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PCS Guide 2026–2027

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STARS AND STRIPES.

Europe Office

COMMANDER
 Dan "DQ" Quinlan, Lt Col, USAF
 BUSINESS OPERATIONS MANAGER
 John Rodriguez
 PUBLISHING & MEDIA DESIGN, MANAGER
 Carrie Farrell
 PUBLISHING & MEDIA DESIGN, LEAD EDITOR
 Kat Nickola
 WRITER-EDITORS
 Tamala Malerk, Katie Wells
 GRAPHIC DESIGNERS
 Daniela Gammon,
 Ryyan Joye, Mandy Mills
 MARKETING COORDINATOR
 Kristen Thoennes
 COMMUNITY RELATIONS COORDINATOR
 Al Green
 MULTIMEDIA ADVERTISING, MANAGER
 Doug Dougherty
 SIGONELLA ADVERTISING SALES REPRESENTATIVE
 Sebastiano Saglimbeni
 MULTIMEDIA ADVERTISING, CONSULTANTS
 Sean Adams, Heidi Bayfield, Kandace Blevin,
 Nate Jamison, Jennifer Kordos, Caitlin Weaver
 ADMINISTRATIVE ASSISTANT
 Danny Padro
 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.
 REVENUE DIRECTOR
 Scott Foley
 MULTIMEDIA ADVERTISING, CONSULTANTS
 Corey Henderson, Gerard Kelly, Claudia Stier,
 Mary Vandenberg
 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
 Saeeda Daniels
 ADVERTISING OFFICE
 633 3rd Street NW, Suite 116
 Washington, DC 20001-3050
 202-886-0003
 COVER DESIGN BY
 Mandy Mills

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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OUR MENU



NUOVO MENU

WELCOME TO SIGONELLA



EMERGENCY INFORMATION

If you experience an emergency on or off base in the NAS Sigonella area, call dispatch:

+39-095-86-1911

They will coordinate proper assistance.

Emergency numbers outside of the NAS Sigonella region

European emergency line (like 911): 112

Carabinieri (Italian Police): 112

Fire: 115

Ambulance: 118

Police: 113

NAS SIGONELLA WEBSITE



www.facebook.com/nassigonella
www.instagram.com/nassig_official

To dial DSN at Sigonella, use 624 + last four digits of the phone number.

NEWCOMER CLASSES

INDOC

The NAS Sigonella Indoctrination class (INDOC) is mandatory for all active-duty military members. Spouses may also attend. This is a two-day class that covers base facilities and services, plus relocation assistance.

- Register by emailing M-SI-NASSIG-TRAINING-GS@EU.NAVY.MIL
- INDOC Coordinator Phone: +39-095-56-4696

ICR

In conjunction with INDOC, the Intercultural Relations (ICR) program is run by the FFSC. This is a three-day long course, with two day trips to nearby cities. ICR covers local Italian culture, language, history and lifestyle

information to help with your transition to a new country. Civilians and spouses are highly encouraged to attend ICR.

PERMESSO DI SOGGIORNO

Within eight days of arrival, all military dependents, DOD civilian employees, contractors and their families must submit an application for a Permesso di Soggiorno. The permit gives you permission to legally live in Italy. To get it, you must already have a Missione Visa in your no-fee U.S. passport, which is a requirement before traveling to Italy. Contractors are not given no-fee passports, so the Missione Visa is printed in their tourist passport. The Soggiorno permit is valid for two years, and it is important to check the expiry date and renew if needed.

Region Legal Service Office (RLSO)

NAS II, Bldg. 564 | Phone: +39-095-86-7576

Bring the following to the RLSO for each Soggiorno.

- Permesso di Soggiorno application
- Three identical passport photos (NEX offers photo service)
- Three copies of the picture and signature page in the no-fee passport
- Two copies of the Missione Visa in the passport
- Proof of SOFA Status: Orders for active duty, DD1614 and DD1617 for civilian employees (two copies each), or DOCPER accreditation for contractors (two copies)

Your Navy Region Legal Service Office (RLSO) is also available for a variety of legal assistance.

They help with powers of attorney, notary services, wills and estate planning, medical directives, Servicemembers' Civil Relief Act (SCRA), and other legal counseling.

BUDGET SHOPS

Need an extra pan, silverware or dishes at your temporary lodging? Check out these locations for those budget needs.

NMCRS Thrift Shop

NAS I, Bldg 318 | +39-348-903-1596

www.facebook.com/sigonella.nmcrs

The thrift store has clothes, books, toys and small household goods for sale at economical prices.

FFSC Loan Locker

NAS I, Bldg. 319 | +39-095-56-4291

The Loan Locker at the Fleet and Family Support Center (FFSC) offers a hospitality kit that includes kitchen items such as silverware, dishes, pots, pants and coffee machines to borrow.

The **NEX** Main Store is located on NAS I, and a NEX Mini Mart is located on NAS II.

GROCERIES

Commissary

NAS I, open daily

The commissary is co-located with the NEX and offers digital ordering and fast grocery pick up via the Commissary CLICK2GO App or online at shop.commissaries.com.

Off-base delivery

Food delivery apps commonly used across Italy:

- [Justeat.it](https://www.justeat.it)
- [Deliveroo.it/en](https://www.deliveroo.it/en)
- [Glovoapp.it/en](https://www.glovoapp.it/en)

Off-base grocery stores

- Decò Supermarket is a Sicily-based grocery store chain with large superstores.
- CONAD is a large Italian grocery store chain.
- Carrefour is a large French-based grocery supermarket.
- MD and Lidl are smaller, budget grocery markets.
- Coop has regular sized shops and huge "Ipercoop" stores.
- Spar is another grocery chain with small "Despar" stores and large "Eurospar" supermarkets.

Traveling to Sigonella?



Stay with us!



We welcome those on orders or leisure travel:

- Active-duty military, reserve military, retired military and veterans
- DoD civilians
- Sponsored guests



NEXCOM Hospitality Group – Navy Gateway Inns and Suites (future NAVY INN) offers:

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Amenities include:

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Before making your reservation, please contact the Pass and ID Office for base access information and requirements.

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continued from page 6

BANKING

Getting an Italian account with an International Bank Account Number (IBAN) is necessary for paying bills and transferring money. It is also helpful for making purchases, getting cash and managing funds between dollars and euros.

ON-INSTALLATION BANKING OPTIONS

► **Community Bank** has two offices at NAS Sigonella.

- NAS I, Bldg. 318 | +39-095-713-0711
- NAS II, Bldg. 471 | +39-095-749-4911

► **Navy Federal Credit Union**

- NAS II, Bldg. 542 | Toll free: 00-888-842-6328

MOBILE BANKS

Online banks are a great tool to get local bills paid and often offer competitive exchange rates and low fees. They have international banking apps that allow you to create a European account with an IBAN to pay rent or bills in euros.

► **Wise** | www.wise.com

Wise safeguards customers' funds to make sure they're always available whenever they're needed and offers simple to use web and app access to money.

► **N26**: | www.n26.com

N26 is a 100 percent mobile, fully licensed bank, which provides the same level of security and regulations as traditional banks. Their European banking license protects your funds up to €100,000 by the German Deposit Protection Scheme.

USING DEBIT CARDS

- Contactless cards and chip and PIN cards are the norm throughout Europe.
- Smaller Italian businesses may not take credit cards.
- Always carry euros when off installation.
- Some U.S. banks charge international transaction fees when using debit cards, so check with your bank.

CELL PHONES

Upon arrival, setting up your cell phone is extremely helpful. There are a variety of options in Italy, and plans tend to be very affordable.

Wi-Fi Communication

When you first arrive, it is helpful to use one of these popular texting apps that are free to use over Wi-Fi.

- WhatsApp
- FaceTime
- Signal
- Facebook Messenger

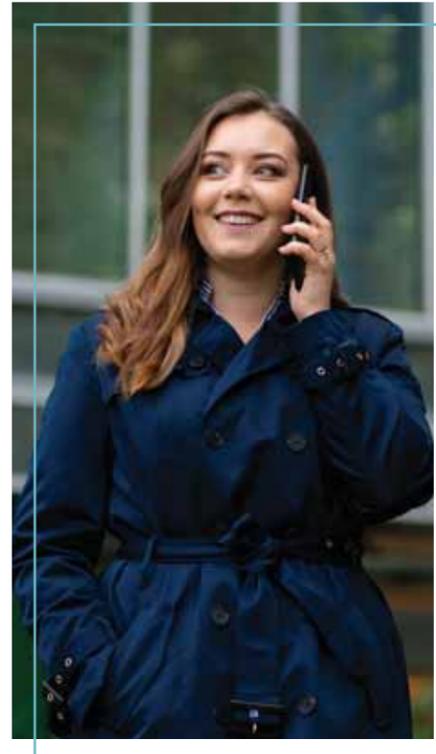
Italian Providers

Most people prefer using a pre-paid service or plan with a local provider in Italy. This allows you to purchase a European SIM card that includes a large amount of data to use within a single month. You can then set up automatic monthly payments with a web account, or add data as needed online, and at grocery and convenience stores.

- Vodafone has a retail location on NAS I, Phone: +39-095-56-4493.
- Other providers include Tim, WindTre, Ho, Iliad, Kena, VeryMobile.

U.S. Number

Some U.S. providers offer international rates that you can add onto your current plan. This option allows you to keep your U.S. phone number but may require occasional verifications to ensure you can receive messages. ■



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376 - 2580568
348 - 8361388

TRANSPORTATION IN SIGONELLA

PUBLIC TRANSPORTATION

BUSES

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

TRAINS

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

TAXIS

- A taxi from Catania to NAS I or NAS II will cost approximately 50 euros.
- Agree on the price ahead of time, and have the driver write it down or type it on a phone for clarity.

ALLIED FORCES ITALY (AFI) LICENSE

You must obtain an AFI License to drive in Italy by attending the Driver Improvement Program course during INDOC and passing the test. Call the Motor Vehicle Registration Office (MVRO) for course times.

MVRO

NAS II, Bldg. 724 | +39-095-86-5275
nassigmvro@eu.navy.mil
Email MVRO the following to receive your license:

- Exam results
- Valid driver's license
- PCS orders

DRIVING OUTSIDE OF ITALY

Obtain an International Driving Permit (IDP) from www.aaa.com/vacation/idpf for trips outside of Italy.

MOTORCYCLE REQUIREMENTS

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 with the installation HOST Safety Office and be at least 18 years old. Motorcyclists can only operate a motorcycle of 35 kW or less.

For more information on motorcycle courses, you can contact the HOST Safety Office.

► HOST Safety Office

NAS II, Bldg. 622 | +39-095-86-5630,
DSN: (314) 624-5630
m-nas-sigonellasafetyoffice@us.navy.mil

The Host Safety Office offers the Basic Rider's Course (BRC 1) and BRC 2 motorcycle training courses. The BRC 1 course is a Level 1 (Beginner) course. All military motorcycle riders must complete a Level 1 training course before receiving an AFI license. BRC 1 includes classroom instruction and a paperback book in addition to all the riding equipment, including a loaner motorcycle. This course provides novice riders the skills and knowledge needed to obtain a motorcycle endorsement on their driver's license. The BRC 2 is for experienced riders using their own motorcycle. Classes are offered on a monthly basis.

Effective in Europe, CNREURAFCENT directs that riders are not authorized to wear military uniforms while commuting via motorcycle, bicycle or as a pedestrian.

VEHICLES IN ITALY

A maximum of three vehicles with an engine size of 50cc and higher are allowed at one time per sponsor during a tour in Italy. Mopeds 49cc and below do not count as one of the three. One moped is allowed per adult in a household.



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. Insurance coverage is required for all vehicles at all times.

Commonly Used Options:

- Sigonella Insurance has an office on NAS II, Bldg. 549. Phone: +39-095-86-9427
- USAA international coverage

VEHICLE REGISTRATION

You must make an appointment at the MVRO in order to register a vehicle. The following items are required for registration.

- AFI driver's license
- Valid driver's license
- Military ID
- Shipping document (for vehicles at the VPC)
- Proof of ownership or lien document.
- PCS orders (active duty), DOCPERS MFR (contractors), or Logistical support letter (DoD civilians)
- Funds to cover Italian road taxes (only for non-primary vehicles)
- Automobile insurance policy

ITALIAN TAXES

Road tax is not charged on your one primary vehicle, but additional second or third vehicles must pay Italian road tax, including motorcycles. The rates are based on your vehicle's size and age. Older, larger vehicles have higher taxes. Road tax must be paid regardless of the vehicles operational status.



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Spoken

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Catania via C. Pisacane, 11 / 13 Tel +39 095 209 027



Cell. 348 8917285

Cell. 375 6345258

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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 has the required equipment at all times, not just for its inspection.

Required equipment for inspection:

- Vehicle registration
- Safety equipment: First-aid kit, warning triangle and reflective vest

BUYING A CAR

You have the option to buy a new or used car from dealers and private sellers in Italy. There is no sales tax when buying a vehicle from another military member. Used automatic transmission vehicles may be more difficult to find and tend to be more expensive. Buying and selling cars requires an appointment with MVRO. Appointments will only be made if the buyer has obtained the AFI license.

Be aware that vehicles registered at MVRO can only be sold to another AFI privileged sponsor. Selling to Italians or TAD/TDY personnel is not authorized.

The 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.

Vehicles that don't meet U.S. specifications (specs) cannot be shipped back to the U.S. unless they are over 25 years old and VPC verifies requirements.

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 with the tax-free price at the time of purchase.

The primary vehicle's engine size, engine base, horsepower and fuel requirements determine the monthly fuel allowance. Additional vehicles do not qualify for tax-free fuel. You must maintain your insurance, registration, safety inspection and road taxes to continue to receive your fuel 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 then register for a new fuel card.

WHERE TO GET GAS

- There are no gas stations on U.S. military installations in Italy.
- Two Italian gas station companies will accept your fuel card: AGIP and ENI.
- Both only have locations in Italy. Your fuel card can not be used outside of Italy.
- Use your fuel card like a debit card at the pump. 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.

ITALIAN FUEL TERMINOLOGY

- "Benzina" - Unleaded gas
- "Gasolio" - Diesel
- "Fai da Te" - Self-service station
- "Servito" - Full-service station
- Blue pump - Diesel+
- Green pump - Super unleaded gas (95 Octane)
- Yellow pump - Super-S (98) or Super+ (100)

DRIVING IN SICILY

Driving habits in Sicily are considerably different from those in the U.S. Because of the traffic speed and different conventions, staying alert while driving is important. Exercise the same caution driving here as you would in the U.S.

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 +39-095-86-5225.

GENERAL TRAFFIC SAFETY REQUIREMENTS:

All members arriving at Sigonella must check into the HOST Safety Department when they arrive and before departing. Please note that if military members are involved in an accident while traveling, they must report the

event to BASE SECURITY (095-86-5225) and inform their supervisor for additional safety reporting requirements. Military or civilian personnel convicted of a moving traffic violation or determined to be at fault in a traffic incident while operating a GMV must complete a remedial driving improvement training provided by the HOST Safety Office.

DRIVING TIPS

- Italians do not consider it rude to tailgate.
- Horns are used excessively, so it is difficult to determine who they are intended for. Try to notice what is happening and ignore the extra beeping.
- Hazard lights are used to indicate that traffic is slow and attention is needed.
- Turning right on red is illegal unless marked.
- The Italian law allows you to overtake traffic to pass on the left only.
- Some intersections have no stop lights, stop signs or traffic control. In this situation, the vehicle on the right has the right of way.
- Traffic circles or roundabouts are common. When entering a circle, yield to traffic already driving (from the left) in the circle.
- If ash from Mount Etna is on your wind shield, do not use your windshield wipers. It will scratch the glass.
- 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 three 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). ■

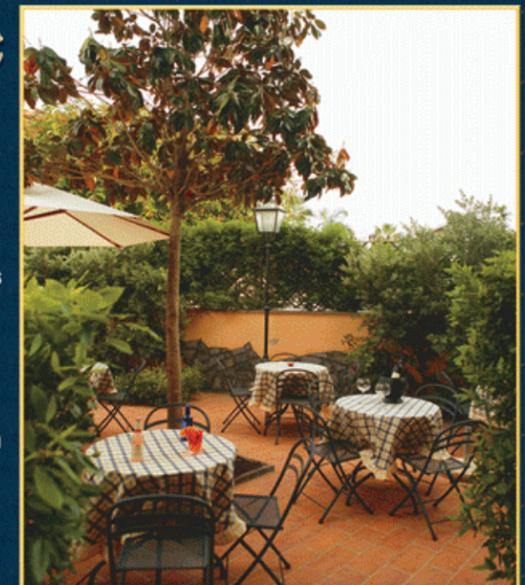
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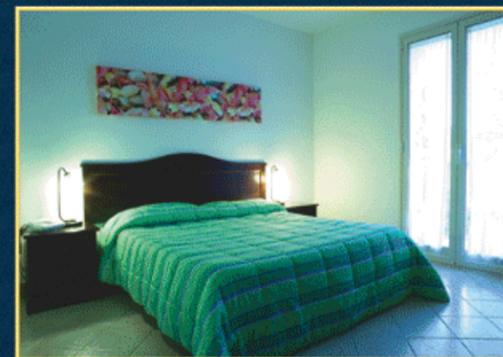
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 - Direct phone line
 - DVD players
 - Both 220v and 110v outlets
 - A/C and central heating system
 - Alarm system
 - Gas detector
 - Free WI-FI ADSL connection
- At your disposal are ...**
 - American and coffee bar
 - Meeting hall
 - Swimming pool with Jacuzzi
 - BBQ equipped area, patio & gazebo for parties and socializing
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 - Free laundry & dryer facilities



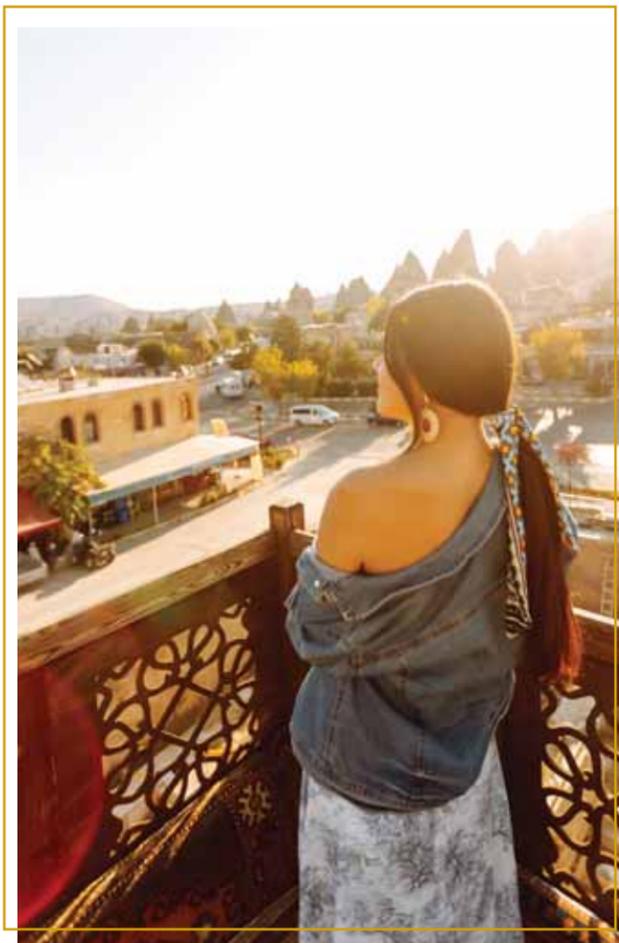
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HOUSING IN SIGONELLA



ON-BASE HOUSING

GOVERNMENT FAMILY HOUSING

Accompanied service members are assigned to government family housing on base. While living on base, the government covers the expenses of rent and utilities; you will not receive any Overseas Housing Allowance.

There are two housing areas:

- Hillis Drive — for senior and flag officers
- Marinai — for all accompanied personnel, enlisted and officers

Family housing at NAS Sigonella is primarily in townhouses with small, fenced backyards. They include central air conditioning, and both American and European style outlets with 110 and 220 volts, but at 50Hz.

Utilizing the Housing Early Assistance Tool (HEAT) allows you to start the process of registering for housing before arriving at Sigonella. Visit www.homes.mil/heat to register.

If housing is not available on base, you will be placed on a waitlist and must find housing off base. When a unit is available, the government will fund your move into family housing.

UNACCOMPANIED HOUSING (UH)

Unaccompanied personnel E-1 to E-4 will be assigned to the Unaccompanied Housing (UH) facilities on either NAS I or NAS II. The dorms include private bedrooms and shared kitchen, lounge and bathroom facilities. Linens are provided. Bedrooms include a bed, drawers, desk, closet and TV stand.

No household goods (HHG) shipment is permitted for those assigned to UH, and pets are restricted.

Your first stop will be the Housing Service Center (HSC), which will assist you in finding a home. You must report to the HSC within 48 hours of arrival. For those who will be seeking housing off installation, there is a mandatory Welcome Brief.

- **Housing Service Center (HSC)**
NAS I, Bldg. 319 | +39-095-56-4311
NASSIG-HousingHelpDesk@eu.navy.mil

continued on page 16

BEAUTY CENTER
Agostina

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www.sigonellahomesforrent.com | sigonellahomesforrent@gmail.com

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OFF-BASE HOUSING

Unaccompanied personnel E-5 and above, including geo-bachelors, and civilian employees will need to find housing off base. In addition, accompanied personnel may need to find off-base housing if government family housing is not available.

While living off installation, you are responsible for rent and utilities using your Overseas Housing Allowance (OHA) or Living Quarters Allowance (LQA).

FINDING A HOME

HSC Counselors assist newcomers in locating a residence off base and can provide local housing market information. Service members must aggressively seek permanent housing and make every effort to sign a lease within 30 days of arrival and move within 45 days. There are two methods you may employ to find a home.

Realtor Program. Visit the HSC for a list of approved rental agents and managers that have background checks, insurance and licensing to meet housing office standards. Approved agencies do not charge any fees to the tenants. Use of any other agencies, including those on Facebook, is strongly discouraged. Non-approved agencies may charge fees or use misleading practices.

Online. Search www.homes.mil for available residences near NAS Sigonella. Units found on the website are already approved for rent to NAS Sigonella personnel. During peak PCS season, from June to September, check daily for new listings. Visit the HSC in person to schedule a house viewing.

Lease Signing

Your housing counselor will assist you in the lease negotiation and signing. All private housing leases must be signed through the HSC to receive all housing services, including loaner furniture and OHA. All units must be inspected by HSC staff prior to the lease signing.

The lease is based on Italian law, and neither the HSC nor the U.S. Navy is a party to the contract. Copies of the lease agreement will be provided to the HSC, tenant and landlord. Renters insurance is highly recommended.

Utilities

Once the lease is signed, HSC staff will assist you with activating your utilities. This includes liaising on behalf of the customer with electric, gas and phone companies in your area. For utility issues, the HSC is your point of contact.

Utility contracts and bills will be in Italian. HSC staff are available to help customers understand their bill, but English versions of bills and contracts are not provided.

Electronics

Italian homes have 220-volt type F, and occasionally type L, outlets.

- Dual-voltage devices can be plugged in using an adapter.
- Single-voltage (110) devices will need to use a transformer. The HSC provides loaner transformers, but you may need to purchase additional ones.

ALLOWANCES

Visit www.travel.dod.mil/Allowances to find current allowance rates.

Temporary Lodging Allowance (TLA)

TLA reimburses temporary quarters costs while you are searching for a home or waiting for government housing. To be eligible, service members must be actively seeking housing and going on showing tours.

- Personnel must get TLA approved through the Housing Office before submitting to their Command.
- Utility activation after signing a lease can take 10-15 days, so account for this time within your TLA maximum to avoid paying out of pocket.

Temporary Quarters Subsistence Allowances (TQSA)

TQSA is an allowance for certain civilian employees. It can be authorized for the reasonable cost of temporary quarters incurred for a period up to three months before signing a lease. Any questions about TQSA should be directed to your employer's Human Relations department.

Overseas Housing Allowance (OHA)

This allowance includes three components: rental allowance, utility allowance and move-in housing allowance (MIHA). The HSC will provide your OHA form for starting the allowance when you sign a lease.

- Rental allowance is a reimbursement of your exact monthly lease cost, not the entire amount up to your allowance cap.
- The utility allowance is a flat rate amount given monthly to defray costs of electric, gas, water, garbage and other recurring home maintenance costs. It is not intended to cover phone, internet, gardening, cleaning, pools, etc.
- The MIHA exists to help cover one-time move-in costs associated with occupying an off-base home. Components of MIHA can be used to improve the security at your new home. Visit the HSC for details.

Personnel can contact their Command to request an advance OHA payment to cover security deposit, first month's rent or other startup charges.

LOANER FURNITURE

The HSC provides furniture, appliances, wardrobes and transformers to eligible personnel. Services include loaner furniture, partial/full-tour furnishings and single-sailor member furnishings. Shipping major appliances to NAS Sigonella is not allowed as they are not compatible with Italian outlets and voltage.

Coordinate requests, delivery and pick-up appointments with the HSC.

Temporary Furniture

Tables, beds, chairs, dressers and more are available for up to 90 days after you move into your new home before your household goods arrive, and again for up to 90 days when you pack out.

Full-tour furnishings

Large appliances like washers, dryers, refrigerators and microwaves, plus transformers and wardrobes may be used for the duration of your tour. ■

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HEALTHCARE IN SIGONELLA

U.S. NAVAL HOSPITAL SIGONELLA

The hospital provides care to all active-duty service members and dependents 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.

- ▶ **Naval Hospital Sigonella**
NAS I, Bldg. 273 | Appointment line: +39-095-56-2273
- ▶ **NAS 2 Flight Line Clinic**
NAS II, Bldg. 148 | Appointment line: +39-095-86-5455

The emergency room at the U.S. Naval Hospital Sigonella is always open.

Emergency call from a cell phone: +39-095-86-1911
Emergency call from a base landline: 911

TRICARE

Eligible beneficiaries need to sign up for TRICARE Overseas at the TRICARE enrollment office upon arrival. Service members can transfer their enrollment upon PCS via milconnect.dmdc.osd.mil.

- ▶ **TRICARE Office**
NAS I, Bldg. 273
Enrollment and Options: +39-095-56-4880
Referrals Management Center: +39-095-56-4087
Beneficiary Counseling/ Debt Assistance: +39-095-56-4848

PATIENT LIAISONS

Host-nation patient liaisons act as intermediaries between patients and local Italian doctors to help facilitate the best care possible when you need to see a provider off base. From assisting with the language and insurance forms, to providing comfort to clients, patient liaisons can help you feel at ease in the Italian medical surroundings.

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

SIGONELLA MEDICAL GUIDE



Scan this QR code for a digital version of our **Sigonella Medical Guide** where you can read about off-installation care, giving birth in Italy, TRICARE Overseas, Italian veterinarians, and use our directory to find off-installation medical and dental providers.

DENTAL CARE

There are two dental clinics at NAS Sigonella. Both routine and emergency care is offered for active-duty members and their dependents. However, demands may occasionally limit care for family members. Specialty care is available on a limited basis.

- ▶ **Dental Clinic NAS I**
Bldg. 273 (Hospital) | +39-95-56-3848
- ▶ **Dental Clinic NAS II**
Bldg. 148 (Flight Line Clinic) | +39-95-86-6317

MENTAL HEALTH

There are a multitude of programs and personnel available for mental health services and counseling.

If anyone is experiencing active suicidal thoughts, seek emergency medical care at the hospital Emergency Room.

CHAPLAINS

Chaplains provide 100 percent 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. All members of the base community may use chaplain services, including active-duty service members, dependents, civilian employees and retirees.

- ▶ **NAS I Chapel**
NAS I, Bldg. 317 | +39-095-56-3975
Hours: Monday – Friday from 8 a.m. to 4 p.m.
- ▶ **NAS II Chapel**
NAS II, Bldg. 742 | +39-095-86-2382
Hours: Monday – Friday, 8 a.m. to 4 p.m.

24/7 assistance: +39-335-831-4493

www.facebook.com/SigChapel

FLEET AND FAMILY SUPPORT CENTER (FFSC)

FFSC provides short term, non-medical counseling for individuals (adults, adolescents and children), couples and families. Areas covered include, but are not limited to, adjustment difficulties, work-related stress, relationship distress, as well as other personal, intimate partner relationship and family concerns. This service is available for active-duty members, civilians, contractors and their families.

FFSC

NASI, Bldg. 319 | +39-095-56-4291
Hours: Monday – Friday, 7:30 a.m. to 4 p.m.
sign9.ffsc@eu.navy.mil
www.facebook.com/ffsc.sigonella

Virtual counseling is also available by calling: 1-855-205-6749

MILITARY & FAMILY LIFE COUNSELORS (MFLC)

MFLCs Offer free non-medical anonymous sessions with specialists for adolescents, children and families. For youth, contact the MFLC via the CDC or DoDEA schools.

- Adult/Family: +39-331-451-8050
- CDC: +39-349-518-4087
- Elementary school: +39-347-405-0244
- Middle/High school: +39-349-513-8411

MENTAL HEALTH CLINIC

Psychologists, psychiatrists and behavioral health technicians specialize in treatment to manage mental health concerns, including medication-based treatments, therapy and substance abuse treatment. A referral is not required. Adults with TRICARE coverage are eligible for care; other adults will be billed by your individual health insurance.

- ▶ **Mental Health Clinic**
NAS II, Bldg. 148 (Flight Line Clinic) | +39-095-56-4222
Hours: Monday – Friday, 8 a.m. to 4 p.m.

MILITARY ONESOURCE

Confidential, short term non-medical counseling is offered for free via Military OneSource for active-duty members and their dependents. Visit the website to access options via phone, chat or video.

www.militaryonesource.mil/non-medical-counseling

MILITARY CRISIS LINE (MCL)

The Veterans Crisis Line (VCL) and Military Crisis Line (MCL) are available 24/7 for free confidential mental health support.

- Call: 844-702-5495
- DSN: 988
- Text: 838255
- Online chat: www.veteranscrisisline.net

WOUNDED WARRIOR PROJECT (WWP)

WWP offers a range of free in-person and virtual mental health care services for registered veterans, active-duty military and their families.

www.woundedwarriorproject.org ■

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Service Times:
Sunday School – 1000
Sunday Worship – 1100
Wed. Bible Study – 1830

KEY FACILITIES IN SIGONELLA



MWR
www.navymwrsigonella.com

Morale, Welfare and Recreation's (MWR) mission is to provide top quality-of-life support through a wide variety of recreation activities, quality childcare and entertainment services to forward-deployed service members and their families in Sicily. MWR aims to make your stay in Sigonella comfortable and memorable.

Fitness: MWR has two 24/7 fitness centers, two year-round outdoor pools, a family fitness center, batting cages, skate park and adult fitness classes and sports programs. Year-round youth sports are also offered.

- NAS I Fitness Center
Bldg. 175 (Midtown Building)
+39-095-56-4483
- NAS II Flight Line Fitness Center
+39-095-56-5243

Recreation: MWR runs the Spare Time Bowling Center, 568 Lounge, Connections Pub, Midtown 2 theaters, auto skill center, car wash and a library.

Liberty Center: Open to active-duty service members, the Liberty Center is a place for single service members and geo-bachelors to hang out, watch movies, play on one of the multiple video game platforms and enjoy the many programs and events that make up the Liberty Program.

- NAS II, Bldg. 568 | +39-095-56-5602

Community Rec: This is your one-stop shop for trips, tours, party rentals, gear rentals and facility rentals. Community Rec also offers events and classes.

- NAS I Midtown | +39-095-56-4777



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Toll-free in Italy: 00-800-0-842-6328

ATM Address:
NAS I, Bldg. 225 (in front of the Commissary)

navyfederal.org

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continued from page 20

FLEET AND FAMILY SUPPORT CENTER (FFSC)

The Fleet and Family Support Center (FFSC) supports individual and family readiness through a full array of programs and resources which help military families to be resilient, well informed and adaptable to the military and OCONUS environment.

FFSC

NAS I, Bldg. 319 | +39-095-56-4291
www.facebook.com/ffsc.sigonella

► **Programs include:**

- Spouse orientations
- Intercultural Relations (ICR) classes
- Italian language courses
- Deployment support
- Clinical counseling
- New parent support
- Ombudsman support
- Financial management education
- Relocation and transition assistance
- Spouse employment help
- Sexual Assault Prevention and Response (SAPR)

POST OFFICES

Military postal facilities use gateways in the United States to connect your mail with the United States Postal Service (USPS). Shipping costs and procedures are roughly the same as those in the United States.

► **NAS I Post Office**
 Bldg. 318 | +39-095-56-4477

► **NAS II Post Office**
 Fleet Mail Center (FMC) | +39-095-56-5915

CHAPEL

The NAS Sigonella Chapel hosts Catholic Mass, traditional and contemporary Protestant services and Church of Jesus Christ of Latter-day Saints meetings. There are religious education programs for children and teenagers throughout the year. The Religious Ministries Department also supports life skills classes, such as marriage enrichment, stress management and ethics workshops.

The CREDO program sponsors resiliency retreats and workshops for women, couples, singles and families. The chapel helps facilitate worship services and provide faith-specific needs to accommodate all of our nation's diverse religious requirements.

► **NAS I Chapel**
 NAS I, Bldg. 317 | +39-095-56-3975

► **NAS II Chapel**
 NAS II, Bldg. 742 | +39-095-86-2382
www.facebook.com/SigChapel

AFN

The American Forces Network (AFN) broadcasts locally and online via the AFN Go app available at www.afngo.net/anfeurope.

- Broadcasting at 105.9 FM

USO

The USO center has amenities, such as drinks, snacks, troop computers, Wi-Fi and TVs. The USO also supports transit flights with drinks, snacks and serves a free lunch weekly. Other programs include events for parents and young children, spouses, single or unaccompanied personnel, families and various other outreach across the base, as well as virtual programming.

► **USO Center**

NAS II, Bldg. 439 (Air Terminal) | +39-095-56-6377
italy.uso.org/Sigonella

RED CROSS

The Red Cross helps members of the military, veterans and their families prepare for, cope with, and respond to, the challenges of military service providing in-person support for troops on all military installations in the U.S. and over 35 overseas.

The Hero Care Network is our worldwide free and confidential emergency communications network which operates 24/7/365 to assist with verifying emergencies to support emergency leave, provide access to financial help during difficult times, and assist with other crises. Download the Hero Care app to submit an emergency request or contact the Red Cross at 877-272-7337 or online www.redcross.org/get-help for assistance.

The Red Cross works year-round to prepare our community for everyday emergencies by teaching lifesaving classes like First Aid, CPR, and BLS, and offering disaster education and preparedness programs. We offer a variety of volunteer opportunities, options for career exploration, various certification courses and help with placement of volunteer medical professionals. You can help by giving blood, taking a class or becoming a Red Cross volunteer!

► **American Red Cross**
 NAS I, Bldg. 318, room 1201 | +39-095-56-4900
sigonella@redcross.org
 Hero Care Toll Free: 877-272-7337

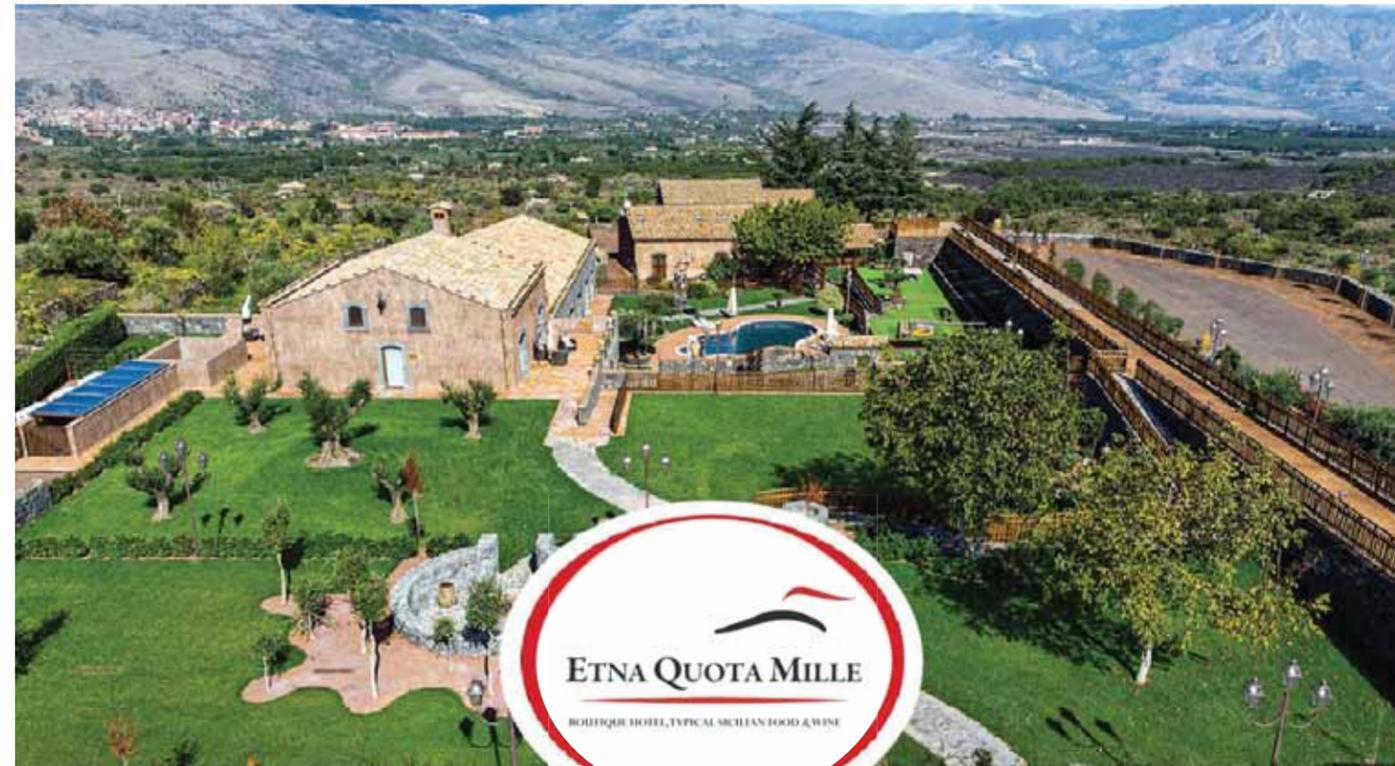


WOUNDED WARRIOR PROJECT (WWP)

The WWP has a variety of programs for honorably discharged post-9/11 veterans or active-duty military currently in good standing who experienced physical or mental injury, illness or wounds from their service. No VA disability rating is required. Families are also invited to register. At no cost, WWP provides:

- Community connection, peer-led support groups
- Financial planning, VA claims and benefits, career transition
- Adventure-based, clinical and virtual mental and emotional support programs
- Adaptive sports, physical fitness programs, Soldier Ride®
- Family and caregiver events and support

www.woundedwarriorproject.org ■



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 +39 328 42 83 799



info@etnaquotamille.it

www.etnaquotamille.it



tripadvisor

RESOURCES FOR KIDS

Children may think of moving to Italy as an exciting new adventure. They may also struggle with the big change. Luckily, there are resources at NAS Sigonella to help your kids settle into their new home.

Once registered, you can access online signups for child and youth classes, special events and sports at myffr.navyaims.com/cyms.html.

CHILD DEVELOPMENT CENTER (CDC)

NAS I, Bldg. 314 | +39-095-56-3736

The CDC offers weekday childcare for children aged 6 weeks to pre-school age. Experiences are designed to enhance children's social, emotional, cognitive and physical development. The CDC provides age-appropriate programming, offers nutritionally sound meals and is fully accredited by the National Association for the Education of Young Children (NAEYC).

► Sign up at www.militarychildcare.com

SCHOOL AGE CARE (SAC)

NAS I, Bldg. 318 | +39-095-56-3712

SAC is for school-aged children who are 5 years old and attending Kindergarten through students 12 years old. The SAC facility offers before and after school care that includes an escort from the elementary school, help with homework and extensive recreational activities. There are also full-day camps during winter, spring and summer breaks. The SAC program is aligned with the Boys and Girls Clubs of America and 4-H and is fully accredited by the Council on Accreditation (COA). Cost is based on total family income.

► Sign up at www.militarychildcare.com.

YOUTH COMPLEX

Marinai Housing | +39-095-56-1747

The youth complex is for adolescents ages 11 (and in the 6th grade) to 18 (and in high school). It is a place to hang out, receive homework help, get involved in clubs, enjoy open recreation and participate in special events and field trips into town. The facility itself also boasts video game stations, TVs, a pool table, ping-pong, air hockey, foosball, musical instruments and a full-service kitchen.

• Register in person at the Youth Complex.

YOUTH SPORTS AND FITNESS

+39-095-56-1750

This program offers seasonal sports like baseball, softball, soccer, basketball, flag football and cheerleading for youth. Trained parents and volunteers help coach the teams.

- Registration can be done in person at the SAC or Youth Complex, or forms can be downloaded at www.navywmrsigonella.com
- Swim lessons are also offered periodically at the NAS I Splashers pool.

NEW PARENT SUPPORT HOME VISITATION PROGRAM (NPSHVP)

NAS I, Bldg. 319 | +39-095-56-4291

NPSHVP is a free program from the FFSC for parents who are expecting or have children 3 years of age and younger. The goal of the program is to promote nurturing child-parent relationships through education, support, and referrals to other resources. Programs include parenting classes, playgroups, a pregnancy support group and home visits.

BUDGET FOR BABY

NAS I, Bldg. 319 | +39-095-86-4212

NMCRS periodically offers the Budget for Baby class to help you be financially prepared for welcoming a new baby into your family.

EDUCATIONAL AND DEVELOPMENTAL INTERVENTION SERVICES CLINIC (EDIS)

NAS I, Bldg. 272 | +39-095-56-4536

EDIS provides help for children with special needs including psychology, physical and occupational therapy and special education in addition to early intervention for young children. Available to children ages 2-21 that are eligible to receive MTF services, appointments are required. ■

DANDELIONS



Get your kids a copy of the Dandelions magazine. Full of fun activities, creative crafts and interesting stories, this magazine is written for military-connected children stationed in Europe.



MARINAI RESIDENCE

US Government's Leased Property - 43 hectares land
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 Community Center with bar, pizzeria, restaurant, baby sitting, pre-school, sandwiches and breakfast truck
 Thursday Market, BBQ areas, shade structures.

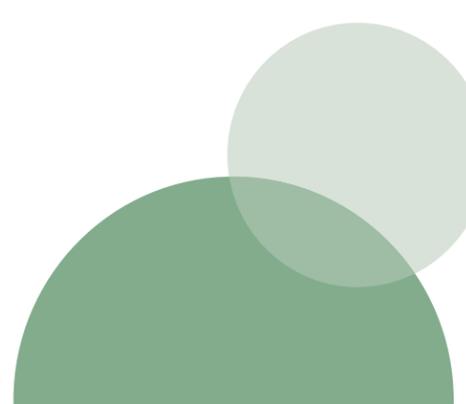


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SCHOOL OPTIONS



The school liaison officer (SLO) at NAS Sigonella is a good first resource for any questions regarding school options while stationed in Sicily. The SLO can help connect your student with a youth sponsor, and is a link between families and installation programs.



Understanding the role of School Liaison Officers

SCHOOL LIAISON OFFICER (SLO)

NAS I, Bldg. 220 | +39-0958-56-3732

DODEA SCHOOLS

The Department of Defense Education Activity (DoDEA) schools are located on NAS I and educate children from the ages of pre-K through high school.

Enroll for DoDEA schools at www.dodea.edu/registration.

► **Sigonella Elementary School**
sigonellaes.dodea.edu
 +39-044-4106-0290

The elementary school has students in Pre-Kindergarten, Kindergarten and grades first through fifth. The school building was newly built in 2008.

► **Sigonella Middle High School**
sigonellamhs.dodea.edu
 +39 044-4106-0303

The middle and high school students at NAS Sigonella are combined into a single facility for sixth through twelfth grades. There are roughly 300 students at the school, primarily American dependents of active-duty Navy personnel. The school also offers extracurricular activities, clubs and team sports.

HOME SCHOOLING

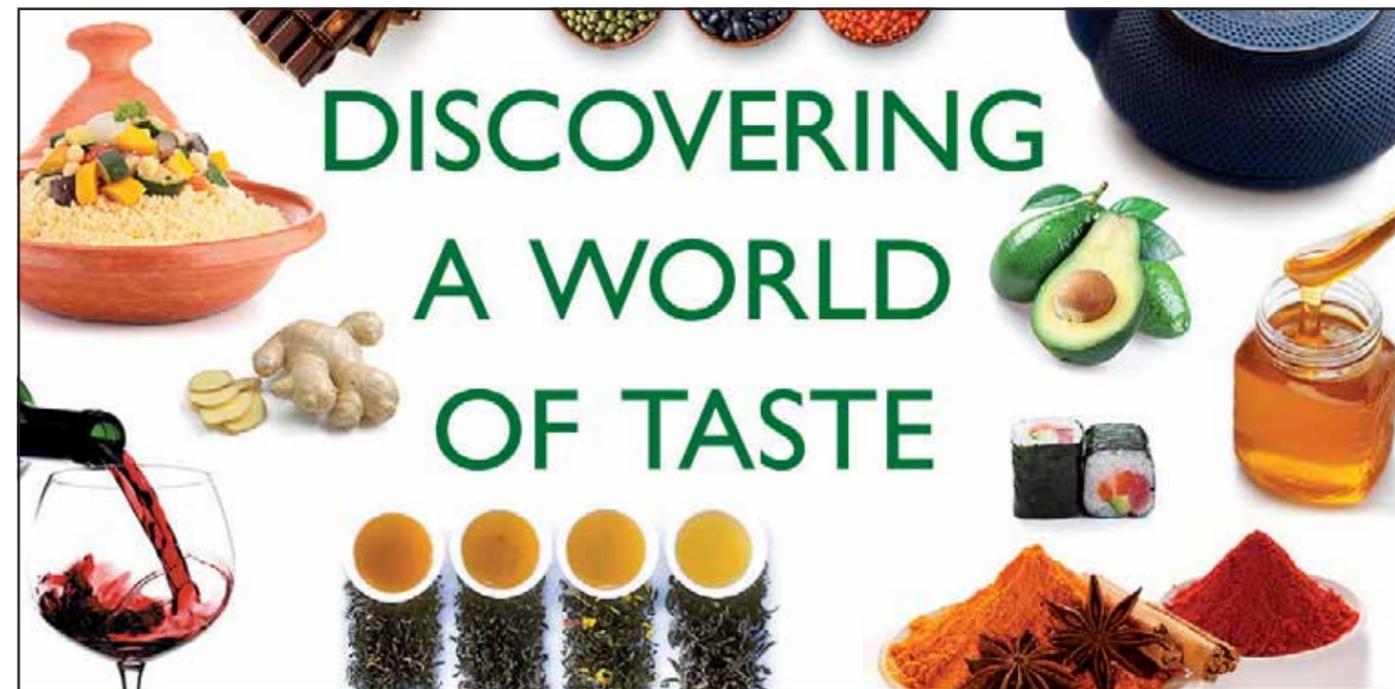
Home schooling is a legal option open to all SOFA-sponsored active-duty military, DOD civilians and contractors. Your children may be eligible for auxiliary services offered by DoDEA Europe. Contact the SLO for more information and to connect with homeschool groups.

ITALIAN SCHOOLS

While stationed in Italy, you have the option to send your children to public or private Italian schools. Instruction will be in Italian, and most schools will offer remedial language acquisition help. There are also some bilingual school options. Keep in mind that students will not get American holidays off. Students in younger grades (preschool to sixth) tend to have a better experience, while those in secondary grades (seventh to twelfth) may not find the system conducive to easily returning to an American high school system.

Italian education stages

- Preschool / Kindergarten: "scuola dell'infanzia" or "Asilo." Ages 3 to 6.
- Primary school or elementary school: "scuola primaria" or "scuola elementare." Ages 6 to 11.
- Lower secondary school or middle school: "scuola secondaria di primo grado" or "scuola media." Ages 11 to 14.
- Upper secondary school or high school: "scuola seconaria di secondo grado" or "scuola superior." Ages 14 to 19. There are three types of high school:
 1. "Liceo" for high-level theoretical study and university preparation.
 2. "Istituto tecnico" is the most common, and also leads to a university entrance qualification.
 3. "Istituto professionale" is a vocational school for specific trades, crafts and careers. ■



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PET INFORMATION



Pets newly arrived or adopted must be registered at the installation's veterinary clinic within five days of arrival, and then be registered with the local Italian system. Contact the VTF for details on this process.

► **Signonella Veterinary Treatment Facility (VTF)**
NAS I, Bldg. 318 | +39 095-56-4258

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

PET TRANSPORTATION ALLOWANCE

When PCSing overseas or outside the continental United States, service members may be authorized a Pet Transportation Allowance for the transportation costs of one pet. The reimbursement cap is \$2,000.

ITALIAN VETERINARIANS

Emergency and specialty treatments for your pet will need to be done at an Italian veterinarian. It is important to register with an Italian veterinary clinic for health issues that go beyond what the base vet clinic can treat and when mission requirements limit base VTF appointments.

Contact the base VTF for a list of local Italian veterinarians.

REQUIREMENTS

- **Microchip:** All pets must have a 15-digit international microchip.
- **Leptospirosis:** Leptospirosis vaccinations are highly recommended. Leptospirosis has a heavy presence in Italy and without proper vaccination, it can cause kidney failure in pets.
- **Rabies:** Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tag 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 and tick preventative medicines include

either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.

- **EU Pet Passport:** This passport is used for pet health records and is required for your pet to travel within the EU. You can get a pet passport during your registration with the local Italian system.

ITALIAN PET REGULATIONS

- Dogs may not be chained for longer than eight hours and must not be unattended.
- Dogs may not be left in a kennel or crate.
- Dogs kept on balconies, in basements or in garages must be able to enter the house on their own.
- Shelter, food and water must always be provided for your pet.
- While driving, pets cannot interfere with the driver.
- Dogs must be walked: twice daily for apartment residents, once daily for homes with small yards. If the yard is 120 square meters or larger, walking requirements are waived.
- Dog leashes must be less than five feet long. Dog walkers must clean up after their dog and keep a muzzle on hand.
- Feral cats are protected by Italian law, so consider keeping your house cat inside.
- Dogs, cats and ferrets must have a 15-digit ISO-compliant international microchip.
- Choke chains, pinch collars and shock collars are illegal in Italy and punishable with fines.

TRAVELING WITH YOUR PET

- The EU Pet Passport must be kept with your pet when traveling throughout Europe.
- The passport must list the pet's microchip number that is registered with the installation veterinarian.
- The passport must indicate a valid rabies vaccination is up to date.
- Most countries require muzzles to be carried for dogs, especially on public transportation. ■



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The whole residence is protected by safe fencing and monitored by video surveillance.

We offer restaurant service (on request) to our clients.

It is also possible to provide shuttle service and babysitting



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Cell: +39 3470629927 • info@orangeparktla.com



The Sigonella Animal Welfare Society

SAWS

Saves the Strays

By Tamala Malerk

The Sigonella Animal Welfare Society, Inc. (SAWS) formed around 1990. They are entirely volunteer-run and dedicated to helping the stray pets of the area find new, permanent and loving homes.

I had the pleasure of speaking with the current President of SAWS, Lucy Phillip, and she told me all about this fantastic organization.

“What made me work with rescue animals is the dire need that we have here in Sicily, and more precisely, the Sigonella area. I believe we can make a difference, one paw at a time.”

In March 2021, Phillip began working with SAWS to help save as many strays in the area as possible. She started volunteering as the dog specialist, then moved on to become Vice President before assuming the role of President. “I basically oversee

that the organization continues to run, and that we continue to grow and save as many animals as possible.”

SAWS features adoptable cats and dogs on their website, www.pawsofsaws.org where those interested in adopting can fill out an inquiry form.

SAWS not only coordinates adoptions, but they also help American pet owners get their pets registered in the local system. Registration in the local Azienda Sanitaria Provinciale (ASP) is required by Italian law, which can be confusing and typically requires driving to the local Italian office. Instead, SAWS offers frequent registration events at their office near the NAS 1 Sigonella gate, coordinated with an ASP official and making the process easy for newcomers.

In July 2025, Italy passed the **Brambilla Law** (Law No. 82/2025) which “recognizes animals as sentient legal subjects rather than mere property and significantly increases penalties for abuse, killing, abandonment, and illegal trafficking.” In short, animals have recently gained more agency and rights in Italy and offenders can face years in prison and hefty fines. Phillip emphasized the importance of the new law. “I think that the only way that we can make change or push for change is if we highlight the new law. And, in order for it to



have the most impact, we need to understand and know the law. By sharing it and by letting people know what is in this law, I think we can push for change.”

As a fully volunteer-run organization, SAWS has opportunities for people stationed at Sigonella who are interested in helping local animals. Volunteers serve on their board, assist with events, hold specialist roles and foster animals while they await their new permanent home.



Find out about adoptable animals, volunteer positions and community events at www.pawsofsaws.org.

“I believe we can make a difference, one paw at a time.”

– President of SAWS, Lucy Phillip







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PERSONAL ENRICHMENT

EMPLOYMENT OPPORTUNITIES

The SOFA between the U.S. and Italy does not allow for dependents to work on the economy or operate home-based businesses. Job opportunities for dependents can only be found on the installations. Visit FFSC for support, and to update your resume or research job and volunteer opportunities.

The following are options for job searching.

- **Telework:** Dependents in Italy with a Missione Visa are authorized to telework for U.S. employers.
- **Government positions:** Non-Appropriated Fund (NAF) and General Schedule (GS) positions are offered with MWR, FSS and command agencies. Hours range from full-time to flexible part-time with varying employment benefits. Search and apply at www.usajobs.gov.
- **DoDEA Europe:** On-installation schools offer full and part-time employment as support staff, substitute teachers and administrative employees. Find certified teaching positions at www.dodea.edu/offices/HR. Find local support positions at www.usajobs.gov.
- **Navy Exchange (NEX):** For positions at NEX facilities like the exchange and food courts, visit www.mynavyexchange.com/nex/work-for-us.
- **Defense Commissary Agency (DECA):** Jobs at www.usajobs.gov.
- **Defense Contractors:** Job opportunities with contractors are typically advertised via the company's human resources department. Your installation's contracting office and FFSC may have information about companies with contracts at Sigonella.

EDUCATION

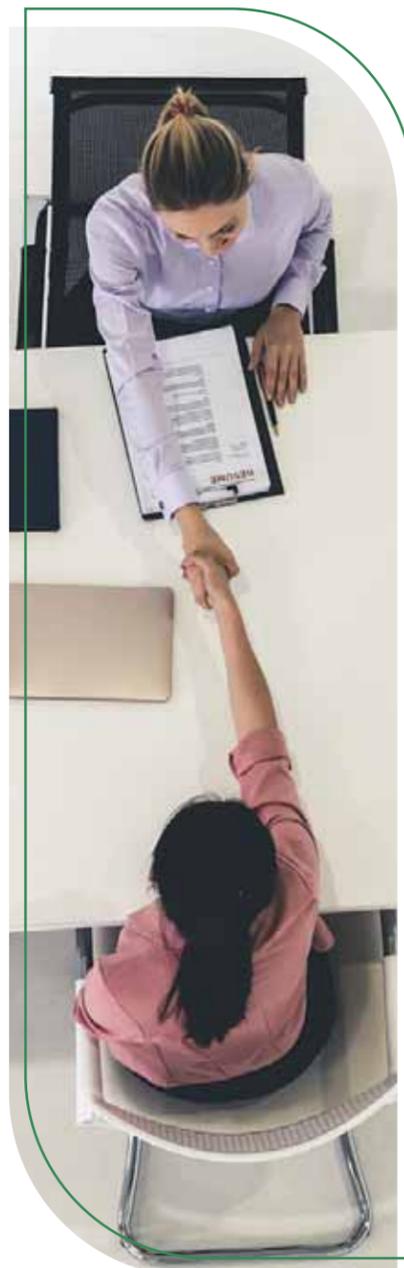
Thinking about pursuing a college degree? Visit your Education Center to speak with a professional about the college and university options available at NAS Sigonella.

- ▶ **Education Center**
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- ▶ **Embry-Riddle Aeronautical University**
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- ▶ **University of Maryland Global Campus (UMGC)**
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UMGC offers on-site in person, online and hybrid courses for a variety of degree programs.
- ▶ **Online coursework**
www.military.com/education or www.militaryonesource.mil
Many U.S.-based colleges and universities offer online courses and discounts for military-affiliated students.

VOLUNTEERING

Volunteering is a wonderful way to get involved in your community.

- The FFSC is a hub for activities and events around NAS Sigonella and can help refer you to volunteer positions.
- Visit the NMCRS, Post Office, Red Cross and USO for opportunities.
- Youth Programs depends on volunteer sports coaches.
- Parents can get involved with the parent teacher association at the DoDEA schools.
- Find local spouse clubs, interest groups or sports organizations to join.
- Do you enjoy writing? Submit travel or lifestyle stories to Europesubmissions@stripes.com for publication on the www.StripesEurope.com website. ■



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LOCAL CULTURE



Once you arrive in Italy and get settled in, you can immerse yourself in the local culture.

ATTIRE

Italians generally dress in a more formal manner than Americans. You will rarely see someone wearing running shoes or casual outfits outside of a particular context like the gym or a recreational activity.

LEARNING THE ITALIAN LANGUAGE

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

FFSC CLASSES

The installation's FFSC provides a Basic Italian Language Course to get you comfortable being off the installation and having a conversation with the locals. In addition, FFSC offers a Spouse Orientation class to help spouses learn about local culture and language.

LIBRARY

Through the Navy MWR library websites, you can access Mango Languages courses and the Mango App to learn Italian for free on your computer or mobile device.

GOOGLE TRANSLATE APP

This app allows you to type, photograph or say words in one language and quickly translate them into another language. It also offers a real-time dictation function that is convenient for conversations. Keep in mind that Italian has many regional variations that affect how accurate Google Translate can be. ■



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SICILY'S

Annual Festivals

By Anna DeLange

Sicily is filled with history and never-ending festivals.

Whether there is a religious celebration, or a festival geared towards food, you will definitely find something to look forward to on this beautiful Mediterranean island. Here are some of the local festivals you should consider putting on your calendar.

Festa di Sant'Agata

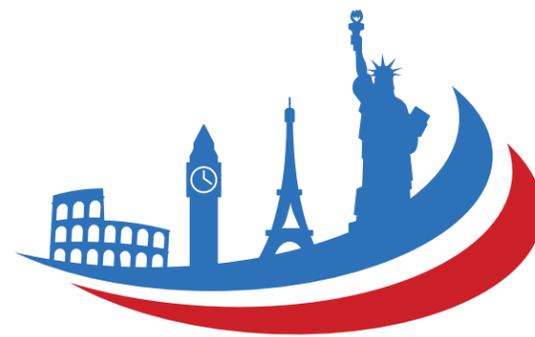
The Feast of Saint Agatha is held from February 3rd to the 5th in the center of Catania. This famous celebration is for the patron saint of Catania, and these three days attract tourists, onlookers and devotees. There are traditional ceremonies, magnificent parades that flow through the streets of Catania and, of course, fireworks. It is extremely popular, so be prepared to be surrounded by thousands of people.

Outside of this annual festival, there are two famous treats that are dedicated to this patron saint. You can try the minne di Sant'Agata which are small "cassatas" (cakes) or the olivette di Sant'Agata, small morsels of almond paste colored green. Both of these have a historical tie to Saint Agatha.

Sagra del Mandorlo Fiore

The Almond Blossom Festival is another highly anticipated event that occurs in Agrigento. This festival is dedicated to the beauty of the almond blossoms that bloom after winter, a celebration of spring. The trees typically bloom in early February causing Agrigento to be covered in beautiful white and pink petals.

The festival has also evolved in recent years with the International Folklore Festival, making this week-long festival in March come alive with traditional costumes and dances, accompanied with local delicacies.



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Guests receive 10% discount at Agostina's Aesthetic Center (massage, hair removal, and much more) located on premises.



Via Enrico Toti 9, Motta S. Anastasia, CT

continued from page 36

Sagra del Pistacchio

The Pistachio Festival is in the town of Bronte, home to world-famous pistachios. They are protected by a Denominazione di Origine Protetta (DOP) label, which guarantees that an item is produced, processed and packaged in a specific zone under strict regulations. The festival is definitely the spot for you to try pistachio-flavored gelato or granita, cakes, pasta and arancini. The festival is not just based around food, though. It also features exhibitions from local artists of Bronte. It is typically held in September or October.

Infiorata di Noto

The Noto Flower Festival is a famous flower festival that happens annually on the third Sunday in May in the town of Noto. There is a huge temporary art installation of flowers along a the central street. Floral artists use different colored petals, leaves, soils, seeds and even kernels. There is a new theme and design each year. The festival is considered one of the most beautiful events in Sicily. It has even gotten so popular in recent years that they have extended the visiting period from a single weekend to a five-day event.



Cous Cous Fest

Located in San Vito Lo Capo, this festival started in 1998 and celebrates cultural integration and diversity by honoring the symbolic dish of the Mediterranean: cous cous. The festival's program has broadened from simply chefs sharing and challenging each other with recipes to now including cultural, musical and entertainment events as well. This event is usually held in September.

Taormina Film Festival

More than 50 years old, this annual summer festival takes place in Messina. It has been through many name changes; however, that hasn't stopped famous international stars from appearing. Nowadays, the film festival runs for nine days and has screenings at three locations in Taormina. The Ancient Theatre is used to screen new films while the other two locations typically screen shorts or tributes to filmmakers of the past.

The yearly film festival is held in late June or early July. Plan ahead as tickets tend to go quickly, and maybe you will catch a glimpse of a celebrity on your way to a movie premiere. ■

2026 HOLIDAYS

- January 1: New Year's Day
- January 6: Epiphany
- April 3-6: Easter holidays
- April 25: Liberation Day
- May 1: Labor Day / International Worker's Day
- June 2: Republic Day
- August 15: Assumption Day
- November 1: All Saints' Day
- December 8: Immaculate Conception
- December 25-26: Christmas holidays

The Noto Flower Festival... There is a huge temporary art installation of flowers along a the central street. Floral artists use different colored petals, leaves, soils, seeds and even kernels.

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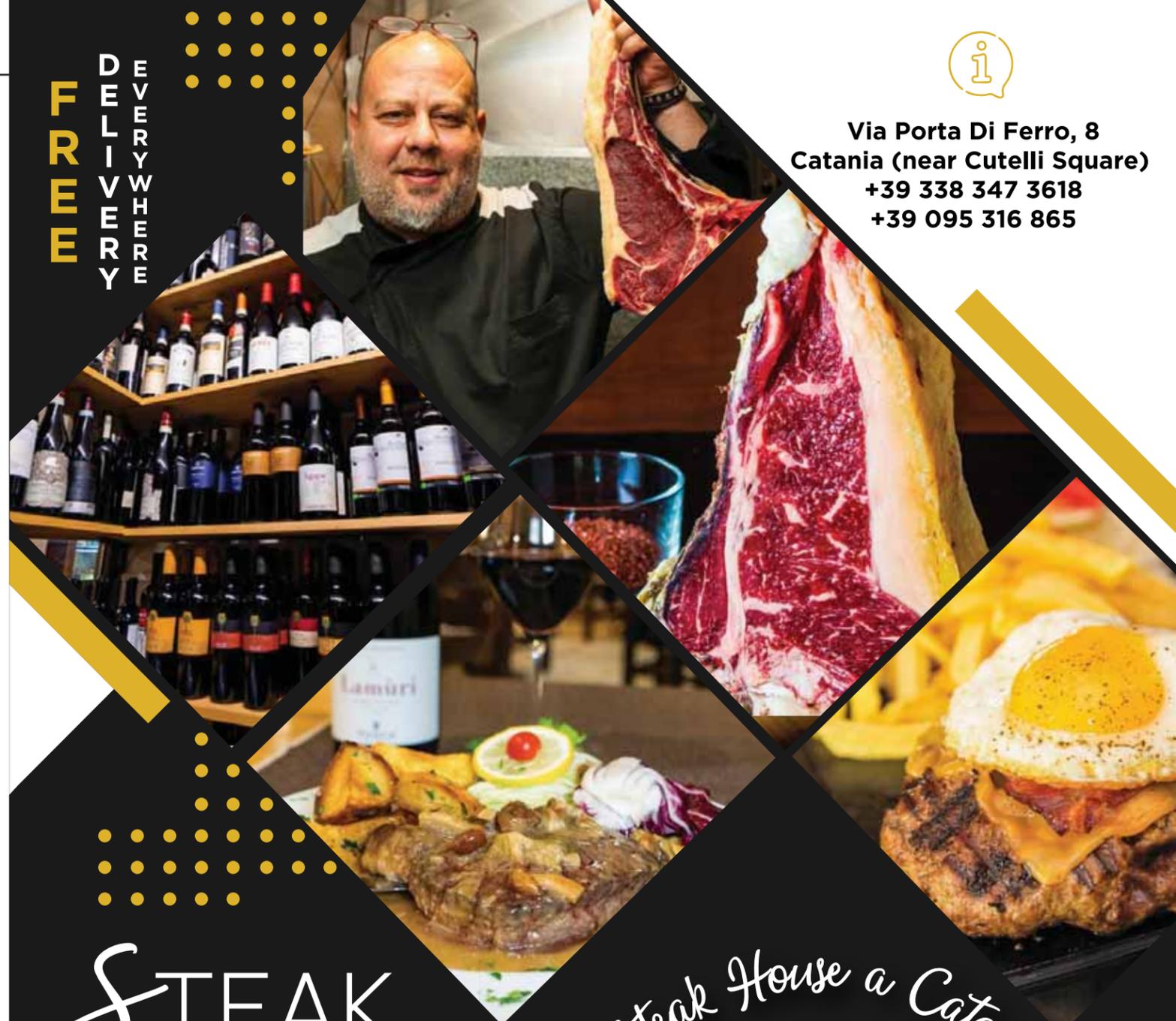
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DINING AND SHOPPING

DINING

The dining culture in Italy is unique, so here are some things to note.

- Wait staff will generally need to be waved over if you would like service, need refills or want to order more food. They respect the socializing of their clients and don't intrude.
- You will need to ask for the bill (il conto) when you are ready to go.
- Not every restaurant accepts credit cards, so bring euros.

Coffee bars are open all day and are most popular at breakfast times, afternoons and evenings. If you are just getting a coffee and snack, order at the bar and stand there to drink and eat. If you are ordering food, you can also choose to sit down for waiter service and expect an additional up charge plus tip.

Lunch times are around 1 to 3 p.m. Restaurants will often close between lunch and dinner.

- "Rosticceria," "Girarrosto" and "Polleria" are shops that primarily sell rotisserie chickens, which make for quick meals.
- "Pasticceria" are pastry shops, and are often connected to a bar (coffee shop). Many serve sandwiches, or "panini."
- "Tavola Calda," are counter-service shops with hot food that you choose from a display case.

Dinner restaurants, or "Ristorante" may be open as early as 7 p.m., but many Italians don't begin dinner until 9:30 p.m. The restaurant will typically stay open until midnight. Expect evening meals to last two hours or more. You should order each course that you are interested in receiving; they will come in this order:

- Antipasto: Appetizer, or starter
- Pasta
- Secondo: Main dish of just meat or fish, not side dishes.
- Controni: Side dishes like vegetables, fruit, cheese or salads. These will come out with the secondo.

- Coffee or liqueur
- Wine, water and bread are available throughout a meal, but you must ask for them.

The bill will sometimes include an additional "coperto" or cover charge, and a "servizio" or service charge of about 10–15 percent.

SHOPPING

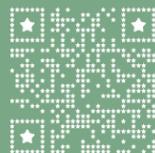
There is plenty of shopping in the Catania area, here are the names of some common stores.

- Home improvement: Leroy Merlin, Tecnomat
- Shopping malls: Centro Sicilia, Etnapolis,
- Furniture: IKEA, Mondo Convenienza
- Discount stores: "Cina" shops with Chinese-made items

The historical center of Catania has a shopping district along the Via Etna, with lots of small shops and a few large department stores like La Rinascente and Coin.

The Catania market, near Piazza Carlo Alberto, is another great place for one-stop-shopping. There are vendors selling fresh fish, vegetables and other foods, plus clothing and accessories. Negotiation over prices is expected. ■

Every year, the American military community in Italy votes for their favorite businesses. Find out who won this year in our Best of Italy survey.



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GROCERY SHOPPING GUIDE

By Kimberly Kephart



Welcome to Italy, where the supermarkets, or *supermercatos* are as full of life and color as the bustling piazzas and serene landscapes. For those who have just moved to Europe, navigating an Italian supermarket can be a delightful part of your cultural immersion. Let's take a stroll down the aisles and discover what makes shopping in Italy a unique experience.

FRESH FINDS

The produce section is a testament to Italy's rich agricultural heritage, boasting a rainbow of fresh fruits and vegetables. Here, the concept of 'kilometer zero' reigns supreme, with an emphasis on locally sourced, seasonal produce. Do not miss the regional specialties like Roman artichokes, Sicilian oranges or San Marzano tomatoes.

Also, remember that many supermarkets require you to weigh and label your produce before checkout. You will grab a bag and a plastic glove, bag your fruits and veggies, then head to the weigh station where the associate will weigh items and tag them for you. At more traditional markets, you will weigh items yourself and apply the barcode sticker.

continued on page 46



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wine shop



continued from page 44

DELI DELIGHTS

No visit to an Italian supermarket is complete without a stop at the deli counter. It is a paradise of cured meats like prosciutto di Parma and salami, as well as an array of cheeses from creamy burrata to sharp pecorino. It is a cheese lover's paradise here in Italy. While it is fun to shop at larger chains, don't forget to stop by your local *Negozio di formaggi* (cheese shop) or *Salumeria* (meat shop). These are the best shops as you'll have the opportunity to try cheese and meats. Use Google Translate to break bread with your shop owner; I promise he will be helpful and happy to assist you.

Another moment to prepare for is the possibility of finding horse meat at the grocery store. While this may be a cultural shock to some, it is deeply rooted in parts of Italian culture. Horse meat, or *cavallo*, is especially popular in Lombardy, Apulia, the Veneto, Friuli Venezia Giulia, Trentino-Alto Adige/Süd Tirol, Parma, and the islands of Sardinia and Sicily. Horse meat is used in a variety of recipes: as a stew called *pastissada* (typical of Verona), served as steaks, as carpaccio or made into *bresaola*.

PANTRY STAPLES

The pantry aisles are a treasure trove of Italian culinary essentials. Stock up on various pasta shapes, artisanal sauces, extra virgin olive oil, sardines, spices and aged balsamic vinegar. These staples are the backbone of Italian cuisine and will elevate your home cooking. I was shocked to find several aisles devoted to these staples, especially pasta and pasta sauces. I counted three whole aisles for pasta and two for sauces at my local IPER.

Another item that may interest you is Pocket Coffee! Pocket Coffee is a unique item known for combining the rich taste of chocolate with the bold flavor of espresso. Pocket Coffee consists of an individually wrapped piece of dark chocolate filled with liquid espresso, making it a popular treat for those needing a quick boost.

Italy has an abundance of sweet treats that are packaged as well. You'll find items like *cornetto* which is a croissant filled with different fillings like chocolate, pistachio and *crème*.

BEVERAGES AND WINES

Italian supermarkets offer an impressive selection of wines and beverages. There are aisles full of wine sorted by different regions. From robust reds to sparkling Proseccos, the wine aisles are a journey through Italy's vineyards. Pay special attention because at some supermarkets you can pour your own wine. This is called *Vino Sfuso*, or "Loose Wine." Simply put it is bulk wine! Supermarkets often highlight a local producer, and you can simply bring your own bottles to fill, or they will supply the bottles for you at a low rate. There are even whole shops dedicated to *Vino Sfuso*!

CHECKOUT AND ETIQUETTE

It almost seems like it is every man for himself at checkout. You will often need to bag your own groceries. Sometimes everything is happening at an alarmingly fast rate. Take a few deep breaths and just do what you can. It is also common to bring your own reusable bags as a nod to sustainability. Patience is key in Italian supermarkets, where the pace is leisurely (except at checkout) and social interactions are savored. ■

Embrace the Italian supermarket as more than just a place to shop; view it as a vibrant part of your European adventure. Buon shopping!



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ITALIAN LANGUAGE



Ready to learn Italian? Local Sicilians not working in the tourism sector speak little or no English and people will appreciate your attempt to speak their language.

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
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?/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	lo 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	Per favore scrivilo

DINING

I'd like to reserve a table	Vorrei 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

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	ATM
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

RECYCLING IN ITALY

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

Paper

Boxes	Reading materials (paper-back books, newspapers, magazines, catalogs, mail)
Cardboard	Wrapping paper
Envelopes	
Paper	
Paper bags	

Packing Material

Foil	Plastic bags (storage bags, bags that food comes in, grocery bags)
Bottle tops	Plastic bottles
Jar lids	Drink cartons
Metal cans	Styrofoam
Net bags for produce	

Biodegradables/Compost

Yard trimmings	Flowers and plants
Grass	Fruit and vegetables
Untreated wood	Nutshells
Bread	Paper towels
Egg shells	Tea bags

Residual

Ashes	Mirrors
Cat litter	Non-packaging metals/plastics
Diapers	Seafood (including shells)
Feminine products	Soiled paper or cardboard
Tissues	Vacuum cleaner bags
Meat (including bones)	

Glass

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

Bulk and Hazardous Waste

Batteries	Large yard waste
Chemicals/detergents/pesticides	Lightbulbs
Oil (cooking and other)	Paint
Electronics	Scrap metal
Furniture	Tires

Get to Know 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 today, it's Sicily's second-largest city after Palermo and can be enjoyed in one day.



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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 Piazza 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.



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VIA ETNEA

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.

LA PESCHERIA 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.

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. These 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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Venturing Up **MOUNT ETNA**

By Kat Nickola

Visiting Mount Etna is a must-do experience while stationed in Sicily and makes for a fun day trip.

You can drive up the mountain as far as the **Funivia dell'Etna** (Etna cable car). There are plenty of paid parking in lots near this tourist zone; payment is in cash at a small building near the cable car entry. There is also a tourist shopping center, a selection of restaurants, and guide services if you'd like to take a unique excursion or tour. A few hotels also offer comfortable overnight stays on the volcano.

Easily walkable from the Funivia dell'Etna are some interesting, short hikes. A moderately easy walk takes you around the rim of the **Silvestri Craters** that formed in 1892. A second, steeper hike traverses some of the large craters and volcanic landscape created during a 2001 eruption above **La Capannina**.

To get higher on the volcano, book cable car tickets ahead of time on www.funiviaetna.com. The standard **Tour 2.500 m** includes the cable car to the upper station. At this spot there is a small souvenir shop and bar. You can explore the area on foot, but it is not permitted to hike higher without a guide. To get higher without hiking, book the **Tour 3.000 m** which includes cable car tickets, plus a ride on a 4x4 bus (or snow cat in winter) to the **Pian del Lago** area where there is a short informational tour. There is also some free time to explore and take photos of Etna's smoking summit which is still 400 meters above you.

Dogs are permitted up Mount Etna on the cable car and 4x4 tour. They must be leashed and muzzled. In addition, bring dog boots since the volcanic rocks are extremely sharp. ■



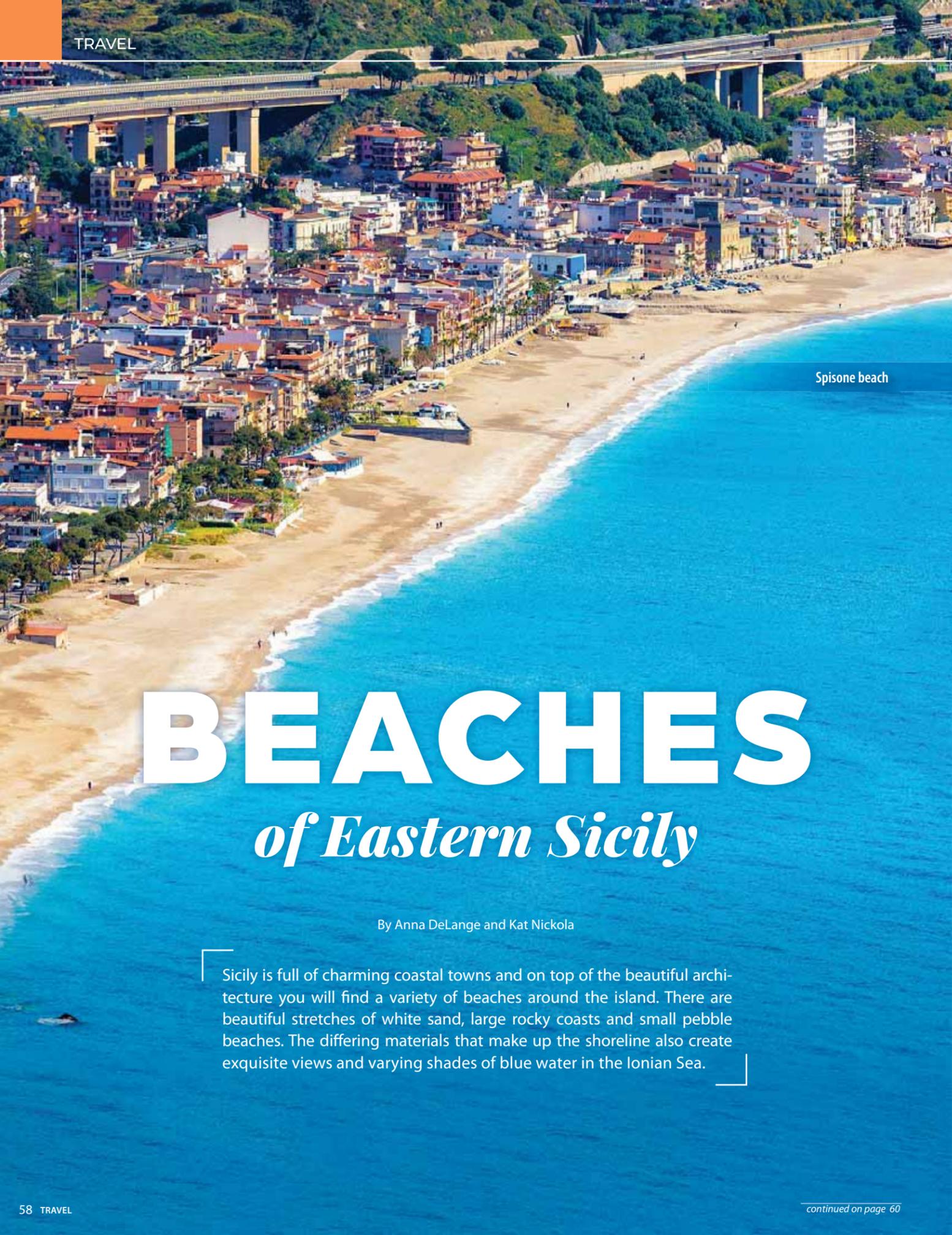
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BEACHES

of Eastern Sicily

By Anna DeLange and Kat Nickola

Sicily is full of charming coastal towns and on top of the beautiful architecture you will find a variety of beaches around the island. There are beautiful stretches of white sand, large rocky coasts and small pebble beaches. The differing materials that make up the shoreline also create exquisite views and varying shades of blue water in the Ionian Sea.

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Isola Bella



Fontane Bianche

Being stationed at NAS Sigonella is a unique opportunity for you to experience the lovely variety of Mediterranean beaches. You can try a relaxing "lido:" a paid beach area (sand, pebble or deck) with loungers and amenities, or you can trek your own beach supplies to set up at a free "spiagge:" an open natural (sand or pebble) beach.

Catania Area

Catania is full of sandy beaches you can choose from. From free spiaggias to paid lidos, the Plaja di Catania is a massive sandy beach 18km long south of the city. For something more natural, try the Oasi del Simeto, a stretch of sand inside the Simeto River Reserve south of the Catania beach. If you'd rather be near the amenities downtown, try the Spiaggia San Giovanni Licuti, a waterfront area of black volcanic boulders and wooden platforms to the water.

In the north of Catania, Aci Castello or Aci Trezzo are home to rockier shorelines with decked lidos providing water access and natural pebbly beaches. This also means beautiful clear water and fish to see while snorkeling.

Taormina

The Taormina area typically has pebble beaches, like the public Spiaggia di Isola Bella or the paid lidos north of the town. My personal recommendation is to head there outside of tourist season to beat the crowds. This is a small town that tourists love to flock to.

Syracuse Area

One of the most beautiful beaches in Sicily is Fontane Bianche. Fontane is an easy drive from NAS Sigonella, just past Siracusa. It has both paid lidos and free spiagge areas. The spiagge definitely fill up so get there early to claim a spot for the day.

There are a couple of other lidos in the Siracusa area. I have been to Lido Sayonara and loved it. Even mid-season it was still a relaxing time, and the beaches were well taken care of. The water itself is shallow for a good portion making it great for families to take their children too. You can also easily swim to the right for deeper portions.

Head out and experience these amazing beaches while you have the opportunity. Just note that summer tourism is huge in Sicily. Unfortunately, that means that some paid lidos will only be open from June to September, but the free spiagge are accessible year-round. You are bound to find your own favorite beach on this not-so-little island of paradise. Buona Estate! ■

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HIKING

Cavagrande del Cassibile

By Melvina Taylor

Nestled inside a large gorge are the idyllic turquoise waters of Riserva Naturale Cavagrande del Cassibile. Although this dog-friendly hike is challenging, the stunning views sweep away any fatigue. Beyond marveling at the grandeur, reward yourself with a refreshing swim in the plunge pools at the bottom. The water makes it fun to swim somewhere that isn't a beach, making this a real hidden gem in Sicily.

AT A GLANCE

Distance: roughly 2.80 miles
Time: Half to full day
Difficulty: Challenging
Elevation Gain: roughly 1,065 feet

HOW TO GET THERE

From NAS Sigonella, the canyon is an hour-and-a-half drive south in the province of Syracuse. There are two entry points with two different trails to access the gorge and pools — one in the north and another in the south.

The northern trailhead is the one that you will be directed to when searching for the Cavagrande del Cassibile on Google Maps. It requires some off-road driving on a single-lane unpaved and pothole-riddled "road," and also prohibits dogs. I would not recommend this starting point; however, the hike itself may be easier.



Since I brought my dog, I went to the down to the southern trailhead. To find this entry point, you should search for "Bar Trattoria Pizzeria Cava Grande Ra Zia Gina" on Google Maps. This will guide you to a paid parking area (I was charged four euros) with a cafe/bar that serves snacks, refreshments and food (grabbing ice cream here post-hike was a great reward). The South location is dog-friendly, and I saw many others with their dogs, big and small.

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SOUTH TRAIL

The most important thing to note about this hike is that you must only do what is within your comfort level. There is no doubt that there are sections of this hike that are challenging, though I spotted many children and people of varying capabilities. Bringing a buddy is always advisable for safety. And if you can't get past the start, then this hike might not be for you.

As for the trail itself, you will be starting from the top of the canyon for this hike. At a leisurely pace with a small dog, it took me three hours and 20 minutes to complete a roundtrip hike — from trailhead at the top, down into the canyon and back out. This is not factoring in the well-deserved time I spent lounging around and swimming in the pools at the bottom. For this reason, I would budget at least a half-day for this trip, but a full day will give you plenty of time to enjoy the canyon.

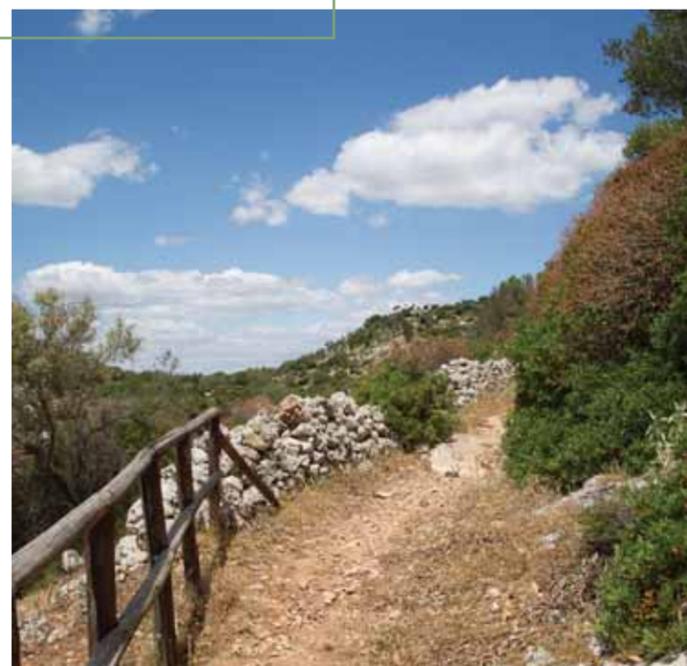
For the most part, the path is outlined clearly, except at the bottom of the canyon where you are free to explore the series of water-filled pools. The path down varies in grade and steepness (your thighs will feel the burn on the return ascent) and there are spots that are not well manicured. Once you get to the bottom, there will be multiple opportunities to cross the stream (the Cassibile River) that runs through the middle. Ensure the safety of yourself and others before crossing the water because there is a slip hazard. To combat this, bring grippy water shoes.

There are many outstanding views on the trek. Stopping at the lookout points really inspires awe due to the sheer magnitude of the gorge. You can also spot systems of houses that were dug into the canyon's sides that date back several centuries. Any archaeological enthusiast will enjoy seeing the most notable of these systems, "Grotta dei Briganti," or Brigand's Cave.

Once at the valley floor, the landscape is completely different. The glistening pools are so inviting for a swim and are a great way to cool off. It is here, listening to the rush of the waterfalls and taking in the beautiful Mediterranean flora, that you truly notice how spectacular this location is.



ABOVE: Valley floor pool.
BELOW: Southern hiking trail.



TIPS:

- Wear appropriate hiking gear such as trekking shoes for the uneven and at times slippery terrain, and long trousers for walking through brush.
- Be sure to bring some cash for parking and the bar at the trailhead.
- Bring a lot of water and wear SPF; the pools are not well-shaded.
- Pack a picnic lunch for the bottom and a bathing suit for a swim! ■

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MODICA:

Sicily's Chocolate Village

By Melvina Taylor

Strolling through the charming streets of Modica reveals many storefronts announcing *cioccolato di Modica*, or Modica chocolate.

The birthplace of this Italian *indicazione geografica protetta* (IGP) product is located in the south of Sicily. Only a one and a half hours drive away from NAS Sigonella, this location is perfect for a leisurely outing to taste Sicily's specialty chocolate.

Visit this quaint town in the afternoon to witness the golden hour glow across the terracotta houses that line the valley, forming the beautiful backdrop of Modica.



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CHOCOLATE HISTORY

Modica is a UNESCO Heritage Site in the south of Sicily with a rich chocolate history. Although the exact origins are debated, historians believe the unique process of making Modica chocolate dates back to the 1700s after the Spanish brought cacao from the Americas. The chocolates sold here are made only in Modica using natural ingredients and processed according to traditional methods to ensure the sugar granules maintain their crunchy texture. This results in a texturally interesting and highly aromatic type of chocolate.

WHERE TO GO

Start at the **Chocolate Museum** which is located in the middle of town and surrounded by many chocolate shops. Throughout the museum are displays, statues and paintings made from chocolate (including a chocolate topographic map of Italy!). This low-cost activity, at only €3 per person, is a good way to glean some insight into Modica's chocolate heritage.

Next up, try **Sabadi**, a chocolatier with locations in Modica and Ortigia. They sell decadent chocolates of all types that are made only in Modica. From individual flavors, like mandarin or lavender, blends based on regional plants and chocolates with milk to completely raw cacao bars, Sabadi has something for everyone.

This shop is also perfect for people who are gluten-free and vegan, as many of the chocolates are both. The employees will provide explanations for all chocolates and answer any questions you have. And, if you ask, they will accompany you to their chocolate aging cellar. This type of chocolate is flavored from contact with ingredients – imagine smelling a piece of chamomile while eating a slice of chocolate. You can buy aged chocolate even if you do not wish to enter the cellar.

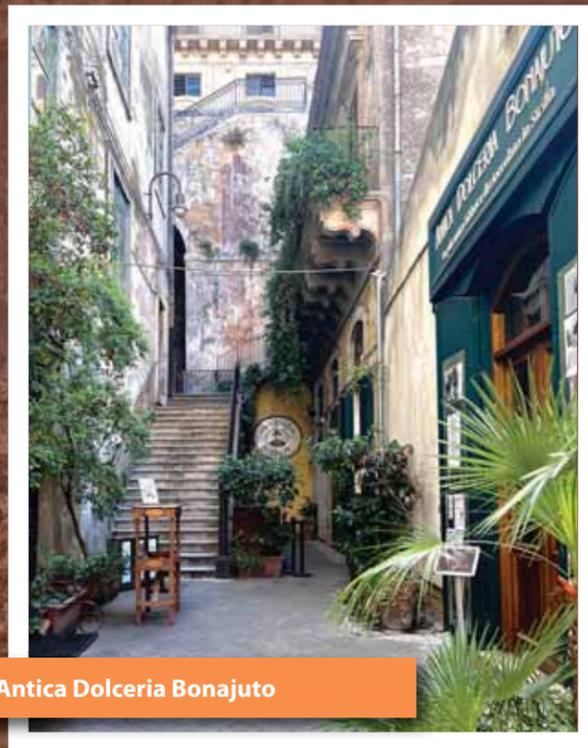


Sabadi

PHOTO BY MELVINA TAYLOR

“Although the exact origins are debated, historians believe the unique process of making Modica chocolate dates back to the 1700s...”

The last recommendation is tucked away in a little alley – **Antica Dolceria Bonajuto**. Self-proclaimed as the oldest chocolate factory in Sicily, this confectionery shop sells chocolate bars as well as pastries. The chocolatier has a large variety of flavors such as a bar made with donkey milk (you can always ask to taste a sample first).



Antica Dolceria Bonajuto

PHOTO BY MELVINA TAYLOR

While you are there, you can peruse the display cases containing chocolate memorabilia or peek into the kitchens behind the large glass windows. Tour reservations are available so you can see the “bean to bar” laboratory.

Wrap up your day at a *gelateria* (ice cream shop) and enjoy a delicious chocolate granita con brioche. This only touches on locations worthy of sightseeing in Modica. There are stores selling Mediterranean textiles and other Sicilian products such as olive oil, as well as breathtaking Italian architecture. And, of course, there are many more places to experience chocolate. Be sure to check opening hours in advance as some places in Modica observe Riposo. ■

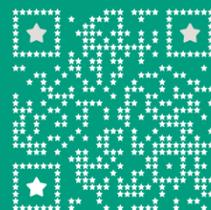
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SHOPPING

for Ceramics in Caltagirone

By Kristen Thoennes

Across Europe, you will find towns specializing in pottery going back hundreds or thousands of years, and Sicily has its very own pottery town to rival Bolesławiec, Nove and Soufflenheim.

Welcome to Caltagirone!

WHERE IS IT?

Caltagirone is roughly 45 minutes to an hour west of NAS Sigonella and Catania. Driving in Sicily is a new level of adventure, but a car is the best way to get there.

CERAMIC SITES

Start your visit by strolling around the local public park, with a great view of Mt Etna. In your mapping app, search for "Passeggiata alla Villa" to snag directions. Be sure to check

out the ornate gazebo, decorated with colorful ceramic tiles.

In the center of town is the famous **Caltagirone staircase**. Each level is ornamented with beautiful ceramic tiles with designs from the area. Be sure to climb up for a little cardio boost. There are stores along the way if you need to stop for a breather and shopping. You will find **pottery shops** galore around the town!

There are many popular designs from Sicily like colorful florals, fruit motifs and the famous Sicilian or Moor's heads. There are some fascinating theories about the origin of the Sicilian heads. If you love stories of passion, betrayal, jealousy and revenge, then you'll want to learn more, and shop owners love to tell the story.

If you are picking out gifts or something to remember your time in Caltagirone, I recommend taking home a Sicilian pinecone. They

symbolize health, good luck and prosperity. You will see these all over Sicily adorning entryways, on facades of buildings and in gardens. You can find a variety of sizes and colors, plus there are even pinecone magnets and ornaments.

POTTERY MAKING

When I visited Caltagirone, I booked a fantastic pottery experience at a studio called **Ceramiche d'Arte Florida Salvatore**. Our group of four people was given a demonstration by a master potter. We saw how they shape pieces, how they glaze them and were told about the firing process. Afterward, we were able to get our hands dirty and make two pieces—a pot using the coiling method and a face mask. It made for a great day-time date with my husband.

If you fly into Sicily, don't worry. The shop will glaze and fire your piece and can then mail it to you anywhere in Europe. ■



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SITE LEAD.....	624-2642
ENVIRONMENTALIST.....	624-5319

DoDEA	
ELEMENTARY.....	637-6838
MIDDLE/HIGH.....	637-6848

E

EARLY DEVELOPMENT INTERVENTION SERVICES	624-4536
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY	624-4550

EMERGENCY MANAGEMENT	
24HR.....	624-5225
EMERGENCY MANAGEMENT DEPT.....	624-1840
EMERGENCY MANAGEMENT OFFICER.....	335-193-8823
EMERGENCY OPERATIONS CENTER.....	624-2621/2629

EQUIPMENT RENTAL	624-4777
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EXECUTIVE TRANSPORT DETACHMENT (ETD)	
ADMIN OFFICE.....	624-5289
OPS DUTY OFFICER.....	624-5324/DUTY PHONE 335-128-1528

F

FIRE AND EMERGENCY SERVICES	
FIRE CHIEF.....	624-0564
DEPUTY FIRE CHIEF.....	624-0531
ASSISTANT CHIEF OF OPERATIONS.....	624-5191
ASSISTANT CHIEF OF TRAINING.....	624-5201
ASSISTANT FIRE CHIEF.....	624-5172
FIRE PREVENTION OFFICE.....	624-5194/6294
LCPO.....	624-6485
NAS 1 FIRE STATION OFFICE.....	624-4031
NAS 2 FIRE STATION OFFICE.....	624-2419

FITNESS CENTERS	
NAS I FITNESS DISTRICT FRONT DESK.....	624-4483
NAS II FLIGHT LINE FITNESS CENTER.....	624-5243

FLEET AND FAMILY SUPPORT CENTER	
ALL SERVICES AND PROGRAMS.....	624-4291
AFTER HOURS.....	335-129-7125
BASE INDOC COORDINATOR.....	624-4696
SAPR 24/7 HOTLINE.....	335-642-8312 / 335-606-6146

G

GALLEY (RESTAURANT BELLA ETNA).....	624-2061/624-5739/624-2585
CUSTOMER SERVICE.....	624-2061
LCPO.....	624-2585

H

HOSPITAL, U.S. NAVAL	
EMERGENCY-AMBULANCE.....	OFF BASE 095-86-1911/ON BASE 911
EMERGENCY DEPARTMENT/ROOM.....	624-3844
HOSPITAL APPOINTMENT LINE.....	624-2273
NURSE ADVICE LINE.....	800-979-721

NAS I HOSPITAL & CLINIC	
24HR DUTY/ORT DECK NUMBER.....	624-3842
DENTAL CLINIC NAS I.....	624-4205
DIETICIAN.....	624-4578
HEALTH PROMOTIONS OFFICE.....	624-4710
MEDICAL HOME PORT.....	624-4622
MENTAL HEALTH CLINIC.....	624-6095

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OPTOMETRY NAS I	624-4847
ORTHOPEDICS	624-4118
OUTPATIENT RECORDS	624-3847
OVERSEAS SCREENING	624-4086
PATIENT CONTACT COORDINATOR	624-4087
PHARMACY NAS I	624-4685
PUBLIC AFFAIRS OFFICER (HOSPITAL)	335-578-8163
RADIOLOGY DEPT	624-4701
SAFETY MANAGER	624-4852
SUBSTANCE ABUSE CLINIC (SARP)	624-6092
WOMEN, INFANTS & CHILDREN (WIC)	624-3198

FLIGHT LINE CLINIC

AVIATION MEDICINE (PHYSICAL SCREENINGS)	624-6291
DENTAL CLINIC NAS II	624-6317/5447
DEPLOYMENT HEALTH	624-5455
IMMUNIZATIONS	624-6932
INDUSTRIAL HYGIENE	624-6229
LABORATORY	624-6312
NAS II RECEPTION/APPOINTMENTS	624-5455
MEDICAL RECORDS OFFICE	624-6295
OCCUPATIONAL HEALTH CLINIC	624-5331
OPTOMETRY NAS II	624-6306
PHARMACY NAS II	624-6292
PREVENTATIVE MEDICINE	624-6231
RADIOLOGY NAS II	624-6305/2827

HOUSING DEPARTMENT

HOUSING SERVICE CENTER	624-4311
MARINAI HOUSING OFFICE FRONT DESK	624-1731
MARINAI HOUSING TROUBLE CALLS DESK	095-518-3394 / 342-347 1370 (Mon-Fri 07.30-1600)
MARINAI HOUSING EMERGENCY/AFTER-HOURS	349-776 4404 (Mon-Sun from 1600)
NAS I HILLIS DRIVE (SENIOR OFFICERS/FLAG QUARTERS)	624-4311/3825
EMERGENCY HILLIS DRIVE	335-642 8285 (Mon-Sun from 1600)
HOUSING LOANER FURNITURE	624-3878, 624-3879, 624-4164
ECONOMY HOUSING	624-4311
EMERGENCY ECONOMY HOUSING	335-830-6382/8222
UNACCOMPANIED HOUSING Bldg. 170 (NAS I)	624-3162/3324/4387
UNACCOMPANIED HOUSING Bldg. 623 (NAS II)	624-8689/8990/8684
EMERGENCY UNACCOMPANIED HOUSING	335-578 5520
EMERGENCY BACHELOR HOUSING	335-578-5520

I**INFORMATION TECHNOLOGY (N6) DEPARTMENT**

CUSTOMER SUPPORT	624-5555
IT DIRECTOR	624-2116
INFORMATION SECURITY SYSTEM MANAGER (ISSM)	624-6633

L

LEGAL SERVICES OFFICE DETACHMENT (RLSO)	624-5258
LEISURE TRAVEL AGENCY-SHELL TRAVEL	624-4388
LIBERTY CENTER	624-5602
LIBRARY NAS I	624-3875

M**MORALE, WELLNESS AND RECREATION (MWR)**

ADMIN OFFICE	624-3968
AUTO SKILLS CENTER	624-5244
BIG AL'S	095-7848308/331-1008520
BOWLING CENTER	624-4302
CHILD DEVELOPMENT CENTER	624-3736
COMMUNITY RECREATION TRIPS & TOURS	624-4777
EARLY DEVELOPMENT INTERVENTION SERVICES	624-4536

NAS I FITNESS DISTRICT FRONT DESK	624-4483
NAS II FLIGHT LINE FITNESS CENTER	624-5243
MOVIE HOTLINE	624-4248
JO PUB	624-5604
LEISURE TRAVEL AGENCY-SHELL TRAVEL	624-4388
CONNECTIONS NAS I	624-4264
EQUIPMENT RENTAL	624-4777
LIBRARY NAS I	624-3875
MARINAI YOUTH COMPLEX	624-1750/1747
MIDTOWN 2 THEATRE MANAGER	624-4216
PIAZZA HUT	624-4499
SPLASHERS POOL NAS I	624-4334
FLIGHTLINE POOL NAS II	624-7766
LIBERTY CENTER	624-5602
SCHOOL AGE CARE	624-3712
YOUTH SPORTS	624-1750

MOTOR VEHICLE REGISTRATION OFFICE (MVRO)	624-5275/6171
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MOVIE HOTLINE	624-4248
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N**NAVAL COMPUTER AND TELECOMMUNICATIONS STATION (NCTS)**

QRT DECK	624-5521
ADMIN	624-6963/6964/5132
CDO	335-831-4461
BASE COMMUNICATIONS OFFICE DIRECTOR	624-2916
BCO ADMIN OFFICER	624-5564
BCO VTC FACILITATOR	624-6922
BCO CELLULAR PHONES MANAGER	624-6500
BCO TROUBLE DESK	624-5561
NAVAL RADIO TRANSMITTER FACILITY NISCEMI FRONT DESK	624-1040

NAVAL CRIMINAL INVESTIGATIVE SERVICE (NCIS)	624-9210
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NAVY COLLEGE	624-4517-4514
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NAVY EXCHANGE

ADMIN	624-4278/4541
AUTO PORT	624-2814
BARBER SHOP NAS I	624-4234
BARBER SHOP NAS II	624-5951
BUSINESS CENTER/LAUNDRY/DRY CLEANING	624-4531
CELLULAR SHOP	624-4493
CENTRAL CHECKOUT	624-3784
ETNA GRILL/TACO BELL	624-4213
MILITARY AUTO SOURCE (MAS) NAS II	624-5852
EUROPE CAR RENTAL ACROSS FROM NAS I	624-5468
EXCHANGE LOCATION MANAGER	624-5423/5424
FLOWER SHOP	624-4384
GEICO INSURANCE	624-9427
LOSS PREVENTION/SAFETY MANAGER	624-4920
MAIN STORE CUSTOMER SERVICE	624-4363
MAIN STORE MANAGER	624-4277/4379
NAVY LODGE RESERVATIONS	624-4082
OPTICAL SHOP	624-3274
PERSONNEL OFFICE	624-4276
PHOTO SHOP	624-3274
PIZZA HUT	624-4499
SERVICE OPERATIONS MANAGER	624-4363
SEVEN DAY NAS II MINI NEX	624-5423
SUBWAY NAS I	624-4013
TAILOR SHOP	624-6398

NAVY FEDERAL CREDIT UNION (NFCU)

TOLL FREE FROM ITALY	00-800-0-842-6328
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NAVAL SUPPLY FLEET LOGISTICS CENTER (NAVSUP FLC)

DUTY PHONE	335-735-4963
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ADMIN	624-5711/5002
AVIATION SUPPORT DEPOT	624-2215
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
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
<i>LOGISTICS SUPPORT CENTER</i>	
MAIN LINE	624-5482

PERSONAL PROPERTY/HOUSEHOLD GOODS CUSTOMER SERVICE	624-9440/9441/9270
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PERSONAL PROPERTY INBOUND	624-9443
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POOLS

SPLASHERS POOL NAS I	624-4334
FLIGHTLINE POOL NAS II	624-7766

POST OFFICE NAS I	624-4477
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POST OFFICE NAS II	624-5915
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PROTOCOL OFFICER	624-5313
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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
CHAPLAIN AFTER HOURS	335-831-4493
DIRECTOR OF YOUTH MINISTRIES (NAS I)	624-3782/3826

S**SAFETY DEPARTMENT**

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

SCHOOL AGE CARE	624-3712
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SCHOOL LIAISON OFFICE	624-3732
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SECURITY DEPARTMENT

ON BASE	095-86-1911
OFF BASE NAS I	095-86-1911
OFF BASE NAS II	095-86-1911
NON-EMERGENCY DISPATCH	624-5225/6065
MOTOR VEHICLE REGISTRATION OFFICE (MVRO)	624-5275
ANTI-TERRORISM OFFICER (ATO)	6395/5927
SECURITY MANAGER	624-5767/5768
SECURITY LIAISON NAS I	095-56-4522
SECURITY LIAISON NAS II	095-86-2795
SECURITY LIAISON ITALIAN TRANSLATOR (24/7)	624-2795 / AFTER HOURS: 335-841-2014

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SAPR 24/7 HOTLINE	335-642-8312
SEXUAL ASSAULT 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

THEATRE (MIDTOWN 2) MANAGER	624-4216
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TLA APARTMENTS

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

TRICARE

DEBT ASSISTANCE	315-624-4848
ENROLLMENT	315-624-4880
NURSE ADVICE LINE	800-877-600
REFERRALS	315-624-4087

U

UNIVERSITY OF MARYLAND	624-4492
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USO SIGONELLA	624-6377
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V

VEHICLE PROCESSING CENTER	624-5413 / 008000-CARSHIP (Toll Free)
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VETERINARY CLINIC	624-4258
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VISITOR CONTROL CENTER	624-6387
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W

WEBMASTERS DEPARTMENT	624-6628
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Y

YOUTH COMPLEX	624-1747
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YOUTH SPORTS	624-1750
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OFF-BASE SERVICES

DIRECTORY

FOOD & DRINK

Alphio'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 Specialties	+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	+39-338-416-4605
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	+39-095-316-865
Tap House.....	+39-320-750-5344
Thai Princess Ristorante Thailandese	+39-333-191-8404
Umberto's.....	+39-095-0668554

ACCOMMODATION

205 Housing Complex	+39-095-713-0252
Agostiniana Hotel	+39-0942-721608
Azienda Agrituristicca 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
Signonella 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.lli 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	+39-344-4690243
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
Signonella insurance	+39-095-869427
The Family Ink Tattooing	+39-095-216-7767



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