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- ▶ Getting Your Kids Adjusted
- ▶ Life with Pets in Sigonella
- ▶ Personal Enrichment Opportunities



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STARS AND STRIPES

Europe Office

COMMANDER

Marci A. Hoffman, Lt Col, USAF

BUSINESS OPERATIONS MANAGER

John Rodriguez

WRITER-EDITORS

Mary Del Rosario, Anna Bagiackas

GRAPHIC ARTISTS

Carrie Farrell, Ryann Joye

ENGAGEMENT MANAGER

Karen Lewis

MARKETING COORDINATOR

Leah Geier

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

SIGONELLA ADVERTISING SALES REPRESENTATIVE

Sebastiano Saglimbeni

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Nate Jamison

Tom Keys, Claudia Stier, Jeff Teeselink

ADVERTISING COORDINATOR

Al Green

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)152-5672-5020

CONTACT US:

Telephone: +49 (0) 0631-3615-9111

or DSN: 314-583-9111

Email: memberservices@stripes.com

Washington Office

PUBLISHER

Max D. Lederer, Jr.

MULTIMEDIA ADVERTISING, CONSULTANTS

Fabrizio Danova, Corey Henderson,

Gerard Kelly, John Scoglio

ENGAGEMENT DIRECTOR

Chris Verigan

PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

PUBLISHING & MEDIA DESIGN, MANAGER

Douglas Gillam, Jr.

GRAPHIC ARTISTS

Ellen Cheung, Amy Webb

CONTENT DESIGNER

Alyssa McBeth

MARKETING COORDINATOR

Elizabeth Jones

ADVERTISING OFFICE

633 3rd Street NW, Suite 116

Washington, DC 20001-3050

202-886-0003

COVER DESIGN BY

Carrie Farrell

FOR PUBLICATION REQUESTS

Stars and Stripes Europe, Advertising

Unit 29480, APO AE 09211

or email dougherty.doug@stripes.com

Visit our website for more information
at www.StripesEurope.com

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WELCOME TO SIGONELLA

Your Checklist



PRE-ARRIVAL

- ☐ Read and understand your orders. Ask chain of command if you need help.
- ☐ Connect with your sponsor. Email sicily-sponsor@eu.navy.mil if you haven't received word from them in two weeks.
- ☐ Obtain your tourist passport.
- ☐ Dependents: start Visa process.
- ☐ Ensure your U.S. driver's license is valid.

ARRIVAL

- ☐ Attend the installation's Base Wide Orientation and Command Indoctrination Brief (INDOC). Tel. +39 095564696
- ☐ Service members/civilians: get your "codice fiscale" through the Housing Office, Bldg. 319. Tel. +39 095-56 4311
- ☐ Dependents: get your "soggiorno." Visit the Legal Office at NAS II for more information, Tel. +39 095-56-5247/5056
- ☐ Ensure no-fee passport has SOFA stamp.
- ☐ Obtain a tourist passport if planning to travel outside of Italy.
- ☐ Enroll in TRICARE and complete medical in-processing.
- ☐ Sign up for an FPO box, if your sponsor has not already done so.
- ☐ Visit Fleet and Family Support Center (FFSC) for Relocation Assistance and Area Orientation.

MONEY

- ☐ Determine allowances with Personal Support Detachment.
- ☐ Withdraw euros.
- ☐ Establish bank account to handle local bills, if necessary.
- ☐ Research online bill-pay options.
- ☐ Contact U.S. banks to close accounts, as needed.

CARS

- ☐ Schedule and study for driver's exam.
- ☐ Pass exam and get translated AFI license.
- ☐ Get rental car. Many options at Catania Airport, or on base at NAS II Europcar: <https://www.europcar.com/en/stations/italy/sigonella-nas-2>

Email: it.sm.sigonellanasii@europcar.com
Tel: +39 095-565468

- ☐ When car arrives or is purchased, get insurance, register and pass safety inspection.
- ☐ Establish account with NEX for receiving rationed fuel and oil.
- ☐ Obtain international license.

HOUSING

- ☐ Establish TLA and OHA.
- ☐ Prioritize needs and wants.
- ☐ Visit Housing Office for list of approved rental homes.
- ☐ Schedule appointments with approved realtors to tour homes.
- ☐ Ensure Housing Office inspects property and reviews lease.
- ☐ Sign paperwork after review by Housing Office.
- ☐ Sign up for communication services (read contracts carefully).
- ☐ Purchase liability and renter's insurance.
- ☐ Contact the Housing Office and utilize Fleet and Family Support Center's loan locker, thrift stores, flea markets and classic needs for household items while awaiting HHG arrival.

MEDICAL

- ☐ Add emergency numbers to cell phone.
- ☐ Establish relationships with local medical providers.
- ☐ Drop off your medical and dental records at Patient Administration at the hospital on NAS I.

CHILDREN

- ☐ Have vaccination records, transcripts, PCS orders, passports and birth certificates readily available.
- ☐ Begin registration process for DODEA schools.
- ☐ Contact School Liaison Officer for information about home schooling, referrals and transition assistance.
- ☐ Visit the Child Development Center to apply and get on waitlist.

- ☐ Ensure vaccinations are current and schedule wellness exams.

PETS

- ☐ Register pet at the veterinary clinic.
- ☐ Find Italian vet clinic that provides emergency care.
- ☐ Maintain annual rabies vaccinations during overseas tour.
- ☐ Get updated ID tags with local contact information.
- ☐ Obtain pet passport for flying with your pet within Europe.
- ☐ Purchase pet insurance (including liability).
- ☐ Purchase flea/tick preventative medication that protects against sand flies that can transmit the Leishmaniasis disease. Use either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.
- ☐ Find a boarding center or pet sitter.
- ☐ Understand and adhere to local Italian pet laws.

PERSONAL ENRICHMENT

- ☐ Update resume and research job/volunteer opportunities.
- ☐ Visit Navy College to learn about course offerings.

EVERYDAY LIVING

- ☐ Log important phone numbers and program cell phone.
- ☐ Start recycling according to local requirements.
- ☐ Learn basic Italian phrases or enroll in language classes on base.
- ☐ Get to know your neighbors.
- ☐ Join spouses' clubs, Italian-American clubs or other activities.
- ☐ Consider the many opportunities MWR provides to explore Sicily.
- ☐ Plan trips to explore Europe with the help of StripesEurope.com. ■



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GETTING CONNECTED



Upon arrival, getting a cell phone plan set up is vital and allows you to stay connected. The choice of service preferred by many is the pre-paid option.

► **Providers:** Tim, Vodafone, WindTre, Ho, Iliad, Kena, VeryMobile

Note: Vodafone has a retail location located on NAS I: 095 56 4493

► **Recommended option: pre-pay**

- No contract fees.
- Add credit in store, online, or at retail locations such as "Tabbachi" shops.

Note: You will need to bring a passport to activate any of these services.

► **Apps to communicate Internationally for free:**

- Skype
- Facebook Messenger
- WhatsApp
- Facetime
- Google Chat

Note: When you arrive, put your phone on airplane mode to avoid unexpected charges. ■



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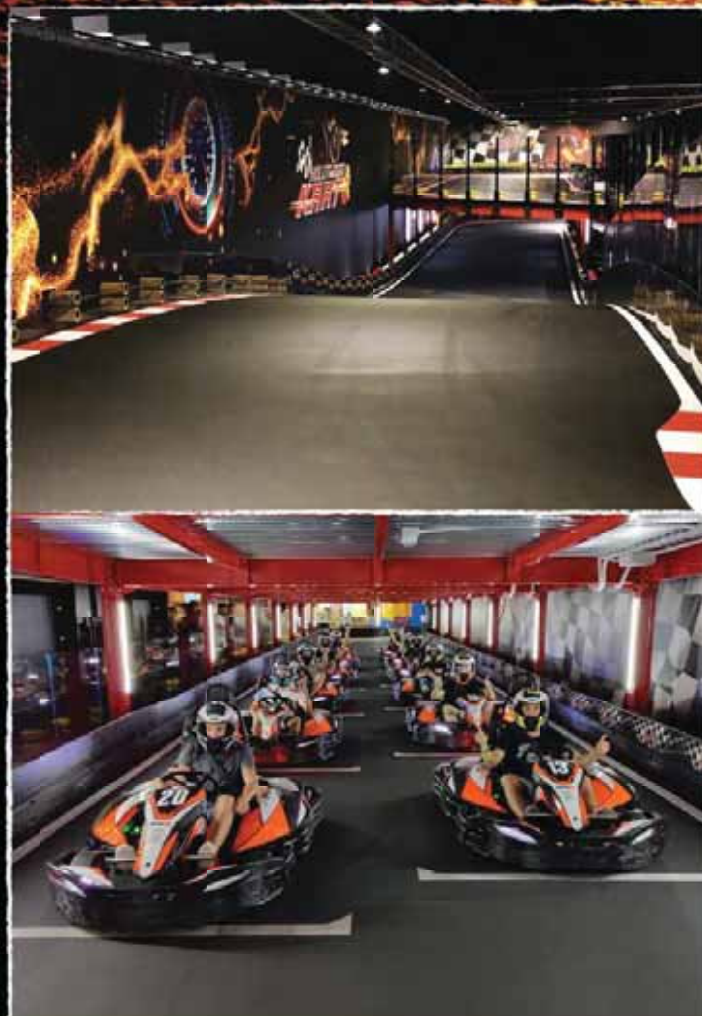
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Getting an account through an on-installation credit union or bank will eliminate headaches when paying bills, transferring money, making purchases, getting cash and managing funds between U.S. dollars and euros.

ON-INSTALLATION BANKING OPTIONS

Credit Unions

Credit unions are owned and operated by their members. Members' savings are combined to create a pool of funds from which other members can borrow. Members then reap the rewards of their pooled investment income by gaining lower loan rates, higher savings rates and additional services.

Banks

► **Bank of America** holds a contract with the Department of Defense to provide banking and financial services through approximately 67 Community Bank branch offices and 300 ATMs located around the globe.

- NAS I: 624-9811
- NAS II: 624-9331

► **Navy Federal Credit Union** also provides an interactive banking service so that you can access your account anytime, anywhere.

- Call toll-free: 00-888-842-6328.
- For international, call: 00-703-255-8837.

CREDIT CARDS

- Many Italian businesses, especially smaller businesses, do not take credit cards.
- Always carry euros when off base.
- There are sometimes transaction fees when using credit cards, so make sure you also have cash to avoid paying unnecessary fees.

BEWARE OF FEES

- Search on and off the installation for the best ATM exchange rate at a reputable bank. Remember that transaction fees are usually added if you are not a member of the bank. ■



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Getting A RIDE



SHIPPING YOUR VEHICLE OVERSEAS

- Ship your vehicle six to eight weeks before you PCS to ensure it gets there soon after your arrival to Sigonella.
- Decide between selling your other vehicles, keeping them in storage or leaving them with a friend or family member.
- A max of three vehicles are allowed per active duty member along with their dependents during their tour in Italy.

GETTING YOUR ARMED FORCES ITALY (AFI) LICENSE

Call the Motor Vehicle Registration Office (MVRO) for driver's testing. Be sure to ask about test days and times.

- DSN: 624-5275/6171 or +39 095-56-5275/6171
- Email: NASSIGMVRO@EU.NAVY.MIL

► What to bring to get your AFI license:

- ✓ Current U.S. driver's license. It is highly recommended that you renew your license so that it does not expire during your tour.
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical Support Letter (DoD civilians)

INSURANCE

Vehicle insurance for the Sigonella area is expensive and the cost depends on the car's make, model, year and age of the driver. Vehicles shipped at government expense cannot be registered or released for use without proof of valid insurance. On base, there are two options:

- Geico: 095-86927 within Italy, or 01139-095-86927 from the U.S.
- USAA: 800-971-707

BUYING A CAR IN ITALY

You have the option to buy a new or used car from dealers and private sellers in Italy. There is no tax when buying a vehicle from another military member.

► Keep in mind

- Any vehicle that doesn't meet U.S. specifications (specs) cannot be shipped back to CONUS.

- Used automatic transmission vehicles may be more difficult to find and tend to be more expensive.
- Morale, Welfare and Recreation's (MWR) Auto Skills shop offers a free 30+ point assessment that will tell you everything you need to know before buying or selling a vehicle.

MOTORCYCLES

If you want to ride a motorcycle while in Italy, you must have a motorcycle classification on your U.S. license, have an AFI license, attend a mandatory motorcycle safety course on the installation and be at least 18 years old. Motorcyclists can only operate a motorcycle of 35 kW or less.

VEHICLE INSPECTION

Each vehicle is required to be inspected periodically depending on its age, in addition to every time the title is transferred. Ensure that your vehicle always has the required equipment at all times, not just for its inspection.

► Required equipment for inspection:

- ✓ Vehicle registration
- ✓ First-aid kit, warning triangle and reflective vest

REGISTERING YOUR VEHICLE

Contact the MVRO for vehicle registration days and times.

► What to bring to register your vehicle:

- ✓ POV registration application
- ✓ AFI driver's license
- ✓ U.S. license
- ✓ Military ID
- ✓ Shipping document
- ✓ Proof of ownership
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical support letter (DoD civilians)
- ✓ Funds to cover the registration fee and applicable road tax for a second vehicle to include motorcycles
- ✓ Automobile insurance policy

Note: It's always best to call the Motor Vehicle Registration Office ahead of time to ensure you're bringing all necessary documents.

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FUELING YOUR VEHICLE

► Tax-Free Fuel Allowance

- A NEX-issued fuel card, which acts as a debit card linked to your personal credit card, allows U.S. and NATO forces to pay for fuel at the current tax-free price at the time of purchase.
- The vehicle's engine size, engine base, horsepower and fuel requirement determine the monthly fuel allowance.
- The NEX administers the fuel card program. You must maintain your insurance, registration, safety inspection and road taxes to continue to receive your allowance.
- If any one of these parameters are not kept current for any of your household's vehicles, you will need to correct the issue and register for a new fuel card.

► Where to get gas

- There are no gas stations on U.S. military installations in Italy.
- Only one Italian gas station company will accept your fuel card: ENI. Across Italy, there are over 4,000 locations and many near NAS Sigonella.
- Use your fuel card like a debit card at the pump. It is recommended to pre-authorize your card before filling up to ensure your fuel card will be accepted.
- At some stations, attendants will operate the card machines.
- Fill up at "Fai da te" or "Iperself" pumps to avoid paying extra for full service.

OTHER WAYS TO GET AROUND

► Taxis

- A taxi from Catania to NAS I or NAS II will cost approximately 50 euros.
- It's always wise to agree on the price ahead of time.
- Be sure to have the driver write it down for clarity.

► Buses

- AST and ETNA are the two bus companies that serve Sigonella from and to Catania.
- Both bus schedules can be found at the Fleet and Family Service Center front desk.

► Short & Long-Distance Trains

- Trains depart from Catania, Piazza Giovanni XXIII (train/bus station) to different destinations around Sicily and mainland Italy.
- Visit www.trenitalia.it for time-tables and prices.

Driving habits in Sicily are considerably different from those in the U.S.

DRIVING IN SICILY

Driving habits in Sicily are considerably different from those in the U.S. While at first there may seem to be no logic to traffic patterns, a closer look will show that there are distinct rules of the road. Because of the speed of traffic and different conventions, alertness while driving is of the utmost importance. It is important to exercise the same caution in driving here as you would in the U.S.

► A few notes to driving in Italy:

- When a car behind you flashes its lights, move to the right lane as soon as it is safe to do so.
- While horn blowing is technically illegal in many Italian cities, it is loosely enforced. Many people blow their horn to signal their approach at an intersection or their intent to pass. Drivers also commonly use their hazard lights to signal danger, especially during slow or stopped traffic.
- The Italian law allows you to overtake traffic to pass.
- Many intersections have no stop lights or traffic control. The vehicle on the right has the right-of-way, unless there is a stop sign.
- Traffic circles or roundabouts are common. When entering a circle, yield to traffic in the circle.
- Drunk driving is an extremely serious offense in Italy. In Italy, a blood alcohol level of 0.05 is positive proof of drunk driving. If you are under the age of 21 or have been a licensed driver for less than 3 years, the legal limit for alcohol in your system while driving in Italy is 0.00.

NAS Sigonella has zero tolerance for drinking and driving. A BAC of 0.05 and above onboard any NAS Sigonella installation will result in either administrative and/or non-judicial punishment (NJP).

If you experience an emergency on or off-base, call dispatch at +39-095-86-1911. They will send proper assistance. For non-emergencies, call dispatch at +39-095-86-5225.

DRIVING OUTSIDE OF ITALY

Many countries will not recognize a U.S. or AFI driver's license. You will need to get an International Driving Permit (IDP) at least four weeks before traveling outside of Italy. You can apply by mail or in-person at AAA or the AATA, which are the two agencies authorized by the State Department to issue IDPs. ■

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It's important to be open-minded as you search for your new home. Italian homes are much different, smaller and older than what you may be used to. Although the outside of an Italian home may seem a bit run down or small, always go in and take a look inside. More often than not, people are surprised with the layout and newer interior of the home.

From House Hunting to Finding a Home



TYPES OF HOUSING

Government Family Housing

- ▶ Generally, accompanied service members are mandatorily assigned to government family (base) housing if Marinai is below 92% capacity.
- ▶ The government covers the expenses of rent and utilities; you will not receive any Overseas Housing Allowance.
- ▶ Request the e-Welcome Package prior to arrival and work with your assigned sponsor for your unit assignment.
- ▶ Inquire with the Housing Office regarding the Door to Door (D2D) program, a program that enables you to move directly into government quarters upon arrival. A Special Power of Attorney for your sponsor is required.

Unaccompanied Housing Facilities

- ▶ Unaccompanied E-1 to E-4 personnel are mandatorily assigned to the Unaccompanied Housing (UH) facilities on the installation.
- ▶ Service members will be assigned to their building based on duty location and room availability.
- ▶ Request the e-Welcome Package prior to arrival and work with your assigned sponsor for your room assignment.
- ▶ Inquire with the Housing Office regarding the Door to Door (D2D) program, a program that enables you to move directly into UH rooms upon arrival.

Economy Housing

- ▶ Unaccompanied E-5 and above, civilians/contractors and foreign nationals service members are referred to the local community.
- ▶ Private homes and landlords are vetted according to established standards by the Housing Office.
- ▶ You are responsible for rent and utilities using your Overseas Housing Allowance or Living Quarters Allowance.

Note: It is required to bring your passport to request your "Codice Fiscale" – the equivalent of the U.S. SSN – which is mandatory for any transactions involving housing, utilities, furniture and other large purchases.

Finding Private Housing:

- ▶ **Searching online**
 - Visit www.homes.mil
 - Make an account.
 - Look for private rentals that have been approved by the Housing Office.

Note: Check the site daily as houses will come and go easily – especially in August, which is peak PCS season.

continued on page 20

ARE YOU LOOKING FOR A NEW HOME IN SICILY?

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► **Realtor Program**

- If planning to live on the economy, you can also utilize the realtor program.
- Approved realtors have background checks, insurance and are licensed to meet Housing Office standards.
- Approved agencies do not charge any fees to the tenants.

SHOWING TOUR

- Attend the mandatory housing brief before you begin house hunting.
- Make a “wish list” of selected homes.
- Report to the Housing Office to schedule your tour.



LEASE SIGNING

- It is mandatory for private housing leases to be signed at and through the Housing Office to receive all housing services, including OHA.
- Your housing counselor will assist you in the lease negotiation and will set up an appointment to sign the lease based on Italian law.
- Copies of the lease agreement will be provided to both parties, and one copy will be retained by the Housing Office.
- Neither the Housing Office nor the U.S. Navy is a party to the lease contract.
- Renters’ insurance is highly recommended.

UTILITIES

- Once the lease is signed, you will receive assistance for the activation of utilities.
- The Housing Office will assist and liaise

on behalf of the customer with electric, gas and phone companies available in your area.

- For any utilities-related issue, the Housing Office will be your point of contact.

HOUSING ALLOWANCES

There are a variety of housing allowances. To see which one you qualify for, consult with the Housing Office.

Service members:

- Temporary Lodging Allowance (TLA) – reimbursed while searching for a home or waiting for government housing.
- Overseas Housing Allowance (OHA) – funds for excess housing costs incurred when assigned to an overseas duty station. Service members in government housing do not receive this allowance.
- Moving in Housing Allowance (MIHA) – one-time payment to fund the cost of items that may not be provided in community housing. Service members in government housing do not receive this allowance.

Civilians:

- Temporary Quarters Subsistence Allowances (TQSA) – authorized for the reasonable cost of temporary quarters incurred for a period up to three months or a period ending with the signing of a community lease.
- Living Quarters Allowance (LQA) – covers the cost of privately-rented housing to include rent, electricity, gas, fuel and water.

LOANER FURNITURE AND FULL-TOUR FURNISHINGS PROGRAM

- The Housing Office loans furniture for up to 90 days or until household goods are received by family housing and private housing residents.
- Items such as appliances, transformers and wardrobes are part of the “Full Tour Supplemental Loaner Furnishings” program

for private housing residents and can be kept for the entire tour.

- Consult with the Housing Office to discuss and request items you may need and set a delivery appointment.



ELECTRONICS AND APPLIANCES

- Government housing includes outlets for both U.S. and Italian voltages.
- For private housing, you will need a power converter/transformer to use your American electronics in your Italian home. The Housing Office provides these for residents.
- The Housing Office also provides a washer, dryer, refrigerator and wardrobes. Work with the Housing Office to choose the appropriate appliances for the unit. ■



FOR MORE INFORMATION CONTACT:
Housing Office Welcome Center: DSN 624-4311



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Pets are welcome





HEALTH & DENTAL CARE IN ITALY

During your time in Italy, you're going to need to see a doctor and dentist. Depending on the specialty services you might require, you may need to be referred off-installation for medical services.

PATIENT LIAISONS

Host-nation patient liaisons act as intermediaries between patients and doctors to help facilitate the best care possible. From assisting with the language barrier and insurance forms, to providing comfort to clients, patient liaisons can help you feel at ease in the medical surroundings.

Getting a patient liaison

► The patient liaison program is available through TRICARE (at the hospital). This program is open to all ID cardholders, including non-TRICARE members.

EMERGENCY CARE

The emergency room at the U.S. Naval Hospital Sigonella is always open. For emergency response, call 624-9111 or 095-86-9111.

Be prepared

- For all emergencies—on or off base—always dial emergency dispatch at 095-86-1911.
- Off-base health emergencies will be treated at an Italian local hospital with translation services provided by dispatch.
- Always carry a list of your current medications, known allergies, as well as your insurance card, ID card and local currency.

U.S. NAVAL HOSPITAL SIGONELLA

The hospital, located on NAS I, sees dependents and all activity duty service members assigned to the hospital at the Medical Home Port Clinic. All other active duty service members are assigned to the Flight Line Clinic on NAS II. To make an appointment, call 095-56-2273 or 624-2273.

If eligible, please sign up for TRICARE overseas at the TRICARE office at the hospital.

DSN: 624-4880/4878, 4087,
DSN: 4635/4848 (SUPERVISOR)

DENTAL CARE

The Dental Clinic on NAS II sees active duty service members who are assigned to the installation. The dental clinic at the NAS I hospital can see dependents.

For information about TDP enrollment, claims or covered benefits, visit the TDP website, www.metdental.com. ■

Emergency Numbers in Italy

	Dial
Fire	115
Ambulance	118
Carabinieri (Italian Police)	112
Police	113



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Life for your PETS → in Italy



If you've brought your furry friend to Italy, you must register them at the installation's veterinary clinic within the first 10 days of arriving.

REQUIRED VACCINATIONS AND MEDICINE

✓ **Leptospirosis:** If you haven't already, you need to get your pet a Leptospirosis vaccination as soon as possible. Leptospirosis has a heavy presence in Italy and without proper vaccination, it can cause kidney failures in pets.

✓ **Rabies:** Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tags at all times to serve as a visual marker of vaccination status.

✓ **Heartworm, flea and tick:** Ensure your pets are on heartworm preventative medicine as well as flea and tick control medicine year-round. Flea/tick preventative medicines include either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.

VETERINARY CLINIC

Though the NAS Sigonella veterinarian primarily serves the military working dogs, they do perform limited veterinary services for NAS Sigonella personnel. Call to see availability, otherwise you are encouraged to utilize off-base vet clinics.

DSN: 624-4258

ITALIAN VETERINARY CLINICS

Taking your pet to an Italian veterinarian clinic is recommended for emergency and specialty needs for your pet. Italian veterinary clinics are important to be registered with for health issues that go beyond what the base vet clinic can treat. Contact the veterinary clinic for a list of local Italian vet clinics.

ITALIAN PET REGULATIONS

- ▶ Animals must never be left tied up and unattended to.
- ▶ Pets must be leashed every time you walk them.
- ▶ Shelter must always be provided for your pet.
- ▶ Cats must be kept indoors at all times.
- ▶ Food and water must always be easily accessible for your pet.

▶ Every pet must have the international microchip. This is also a form of identification if they are ever lost and brought into a vet clinic.

▶ "Choke chain" or pinch collars are illegal in Italy and use of these types of collars is subject to a fine.

TRAVELING WITH YOUR PET

Requirements:

- ✓ All pets must have their 15-digit international microchip.
- ✓ Rabies vaccination must be up to date and given after the international microchip was implanted.
- ✓ EU Pet Passport must be with you and your pet at all times when traveling.
- ✓ Muzzles must be carried (not worn) for all dogs when in public.
- ✓ Animals must be contained while riding in vehicles (carrier or harness).

TRAVELING WITHOUT YOUR PET

If you plan on getting traveling done while in Italy, there may be some trips where your furry friend can't tag along. Once you register your pet at the installation's vet clinic, they can provide a list of local boarding facilities. ■



EVERYTHING FOR CARE AND SHIPPING OF YOUR PETS!

CONTACTS AND SOCIAL



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www.Care-Move4Pets.com



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02

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03

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04

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05

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Adjusting your KIDS → *in Italy*

Moving to Italy is a big change for the entire family. Children certainly feel this impact as they leave behind familiar schedules, classrooms, friends and neighborhoods. Here are ways to make the transition as smooth as possible for your kiddos.



ESTABLISH ROUTINES

The importance of routines in child development should not be overlooked. Establishing routines will help children handle the additional emotional and environmental changes as you get settled.

- ▶ Set sleeping schedules right away.
- ▶ Rehearse school or daycare routines.
- ▶ If possible, take your children to their daycare or school to meet caregivers or teachers in advance.
- ▶ Make sure your routine includes time for your children's favorite activities.

INVOLVE YOUR KIDS

Include your children throughout the transition. Even for toddlers, give them tasks and roles to instill a sense of responsibility and increase self-confidence.

- ▶ Let them help unpack and give them freedom to organize their living space.
- ▶ Schedule social time with classmates and new neighbors.
- ▶ Sign your children up for after-school activities.

- ▶ Contact the School Liaison Officer (SLO) to request student sponsors.

EXPLORE ITALY

- ▶ Maintain an enthusiastic outlook about your arrival in Italy, even if you are having doubts. Your children will look to you a great deal during this transition. If you're upset, they will be too.
- ▶ Eat meals on the economy, attend local fests and learn about Italian traditions. Address the differences between life in Italy versus back home, but move conversations in a positive direction. Your children will gain an appreciation for diversity while exploring.
- ▶ Enroll your children in Italian lessons, schools or day care.
- ▶ Explore the best of Europe by letting your children assist in trip planning, researching and selecting sites or activities they would enjoy. Take photos and work together to create scrapbooks, photo albums, calendars, collages and other creative projects.

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MARINAI RESIDENCE

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Pizzarotti Office

0039 095 784 8690 - 0039 342 347 1370

On Call - 349 776 4404

email: marinairesidence@pizzarotti.it

Facebook page: Maraini Residence



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REMAIN IN TOUCH WITH LIFE BACK HOME

While adjusting to everything new, don't forget about life back home. Set regular video chat or phone call dates with family and friends. If your children are allowed online, encourage them to utilize social media and email to stay in touch with friends or have them send postcards from the destinations they visit. Continue the traditions that are important in your family, while creating new ones during your time in Italy.

EXPECT AN ADJUSTMENT PERIOD

Give your children time to process all of the changes, both good and bad, that come with their new environment. Be aware

of expat child syndrome, a psychological condition that typically occurs in children ages 10 to 15 and can lead to isolative or unruly behavior.

Resources

- ▶ Family Life Counselors (MFLCs) - Free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.
- ▶ School Liaison Officer (SLO)
- ▶ Adolescent Support and Counseling Services (ASACS)
- ▶ Military OneSource - 12 free sessions may occur in individual, couple, family or group settings



CHILD EDUCATION

Department of Defense Education Activity (DoDEA) school is located on NAS I and educates children from the ages of pre-K through high school. The Sure Start pre-K program gives priority enrollment to children of service members whose rank is E-1 to E-4, GS-1 to GS-4 or NAF-1 or NAF-2. Start communicating early on with DoDEA or the SLO to begin the enrollment process for your school-aged children.

DODEA SOUTH

- ▶ Enrollment requirements: www.dodea.edu/registration-process.cfm
- ▶ Documentation needed:
 - ✓ PCS orders
 - ✓ Page 13 from PSD to show child's command sponsorship
 - ✓ Certificate or passport for each child
 - ✓ Immunization records
 - ✓ Records from previous school
 - ✓ Valid ID card from parent

- ▶ Visit www.DODEA.edu/DORS for online registration
- ▶ School Liaison Officer (SLO): invaluable resource during transition; www.dodea.edu/Europe/resources/slo.cfm

HOME SCHOOLING

Home schooling is a legal option open to all SOFA sponsored active-duty military, DoD civilians and contractors. Your children may be eligible for auxiliary services offered by DoDEA-Europe. Contact the SLO for more information and to connect with homeschool groups.

CHILD CARE

Many programs are available through Morale Welfare and Recreation (MWR)'s Child and Youth Programs. Note that waitlists are inevitable, so get started early!

- ▶ The Child Development Center (CDC) offers weekday childcare for children ages 6 weeks to 5 years or pre-school.

- ▶ School-Age Care (SAC) is available for children in kindergarten through age 12, and the Youth Complex in Marinai Housing provides programming for children ages 11 and in sixth grade through age 18 and are still in high school.
- ▶ Check with CYP for specific registration information.

CDC: 624-3736

SAC: 624-3712

PARENT SUPPORT

Being a parent isn't always easy, especially when placed in a new environment. Many on-installation and private resources are available for you, such as Fleet and Family Support Center, Morale, Welfare and Recreation or spouses' clubs. Also, look for community websites and social media resources to find support and friendship. ■



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Personal

» ENRICHMENT

Understanding the SOFA agreement between the U.S. and Italy will set realistic expectations for career opportunities during your time in Sigonella. The only job opportunities for dependents can be found on the installation, as dictated by the SOFA. Job openings are fairly limited, so it is important to start looking for job opportunities before PCSing and soon after you arrive.

CAREER OPPORTUNITIES ON-INSTALLATION

- ▶ **Civilian GS Positions:** Full-time, appropriated fund positions periodically become available at various commands on the installation. It is suggested to regularly search www.usajobs.gov for new openings.
- ▶ **NAF Positions: Non-appropriated fund (NAF):** Positions support installations through services in Morale, Welfare and Recreation (MWR) and Fleet and Family Service Center (FFSC). Hours range from regular, full-time to flexible part-time with varying employment benefits. Search www.usajobs.gov and <https://www.navywmwrsigonella.com/job-opportunities> for new openings.
- ▶ **DoDEA-Europe:** These schools offer full-time positions, substitute teachers, administrative staff and educational aids. Visit www.dodea.edu/Europe/offices/hr
- ▶ **Navy Exchange (NEX):**
Apply at <https://www.mynavyexchange.com/nex/work-for-us>
- ▶ **Defense Commissary Agency (DECA):** Jobs at commissaries.
- ▶ **Non-profit organizations:** The USO, Navy Marine Corps Relief Society and American Red Cross all have offices on base. They periodically hire full- and part-time employees.

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continued from page 30

► **Defense Contractors:** Job opportunities in technology, management, accounting and administration are available with contracting firms. Contact the Contracting Department for more information.

Note: Check websites and offices for new openings frequently – a job can be posted one day and stay posted for only 48 hours. Contact the Fleet and Family Support Center's Employment Specialist for Sigonella employment assistance.



VOLUNTEERING

With limited employment options for dependents at Sigonella, many choose to volunteer at organizations on base to apply their skills, give back to the community and add to their resumes. Volunteering can even help you gain experience and network to land a paid position in the future.

Start making connections

- Visit FFSC, MWR, the American Red Cross and the USO.
- Reach out to various offices on the installation that align with the career field you're interested in. It's possible that they need volunteers or are willing to let people shadow them.



With limited employment options for dependents at Sigonella, many choose to volunteer at organizations on base to apply their skills, give back to the community and add to their resumes.

EDUCATION

Taking the time to advance your education can help you excel in the future. Educational opportunities on the installation come with a variety of programs at universities partnered with the DoD.

► University of Maryland Global Campus:

<https://www.europe.umgc.edu/>

Offers a variety of undergraduate and graduate degrees as well as associate, bachelor's, master's and doctoral programs. Online, face-to-face and hybrid courses.

► Central Texas College Europe:

www.ctcd.edu/locations/Europe

Offers primarily associate degrees and practical training. The Advanced Skills Education Program develops leadership qualities within noncommissioned and junior officers. Face-to-face and online classes.

► Embry-Riddle Aeronautical University:

<https://europe.erau.edu>

Offers certifications, undergraduate and graduate degrees. Face-to-face and online courses.

OTHER PERSONAL ENRICHMENT AVENUES

- Take Italian classes and explore Sicily outside the "triangle" to enjoy the culture.
- Start DIY projects you've always wanted to do.
- Spend time in the gym and establish healthy habits.
- Travel, travel, travel! Living in Italy means traveling between other European countries is easier than ever.
- Start a blog – whether it be travel, fitness, military living, etc. Contribute your articles to www.europe.stripes.com for a chance to get published online and in various magazines.

Find what works for your goals and dreams – whether you land a great job, volunteer with an amazing organization, further your education or find other ways for personal enrichment. What matters is utilizing your time in Italy to benefit your future to the best of your ability. ■

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KEY *Services* & Information

AFN

AFN Sigonella broadcasts locally on 105.9 FM. You can also stream it live on AFN360-Sigonella, either on the AFN Europe website or on the AFN Europe mobile app.

USO

The USO Center is located in the NAS II Air Terminal. In addition to the typical USO center amenities such as coffee, hot tea, cold drinks, snacks, troop computers, internet connectivity and TVs (both WiFi and TVs provided throughout the NAS II Air Terminal) the center also supports the transit flights with drinks, snacks and serves a free lunch every week out of the center. Programs delivered outside the center include events for parents and young children, spouses, single/unaccompanied personnel, families and various other outreach programs across the base, including NAS I, NAS II and Marinai, as well as virtual programming.

Website: <https://italy.uso.org/sigonella>
Phone: 095-56-6377; DSN: 624-6377

RED CROSS

The American Red Cross provides Emergency Communications coverage 24 hours a day, 7 days a week. The after hours emergency coverage is from 4:30 p.m. to 8:00 a.m. every day and 24 hours a day during weekends and holidays.

In addition to emergency communications, the Red Cross offers classes in CPR for adults, infants and children; first aid and safety; babysitting and disaster preparation. Red Cross-certified instructors conduct Red Cross swimming and lifeguard courses through MWR. Red Cross volunteers provide service to the Sigonella military community as

workers at the Naval Hospital and Dental Clinic, Disaster Action Team (DAT) members and instructors of health and safety classes. Volunteers also provide a variety of services by giving of their time at the Red Cross Field Office.

DSN: 624-4900
Toll Free: 877-272-7337 (24 hours a day, 365 days a year)
Email: sigonella@redcross.org

RELIGIOUS MINISTRIES

The NAS Sigonella Chapel hosts Catholic Mass, Contemporary Protestant services and Church of Jesus Christ of Latter Day Saints. There are Catholic and Protestant religious education programs for children throughout the year.

The Religious Ministries Department also supports life skills classes, including marriage enrichment, stress management and ethics workshops. The CREDO program sponsors resiliency retreats and workshops for women, couples, singles and families.

The Religious Ministries are also here to help facilitate worship services and provide faith-specific needs to accommodate all of our Nation's diverse religious requirements.

NAS I Chapel: 624-3975
NAS II Chapel: 624-9049
<https://www.facebook.com/SigChapel>

MORALE, WELFARE, AND RECREATION

Morale, Welfare, and Recreation (MWR)'s mission is to provide top quality-of-life support through a wide variety of recreation activities, quality childcare and entertainment services to

continued on page 36



LAS VEGAS 2019 WORLD CHAMPION PIZZA

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Oro dell'
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NICOLOSI



continued from page 34

forward-deployed service members and their families in Sicily. MWR aims to make your stay in Sigonella comfortable and memorable.

MWR recreational programs and facilities include two Fitness Centers and two outdoor pools, a Family Fitness Center, adultsports program, the Spare Time Bowling Center, Auto Skills Center (ASC), self-service car wash, Jox Pub, Connections Pub, Midtown 2 Theaters, library, Community Recreation Trips & Tours, equipment rental and the Liberty Program Single Service Members.
<https://www.facebook.com/SIGONELLAMWR>
<https://www.navymwr.sigonella.com>

POSTAL SERVICES

How do I get mail?

Postal services in Sigonella are provided on NAS I and NAS II. The Post Office on NAS I is located in building 318 across the MWR Thrift Shop and is open Monday through Friday 9 a.m. to 4 p.m. The Post Office on NAS II is conveniently located inside the Fleet Mail Center (FMC) and is open Monday through Friday 9 a.m. to 4 p.m.

NAS I Post Office: 624-4477

NAS II Post Office: 624-5915



HOW TO CONNECT

To learn more about NAS Sigonella, visit these official sources of information:

► NAS Sigonella Facebook page: <https://www.facebook.com/nassigonella>

► The Signature: This biweekly digital publication can be found as a PDF at https://www.cnic.navy.mil/regions/cnreurafcnt/installations/nas_sigonella/news/The_Signature.html or online-optimized at https://issuu.com/nas_sigonella

► Public Affairs Office: 095-86-5440/ 624-5440, or thesig@eu.navy.mil.

► Sigonella CNIC Website: https://www.cnic.navy.mil/regions/cnreurafcnt/installations/nas_sigonella.html. ■

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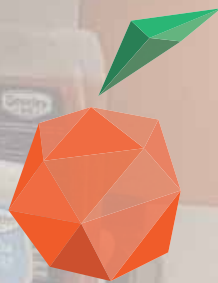
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COUNSELING *SERVICES*

If you ever are in need of counseling or mental health services, know that there are a multitude of programs and personnel that can assist you. Mental health is important for your well-being, and mental health challenges and issues should never be ignored or hidden.

CHAPEL

Chaplains provide 100% confidential counseling services focused on personal, family and relationship resiliency. Crisis counseling is also available. Counseling services are non-clinical and available to all regardless of religious affiliation.

► Eligibility

Available to all active duty members, dependents and DoD civilians

► Locations

NAS I — building 317

NAS II — building 742

► Hours

Appointments are available Monday-Friday from 8 a.m. to 4 p.m.

► Contact

NAS I Chapel — 095-56-3975

NAS II Chapel — 095-562-2382

24/7 assistance — 335-831-4493

Facebook: [https://www.facebook.com/](https://www.facebook.com/NASSigonellaChapel)

NASSigonellaChapel



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L'angolo di DoDò

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MENTAL HEALTH

Psychologists, psychiatrists and behavioral health technicians are able to evaluate and manage psychiatric disorders. They can facilitate patient movement to a Military Treatment Facility (MTF) where they are able to receive the services required. They will refer most cases to other counseling services available on base.

Note: If anyone is experiencing active suicidal ideations, seek emergency medical care from the Emergency Room at the installation.

- **Eligibility**
Adults aged 18 and older with TRICARE coverage. Other adults will be billed by your individual health insurance.
- **Location**
Flight Line Clinic, NAS II — building 148
- **Hours**
Monday-Friday, 8 a.m. to 4 p.m.
Closed on federal holidays.
- **Contact**
Mental Health Clinic — 095-86-6095
Substance Abuse Clinic — 095-86-6092

FLEET AND FAMILY SUPPORT CENTER

FFSC provides brief, non-medical counseling for individuals, couples and families that address defined problem areas. Topics can include relocation difficulties, adjustment problems, personal, marital or family problems requiring short-term treatment, work related stress and crisis intervention. FFSC does not treat personality change or mental disorders.

- **Eligibility**
Active duty members and their dependents, DoD civilians and DODDS employees and their families who are eligible in the military treatment facility.
- **Location**
NAS I — building 319
- **Hours**
Monday, Tuesday, Thursday, & Friday,
7:30 a.m. to 4 p.m.
Wednesday, 7:30 a.m. to 2 p.m.
- **Contact**
095-56-4291
Facebook: <https://www.facebook.com/ffsc.sigonella>

GUIDANCE CLINIC

The Hospital and Child Guidance Clinic provides psychotherapeutic treatment to address a broad range of psychological issues faced by children to include anxiety, depression, ADHD, adjustment difficulties and relationship issues.

- **Eligibility**
Children of any age who are eligible to receive care in the MTF
- **Location**
NAS I Educational and Developmental Intervention Services Clinic — building 272
- **Hours**
Monday-Friday, 8:00 a.m. to 4 p.m.,
by appointment only.
- **Contact**
095-56-4536



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Hours of operation :
Monday to Sunday 11.00/18:00
LOCATED: Food court
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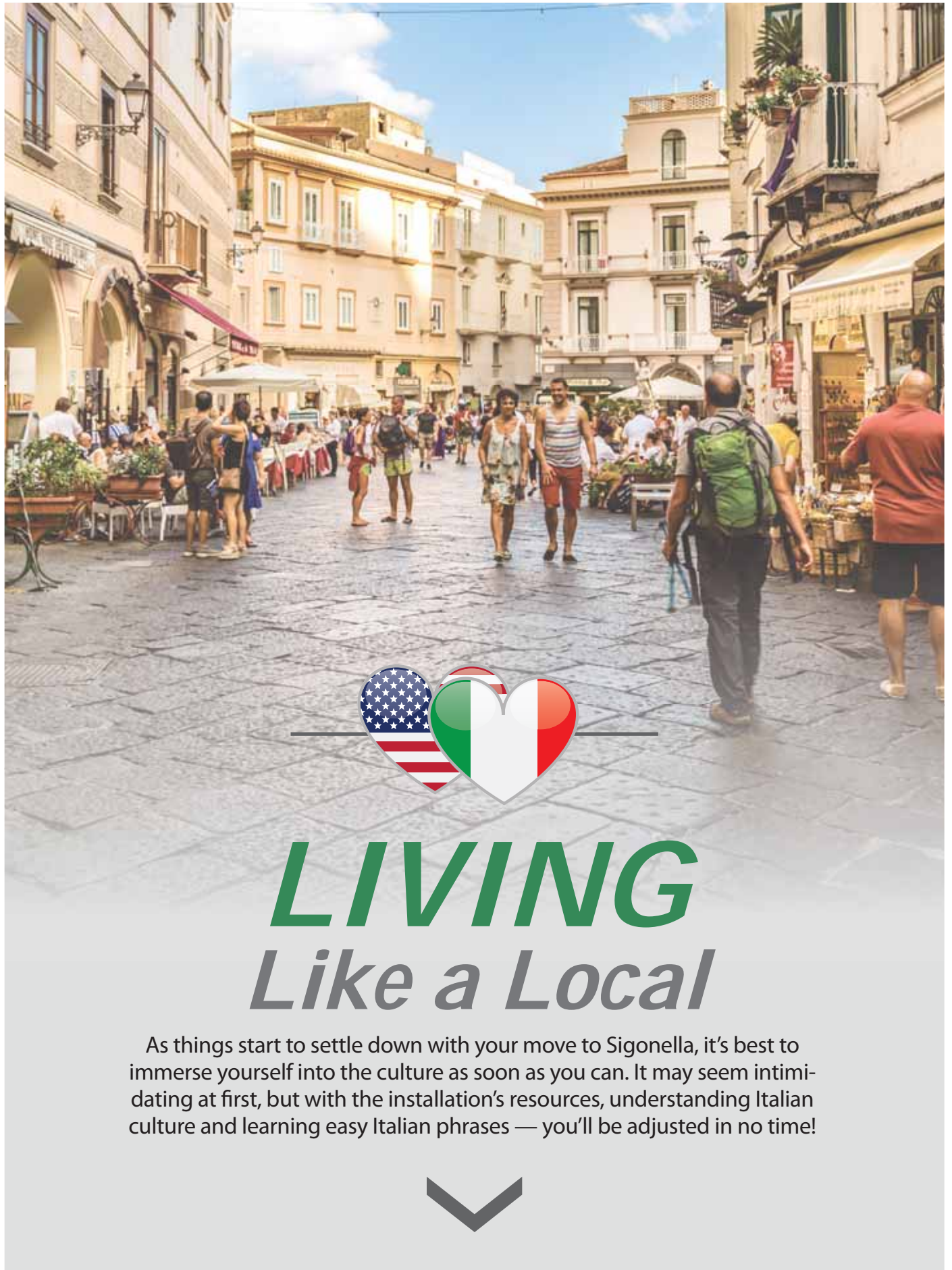


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NAS I





LIVING

Like a Local

As things start to settle down with your move to Sigonella, it's best to immerse yourself into the culture as soon as you can. It may seem intimidating at first, but with the installation's resources, understanding Italian culture and learning easy Italian phrases — you'll be adjusted in no time!



WELCOME ORIENTATION

During base indoctrination, the FFSC will take you on an intercultural relations trip to the nearby city of Catania and town of Motta Sant'Anastasia. You may stop in a restaurant, grocery store, market or other shops. The goal is to show you the ins and outs of how to order food and drinks, make purchases in stores and embrace the Italian culture overall. Consult with FFSC about other area orientation classes such as the New Spouse Orientation and ICR (Inter-Cultural Relations) Follow Up.

EVERYDAY LIFE IN ITALY

► Dining

- Water is served in bottles only: still or sparkling.
- Expect meals to last at least two hours.
- Lunch times are around noon to 2:30 p.m.
- Dinner times start around 7 p.m. and may stay open until midnight.
- Restaurants close between lunch and dinner.
- Be sure to ask for the check.
- Most times, you pay at the register.

► Shopping

- You'll need a 50 cent or 1 euro coin to

insert into shopping carts for use.

- Weigh your produce before checking out.
- Bring reusable bags for your groceries.
- If you forget a bag, you'll need to pay for one at the register.
- Many shops close for "riposo" which tends to take place between 1 p.m. and 4 p.m.

► Driving

- Italians tend to drive faster and more aggressively than what U.S. drivers are used to.
- Don't attempt to drive like the Italians to keep up with their pace.
- Italians do not consider it rude to tailgate. Don't get upset when they're tailgating you – however, don't form a habit of trying to tailgate them back.

AMICI PROGRAM

Visit the Fleet and Family Support Center for information on their "Amici" program. This program connects service members—single or with families—to their Italian counterparts. The goal of this program is to bring people with similar life situations together to experience full immersion in Italian culture.



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RECYCLING IN ITALY

Recycling is a requirement in Italy. Each town has different trash and recycle pick-up schedules — so be sure to ask your landlord, neighbors or the Housing Office for information.

► Here's a clear list of what to recycle:

Paper

Boxes (from cereal boxes to shoe boxes)
Cardboard
Envelopes
Paper
Paper bags
Reading materials (paperback books, newspapers, magazines, catalogs, mail)
Wrapping paper

Non-paper Packing Material

Aluminum foil
Bottle tops
Jar lids
Metal cans/packaging
Net bags for produce
Plastic bags (storage bags, bags that

food comes in, grocery bags)
Plastic bottles/cartons
Styrofoam

Biodegradables/Compost

Branches
Bread
Egg shells
Flowers/plants
Fruit
Hay and straw shavings
Nutshells
Paper towels
Tea bags
Untreated wood
Vegetables
Wood chips

Residual

Ashes
Cat litter
Diapers
Feminine products
Kleenex
Meat (including bones)
Mirrors
Non-packaging metals/plastics

Seafood (including shells)
Soiled paper products
Vacuum cleaner bags

Glass

White, clear, green, brown, blue and other colored glass
Drinking glasses
Non-returnable glass jars/bottles
Other glass packaging
*No ceramics, porcelain, at glass or metal/plastic lids

Bulk and Hazardous Waste

Batteries/chemicals/detergents/pesticides
Construction waste
Cooking oil
Electronics
Furniture
Large branches
Lightbulbs
Mercury thermometers
Other oils
Paint
Scrap metal
Tires
Trees

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Useful ITALIAN Phrases

Ready to learn Italian? Local nationals will appreciate that you are attempting to speak their native language. Remember, practice makes perfect!

SALUTATIONS

Hi	Ciao
Goodbye	Arrivederci / Addio
Bye	Ciao
Good morning	Buongiorno
Have a good day	Buona giornata
Good afternoon	Buon pomeriggio
Good evening	Buonasera
Have a good evening	Buona serata
Good night	Buona notte
See you soon	A presto

POLITE EXPRESSIONS

Please	Per favore
Thank you	Grazie
You're welcome	Prego
Yes	Sì
No	No
Yes, please	Sì grazie
No, thank you	No, grazie
How are you?	Come stai?
What's going on?	Cosa sta succedendo?
Very good	Molto bene
I'm OK	Sto bene
I'm sorry	Mi dispiace
Excuse me	Scusami
That's fine	Va bene
Of course	Ovviamente
Don't worry	Non ti preoccupare

ASSISTANCE OR CLARIFICATION

Can you please help me?	Potete per favore aiutarmi?
Pardon me?	Scusami?
Excuse me?	Scusami?
I understand	Capisco

That sounds good/All is good Suona bene / Tutto va bene
 Exactly Esattamente
 I don't understand Non capisco
 I don't know Non lo so
 I speak English Io parlo inglese
 I don't speak Italian Non parlo Italiano
 I speak a little Italian Parlo un po di italiano
 My Italian is bad Il mio italiano è cattivo
 What's that called in Italian? Come si chiama in italiano?
 How do you say " _____ " in Italian? Come si dice " _____ " in italiano?
 What does " _____ " mean in English? Cosa significa " _____ " in inglese?
 Do you speak English? Parli inglese?
 Please write it down er favore scrivilo

DINING

I'd like to reserve a table prenotare un tavolo
 My name is _____ Il mio nome è _____.
 I have a reservation Ho una prenotazione
 I would like _____ Mi piacerebbe
 I would like to pay, please Vorrei pagare, per favore
 Check, please Controlli, per favore
 Keep the change Tieni il resto
 Waiter/waitress Cameriere cameriera
 Menu Menu

SHOPPING

How much does this cost? Quanto costa questo?
 Do you have _____? Hai _____?
 How much? Quanto?
 What is this? Cos'è questo?
 Do you have this in size _____? Hai questo in size _____?

TRAVEL

Hotel Hotel
 Room Camera
 Train station Stazione ferroviaria
 Main train station Stazione ferroviaria principale
 Subway Metropolitana
 Airport Aeroporto
 ATM Bancomat
 Gas station Stazione di servizio
 When is the next train to _____? Quando è il prossimo treno per _____?
 When does the train leave? Quando parte il treno?
 Where is _____? Dov'è _____?
 North Nord
 South Sud
 East Est
 West Ovest
 Left Sinistra
 Right Destra
 Straight ahead Sempre dritto

LEARNING THE LANGUAGE

Although the basics are great – nothing beats hearing the language spoken well. Make the most of your tour in Italy by trying to learn the language.

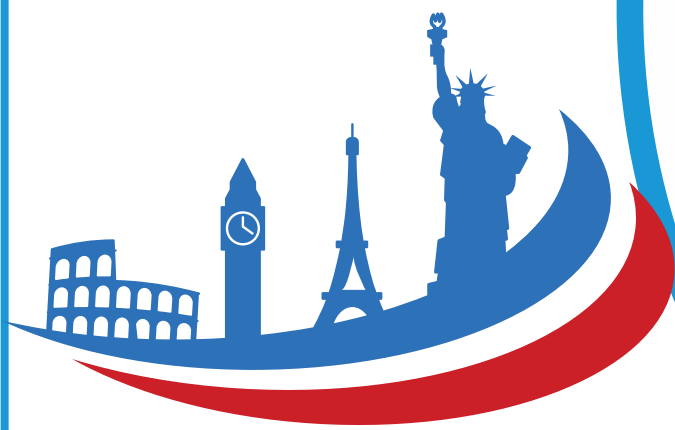
► Google Translate App

This app allows you to “say” the word in Italian and hear how it is pronounced. You can also turn on the image feature and hover your phone over the Italian text to translate in real-time to English without typing each word.

► Italian Language Classes

FFSC will go over Italian language basics during the in-processing ICR, Spouse Orientation and ICR Follow Up. FFSC also offers the “Easy Italian” language class. ■





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Conversions & Holidays

LENGTH

1 kilometer =	0.6 miles
1 meter =	3.3 feet
1 centimeter =	0.39 inches

WEATHER TEMPERATURE

°C.....	°F
0.....	32
5.....	41
10.....	50
15.....	59
20.....	68
25.....	77
30.....	86
40.....	104
50.....	122

ITALY PUBLIC HOLIDAYS 2022

1 January
New Year's Day
6 January
Epiphany
4 April
Easter Sunday
17 April
Easter Monday
18 April
Liberation Day
1 May
International Workers' Day
2 June
Republic Day
15 August
Assumption Day
1 November
All Saints' Day
8 December
Immaculate Conception
25 December
Christmas Day
26 December
St Stephen's Day

WOMEN'S SIZES

Shoes	Dresses/Shirts/Pants	Bras (Cups AA-E)
US.....EU	US.....EU	US.....EU
5.....35-36	2 (XS).....32	32.....70
5.5.....36	4 (XS/S).....34	34.....75
6.....36-37	6 (S).....36	36.....80
6.5.....37	8 (M).....38	38.....85
7.....37-38	10 (M).....40	40.....90
7.5.....38	12 (L).....42	42.....95
8.....38-39	14 (L-XL).....44	44.....100
8.5.....39	16 (XL/1X).....46	46.....105
9.....39-40	18 (1X-2X).....48-50	
9.5.....40	20 (2X).....50-52	
10.....40-41		
10.5.....41		

MEN'S SIZES

Shoes	Suits/Coats	Pants
US.....EU	US/UK.....EU	Inches.....CM
8.....41	36.....46	28.....71
8.5.....42	38.....48	30.....76
9.....43	40.....50	32.....81
10.5.....44	42.....52	34.....86
11.5.....45	44.....54	36.....91
12.....46	46.....56	38.....97
13.....47	48.....58	40.....102
14.....48		

CHILDREN'S SIZES

Clothing		
US.....EU/UK	8.....134	1.....32
2T.....92	9.....140	2.....33
3T.....98	10.....146	3.....34
4.....104	11.....152	4.....36
5.....110	Shoes	5.....37
6.....116	EU.....US	6.....38
6X.....122	11.....28	7.....39
7.....128	12.....30	8.....40
	13.....31	9.....41

INFANT SIZES

Clothing	Shoes	
US.....EU/UK	US.....EU	6.....22
NB.....56	0.....15	7.....23
3 MO.....62	1.....16	8.....24
6 MO.....68	2.....17	9.....25
9 MO.....74	3.....18	10.....27
12 MO.....80	4.....19	
18 MO.....86	5.....20	



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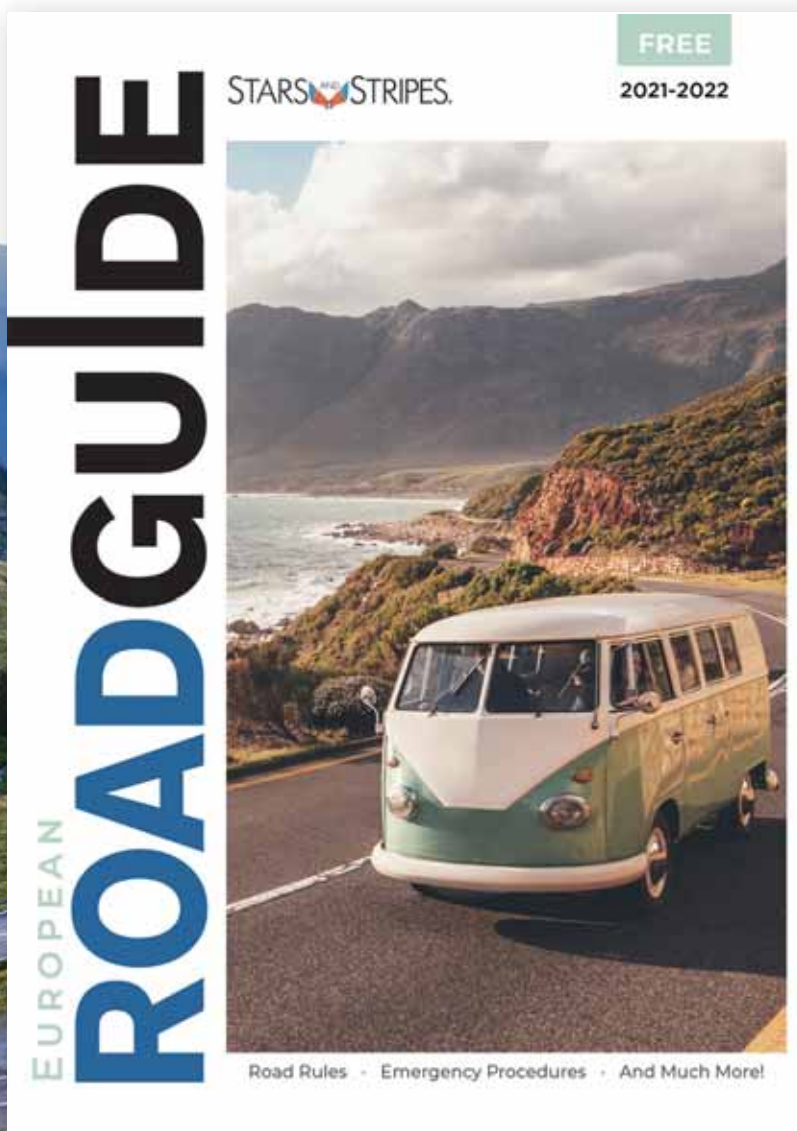


Emergency Phrases

European Road Rules



The Stripes European Road Guide will be available at your installation's A&FRC, ACS and FFSC!





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Pino Caruso

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Day Trip from Sigonella Charming Catania

By Karen Bradbury



Catania traces its earliest history back to the year 729 B.C., when Greeks who had already settled to the north founded Katane.

Through the years, the city in the shadow of Mount Etna has alternately prospered and met devastation. An earthquake in 1169 led to thousands of deaths, and another in 1693 destroyed much of the city. Catania owes its unique present-day appearance to 18th century reconstruction in a Baroque style making extensive use of lava rock. With a population of around 310,000 inhabitants, today it's Sicily's second-largest city after Palermo and can be enjoyed in one day.

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continued from page 58

Catania Cathedral

Dating back to close to a millennium is Saint Agatha's Cathedral, named in honor of a teenage girl of high birth who underwent many horrific tortures for refusing to recant her Christian beliefs and was martyred in 251. Destroyed by the 1693 earthquake and reconstructed in the mid-18th century, the cathedral's most impressive sights include its striking gray and white lava and limestone façade, a medieval Roman sarcophagus containing the ashes of Aragonese kings and in the sacristy, a portrayal of the 1669 eruption of Mount Etna. From Feb. 3-5 each year, the city's patron saint is venerated as part of one of the largest religious festivals in all Sicily. The bust of Saint Agatha and her relics are placed in an ornate cart which is pulled through town by her devotees.



Fontana dell'Elefante

The city's most charming monument is found on the Piazze del Duomo, where an elephant carved of black lava appears to wear a smile on its face. Nicknamed Liotru by the locals, he's one of the most recognizable symbols of the city. Mystery and legend surrounds the elephant's origins. One story holds the statue was the work of an 8th century nobleman who turned to the making of idols. The statue was restored by famed architect Giovanni Battista Vaccarini between 1735 and 1737, who added an Egyptian-styled obelisk to the elephant's back. As to why the elephant's trunk points directly to the Cathedral of Saint Agatha is another matter of speculation, with some suggesting its magical powers could shield the city from the eruptions of Mount Etna.



La Pescheria fish market

For fresh fish and foods of all kinds, head to this market where all manner of sea creatures and fresh food await purchase and transformation into a tasty meal. Nearby seafood restaurants offer a mouth-watering selection of squid, tuna and sea bass along with a variety of shellfish. Osteria Antica Marina, smack-dab in the middle of the market, is popular with locals and tourists alike.



Via Etna

The city's main shopping drag runs from Piazza del Duomo to the foothills of the mountain for which it takes its name. By day, it buzzes with shoppers in search of the latest fashions or a bargain too good to pass up, while in the evening hours, strollers enjoying their "passeggiata," leisurely-walk, are out in force. Serving as an oasis to all that is the Giardino Bellini, where shaded benches invite travelers to rest their weary feet. Just across from this pleasant park is found the Pasticceria Savia, known for its rendition of the shaved ice dessert, "granita," as well as the fast food that's been around for centuries and the topic of our last tip.

A famous street food

One of the stars of Catania's informal dining scene is the "arancino," a conical ball of rice that's been breaded and fried. Its most typical filling is ragu, a tomato, meat and pea sauce, but other variations are popular as well, to include eggplant (these are called Norma), mushrooms, sausage and pistachio. This Sicilian staple is the topic of a longstanding language dispute. While residents on the eastern side of the island use the masculine form of its name, ending with an "o," Sicilians to the west refer to it in the feminine, "arancina." ■

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Enjoy Roman Villas, Agrigento and Turkish Steps

By Stacy Roman



Romana del Casale



Agrigento

Now that the jetlag has worn off, newcomer's orientation has been completed and you're down to a handful of sealed boxes in the maelstrom of paper and cardboard, why not take a break and hit the road? One of the best things about exploring an island is if you get lost, you'll eventually find your way back home. Full of rich history, spectacular views and, of course, delicious food, Sicily is the perfect place to explore. Grab your keys and discover these amazing spots in your new backyard.

Piazza Armerina and Villa Romana del Casale

(1 hour, 20 minutes)

Approximately 75 kilometers west of Sigonella, in the heart of the island is Piazza Armerina. With an imposing Duomo piercing the skyline, it's worth exploring the narrow alleys leading up to the impressive cathedral. Enjoy a cappuccino and cornetto from a sidewalk cafe before jumping back in the car and heading a few more kilometers east.

A short 15-minute jaunt from Piazza Armerina are the impressive remains of an ancient Roman getaway, Villa Romana del Casale. First excavated in the 19th century, more than 3,500-square-meters of exquisitely detailed mosaic flooring has been unearthed. A designated UNESCO World Heritage Site, the villa is thought to date back to the Imperial Age, at the height of the Roman Empire. Columns

and crumbling walls outline the exterior of the villa. Although the area was subject to devastating flooding and mudslides in the 11th century, the mosaics and floors survived without much damage.

Agrigento

(1 hour, 40 minutes from Villa Romana del Casale)

Once you've explored the remnants of the beautiful villa, hop back in the car and drive through the scenic Sicilian countryside toward the southwestern shore to the city of Agrigento. Nestled on a hilltop overlooking the sea, at first glance, the town doesn't look like much. Resembling a concrete jungle from the outset, the city center is home to a beautiful Medieval town center. Harkening back to its history as a wealthy Greek colony, the influence of Greek culture can be seen and felt around every corner—including just down the road at the Valley of the Temples.

continued on page 64



Sigonella inn

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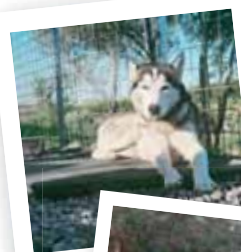


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continued from page 62

Just a mere 3 kilometers south of Agrigento is one of Sicily's most-visited attractions, Valle dei Templi, or Valley of the Temples. The behemoth archeological site lies on the prehistoric city of Akragas. Visitors can explore the Temple of Concordia, which is surprisingly intact with imposing columns rising around 17-meters tall. Other temples include Temple of Heracles, Juno, Asclepius and more. Visitors can also stroll through the lush olive and citrus groves which took root in an ancient Greek swimming pool.

Scale dei Turchi and Realmonte

(20 minutes from Agrigento)

The Turkish Steps, or Scala dei Turchi, are steeped in rich pirate lore. As local legends recall, Turkish pirates would anchor their ships off the coast, which were hidden due to the step. They would use the naturally formed stairs to sneak into the villages atop the cliff, and carry out their plundering and pillaging before retreating back to their ships.

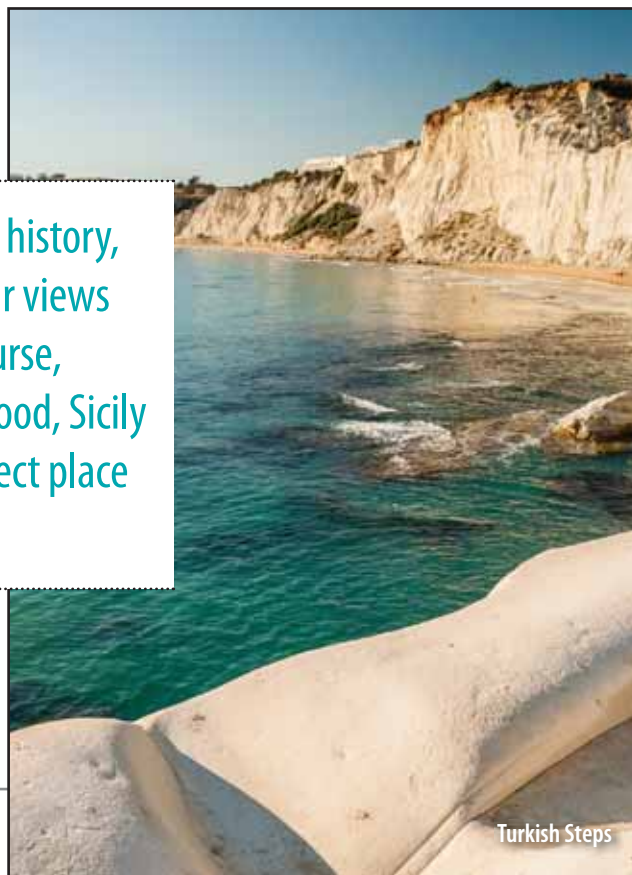
Nowadays, the Turkish Steps draw curious tourists and sunbathers. From afar, the stairs look as though they've been molded out of clay. Created over centuries due to erosion, wind and rain, the brilliant white hue of limestone and marl is a breathtaking contrast to the jewel-toned turquoise and blue water below. Golden, sandy beaches surround the steps on either side of the cliff.

If the steps are a bit crowded, or you've had your fill of vitamin D for the afternoon, head into the nearby town of Realmonte. Home to one of the most unique churches in Sicily, descend into a halite mountainside to discover the Church of the Realmonte Salt Mine. The "Cathedral of Salt" is carved entirely out of salt, including the crucifix, altar and bishop's seat. Nearby above ground, are the remains of an 1,800-year-old Roman villa. Discovered in the early 20th century, the once opulent home covers more than 5,000-square meters. Intricate mosaic floors and marble have been uncovered, along with columns and collapsing wall remnants distinguish rooms from one another.

With a fascinating and vibrant history, Sicily is home to jaw-dropping historical sites, post-card-worthy panoramas and amazing culture. While it can be tempting to stay inside your comfort zone, there's a fantastic world waiting for you. Grab your keys, sunscreen and explore the beautiful host country around you. ■



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and, of course,
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Indulge in a long weekend to MARSALA

By Jessica Zen



Salt Flats of Trapani

From the towering mountains in the northern Tyrol region to the glittering ocean beaches on the southern islands, Italy is truly a stunning and vast country. Start your Italian adventure close to home and make your way across Sicily to the northwestern side of the island to Marsala, the perfect location for a long weekend.

Marsala packs a punch with a plethora of things to see and do. Start in the center of the town at Piazza della Repubblica, the main square. Your eyes will be drawn to the Chiesa de San Tommaso. This cathedral was built around 1176 and features a Baroque façade with two bell towers. Inside you'll find ornate statues, a marble altar and baptismal font, religious art and a large organ. Next, wander towards Palazzo VII Aprile, the city council palace. It was completed in the 15th century and now features a large clock with Roman numerals and a bell.

Then, head to Porta Garibaldi, a large arch that opens into the town. It is part of the remains of what was once a complex defensive system of walls and gates. This is where Giuseppe Garibaldi and the Thousand entered the city in 1860 and began the unification of Italy. The arch features intricate stonework with Latin inscriptions and inlets with statues.

After you've explored the town, get ready for some fabulous food and wine at Baglio Oneto. Plan for a relaxing afternoon of wine tasting and touring this family estate. Begin your

continued on page 70

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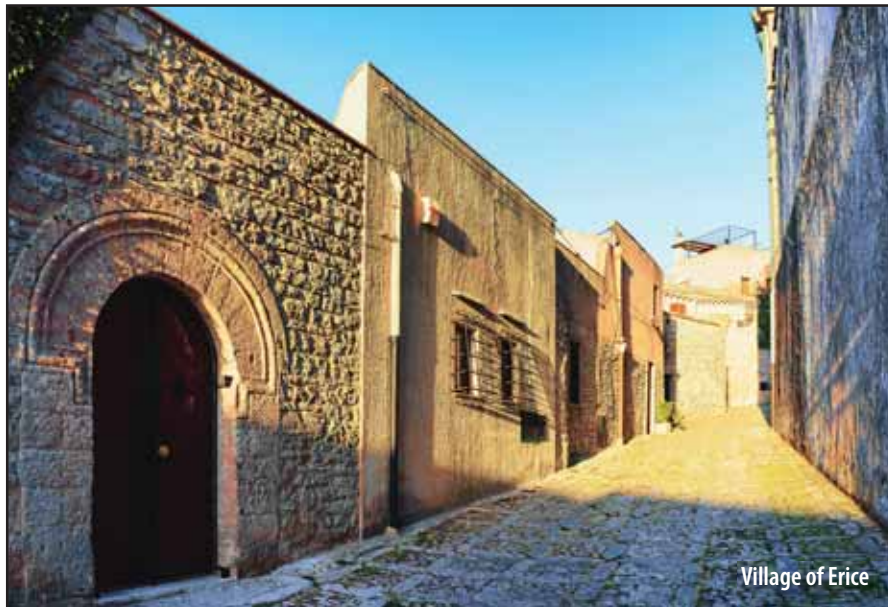
Enjoy fantastic views of the Gulf of Bonagia and surrounding landscapes as you hike the trails of Erice.

journey at the source of all the goodness, the vineyard. Carry on to the milestone room where the grapes were pounded by foot! Stop at the manor house and then make your way to the grand finale, the wine cellar. Take your time sampling various wines while you enjoy Sicilian cheeses, salami and biscotti. Next, get ready to indulge in some seriously good food.

The restaurant on-site, La Calandra, proclaims they offer “a renaissance for all the senses.”

See the beautiful interior with gabled ceilings and exposed wooden beams, or sit on the patio and dine al fresco and look out over the sea. Smell the Mediterranean cuisine with fresh herbs as it is lovingly prepared in the kitchen. Finally, taste the masterpieces from the chef! Meals like blue Egadi fish or the famous red prawns are sure to tickle your fancy. After a tranquil end to your day, head back to your lodging to rest up for the next day's adventures.

On your second day, get ready for some sightseeing in the village of Erice, which you may have heard of before. The ancient Roman poet Virgil talked about it in his Latin epic poem, “The Aeneid.” Erice is known as the city with a hundred churches, which is of course, a gross exaggeration. Plan on taking the hiking trail to three churches, known as Porta Castellammare. Here you'll have a fantastic view of the Gulf of Bonagia and you'll see the St. Maria Maddalena, St. Ippolito and St. Maria Maggiore churches.



Next up is Venus Castle. It was built in the 12th century by Normans and stands as a reminder of the goddess of fertility. The castle is built into the cliff-side and features a defensive system of towers. Don't miss out on touring the beautiful gardens, where you can have a panoramic view of the area.

On your way back to Marsala, stop at the salt flats of Trapani. This incredibly unique and unexpected attraction is where salt has been harvested since the 12th century. Piles of salt can be found sitting on a network of “roads” over the shallow water. Windmills dot the landscape and were once used to grind the salt. Though little salt is produced there currently, it still remains a fascinating location. If you have time, rent a canoe and row out into the marshes.

On the last day of your trip, spend the morning at Isola Favignana. There is a multitude of caves and rock formations to explore on this small island off the coast of Marsala. Either scuba dive, snorkel or take a boat around the area. On your way back to Sigonella, make a pit stop in Selinunte to check out the ruins. Though you likely haven't heard of this fascinating location, it is home to the largest archeological site in Europe! Here you'll find temples, an acropolis and other various Greek ruins high up on a plain overlooking the ocean.

Marsala is just one of the many beautiful places to visit in Sicily. Make time to explore the region and learn about its thrilling history. Visit a church or five, lounge on the beach and learn a few things about civilization's past. This is just the beginning of many Italian adventures to come! ■

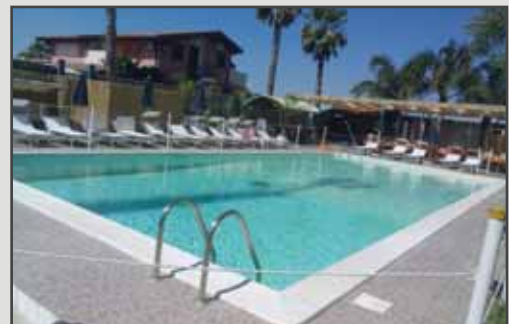


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Italy Edition

By Stripes Staff

Italy is a dreamy country filled with countless treasures from architectural masterpieces and picturesque coastal towns to some of the world's best food and experiences waiting to be had. While stationed in Sigonella, be sure to traipse through Italy and cross these items off your Italian bucket list.



1

Toss a coin in the Trevi Fountain.

2

Explore the villages of Cinque Terre.

3

Hike up the mighty and impressive Mount Etna.

4

Snap an iconic pic with the Leaning Tower of Pisa.

5

Take a gondola ride through the canals of Venice.

6

Witness the clash of Roman and Greek architecture in Taormina.

continued on page 74

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continued from page 72

7

Indulge in delicious gelato, pizza, pasta and, of course, wine.

8

Hike through the Dolomites.

9

Visit the Amalfi Coast and take a short boat ride into the cave, Blue Grotto of Capri, to witness its illuminated blue waters.

10

Visit the Vatican Museum and St. Peter's Basilica.

11

Appreciate the art and architecture of Florence.

12

Stare in awe of the Gothic Duomo di Milano cathedral in Milan.



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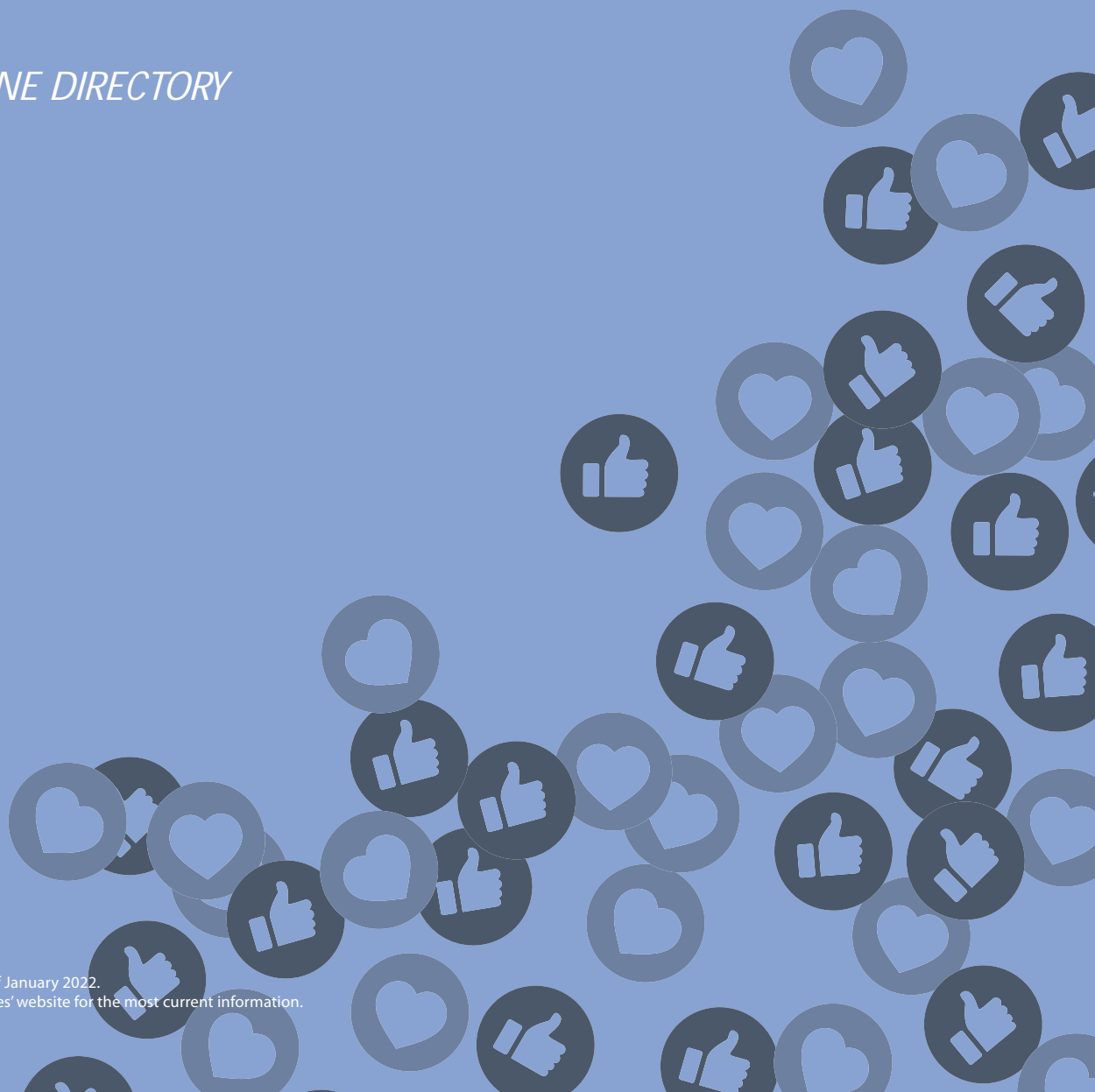
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78 *QUICK REFERENCE NUMBERS*

80 *PHONE DIRECTORY*

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.....	335-8314493 (AFTER HOURS)
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.....	335-841-2014 (AFTER HOURS)
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.....	624-4067/624-4265 (AFTER HOURS)
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.....	624-2761 (AFTER HOURS)
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POST OFFICE NAS I	624-4477
POST OFFICE NAS II	624-5915
SUPPLY RESPONSE SECTION (SRS-24HRS)	624-2209

NAVY GATEWAY INN & SUITES

NAS I NGIS FRONT DESK	624-3070
NAS II NGIS FRONT DESK	624-6832/2926

NAVY MARINE CORPS RELIEF SOCIETY (NMCRS)

AFTER HOURS EMERGENCIES	335-130-5139
MAIN OFFICE	624-4212

NAVY MUNITIONS COMMAND ATLANTIC DETACHMENT (NMCLANT DET)

QRT DECK	624-2119
ADMIN	624-2965

O**OPERATIONS DEPARTMENT**

OPS SECRETARY	624-2211
ADMIN OFFICER	624-5787
AIRFIELD MANAGER	624-5095/2037
<i>AIR TRAFFIC CONTROL</i>	
ADMIN	624-2729
BASE OPS	624-5513/2908
AIR CARGO	624-5180
GROUND ELECTRONICS MAINTENANCE DIVISION (GEMD)	624-5964
TRANSIENT LINE SERVICES (T-LINE)	624-2018

P**PATROL SQUADRON (VP SQUADRON)**

DUTY PHONE	624-6797
ADMIN	624-2420
OPS OFFICER	624-6770
MAINTENANCE MATERIAL CONTROL OFFICE	624-5977
MAINTENANCE CONTROL	624-5338/5339

PERSONNEL SUPPORT ACTIVITY DETACHMENT (PSD)

CUSTOMER SERVICE	624-5651
SATO/NAVPTO	624-2994

LOGISTICS SUPPORT CENTER

MAIN LINE	624-5482
PERSONAL PROPERTY/HOUSEHOLD GOODS CUSTOMER SERVICE	624-9440/9441/9270
PERSONAL PROPERTY INBOUND	624-9443
POST OFFICE NAS I	624-4477
POST OFFICE NAS II	624-5915
PROTOCOL OFFICER	624-5313

PUBLIC AFFAIRS OFFICE

FRONT DESK	624-5440
ASSISTANT PUBLIC AFFAIRS OFFICER (APAO)	624-6530
COMMUNITY RELATIONS (COMREL) DIRECTOR	624-5229

PUBLIC WORKS DEPARTMENT (PWD)

ADMIN	624-5771
AFTER HOURS EMERGENCIES	624-5354/335-796-4280
ON BASE TROUBLE CALLS	624-6013
TRANSPORTATION	624-6428
ZONE MANAGERS	624-6867

R**RELIGIOUS MINISTRIES DEPARTMENT**

CHAPEL NAS I	624-3975
CHAPEL NAS II	624-9049
DIRECTOR OF YOUTH MINISTRIES (NAS I)	624-3782/3826

S**SAFETY DEPARTMENT**

MAIN LINE	624-5630
EXPLOSIVE SAFETY (ESO)	624-5291

SECURITY DEPARTMENT

ON BASE	911-
OFF BASE NAS I	095-56-1991
OFF BASE NAS II	095-86-1991
DISPATCH	624-5225/6065
MOTOR VEHICLE REGISTRATION OFFICE (MVRO)	624-5275
ANTI-TERRORISM OFFICER (ATO)	624-5494
SECURITY MANAGER	624-5767/5768

SEXUAL ASSULT PREVENTION AND RESPONSE (SAPR)

SAPR 24/7 HOTLINE	335-642-8312
SEXUAL ASSULT RESPONSE COORDINATOR (SARC / 24/7)	338-670-0195
CIVILIAN VICTIM ADVOCATE (24/7)	335-773-3553
VICTIMS LEGAL COUNSEL (VLC)	624-3246/624-56-3246

T**TLA APARTMENTS**

MAGNOLIA CLUB	095-7553048
MOTTA RESIDENCE	095-309918
NEW PLACE	339-650-2283
ORANGE PARK	095-7559035
SIGONELLA INN	095-7130237

U

UNIVERSITY OF MARYLAND	624-4492
USO SIGONELLA	624-6377

V

VETERINARY CLINIC	624-4258
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W

WEBMASTERS DEPARTMENT	624-6628
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Y

YOUTH CENTER/SPORTS	624-1747/1750
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FOOD & DRINK

Alpha's Garden	+39 095 6143 953
Angelo & Bros	+39 328 9181990
Arancia Sicula	+39 095 5183324
Bar Old Time	+39 095 306724
Bar Vitelli	+39 366 4391 835
Be At One Pub	+39 333 165 1383
Carlito's	+39 095 346709
Cool Food	+39 392 412 2185
Cristaldi Food Specialities	+39 095 316422
Dakoky	+39 093 119 99811
Days Inn	+39 342 8022540
Esagonal	+39 095 780 7868
Etna Rosso	+39 095 325030
Etna Quota Mille	+39 095 518 7293
Farmhouse Oasi Di Francesca	+39 327 6996068
Gambino Vini	+39 389 8525100
Gisira	+39 095 349652
Golden Restaurant	+39 095 216 3812
Healthy Place	+39 3384164605
Mad in Italy	+39 095 818 4361
Osteria Agostiniana	+39 0942 721074
Oxidiana	+39 095 532585
Pasticceria Puleo Andrea	+39 095 309466
Patria Winery	+39 0942 983133
Pokay	+39 095 3788 231
Ristorante Crateri Silvestri	+39 349 6436334
Ristorante Pizzeria Donna Fortunata	+39 331 320 1707
Steak House Catania	+39 095 316865
Tap House	+39 320 750 5344
Thai Princess Ristorante Thaiandese	+39 333 191 8404
Umberto's	+39 095 0668554

ACCOMODATION

205 Housing Complex	+39 095 713 0252
Agostiniana Hotel	+39 0942 721608
Azienda Agriturstica Orange Park	+39 095 7559035
Farmhouse Oasi Di Francesca	+39 327 6996068
Housing Solution	+39 327 7697366
Il Gelso Bianco	+39 095 7181159
Magnolia Club Residence	+39 095 755 3048
New Place Temporary Lodging Apartments	+39 095 308639
Naca Suite	+39 339 249 6707
Pantellaro Immobiliare	+39 095-713-0164
Parc Hotels Italia	+39 0942 643161
Pizzarotti	039-0957848690
Sigonella Inn	+39 095 7130237
Tenuta Hotel	034-94013064

HEALTH & MEDICAL

Aesthetic and Reconstructive Plastic Surgery Center	+39 095 7126972
Dr. Rizza Calogero	+39 095 303674
Life Chiropratica Catania	+39 095 226 4708

SHOPPING

Centro Sicilia	+39 095 749 3520
Sicilia Outlet Village	+39 0935 950040

PETS

Care & Move 4 Pets	+39 345 2392093
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SCHOOL

L'angolo Di Dodo	+39 339 459 7491
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AUTOMOTIVE

American Auto Center	+39 327 743 9588
American Muscle Auto Repair	+39 347 668 6878
EG Service Soccorso Stradale	+39 339 813 7297
EG Service	+39 095-8320641
Mario & Brother	+39 338 3630009
Noleggio Easy	+39 095 530993
Soccorso Stradale F.Ili Chiecho	+39 095 463607
VIP Cars SRL	+39 335 6396324

OTHER

Antonio Barber Shop	+39 339 824 2870
Beauty Center Agostina	+39 095 308639
BHB Tufano	+ 39 081-5027349
Calvary Baptist Church	+39 348 517 4074
Mario's Iron Works	033-84164605
New Hope Christian Center	+39 3425693614
Parco Avventura Etna	+39 329 9188187
Palermo Style Di Palermo Giovanni	+39 0933 982167
Siportal	800 166 800
Sigonella insurance	+39 095 869427
The Family Ink Tattooing	+39 095 216 7767



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- ➔ Mediterranean & American breakfast
- ➔ Complimentary rental car with each apartment
- ➔ Outside and inside parking
 - ➔ Security video camera (all building)



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 - ➔ 24h reception with multi-language friendly staff
 - ➔ All pets welcomed

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- ➔ Direct phone line
- ➔ DVD players
- ➔ Both 220v and 110v outlets
- ➔ A/C and central heating system
 - ➔ Alarm system
 - ➔ Gas detector



- ➔ Free WI-FI ADSL connection
- At your disposal are ...**
 - ➔ American and coffee bar
 - ➔ Meeting hall
- ➔ Swimming pool with Jacuzzi
 - ➔ BBQ equipped area, patio & gazebo for parties and socializing
 - ➔ Professional babysitting service on request
 - ➔ Safety deposit boxes
- ➔ Free laundry & dryer facilities



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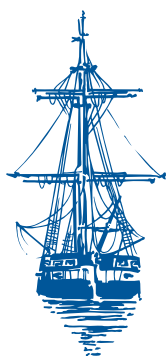
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