it from the Middle East. However, it was the Arabs who actively grew, processed, and exported pistachio during the high middle age. This is also proved by the way Sicilians call pistachio. The Sicilian words for pistachio *Frastuca* (the seed) and *Frastucara* (the plant) respectively derive from the Arabic words *Frastach* and *Festuch*.

In the Catania province, pistachio has been cultivated in the high mountain fertile volcanic soils of Etna since the second half of the 19th century thanks to its resistance to extreme weather conditions. Over the centuries, local growers have been living in "symbiosis" with the volcano, fearing it but at the same time enjoying the fertility that it "donates" to the crops at the end of the eruptive activity.

Festival highlights

Festival goers browsing through the stalls can sample a variety of pistachio based dishes such as desserts, cakes, ice cream, honey, *Nutella*



Over 80,000 people from miles around usually come to Bronte for the annual three-day Pistachio Festival running from Sept. 24 through 26 and featuring entertainment, attractions, Sicilian folklore and events as well as every type of pistachio treat.

(hazelnut spread with a chocolaty taste) patisserie and savory dishes such as *tagghiarini* (*tagliatelle*) and *maccarruni* (*maccheroni*) home made pasta with *pesto* sauce (made as the usual *pesto* but replacing the basil with pistachio), *ravioli*, *salsiccia* (pork sausage) and *arancini* (breaded rice balls filled with *ragu* and cheese). This year there will also be pistachio *vino* that is a dessert wine as well as the *cocktail al pistacchio* (pistachio liquor). The festival also features booths arts and crafts (lava stone, wood) and other local produce such as cheeses, salami and more as well as sweets including *fillette* (circular shaped confections made with flour, sugar, and eggs that is cooked in a frying pan) and *nucatoli* that are made with flour, sugar, lard, eggs vanilla, peeled ground pistachio, cinnamon and rose water.

The *sagra* kicks off at 6 p.m. on Sept. 24 in the main square (piazza Spedalieri). On Sept. 25 and 26, festivals grounds are open at 8 a.m. to late night featuring food, activities, arts and crafts, folklore parades and music.

Nelson Castle

Before you leave the festival make sure you check the *Castello di Nelson*, an amazing castle located in the neighboring town of Maniace,

about eight miles from Bronte. The Castle was built in the 18th century on the ruins of a medieval abbey erected on a basaltic rock by Queen Margaret of Navarra in 1173 and belonged to the famous British Admiral Horatio Nelson, the one who defeated the French at sea during the Napoleonic Wars. King of Naples Ferdinand I gave it to Nelson in 1799 as an award for the support that the British admiral gave him to put down a rebellion that broke out in Naples. According to historians, Nelson never visited the estate even though his heirs lived in the castle until 1940 when they were forced to leave Sicily as Italy declared war on England. In 1943, after the Allied landing in Sicily, the Nelsons got back their property but later decided to sell it to Bronte's Municipality in 1981. Today, the castle's complex is a magnificent museum and a cultural center where art exhibitions and conferences are held.

The castle preserves precious curios and artworks owned by Nelson such as medals, maps, paintings, military dispatches and orders, furniture, archeological findings, clocks, settles and even a set of glasses and a bottle that the admiral used just before his death, during the Battle of Trafalgar.

The castle also houses a Norman church in which some valuable paintings and sculptures are preserved.

Among them, an 11th century Byzantine painting that depicts the Virgin Mary is undoubtedly the most precious. Before you leave the castle, stroll through its magnificent four hectare-park featuring gardens dotted with lava stone sculptures, pines, cypresses, willows, ashes, magnolias, horse chestnuts, wisteria, pergolas and rose hedges.

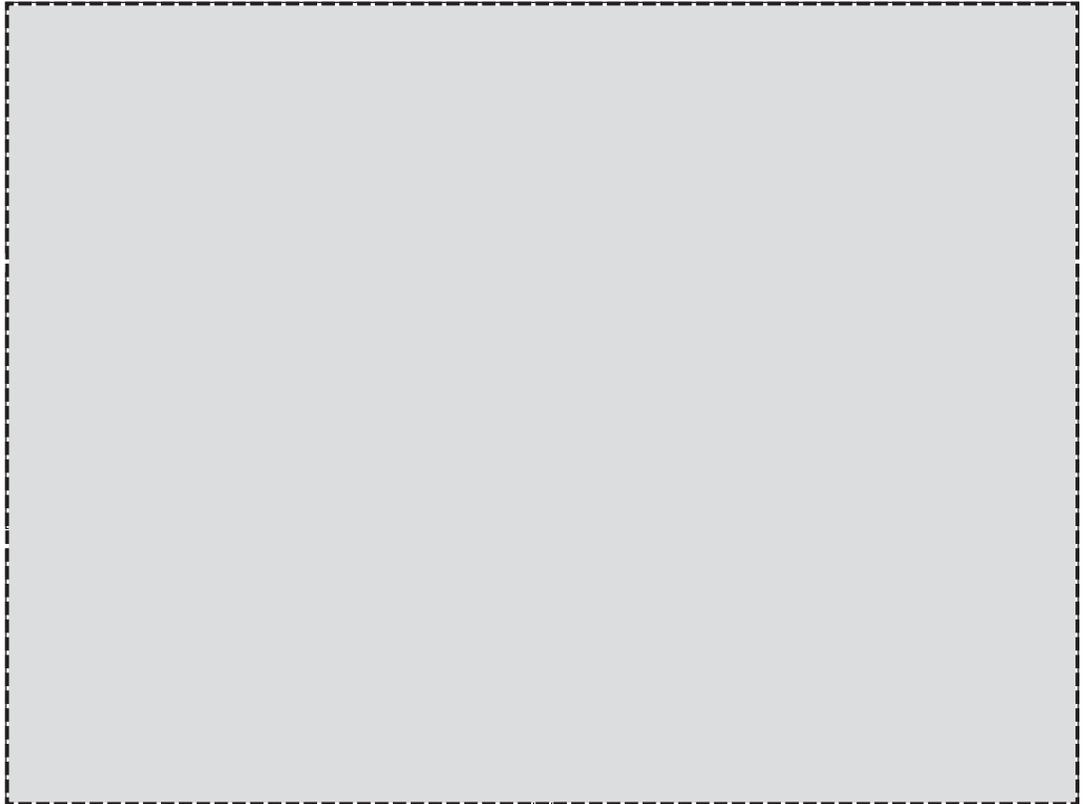
The *castello* is open daily except Mondays from 9 a.m. to 1 p.m. and from 3 to 7 p.m. Admission is *2.60 for adults and free for children up to 12 years old; groups pay *1.60. Adults over 65 pay *1.30.

The Sanctuary of the *Santissima Annunziata*, which is located in Bronte, is also worth a visit. It features a renaissance facade and houses precious marble statues by Antonio Gagini and collection of 18th century paintings.

How to get there

Reaching Bronte is fairly easy. Exit Bronte on Adrano- Randazzo national road 284.

For more information regarding the castle call at 095- 690018. For the Bronte City Information Office that can provide you with directions and detailed festival schedule call 095-7747229.



Ombudsmen honored with appreciation luncheon

By JOC Linda Brinkley
Staff Writer

Naval Air Station Sigonella (NASSIG) honored their Command Ombudsmen at an appreciation luncheon on Sept. 17 at Da Michelle's located on NAS I.

"You do many, many things for us that ranges all the way from big events, mishaps, deaths, disasters, floods in Mineo and we are very grateful," Capt. Joe Stuyvesant, NASSIG commanding officer said. "But there are also thousands of little things that you do. You have lots of little victories every day when you talk with someone on the phone or you answer a simple question or make a connection between two people. Those little things make a big difference in helping to make our community a better place."

NASSIG has 23 Ombudsman positions for its various tenant commands. "We currently have 17 Ombudsmen and are recruiting for the remaining open positions," said Leslie Darley, Ombudsman for SPAWAR and Ombudsman Counsel Chair. "We have seven Ombudsman who will start their Ombudsman Basic Training (OBT) next week."

The Navy Family Ombudsmen are a critical communication link between the commanding officer and the command's family members. They are extra eyes and ears for the commanding officer, the executive officer and the command master chief.

"You are on call 24-hours-a-day, 7-days-a-week and I can't imagine what the Navy would be like without the Ombudsman," Stuyvesant said. "One of the biggest challenges we face is communication and that communication goes back and forth not only from the commands but also from the families back to the command. You fill that gap, you're the bridge to get the information and communication going back and forth."

Darley has been actively involved in the Ombudsman Program since 1991 and is a Certified Navy Ombudsman Trainer. On what was her greatest reward Darley said, "relieving the fear that new spouses usually get being so far from immediate family support. Giving them advice on how to get into the groove of being a Navy spouse and the obstacles and rewards from being a part of this larger family."

Carole Kimbro, who has been a NASSIG Ombudsman for Security for three years, feels the greatest tools to being a good Ombudsman are something

we all have. "I think your greatest tool as an ombudsman is your eyes and ears and your common sense. And, you have to be able to apply all three to be able to reach everybody because there is so many different takes on this Navy life style that we live, that you have to be open to whatever is coming your way to be able to work with the command's families."

In 1970, Chief of Naval Operations, Admiral Elmo Zumwalt, modified and adapted the Ombudsman program through Z-gram 24, in response to, and in recognition of U.S. Navy families and their needs. The Navy policy that governs the current Ombudsman program was established in 1973. Sept. 14 has been established as Ombudsman Appreciation Day.

The Commanding Officer maintains ownership of the program. Ombudsmen are primarily information and referral specialists. She or he is a person with whom you can discuss a problem in confidence. They have promised to treat the problems you bring to them in a confidential and professional manner, and can make sure you are informed about services and opportunities available to you. The ombudsman is a person the Command has instructed and trained because they CARE very much about making your life easier.

The contribution of Ombudsmen during the past 34 years has had a great impact on the Navy's readiness and retention and helped improve the quality of life for both Sailors and their families. In over three decades, the program has evolved into a major professional operation to give Navy spouses official representation featuring a program manager and a headquarters office in Washington D.C.

Teri Stuyvesant feels the Navy Ombudsman Program is extremely important to the Navy and the commands. "They provide so much support to the spouses," Teri said. "I think they are probably the most important group we have. I mean, without them, I don't know who would step in and do half of what they have done for everyone."

To serve as a command Ombudsman, you must be the spouse of an active duty or Reserve member of the command. The Ombudsman is a volunteer, male or female, and is appointed by the Commanding Officer. Once appointed, they receive standardized OBT. OBT provides the basic knowledge and tools necessary to be an effective representative of the command and an advocate for family members.

Moving out, moving in



Photo by JOC Jennifer Franco

As part of the ongoing recapitalization of the base, NASSIG leadership in cooperation with the Housing Department was able to move servicemembers and their families into new quarters at Marinal. William and Diana Nau are one of the first families to move from Gli Ulivi (205 Housing) to the Marinal housing Area. The Nau's are shown being helped by their cats Coco and Oreo with the unpacking process. "It's bigger than our other house," said Diana. "It's nice."

Explore the Trapani region located on Sicily's West Coast. From the medieval streets of Erice to the seaside Baroque town of Marsala, this area offers something for everyone.

National Comedy Theater

Saturday, Sept 25; 8 pm
NAS I Theater
This five person comedy team will having you rolling on the floor laughing. They are best described as being like "Saturday Night Live". Join us for a night of fun, improv and laughs...Hilariously Funny...celebrity quality!!! Free to all U.S. ID cardholders 18 and older. This is an adults only show.

Aerobics Instructor Training starts Friday, Oct 8; registration fee is \$50.

Lipari Bungalow Weekend with AU

Saturday-Monday, Oct 9-11
\$85/adult, \$40/6-13, free/0-5
Relax on the beautiful island of Lipari in bungalows near the beach. Each bungalow is equipped with a small kitchen and bathroom. Bring food if you wish to cook and euro if you want to buy food or eat out.

Captain's Cup Bowling League meeting

Sept. 27 at 5:30 p.m. at Jox Sports Bar. Command Sports Representative/Team rep. should attend this formulation meeting. For more information call Sonny at 624-4302.

MWR Mark Your Calendar

TENPINS Bowling Leagues

Bowling leagues are an exciting break from your week and Tenpins on NAS I has three ways to get in on the action! First, the intramural league helps commands rack up Captain's Cup points while building team spirit. But, if your looking to form a team of your own, the mixed league is for you. Your nights are sure to be entertaining, competitive and you'll meet many new friends. Even young bowlers have an opportunity to get on the lanes for some good-spirited competition with the after school league. Bowlers are advised to come hungry because Tenpins grill always serves up delicious fare.

Winter Softball League season begins Saturday, Oct 2; NAS II ball field!

2-on-2 Sand Volleyball Tournament

Saturday, Sept 25; 10 am
NAS II Sand Volleyball Court
Entry fee \$10
Sign up at the NAS II Gym by Thursday, September 23. T-shirts and awards will be given. Open division - Double elimination
Intramural Fall Volleyball games begins Monday, Sept 27; Captain's Cup Event!

Blood & Guts Club

Free club! All members must meet the following requirements:
Men Bench press 1.5X your BW
Leg press 4X your BW
Perform at least 10 pull-ups
Women Bench press .75X your BW
Leg press 2X your BW
Perform a flexed arm hang for 60 seconds
New members get a free t-shirt.

Trunk or Treat

Friday, Oct 29; 6-8 pm
NAS I Community Bldg parking lot
Give Sigonella's children a fun and safe time. Get into the celebration! Decorate your car, wear a costume or both. Bring your favorite treat to give out from the trunk of your car. Sign up at the 205 Youth Center by Friday, October 15, 2004.

MWR is Hiring!

Auto Skills Center Mgr, Ass't Mgr and Rec Aids; Warehouse Materials handlers and Ballet and Karate Instructors. Stop by the MWR Library or Admin office and check out the positions available for immediate hire.

Navy Fitness Training will be held Tuesday & Wednesday, Sept 28 & 29 at NAS I. Advanced fitness training certification is available upon course and testing completion.

West Coast Sicily & Wine Tasting with ITT

Friday-Monday, Oct 8-11
\$301/single, \$280/double contact ITT for child rates

Movie Schedule
Friday, Sept 24 through Thursday, Sept 30

<p>Friday, September 24 3 pm YU-GI-OH! (PG) 90 min-SP 6 pm Little Black Book (PG-13) 107 min-SP 8:30 pm I, Robot (PG13) 114 min 11 pm Collateral (R) 120 min</p>	<p>Wednesday, September 29 3 pm A Cinderella Story (PG) 96 min-L.S 6 pm I, Robot (PG13) 114 min-L.S 8:30 pm The Village (PG-13) 108 min</p>
<p>Saturday, September 25 1 pm Thunderbirds (PG) 95 min 3:30 pm The Village (PG13) 108 min <i>Evening movies cancelled for National Comedy Tour See advertisement this page</i></p>	<p>Thursday, September 30 6 pm Little Black Book (PG13) 107 min 8:30 pm Harold and Kumar go to White Castle (R) 87 min</p>
<p>Sunday, September 26 1 pm YU-GI-OH! (PG) 90 min 3:30 pm A Cinderella Story (PG) 96 min 6 pm Little Black Book (PG-13) 107 min</p>	<p>Cinema hours have changed. New hours: Mon: 5 - 9 pm Tue: Closed Wed: 11 am to 9 pm Thur: 5 - 9 pm Fri: 11 am - 11:30 pm Sat: 12 pm - 11:30 pm Sun & Hol: 12 - 7 pm</p>
<p>Monday, September 27 6 pm The Manchurian Candidate (R) 130 min 9 pm Collateral (R) 120 min</p>	<p>Note: Concession closes 30 minutes after the last movie begins.</p>
<p>Tuesday, September 28 THEATER IS CLOSED ON TUESDAYS</p>	



Traffic from page 1

"We're trying to make it [traffic violations] inconvenient," Bitar continued. "We're trying to make people think, 'I need to be thinking about what I'm doing when I'm driving or the road,' whether it's driving from NAS I to NAS II or going into town. Of the more than 1100 accidents that have occurred since I've been here, I see the report on every single one of them. I'm trying to make people understand that the reason they are getting into accidents is that they're not paying attention."

American Forces Network (AFN) Sigonella is trying to raise awareness with a new driving safety television spot campaign. JOC(SW/AW) Jeffrey Wells, AFN Sigonella Officer-in-Charge, said that a look at the accidents signs at the entrance of the base or at your insurance bill should make it obvious why the campaign is necessary.

"I realize that there is a sign right outside my [office] window that says everything about awareness," Wells said. "The bottom line is - is the number of accidents dropping? If not I'm not getting the message out."

As of August, the accident rate is lower than last year, but the goal of base officials is to see it further reduced.

"1.75 accidents per day [in 2004] is not a much lower rate than 2.05 [in 2003]," Bitar said. "We feel like we have made significant headway on reducing the DUI rate. We have not done much better on traffic accidents."

The vast majority of traffic accidents happen on NAS II and SS192. According to Woody Olatin of the Safety Office, most Sigonella accidents are caused by a combination of bad road conditions and excessive speed.

"Over here there is no margin for error," Olatin said. "If your tire slips off the side of the road it's not a gradual slip - it's a drop of up to six inches. Here you'll either hit a tree, a wall or a ditch. If you go off the road here you're in deep trouble."

Bitar said that the accidents are spread over so broad a demographic that a single group cannot be blamed for the high numbers.

"They say there are two kinds of people in Sicily - those who have been in accidents and those who are going to be involved in accidents," Bitar continued. "Luckily most of them are not injury related."

"Statistically, Americans are hitting Americans, Americans are hitting Italians and Italians are hitting Americans at about the same rate, so it's not that the Italians are driving crazy and hitting Americans, or that the Americans can't drive like Italians - it's pretty even," Bitar said.

Kerry Catalano of Holme and Company, the organization that represents USAA World Wide Insurance in Italy, attributes most accidents here to speeding and a refusal to follow the rules of the road.

"It all boils down to, slow down and follow the rules," Catalano said. "Don't drive at 162 k.p.m. Don't pass on curves. The Italian police say that most accidents are due to speeding and disobeying posted traffic laws."

Catalano, whose company insures 70 percent of Sigonella drivers, has seen Sigonellans behaving badly behind the wheel. "I've seen Americans passing on curves on the way to work, just like the Italians," she said. "There is no need for that. Just leave 15 minutes earlier rather than speeding."

When a community has as high an accident rate as Sigonella, insurance rates are affected.

When you call one of the local insurance companies most people get a response like this when they tell them they are shipping their car to Sicily: 'Congratulations, you're shipping your car to the most expensive place we insure,'" Bitar said.

The average insurance cost has risen 300 percent in the past year, according to Olatin. "Some of the insurance is going to cost these you Sailors more than their car is worth," Olatin said. "For some of the young Sailors who come over here, it's going to be tough for them to afford an extra \$1000 a year on a car they paid \$1500 or \$800 for."

According to Larry Malone, Geico insurance agent, most of the cost increases in Sicily are due to liability claims. Geico, which

Traffic, page 11

Healthwatch from page 2

Identify at-risk sailors and get help. Be aware of resources that can help. (Fleet and Family Support Center, Medical Services including the Mental Health Clinic, Substance Abuse Counselors, Chaplains, and school counselors.) Be familiar with suicide warning signs and risk factors. Most importantly, take all threats seriously and get help if someone seems suicidal. Even if the person wants you to keep it a secret, don't. It's better to be safe and get help for someone who you believe is at risk, than to have that person take his/her own life. For more information on suicide prevention or help, contact the Mental Health Clinic at 624-4840. If it is an emergency, call 911.

SPORTS

Wildcats invade Jaguars' lair

By JO2 Steve Weaver
Staff Writer

The Stephen Decatur School varsity football Jaguars played their first game of the season last Saturday against the Naples Wildcats on the new NAS I Land Annex field.

The day was dark and dreary, and so was most of the game for the Jaguars, who faced a Naples team from a different division with many more players.

It looked as if the Jags would recover a fumble on the opening kickoff, but the Naples return man was ruled down. Naples ran the ball well, taking the ball from their own 35 down to the Jaguars' three. Running backs Austin Webb, Charles Cleveland and Jason McKechnie found holes in the Jags defense. Two encroachment calls on the Jags defense didn't help as the Naples quarterback Tyler Teronez took it in for the first touchdown of the game from the three. The extra point brought the game to 7-0.

The Jags took over on their own 30-yard line. Running backs Alex Tilly and Mike Petty broke off chunks of yardage. After a pass from Quarterback Keenan Jones to Petty and runs by Jones and slot back Darnell Huey the Jags were held to a fourth down and two situation on the Naples 48. But the Naples defense held off a fourth down bootleg try by Jones and took over at the 50.

The Jags showed their defensive side on the next series. Webb ran the ball again, but on his second attempt was met by a masked Jaguar who hit him so hard he lost the pigskin, but another Naples player recovered. After a great play by linebacker Kelby Lamb (which was negated due to a penalty on the Jags) and a hit behind the line by defensive end Julian Siapno, the Jags got the ball back on an interception by cornerback B.J. Washington at the Jags 23.

The Jags got nowhere on their next series, and actually moved backward due to penalties. A botched snap brought the end of the first quarter. After the punt to Naples down to their own 40, Naples took the ball to wonderland after not one but two consecutive passes from Teronez to running back Noah Stevenson, the second of which went for about 60 yards. With the extra point the score stood at 14-0 Naples.

The Jaguars tried to take to the air on the next series. Jones threw long for wide receiver Adam Presnell, but it fell incomplete. After two more incomplete passes by Jones, the Jaguars punted again to the Naples 43.

Naples ran, ran and ran some more on their way to their next score. It was Webb, McKechnie, Cleveland and running back Quarteize Rosnell who proved you can't have too many running backs. But it was McKechnie who said, "It's my turn" as he zig-zagged for 17 yards for Naples' next score. The extra point try was no good, bringing the score to 20-0 Naples.

After a touchback on the ensuing kickoff, Jags took over at the



Darnell Huey runs the ball as lead blockers Mike Petty and Jared Nadermann lead the way during play last Saturday.

20. Huey was hit behind the line for five yards and a pass to Petty only brought the ball to the 16 where the Jags punted to their own 35 yard line.

Jones, in defensive back mode, put a halt to the Wildcats next series as he intercepted a pass from Teronez. Sigonella punted on the next series, which brought the end of the half.

The second half was just as rough as the first for Sigonella. Penalties plagued both teams as the teams struggled with the snap count, fumbled the ball and just struggled to stay focused.

In the third quarter, Naples added seven on a 20-yard run by Webb and another by Rosnell. The second extra point try was no good, bringing the score to 33-0 Naples. The Wildcats added another score in the fourth quarter with big Rosnell rumbling and stumbling into the end zone.

The ever-cheering Jaguars fans, who kept their spirits up even in the face of the rain and the score, got something to really cheer about when backup quarterback B.J. Washington completed a pass to Petty for a touchdown with 1:43 left in the game. The two-point try was no good. The Jags lost a tough one, 39-6.

Petty said the team needed to be a bit more pumped up to take on a team such as Naples. He also said the team needs to "work

hard at practice. That's where it starts."

Head Coach Fred Wilmot said he stressed dedication and teamwork during his preseason practices, but he also stressed that they would be marked. "[We said] that other teams are going to be out to get us this year since we beat them last year. We need to start out right from the start and show them who's boss. This was a good wake up call today. Hopefully, they'll heed it. We didn't execute anything very well. Naples of course being a bigger team and coming from a different division made it that much tougher of a game, but we could have done better."

The team will need to shore up their blocking for their next game with Brussels tomorrow. "We had some problems with pass blocking," said Wilmot. "It's a learning experience."

"We beat [Brussels] last year by two points," said Petty. "I wasn't here last year, it's my first year here. They're expecting to win, they want revenge from last year."

"Brussels is in the division, that's a must win game for us," Wilmot said. "We beat them last year 32-30 so they're coming down to get revenge, that's for sure."

Come out and cheer on the Jaguars tomorrow as they take on the Brussels Brigands.

The Lane

MWR Youth Soccer

Teams assemble for the Opening Ceremony Parade at 7:45 a.m. in the Community Building Parking Lot on Saturday. The parade to school begins at 8:15 a.m. Opening Ceremonies begin at 8:30 a.m. at the school field. Games begin at 9:30 a.m.

Winter Softball League

The season starts Oct. 2 at the NAS II Ballfield. There will be a players draft today at 4 p.m. at the NAS II Gym. Step up to the plate this season. Co-ed league. Call 624-5238 for more information.

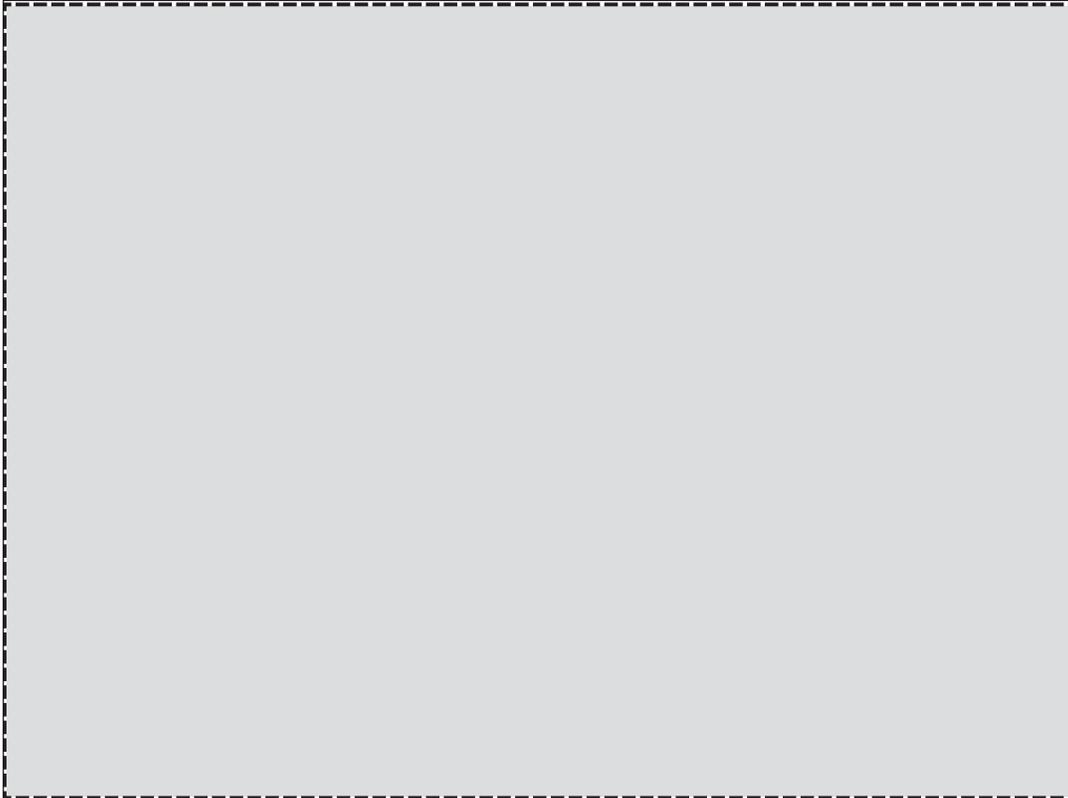
Raquetball Challenge

Play starts Oct. 18 at 11 a.m. and 11:45 a.m. Sign up at either Fitness Center by Oct. 13. Heat up your game with fun. Awards will be given to the top three finishers in each league.

Call 624-5238 for more information.

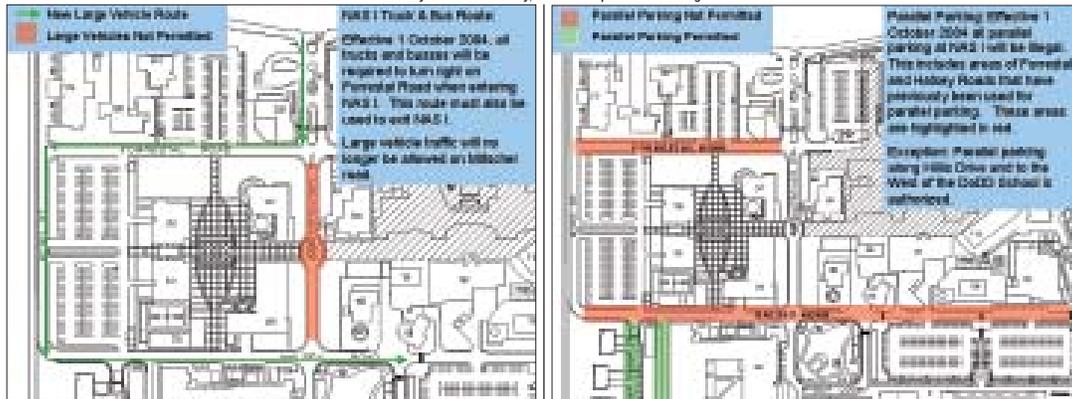
Sigonella Fear Factor

Date and Time TBA. You've watched the show, now try it yourself. There will be prizes. This is an Autumn Fest event. Sign up at either Fitness Center prior to the event. Call 624-5243 for more information.

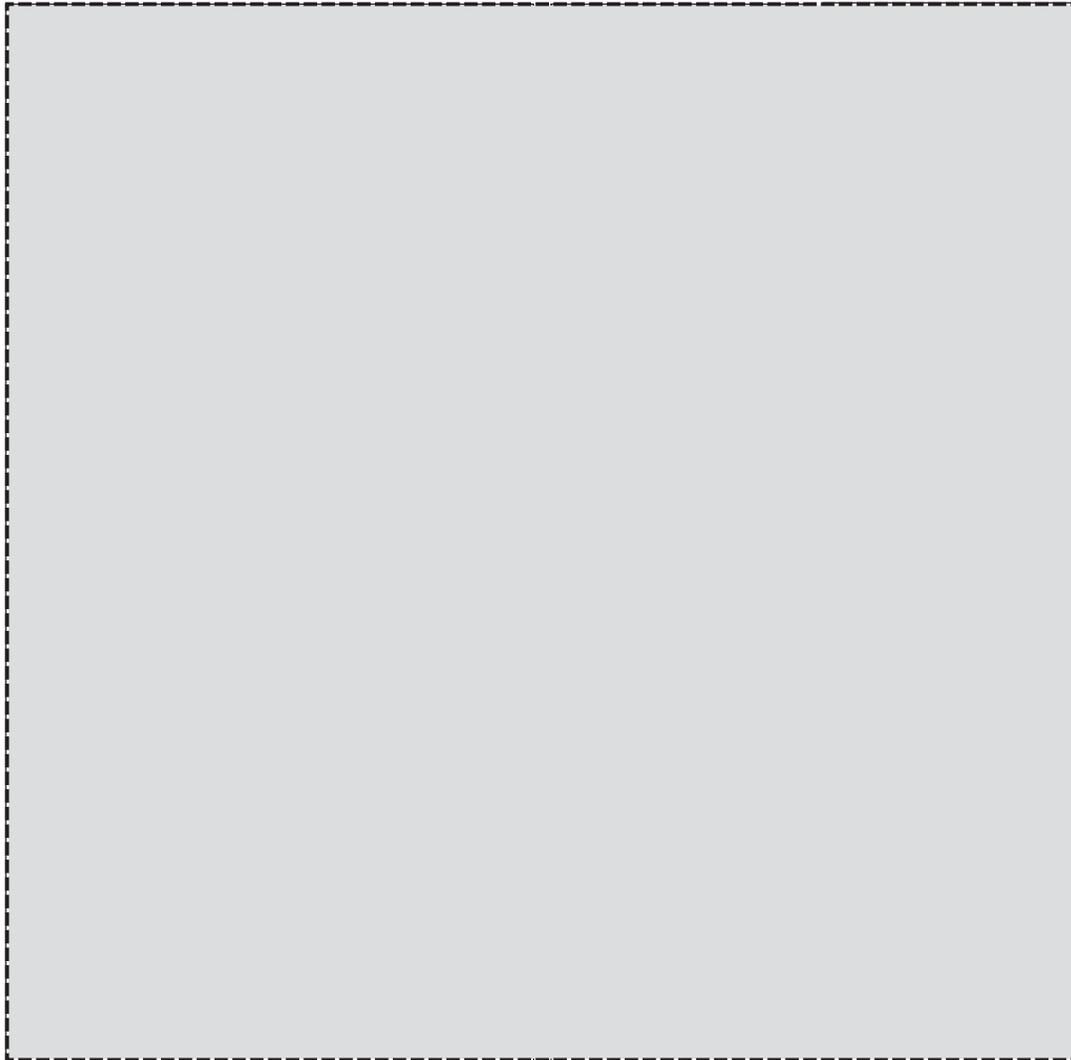


New NAS I parking and traffic flow changes

Courtesy Lt. Jennifer Avery, NAS I Recaptalization Manager



Reason for this Change (Map 1): The NAS I Master Plan included a 'Pedestrian Spine' that would connect the West Piazza (Community Building, Chapel, Administration Building area) with the future East Piazza (Club, Galley, and MWR Complex area). The Flag Plaza was added to provide a safe way for pedestrians to pass between the two Piazzas. The goal was to create a 'campus' feel at NAS I. The Flag Plaza has several features that make Mitscher Road safe for pedestrians to cross: vehicle traffic slows down to round the Plaza, pedestrians only cross one lane of traffic at a time, and large vehicle traffic is discouraged from using the road for transit. To make the pedestrian campus complete, parking was added at the edges of the Base, and large vehicle traffic routes were planned around the edges of these parking areas. Now that the large vehicle traffic route is complete, Mitscher Road is only available for small vehicle access. **Reason for the change (Map 2):** Now that many of the new parking areas are open, there is adequate parking at NAS I. The parallel parking on Halsey road was added as a temporary measure to ease the parking problems we encountered during the recaptalization process. We need to restore the roads to a safe width for fire trucks, busses, delivery trucks, and normal vehicle traffic. The Master Plan for the Base includes adequate parking in designated parking lots to keep the main roads free and clear of obstructions. This means safer, more efficient travel at NAS I.





Traffic from page 8

insures approximately 900 American vehicles, has processed 22 liability claims this year. "Naples, Sicily and the Southern Mediterranean are some of the most dangerous places in Europe to drive," Malone said. "The streets are not well-engineered and there are just too many cars for the amount of streets here.

Malone continued, saying that enforcement of existing traffic laws is lax. "You can go out there and drive 200 m.p.h if you wanted to. You couldn't do that for half a day in the U.S. without your license being pulled."

The majority of Sigonella traffic accidents are without injuries, but through August, 66 American drivers here required hospitalization after an accident. According to Lt. Ryan Griswold, a Naval Hospital Sigonella emergency room staff nurse, serious accident victims are taken to the Catania Trauma Center. Those deemed less serious are seen by the USNH emergency room staff. Griswold is surprised by the relatively low number of serious injuries occurring in Sigonella accidents.

"[We see] a lot of roll-over accidents where nobody gets hurt. - especially when we're driving older cars here, without airbags most of the time, that aren't made to today's safety standards," Griswold said.

Griswold finds the total of 66 patients through August an amazing total. "Think about a small town in the U.S. that has 10,000 people," Griswold said. "You might see two [traffic-related] injuries in that town in a year's time. But a small town in the States doesn't have a bunch of people trying to drive like Italians."

The most serious injury treated by Griswold was a lacerated liver, which occurred in a motorcycle accident. One patient broke his leg in several places. "That didn't almost kill him, but a later complication of the broken leg almost did," Griswold said. A blood clot formed while the leg healed and traveled to his lung. "He came back in with shortness of breath and chest pain," Griswold said. "That's a medical emergency that often leads to death."

That patient survived, but Griswold and other officials doubt we can continue without losing Sailors or family members if the vehicular accident trend continues. "I think we are going to have deaths," Griswold said. "There is no way to explain how in a year's time we can have [several] roll-over accidents, more than 10 I have seen personally, where there are no deaths."

Bitar said that although no Americans have been killed in traffic accidents here since 2001, two Italians died in a collision with an American duty vehicle the night before Easter. He too believes it is only a matter of time before Americans are killed if Sigonella driving habits don't change.

"If people continue to disregard traffic laws and put safety secondary to their convenience of getting someplace in a hurry we are going to lose an American and send him home in a box," Bitar said. "We are going to lose an American Sailor or family member - there's no doubt in my mind."



Photo by JCI Steve Stern

There are about 1.75 accident scenes, such as the one shown here on a road leading to Motta S. Anastasia, per day involving personnel stationed at Naval Air Station Sigonella. The revamped traffic instruction will provide stiffer penalties for those breaking the law.





'Sigonella on Display' features abundant opportunities within community

Story and Photos by JO2 Jennifer Franco
Staff Writer

This past Saturday, MWR, NEX and DeCA co-hosted "Sigonella on Display," which highlighted an array of on and off base activities. Over 600 Sailors, family members and local military personnel attended the event throughout the day



A Sicilian flag thrower from the Vecchia Matrice district of Motta S. Anastasia effortlessly throws and captures colorful flags during Sigonella on Display performance. Sig on Display featured organizations from around base and around town.

and enjoyed the free food, entertainment and the opportunity to meet others in the community.

Some of the benefits of NAS Sigonella include "the cultural opportunities and beautiful new NEX and MWR facilities," said Lana Morano, MWR community activities director. All three of these benefits came together during this

weekend's event. Inside the NEX, patrons were able to taste Sicilian wine, such as Grapa, purchase an Italian cookbook signed by the author and meet some of the local Sicilian pottery makers who sell their works of art on and off base.

Outside of the NEX and Commissary, Sigonella community leaders set up information booths catering to children wanting to join scouts, students seeking to continue their education, families and singles hoping to join a social club or church, and Sailors needing assistance.

Those interested in pursuing "an associates degree, a bachelor's degree or masters degree...can do that here at Sigonella," explained Amy Sullivan, local program manager from Central Texas College. Central Texas College was just one of four universities available to disseminate information and answer questions. Other colleges represented included University of Phoenix, and University of Maryland.

A new social club called Cultural Awareness Unlimited (CAU) was out promoting the benefits of becoming involved in the community. "We're trying to create a positive and diverse group," said Nicole William-Payne, club president. Hoping to appeal to all ethnicities on base, CAU's mission is to unite cultural groups under one umbrella. "We want people to know

that if they have an idea [for a cultural event], we support that idea and will stand behind it," said Dawn Washington, CAU member. Ten new members joined CAU during the event confirmed Dawn.

Staff Chaplain Lt. Richard Townes was available to spread the news about the 800 plus religious activities available to Sigonella Sailors and their families. "We have various types of worship services, activities for youth, single sailor events, and comprehensive bible studies," said Townes.

At another booth, Rebecca Deatherage, relief services assistant with the Naval Marine Corps Relief Society, briefed Sailors about possible resources available to them. "When you are contemplating orders for a new duty station, there's a place on the base where [you] can go to find all of the assistance they offer," said Deatherage.

The day's events also allowed the community to enjoy free food while being entertained by Sicilian dancers from Catania and Sicilian flag throwing teams from the three districts of Motta S. Anastasia, *Giovani Maestri*, *Vecchia Matrice* and *Panzerà*. One *Giovani Maestri* team member touted that the group was a truly international team having received trophies during formal competitions in places such as Miami

and Dallas. The entertainers drew crowds for over two hours with loud drum beats, colorful flags and the sounds of Sicilian music.

"MWR Liaison Tommaso Rondine was instrumental in getting these groups promoted here," said Morano. MWR estimated that the base received approximately \$13,000.00 of free entertainment due to Tommaso's efforts.

"Sicily is amazingly beautiful," and Sigonella on Display "showed the community what there is here [on base]...and also helps people see what's off base," said Morano. "There are so many opportunities here and it was nice to see them in one place," said Morano.



Sigonella mothers and daughters receive information about Girl Scouting opportunities on base.



MWR Liaison Tommaso Rondini prepares and serves panne con ditto for Nathaniel Stevenson, visiting army personnel from Joint Forces Command Naples.





CPOs from page 1

correct and they had to work as a team to get past it." The CPO selectees under the guidance of the Chiefs' mess set up the training area. With help from Public Works who graded and leveled out the area, they prepped everything for the obstacle course and battle stations.

There are 44 tenant commands with approximately 190 CPO's at NASSIG. "You see these battle stations, this is the mess, that did this," Evangelista said. "These are the teams, the chiefs that did this, working together as a team and they (CPO selectees) will learn through the exercises they're tasked with what that means and how everything they do from now on as a chief is about working as a team, working smarter and not working harder."

Throughout the night, the selectees were tasked with various training exercises relating to the ship and the many possibilities involved in living onboard. There was a burial, they had to give a eulogy, and they had to convince the mess

they were sincere. The selectees worked through an aircraft crash and they had to fight an aircraft fire manning the fire hoses under full water pressure.

Throughout the transition process, with temperatures reaching 89° F, safety and the well being of the selectees was everyone's concern. The Chiefs' mess had plenty of water on hand to keep them hydrated. In addition, a mister was used.

"The mister is normally used for decontaminating aircraft, engine intakes, from chemical, biological agents but about 95 percent of the time, it's used to keep shipmates cool during training," ABEC (AW/SW) Bradley Marshall said. "Right now while the temperature isn't bad under normal circumstances, being under pressure like the selectees are to accomplish the assigned activities, it raises the heat factor for them. Above everything else, safety and the well being of the CPO selectees is the number one priority for all of us."

With the many changes that have evolved over the years, the CPO initiation is now being called a transitional process, but according to Guyette it's still one and the same. "I am an initiated CPO," Guyette said. "If they want to use a different name now for what I do, which is train chiefs to be chiefs, that's okay. The name doesn't mean anything; it's the process that means something -- the process of training the new chiefs."

Although a goal for the challenges is to be a teaching event, it's about having fun as well said AEC select (AW) Karen Marini. All the exercises they did, all the tasks they completed would help them all to be a good Chief because completing each task required them to use the skills they would need to be a successful leader. "We learned to work as a team. We're one big happy family. So everybody is out here supporting everybody. No matter who you are, you need each other to survive," Marini said.

Capt. Joe Stuyvesant, NASSIG commanding officer, who watched the bridge building activity from the top of the shipboard trainer with NASSIG Executive Officer Capt. Ken Bitar, said the Chiefs' mess had done a good job. "I am very impressed to see the setup we have here," Stuyvesant said. "It's a very professional training event, and the battle scenario that relates to training that they've



The Naval Air Station Sigonella Chief Petty Officer (select) Class of 2005 transports themselves from one challenge to the next during their recent Rites of Passage. The selectees, using planks to simulate a landing craft, move in unison as a team to tackle their next challenge. Leading the group is ATC (AW) Karen Marini.



UTC (SCW) Jody Markham is pinned by his wife and children.

had over the past several months. It's all coming together in one culmination, teaching them to work as a team and I'm very impressed with the organizational setup and the safety and the dignity of all the individuals participating have been preserved."

The pinning ceremony is the final step in completion of the transition process. With family members, commands, and friends on hand to witness the final ritual, the 17 CPO selectees were ready and eager to take that final step.

Twenty four-year-old MAC (FMF) select Stephen Pakola has gone through the ranks from recruit to chief in less than six years. "I'm the youngest one in the 2005 CPO class," Pakola said. "At times it was almost overwhelming but we got through it, all of us, each and everyone of us got through it only because of teamwork."

In brief remarks to the CPO selectees, Stuyvesant thanked the chiefs' mess for a job well done. "It has taken us a long time to work through 'the way it used to be' attitudes but the entire 111 plus year history of Chief Petty Officers is about making change," Stuyvesant said. "Making the Navy right and making it run right and I'm here to tell you, you got this one right. I'm sure the CPO selectees and their families with

attest that this rite of passage has been no cakewalk. But, it's been very professional."

Evangelista told the commands in the audience that the chiefs' mess had prepared the new Chiefs and "now we send them to you, primed and ready to execute the mission as defined by you, their leadership." He told the new chiefs that tomorrow they would be asked to take charge of getting the job done by the Navy leadership. "Go get 'em, chiefs!" Evangelista said.

In closing, Stuyvesant told the new chiefs to always remember that character and integrity counts, and are so important.

"Ask the Chief is a household word both in and out of the Navy," Stuyvesant said. "To those of you standing proudly in front of your families today, you've earned the right to have that question asked of you. But with that position comes responsibility. You are charged with developing the enlisted and junior officers, communicating core values, standards and information of our Navy that empowers Sailors to be successful in all they attempt. To do this you must utilize traditional and innovative means to motivate your Sailors to excellence. And it is important that you serve those Sailors, define reality and be positive."





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

1998 Honda VTR 1000cc Firestorm, two cylinders, yellow, great condition. Asking \$4,200. Call Giacomo at 339-7748228.

1973 Fiat 500 Red color, great condition. Asking Euro 2,000. Call 338-7675206 or 095-7130141.

Wanting to take a vacation but you have no place to leave your pet? Book your Pet-Sitter today. Call 347-7911051.

Taormina (Nord) Center - For rent: fully furnished new apartment in the center of Taormina, brand new kitchen, wash machine, living room, bedrooms. Will rent for short or long periods. For more information call Silvia at 340-3571699 or 095-4031200.

Two-month-old full blooded Beagles for sale. Very cute and good with children. Price 300 Euro each. Call Sal 339-5076229.

1 APT in detached villa, located in Arcile. An exclusive private village near Brucoi. Ideal for singles or couples. 2BDR with AC-Sat-TV Patio - garden. American couple living in the same villa. Land-lord fluent in English. Price set by the housing office. Call 335-402208 or 348-3958228.

Automotive

1991 Lancia Y10 AFI plates, excellent condition, automatic, stereo. Available September 27, sooner if necessary. Asking \$1,500 O.B.O. Call Serge at 624-5967 (work) or 348-5112865 (cell).

2000 Fiat Palio 1200cc Fire engine. Silver, 2 door, 5 speed, A/C, power windows, power steering, ABS, power door locks, alarm system, AM/FM/CD player. AFI plated, (cover tags) purchased new, excellent condition. Available 21 September. \$5,000. Call Mike at 624-5357 or cell 335 642-8257.

2002 Harley Davidson Sportster XLH 883. Includes Hypercharger, new Screaming Eagle mufflers, sissybar, internally wired handlebars, 1200cc upgrade kit, two half face helmets. A must see! 6,700 miles. Asking \$9,000 firm. Contact Alex at (W) x5299 (H) x0343 (Cell) 340-8520452.

2001 Honda VFR800 Interceptor, V-4, blue, titanium exhaust, power commander, Fabbri double bubble, luggage rack and combo Givi luggage and lots of extras! Excellent Condition! Asking \$6,000 Negotiable. Call Jon 335-5789193 or 624-5187.

1993 Innocenti Elba station wagon, 1700cc, diesel, excellent condition, 4 new tires, new paint job. Asking \$2,500. Call Tom x55792326.

1990 Opel Corsa, good condition, a good basic commuter car. Asking \$850. Call Mr. Shaw at x3810.

1987 Volkswagen Golf, 5 speed, 4 door, runs great. Please call Ralph at 340-7165906 or 624-5487. Asking \$1,000...MUST GO...PCSing SOON!

2001 Ford Ka PRICE SLASHED! Owner must sell by Sept. 24. White, 2dr, 5-speed, power windows, A/C, dual airbags, AM/FM/CD player, new tires. Excellent condition, great gas mileage, cover plates. Purchased new, dealer maintained. \$5500.00. See at NEPMU-7 NAS II. Call Kim at 348-748-5241 (cell) or 624-9251 (work) leave a message.

1998 Porsche Boxster, 17" wheels, Planetary Gear, GSM

1, loadspeaker, electric leather seats, automatic air conditioning unit. Asking euro 30,000 (negotiable). For more information call 338-3648052.

1992 Renault Clio, 1.2CC, 194,00 km, red, reliable city car, easy to park. One owner, 5 door, 5-speed manual, engine in excellent condition, power locks and windows, excellent Pioneer stereo with amp and cassette. Last inspection done in May 03. Asking euro 1,450 O.B.O. Call Margherita at x9251 on base, 095-869251 off base, home (eve only) 095-7442567 or cell 347-6021230.

1997 Jeep Grand Cherokee, 4X4, 103K miles, white, automatic transmission, fully loaded with tow package \$7,500 call X1522 with any questions.

1997 Honda Civic 141S 90HP, manual transmission, A/C, AM/FM stereo. Asking \$6,000 O.B.O. Call Sergio DSN: 624-4700 int.13 (0730 - 1600) / Cell 329-1628645 (after 1600).

1995 Chevrolet Lumina, automatic, A/C, new brakes, tires, struts, battery, alternator, AM/FM, CD, original owner. Asking \$3,500 O.B.O. Contact Wayne at x6905 or 624-1286 (leave a message).

1984 Volkswagen Golf 4-speed, 2 door. Inspection ready. Road taxes paid until June 05. Asking \$700. Please call Kelly at x2231 (work) or 095-309176 after 6pm.

1987 Alfa Romeo 33, black, 5 speed, no power steering, new clutch, new tires, working radio, electric windows, new thermostat, good condition inside and out, cover plated, asking \$1,200 O.B.O., please call Tony 624-6567 or 335-6871429.

1989 Fiat Tigo, 1,100cc, white, 4 door, excellent condition. Asking \$2,000. Call Gino at 333-6736381.

1992 Lancia Dedra, good reliable car. White, 5-speed, 4-door, power windows, CD player. Tune-up was just done. Draws 300 gas liters. Asking \$2000 O.B.O. Call Carl H-624-1610, W-624-6607, C-328-642-3462.

1995 Dodge Dakota SLT 4X4 extended cab, automatic w/ overdrive, truck cap, good condition, 12pk CD, great AC.

Asking \$6000 O.B.O. Call 335-830-3724.

1973 Fiat 500 White, 2-Door, MVRO registered, 650 cc, after-market engine, runs great, refurbished interior, good body condition, JVC stereo. Asking \$2,500 O.B.O. Call 340-3283867 or 624-1295.

1993 Alfa Romeo 164 V6 Turbo 2.0, metallic gray, full optional, leather interior, A/C, power windows, alloy wheels, very good condition. Asking euro 3,200. Call 348-2829357.

1983 Mercedes Benz 280 SE, V6 automatic transmission, draws 400 liters. PW, PS, ABS, sunroof, orig. AM/FM radio, tires, brakes and rotors - less than 4 months old. Asking \$3000. For more info contact Brian or Mia at 095-309593.

1993 Fiat Croma, manual transmission, PS, PW, CD player, A/C, draws 300 liters. Great reliable car. Asking \$2000. Call Brian or Mia at 095-309593.

Alfa 155 Grand Turismo GT 2500cc engine, leather interior, A/C, Ferrari red, and much more. Must see! Asking \$3,650. Call me on my cell 347-7585654. Ask for Joseph.

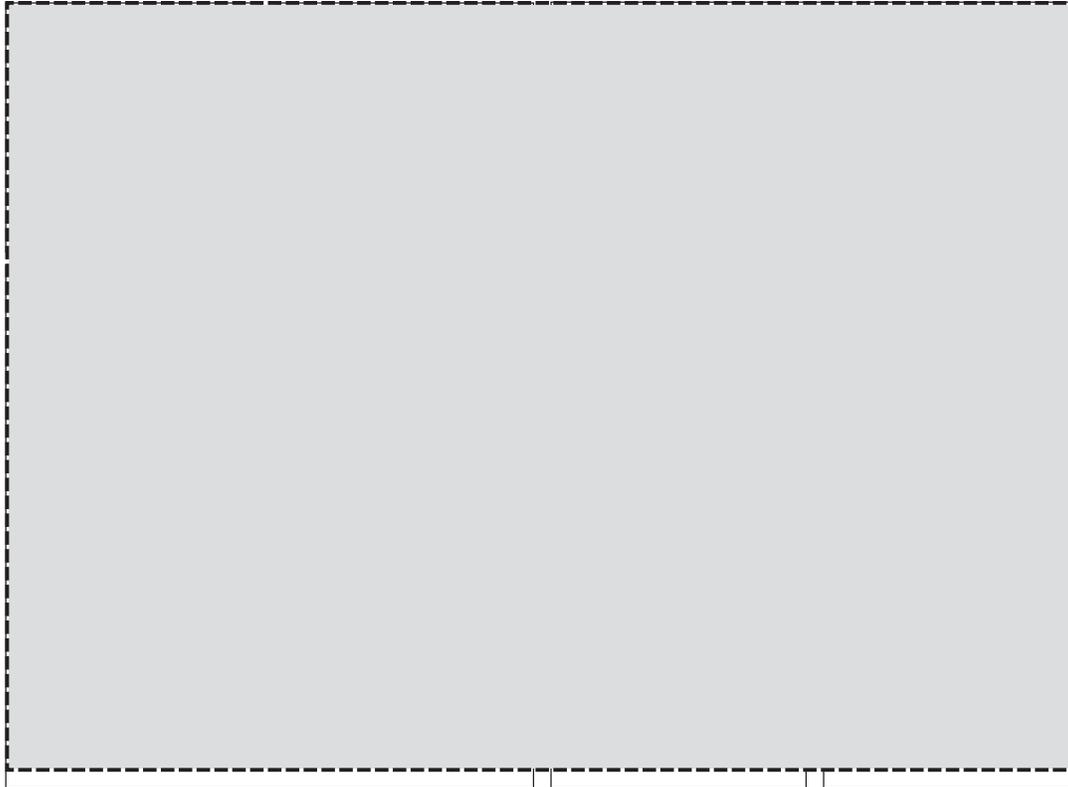
1997 Ford Explorer XLT, 4 door, fully loaded, leather, A/C, all PWR, cassette/CD player (six CD changer). Excellent condition. Asking \$9,000 O.B.O. Call 335-474162.

1997 Fiat Marec, 4 door, A/C great car for driving into Catania and throughout Sicily. Asking \$4,500 O.B.O. Call 335-474162.

1989 Mercedes Benz 190, uses regular gasoline, 2000 cc, 150,000 km, 4 door, power steering, alarm, manual transmission, A/C, power windows, good condition. Asking \$2,000. Call Marco at 338-8907210.

1998 Ford Escort ZX2 automatic, 2 door, silver, A/C, AM/FM/CD, excellent condition, 96k miles, original owner, asking \$4,000. Call Brian at 624-5430 or 348-3394295.

1993 Alfa Romeo 33, green, good condition mechanically and visually, 6-cd changer, power windows, cover plates. \$2,200 O.B.O. Call 335-6127010.



Send Il Mercato advertisements to sigosignature@yahoo.com

1996 rover 214 1400cc, engine in great condition, A/C, power locks, windows, metallic grey. Asking \$2,450. Call cell 338-2185499 ask for Joe.

1988 Maserati, asking \$1,000. Please call Kerry at 624-5189 for details.

1988 BMW 318i, 4dr, AC, great Island car. Available October 1st. \$1500.00 O.B.O. Please Call 095-306532 or 328-8062208.

1997 Volkswagen Jetta, 4DR, red, original owner, AFI tagged, automatic transmission 2.8 6 cylinder, 300 liters. Re-painted in 2003. Loaded, cold A/C, moonroof, dual ABS. Runs great. Available after Sept 17. Call BMC Deal 0030-281-0323722 or 0030-694-5054816. After Sept. 20 call 349-8721682.

Audi 100, 2000cc, blue metallic, motor and body in good condition, air conditioning, 32,000km original. Asking \$6,200. Call 339-4011979.

Pets

Free orange and white male kitten born June 27. If interested please call Virginia 340-5999562.

Free to good home: male tabby cat. Almost 2 years old. Friendly and playful. Current on shots, has chip, and has been neutered. Comes with toys, litter box, animal carrying case, and food accessories. Contact Kim at x6679 or (home) 624-3621.

Free to a good home 2 four-month-old Puppies. Female Black Lab and male Golden Retriever. Playful, friendly and Loving. Will separate if necessary. I'm moving on base and cannot take them with me. Call 338-8794575.

Got Max? Fun loving, family guy (10-month-old Lab mix) seeks fun-loving family for long walks, snuggling, playing outside, and LOTS of attention. I'm kennel trained and come with my kennel, leash, and collar. Call Kelly at (h) x0391 or (w) x6821.

Free to good home: four 5-month-old kittens, 3 male and 1 female. Very playful, sweet and loving. They have been hanging around my yard. I can't take them since I already have two cats. Please call 095-309593.

Free to good home: one-year-old female pure bred Siamese cat. All shots are current. Call 335-642-8251.

Loving Italian hunting dog needs good home. Full vet check, excellent health, 2 years old, short hair and petite. Excellent

with children and other animals. Call 624-1318.

For Sale

PCS Sale: 5'x11"x5'x11" entertainment center for up to a 27" TV, oak color with 2 end tables all for \$75. Call 095-802305.

220v baby monitor, \$20; new diaper bag, \$15; 110v new Wipac Warmer, \$10; portable booster chair, \$5; new & used summer & winter maternity clothes, \$2-\$10 each; 'Lamb's Ivy' crib bedding set, includes matching light blue & yellow crib bumper, diaper stacker, headboard bumper, dust ruffle & mobile, \$30; new clutch for a Mitsubishi or Dodge Colt, \$100. Call 095-309537 or 340-6104823. Can e-mail most pictures.

Get ready for winter! Boy's cold weather clothes for sale. GAP and Old Navy clothes, barely used and in excellent condition, available in all sizes from 3-6 months to 2T. Call Kate at x0610 or e-mail kate@spatulagirl.com

Items for sale: new roll-around air conditioner/heater, 220v, \$500; bicycle, \$30; Chicco playpen, \$30; Never used Glitter ride-on, \$35; Sony 200 CD player, \$90; new Foppapedretti highchair, \$80. Call x1353.

Entertainment Center/wall unit, 2yrs old, Maple color, holds 38-40 inch TV. Has CD racks, lights, and glass doors. From Rooms-To-Go. Must see. Moving Soon. Asking \$550 O.B.O. Call 624-1248.

High quality tandem bicycle, new condition, \$325. Huge old wood trunk, good condition, \$150. Two dark brown leather recliners, new condition, original price \$599 each, will sell both for \$599. Call 347-2419882.

Couch and loveseat, dark olive green, good condition, \$300. Two glider chairs with matching footstools, good condition, \$75 each. All purchased at the NEX. Call 347-2419882.

27" Magnavox TV \$150. Desk \$20. Call 624-1485.

Honey blonde colored entertainment center for sale. Paid \$279, will take \$75. Call Brian 339-2184123 (cell) or 624-1346 (home).

PCS sale - Entertainment center holds up to 32" TV, \$275; dual voltage microwave, \$50; 220V cordless phone, \$60; light gray sofa, \$75; 2 storage cabinets (3'X6' and 2'X6'), \$30 & \$40; wardrobe (4'X6'), \$50; 2 hanging light fixtures, \$30 ea; stand fan, \$15; 220V hair dryer, \$10. Call Mia at 095-309593.

Couch and loveseat, black and gray, great condition, both for \$150; Lexmark printer, \$20; Italian phone, \$8; 19" computer monitor, \$75; ergonomic keyboard, \$15; cordless mouse, \$20.

Call x1553 or 339-3855994.

PowerVu digital satellite receiver, available now, excellent condition, asking \$450 OBO. Call Steve or Gary @ wk x5365 or 335-5789897 or x9896.

Sony Digital Camera for Sale: Mavica, MVC-CD11000. 20x zoom, uses CD-R's. Asking \$250. Call Ken at 095-306-428 or x4592.

PCSing? 3 Sony Ericsson cell phones. 2 T68i and 1 T68. New! Unused! Tri band. Color display. Only need chip. Retail for over \$130. \$80 each. All specs on Sony Ericsson website. Call Eddie Rojas x5150 or 340-5995700.

Free baby car seat for child of 9 months and up. Please call: 338-2735683.

For sale superior professional endermosonic system used for slimming and contouring. Reduces appearance of cellulite, full body exfoliation, lymphatic drainage, deep tissue massage and rehabilitation services. All supplies included. Call 624-1318.

Wanted

Seeking a voltage converter, 1500V preferably. Call Aimie at 339-8322638 or 095-398073 (after 6pm).

Looking for a swing set. Live in Mineo but can look in 205 or Marinai. Please call Stephanie at 624-0225.

Want experienced guitar player to give lessons once a week. Payment negotiable. If interested please call 624-4541 between 7 a.m. and 4:30 p.m. or 624-0212 between 4 p.m. and 8 p.m.

Live and work in Marsala and I am looking for a used automatic car with AFI cover plates as soon as possible. Please contact Deika at 335-481-395.

Seeking starting lineup sports figures made by Kenner Toys. Only in good condition and in unopened packages. If you are willing to sell, please write Jason at bethanybear1@yahoo.com or call x2529 and leave name and number.

Looking for Italian Appliances, reasonably priced. Call 333-762-0612.

Looking for someone to babysit my two daughters. One is 2 and the other is 10 months. I live in Marinai, but I am willing to go outside of base. Needed on Monday, Wednesday and Friday from 10 a.m. to 5 p.m. Please call x1504.

Seeking Weber charcoal grill "one touch gold or platinum", any one type in good condition. Please call 348-5116588 or e-mail finqui1@iscali.it

Yard Sale

Multi-family yard sale Saturday, September 25 from 8 a.m. - 12 p.m. Numerous items ranging from kids clothes and toys to TV's. 2305 - C and 2305 - D, Via Etna, Marinai Housing.

Jobs

The US Naval Hospital Sigonella is soliciting for one personalized service contract for a "Case Manager Registered Nurse." Closing date has been extended to 24 September 2004. Source must be eligible for U.S. employment and U.S. Board Certified. Solicitation packages are available at the Supply Department, Purchasing Office, NAS II. POC are Mr. Barbagallo at 624-5725 or Ms. Barone at 624-3791.

HRO Ads

Protocol Officer, GS-0301-09, Office of the Commanding Officer, Protocol Office, Sigonella. Announcement SIG04-029103(R). Open Until Filled.

***New 2004 Announcement* Education Aid/Technician, GS-1702-03-04**, MWR Department, Child Development Center NAS Sigonella. Announcement number SIG04-EDTECH. Open Continuous.

***New 2004 Announcement* Recreation Aid, GS-189-03**, MWR Department, Recreation Services Division, Youth Activities Branch, Various Locations, NAS Sigonella. Announcement number SIG04-RECAID. Open Continuous.

Supervisory Recreation Specialist, GS-0188-07, MWR Department, Recreation Division, Sports and Athletics Branch, NAS Sigonella. Announcement number SIG04-028531 (RR). Open Until Filled.

Operations Clerk (OA), GS-0303-04, MWR Department, Recreation Division, Youth Activities Branch, NAS Sigonella. Announcement number SIG04-033787. Closes 27 September 2004.

Supervisory Traffic Management Specialist, GS-2130-07-09, Supply Department, Customer Service Division, Personal property Branch, NAS Sigonella. Announcement number SIG04-033914. Closes 07 October 2004.

Dental Hygienist, UA-0682-05/04/03, U.S. Naval Dental Center Europe, Branch Dental Clinic Sigonella. Announcement number LN004-031300. Open Until Filled. Italian citizens only.

