

The Signature



**SUICIDE PREVENTION &
AWARENESS FOR STUDENTS**

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**NATIONAL TATTOO
STORY DAY**

◆
**EMERGENCY
PREPAREDNESS - FLOODING**

Direct Line

Capt. Aaron Shoemaker, Naval Air Station Sigonella Commanding Officer

September is drawing to a close and so is Suicide Prevention Month. But that doesn't mean our commitment to stop suicide should get packed away with our bathing suits and sunscreen.

I'd like to highlight three points that I hope will be fresh in your mind every day.

The first is the acronym **ACT**. **ASK** – **CARE** – **TREAT**

If someone you know is having a hard time navigating stress or is exhibiting warning signs of suicide, **ACT**.

Ask – Ask them directly, “are you thinking of killing yourself?” Actively listen to what they have to say and acknowledge their feelings.

Care – Listen without judgment. Show them that you care through your presence “I'm right here with you,” “I care about you no matter what,” and “we're going to get through this together”

Treat – Get help immediately and don't leave them alone. Escort them to the nearest chaplain, trusted leader, or medical professional.

If you are having a hard time navigating stress or are having suicidal thoughts, **ASK** for help, allow someone else to **CARE** for you, and seek **TREAT**ment.

It's easy to remember and it can save a life from suicide.

The second point is this: making a difference in the fight against suicide requires deliberate action every day, 365 days a year.

How can we be better prepared today to prevent suicide than we were yesterday? It doesn't take much. Learn more about the risk factors and the warning signs associated with suicide. Be ready to **ACT** if you encounter someone in need. Become more familiar with the resources available. Make your own personal resiliency a priority.

Sounds like a lot of work, but it doesn't have to be. I highly recommend the Navy's “Project 1 Small ACT” campaign. Like or follow Project1SmallACT on Facebook or Twitter. Every day there's a new post that will increase your knowledge about suicide and the resources available or offer simple ways to improve your own



physical and mental wellness.

Lastly, I want you to know that it's OKAY to not be OKAY, and it's OKAY to get help.

My brother died by suicide in 2020 and a few months after his death, someone else close to my family attempted suicide. I wasn't sure if I was OKAY or not, so I scheduled an appointment with a counselor. I ended up meeting with her regularly for several months and it was tremendously helpful.

For many of us, there are concerns that seeking mental health care will adversely affect our careers or security clearances. That could not be farther from the truth. I sought counseling and it had

ZERO impact on my Performance Report
ZERO impact on my security clearance
ZERO impact on my promotion to Captain

ZERO impact on my selection as Commanding Officer of NAS Sigonella.

Please join me in this fight against suicide. **SUICIDE IS PREVENTABLE!**

HISPANIC HERITAGE MONTH

15 SEPTEMBER - 15 OCTOBER



THE SIGNATURE

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SIGONELLA

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COVER PHOTO: Boatswain's Mate 1st Class Jean Guerra, from Bronx, N.Y. who was also born and raised in the Dominican Republic, speaks on important Navy personnel who paved the wave for Hispanic service members during the Hispanic Heritage Month special meal and cake cutting at the Ristorante Bella Etna Galley on Naval Air Station Sigonella, Sept. 22, 2022.

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Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. **Editorial submissions** should be sent to the Public Affairs Office via thesig@eu.navy.mil. All articles submitted by non-staff members will be considered contributing writers.

Happy Birthday Air Force!



September
18th





In the Spotlight



Name: Alan Pulido

Command: 7th Reconnaissance Squadron

Department: Command Support Staff

By MC1 Kegan E. Kay, *NAS Sigonella Public Affairs*

For some people when their goals or dreams don't pan out, they become disheartened and will settle for something less. For U.S. Air Force Staff Sgt. Alan Pulido, from Kissimmee, Fla., when his dream of a soccer scholarship to college didn't happen he was determined to find a new purpose.

"I thought of doing something bigger and better and that is why I joined," stated Pulido.

Pulido works at the 7th Reconnaissance Squadron's Unit Training Manager for the command support staff department. The 7RS is one of Naval Air Station Sigonella's 39 tenant commands.

When he first joined in August 2008, Pulido started off as a maintainer for fuel systems. According to defense.gov, aircraft maintainers are "responsible for the perform pre-, post- and between-flight safety and function checks, including double- and triple-checking fluid levels, landing gear and flight control functionality, and running diagnostics on the electrical systems."

While this is a vital job and mission in the Air Force, Pulido wasn't completely satisfied working as a maintainer and so, when given the opportunity, crossed over to become a unit training manager.

"I was never mechanically inclined," remarked Pulido. "But whenever I had to do additional duties that had to do with administrative stuff, it just came natural to me and I actually really do enjoy this job because it's all admin stuff."

Pulido is the first unit training manager for the 7RS and as such he has had to build the program from scratch which has been his favorite part of job.

"Staff Sgt. Pulido is the sole unit training manager at 7RS," remarked Tech Sgt. Josue Mercadoberrios,

the 7RS unit security manager and Pulido's supervisor. "When he arrived in 2020 he built the squadron training program from the ground up, guiding all members and supervisors from 28 different career fields with their upgrade career training."

According to Pulido his daily routine involves skill level upgrade training for members, scheduling training for members both local and formal training. Since the Air Force is no longer using their old training systems such as Training Business Area and Advance Distribution Learning System, Pulido is often developing in-house systems to facilitate training tracking.

"I'm constantly evolving with the training program here," said Pulido.

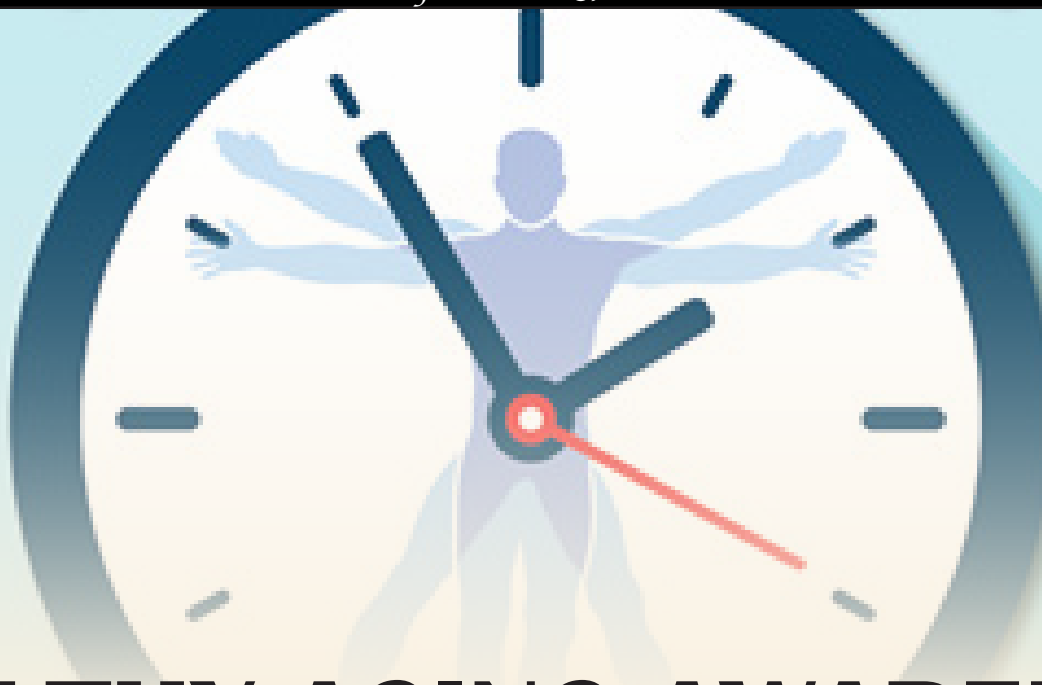
In addition to his herculean task of building the training program, Pulido also holds multiple collateral duties such as the 7RS's motorcycle safety representative, alternative resource advisor, physical training leader and combined federal campaign representative.

"What makes Staff Sgt. Pulido truly special is that he affects all personnel in the unit at the professional and social level," remarked Mercadoberrios. "He provides members with great customer support and gains everyone's trust."

He has also takes the time to work on his associates degree from the Community College of the Air Force in his off time but the one thing he makes sure he still has time for is his original passion – soccer.

"Soccer is my passion," explains Pulido. "I enjoy playing, watching, and coaching."

While being stationed here in Sicily, Pulido says he and wife take time to enjoy exploring the island, participating in aquatic activities and taking advantage of the variety of geographical beaches Sicily offers.



HEALTHY AGING AWARENESS

By Giuseppe Licari, Health Promotion and Wellness Coordinator, U.S. NMRTC Sigonella

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach.

Here are a few actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age:

- Get moving: Exercise and physical activity.

Whether you love it or not, physical activity is the foundation of healthy aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.

- Healthy eating: Make smart food choices.

Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function. As with exercise, eating well is not just about your weight. A healthy eating pattern included lots of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.

- Getting a good night's sleep.

Getting enough sleep helps you stay healthy and alert. Even though older adults need the same amount of sleep as all ages, they often don't get enough. Feeling sick or being in pain can make it harder to sleep, and some medicines can keep you awake. Not getting enough quality sleep can make a person irritable, depressed, forgetful, and more likely to have falls or other accidents.

- Quit tobacco

Research confirms that even if you're 60 or older and have been using tobacco for decades, quitting will improve your health. Quitting tobacco at any age will:

- lower your risk of cancer, heart attack, stroke,

and lung disease

- Improve your blood circulation
- Improve your sense of taste and smell
- Increase your ability to exercise
- Set a healthy example for others

Tobacco includes whatever has nicotine in it such as cigarettes, cigars, smokeless tobacco as well as electronic cigarettes.

- Alcohol and other substances

Like all adults, older adults should avoid or limit alcohol consumption. In fact, aging can lead to social and physical changes that make older adults more susceptible to alcohol misuse and abuse and more vulnerable to the consequences of alcohol. Alcohol dependence or heavy drinking affects every organ in the body, including the brain.

- Go to the doctor regularly

Going to the doctor for regular health screenings is essential for healthy aging. A 2021 study found that getting regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. People who went to the doctor regularly also reported improved quality of life and feelings of wellness.

- Taking care of your mental health

Mental health, or mental wellness, is essential to your overall health and quality of life. It affects how we think, feel, act, make choices, and relate to others. Managing social isolation, loneliness, stress, depression, and mood through medical and self-care is key to healthy aging.

If you need more information, education or support in one or more of those areas call Health Promotion and Wellness at 095-86-4710.

Suicide Awareness with Students

Story by Matthew R. Picerno, Ph.D., Clinical and Child Psychologist, U.S. NMRTC Sigonella

Suicide – A general comment –

As part of Suicide Awareness month, there has been a tremendous amount of valuable information recently spread to the community, including warning signs for which to be aware, and helpful listings of resources for those most in need. Heightening the community's understanding of these critical elements goes a long way in maximizing safety, especially given alarmingly high rates of suicide in the military population.

Suicide in the student population –

Suicides among the student population represent a different aspect of this issue, often involving unique circumstances that can lead a child, teen, or young adult to consider self-harm, or even act on it in some way. This overview is not intended to be a comprehensive listing of all possible contributing factors, nor to hold any particular area at fault, but is rather meant to touch on a few of the more frequently-encountered obstacles in a student's life that may contribute to a negative cycle.

Approaching NSSI –

First, it's important to take note of a closely-related issue: Non-suicidal self-injury (abbreviated NSSI). These include actions in which students harm themselves, but not to the point of ending their lives (nor was it intended to); it does, however, cause serious physical injury and takes a tremendous psychological toll. Most often, this type of behavior involves self-cutting – most frequently, in teen girls. It is crucial not to treat this self-injury as an attention-getting tactic – in fact, self-harm of any kind renders a person more likely to actually attempt suicide at some point in their lives.

There are a number of factors that may contribute to a mindset in which thoughts of suicide (or other self-harm) seem like the best (or only) option for a student. While understandably upsetting when this involves a loved one, keeping aware of these factors alerts us to helpful steps we can take to help.

Hopelessness and helplessness from cumulative stress and bad events –

An unfortunate fact of life is that bad things can and do happen. Regardless, thoughts of suicide often arise for a student (as with all populations) not just from a solitary event, but from a combination of factors that lead to overwhelming hopelessness – think, for example, about negative patterns of falling behind in schoolwork, assignments continually piling up, or constantly feeling not successful or popular enough. A student going through this may feel as though they have no other choice available to them – that they're completely helpless to change the situation in any meaningful way, and that it will only get worse.

A single negative event then piled on top of this experience often becomes the “final straw,” pushing someone to think about or act in a way to escape the perceived source of the worry and finally end the misery, all worsened by impulsive adolescent decision-making that significantly heightens vulnerability to suicidal behavior.

Stress from the academic workload –

Since children of all ages spend so much of their time in school, the educational environment can be a prime source of that stress. One common example includes academic difficulties, like having an overwhelming amount of work. Over time, a student may feel like they're falling further and further behind, then the volume of work becomes so intimidating that it starts to seem insurmountable (“There's no way I'll be able to complete it now – there's no point in even trying!”).

Bad grades compound the stress –

Rather than view a bad grade on a test or exam as a potential learning opportunity to help refocus efforts (i.e., an emotionally healthy response to a negative occurrence), the bad grade performance is often taken by a student as “evidence” of being a disappointment and a failure, making the hopeless situation worse.

Separating “good” from “bad” stress –

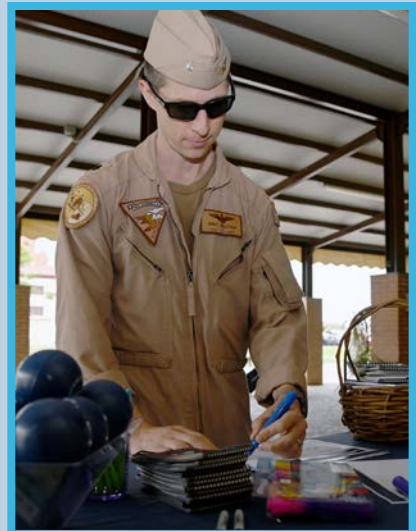
As it turns out, a mild amount of stress in our lives can in fact be helpful: It helps a student take test preparation seriously, then helps them stay alert for potential mistakes on a test. A significant amount of stress, however, is emotionally overwhelming, making it almost impossible to concentrate and access our knowledge from studying.

The impact of negative assumptions –

Worsening matters further, students already struggling with negative thinking patterns often assume the bad grade results from personal defects (almost confirming that they're not good enough), rather than considering outside factors that may have been working against them (e.g., they may not have had as much time to study that week because of an especially busy schedule, or a heavy practice rotation in their chosen sport).

Stress from social isolation and bullying –

Social difficulties are another common source of school-based stress. Bullying behavior (whether “traditional,” or online cyber-bullying) often involves a negative comment, insulting remark about, or other way of setting another student up for humiliation (involving their clothing choice, level of social comfort, the way they speak, mannerisms or appearance, etc.) intended to put down or even intimidate them. Bullying can occur overtly and aggressively, or much more subtly to avoid a teacher or staff member's attention.



Regardless, the emotionally damaging effects snowball when classmates join in: Other students may also be tempted to contribute to the bullying (whether IRL or online) for a number of reasons – they may just be happy that they're not the one being targeted at that moment, and hurting someone else may seem like a safe way to keep the negative spotlight off of them for as long as possible. However, the damage caused from “just words“ has profound, long-term effects on the way a fellow student feels about themselves, the effects of which don't just “go away“ when the attackers move on. Student's experiencing this abuse often feel excluded, ostracized, and isolated, leading to the belief that they have no place, value, or purpose – a terrifying set of thoughts to consider, and ones often at the heart of suicidal ideation, plans, and attempts.

Offering help after a bad event –

While the emotional damage that results from these factors is painfully clear, intervening in a helpful way can offer a lifeline that turns the tide away from thoughts of self-harm. It helps to think of a “two-part“ series: First, the negative experience happens (becoming overwhelmed with work; failing a test; being ditched by friends). Although hurtful and upsetting, that part can be managed depending on the second: The aftermath of the upsetting incident, or revelation of distress, usually decided by the “team“ of resources available to the student. What type of support did they have? Did they feel cared for by friends and family, or even comforted by a teacher or a coach? Or, did they feel alone and abandoned afterwards? Making a bad experience even worse, a perceived lack of follow-on care, support, or even interest can exponentially increase the emotional trauma they've already endured.

The benefit of support for anyone –

Students who felt no sense of support at all will suffer the greatest emotional damage, and are more likely to consider suicide. In contrast, having that emotional support available can serve as life-saving protection against the devastating emotional aftereffects of the event and its implications for the student, boosting their perceived ability to survive it without sinking into a negative spiral of suicidal thought. As some of the other sources of information have taught us this month, this same sense of family and community support is critical in work center environments and social events for our active duty service members – all places where family, friends, and other supportive individuals can make such a positive impact in their lives, that can put an entirely different spin on the negative event itself.

What to look for –

Difficult issues for students may show in different ways: 1) a change in their level of engagement – they no longer have any interest in doing things that used to be fun (like listening to favorite music, drawing, playing an instrument, or reading a favorite book series); 2) a downcast or irritable appearance (looking sad and depressed; snapping back when asked questions); or 3) seeming disconnected (declining

time with family, refusing trips or other activities, or turning down invitations from a friend.

Just being available can make all the difference –

The good news is that there are actions we can take as a helpful community at the first sign of these symptoms. Any immediate show of support communicates the message that someone is there for them, even if you don't fully understand the situation just yet – just making your presence known provides “emotional CPR“, and plants a seed that the suffering student is not alone and that help is available, even if they're not yet ready to engage with it. Even better, these shows of support challenge the sense of exclusion, isolation, and marginalization that contributes to suicidal thoughts, especially in a population that – due to their younger age and developmental level of cognitive ability – places so much importance on how they are judged and perceived by their peers.

Self-care: The value of sleep –

Several sources of helpful information this past month have highlighted self-care as a powerful weapon against anxiety, depression, and despair. Proper self-care covers a number of critical areas, one of the most important being a good, healthy amount of sleep to rebuild the emotional resources needed for the challenges of everyday life. For students, a good night's sleep sets them up for a great day of school while keeping overwhelming feelings at bay.

Achieving an appropriate amount of sleep sometimes involves difficult decisions, like setting reasonable limits on electronic device use in the evening time – ideally, students should completely discontinue any screen exposure 1 – 1½ hours before bedtime. An equally important part of beneficial sleep involves keeping sleep and wake times fairly close to each other throughout the entire week. Even with good sleep on school nights, staying up too late on the weekend (and sleeping in too late the following morning) throws off the natural routine from the school week, making it much harder to re-establish a good sleep and waking time.

Self-care: The value of nutrition –

Obtaining proper, balanced nutrition (hint: not just carbs) constitutes another critical aspect of self-care. This involves avoiding the temptation to “skip“ meals (especially lunch), despite the appeal of hanging out and talking with friends in the Food Court or the NEX. At its core, self-care provides an important balance to life – for a student, this needs to involve other elements besides academic coursework, like physical exercise, artistic pursuits, developing musical talents, sports, and (yes, in reasonable amounts) even video games and screen time, in addition to “down time“ for activities with family, like going out for a trip, or a weekend game or movie night.

A note to overachievers and “helpers“ –

A special note for those students who are especially driven to over-achieve and help others, often to their own detriment (e.g., putting off their own needs for down-time, rest, and leisure activity): Self-care is

"Suicide Awareness" cont'd on Page 11



Italian News

Pistachio Festival returns to Bronte

By Dr. Alberto Lunetta, *NAS Sigonella Public Affairs*

If you like pistachio, let me direct you to the Sagra del Pistacchio (Pistachio Festival), an amazing annual festival held in the heart of Bronte from Sept. 30 through Oct. 2 and from Oct. 7 through 9. The festival returns to Bronte after a two-year break due to the Covid-19 pandemic.

Bronte, a town located on the north-western slopes of Mt. Etna, has always been a Mecca for pistachio lovers and has been awarded the title of “Italian capital of pistachio.”

In 2009, the Bronte pistachio, cultivated in the area of Bronte, Adrano and Biancavilla, received the European Union P.D.O. food certification (Denomination of Protected Origin). Since 2000, it is a “Slow Food Presidium” that is awarded to genuine foodstuff and products at risk of extinction including plant varieties, animal breeds, bread, cheeses, cured meats, sweets, and other food products from across the globe that are produced according to principles animal welfare and biodiversity.

Bronte boasts a production that can reach up to 4,500 tons of pistachios (one percent of the total world production) that are harvested every two years between August and September for 40 days. The plant grows on the lava soil and rocks, which is why it is still harvested by hand; no machinery can be used to climb some of the inaccessible rock formations, definitely a tiring and strenuous harvest.

Bronte is therefore considered the spearhead of pistachio’s production in Europe. That is why, in Sicily, this precious seed fruit is also nicknamed “Green Gold.”

Bronte pistachios are a great source of healthy fats, fiber, protein, antioxidants, and various nutrients like vitamin B6 and, just like other nuts, one of the pillars of the Mediterranean Diet.

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

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

“We must thank our farmers who have been stubbornly growing pistachio the old-fashioning way and making it a truly organic product, challenging the harsh volcanic soil of Mt. Etna and turning it into a green land. They’ve been the custodians of our environment. Today, pistachio is world famous for its deliciousness,” Bronte’s Mayor Pino Firrarello said.



Sigonella pistachio lovers will be happy to hear that the 31st edition of the mouthwatering Pistachio Festival returns to Bronte spreading across two weekends (Sep. 30-Oct. 2 and Oct. 7-9) and featuring pistachio-based specialties arts & crafts, family fun, live music and entertainment. (Photo by <https://ilfattoalimentare.it>)

Festival goers browsing through the stalls can sample a variety of pistachio based dishes such as desserts, cakes, ice cream, honey, Nutella (hazelnut spread with a chocolaty taste), “Pistacchiella” (pistachio spread), nougat, patisserie and savory dishes such as tagghiarini (tagliatelle) penne and maccarruni (macaroni) homemade pasta with pesto sauce (made as the usual pesto but replacing the basil with pistachio), ravioli, salsiccia (pork sausage) and arancini (breaded rice balls filled with ragù and cheese). Festivalgoers can also enjoy pistachio vino (a dessert wine) and cocktail al pistacchio (pistachio liquor). The festival also features booths arts and crafts (lava stone, wood) and other local produce such as cheeses, salami and more as well as sweets including “Fillette” (circular shaped confections made with flour, sugar, and eggs that is cooked in a frying pan) and “Nucatuli” that are made with flour, sugar, lard, eggs vanilla, peeled ground pistachio, cinnamon and rose water.

The sagra kicks off at 5 p.m. on Sept. 30 in the main square with about 100 food booths lined up to offer great pistachio-based specialties. On the other days, festivals grounds open at 10 a.m. till the late evening and featuring food, activities, arts and crafts, folklore parades and music. Don’t miss out to taste the huge free pistachio cake that takes place in the historic center around 6 p.m. on the last festival’s day (Oct. 9).

The festival will also give visitors the chance to hike the nearby Mt. Ruvolo and visit the Nunzio Sciavarello Art Museum.

While you are visiting the festival, you could take a closer look to the outside of the famous “Castello di Nelson,” an

NATIONAL TATTOO STORY DAY

U.S. Navy story by MC3 Triniti Lersch



September 16th is National Tattoo Story Day and provides a great opportunity to dive into the all the reasons a person may get a particular image, symbol, words or numbers tattooed on their person.

In the past, there have been many different reasons people got tattoos from hitting acupuncture points to treat back pain or upset stomachs, to branding to mark criminals or slaves, or for usage in rituals and ceremonies from different cultures.

Reasons for getting a tattoo can be just as diverse as the artwork and style of the tattoos themselves. Today most people spend time thinking about what they want prior to getting the tattoo, and each one has unique story or meaning behind it known only to the person themselves.

For Engineering Aide Constructionman Janecia Kemp, from Decatur, Ga., her most meaningful tattoo symbolizes love and family.

"It's a number seven," said Kemp. "I've thought about this tattoo since I was a kid. My Grammy started this many years ago, all her daughters and granddaughters have the tattoo. At first, I wasn't of age to get it so my cousins and I were gifted necklaces with the number seven on them. I finally decided to get the tattoo when I was 19 years old."

Family is usually the primary reason behind people's tattoos, but religion is another big reason.

Air Traffic Controller 2nd Class Joseph Zavala, from Lancaster, Calif., has three tattoos all of which are tributes to his family and a special moment in his life. The first of Zavala's tattoos has his last name along with a date.

"The numbers are the day I received the Holy Ghost," said Zavala. "The day I accepted God."

The tattooed symbol in the center of his chest is for his mom which he says, "The symbol is something my mom has tattooed and I got it to signify her so that I always have a piece of her with me."



While both are important to Zavala he says the most meaningful tattoo is the one on his arm.

"It's a quote I wrote for myself as motivation," said Zavala. "It says 'Do it for your family.' My thought process behind it was trying to figure out what motivates me in life. I learned that my biggest goal in life was to have a family and that if I wanted one I would need to support them as best as I could. When I knew I wanted the tattoo, I was too young and had no money. By the time I was old enough, I was leaving for boot camp and still had no money, so I wrote the quote on my arm for as long as I could until I got it tattooed."

Tattoos can often represent changes in person's life, or even a roadmap of their journeys whether it be a tattoo at each place visited, or something more abstract known only to the person themselves.

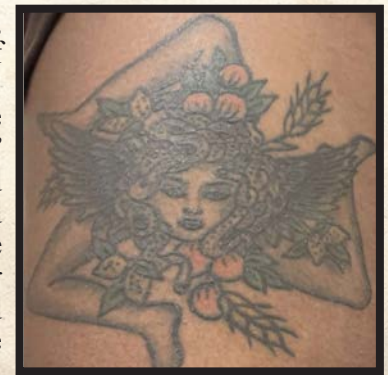
Kisiah Chandler has lived in Sicily for over 10 years. Her first tattoo was the Hand of Fatima with a blue eye. It represents femininity and protection.

"I was still in high school when I learned about the hand while traveling to Morocco," said Chandler. "The blue evil eye is meant to represent my mom."

The blue evil eye represents good luck or good karma, the color projects positive energies such as creativity, motivation, and commitment in addition to protection against evil eye.

In relation to her life's journey so far, Chandler's most meaningful tattoo is the Sicilian trinacria or Triscele, which is the symbol of Sicily.

"I lived in Sicily from the age of 12 through college," said Chandler. "The island means so much to me and I knew I wanted to get the tattoo when I was 14. Four years later it was my second tattoo and still my favorite piece."





BE PREPARED FOR A FLOOD

HOW TO STAY SAFE WHEN A FLOOD THREATENS

Prepare NOW

Know your area's type of flood risk. Visit FEMA's Flood Map Service Center at <https://msc.fema.gov/portal> for information.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If flash flooding is a risk in your location, monitor potential signs such as heavy rain.

Learn and practice evacuation routes, shelter plans, and flash flood response.

Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Obtain extra batteries and charging devices for phones and other critical equipment.

Obtain flood insurance. Homeowner's policies do not cover flooding. Get flood coverage under the National Flood Insurance Program (NFIP).

Keep important documents in a waterproof container. Create password-protected digital copies.

Protect your property. Move valued items to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

Survive DURING

Depending on where you are, and the impact and the warning time of flooding, go to the safe location that you have identified.

If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown.® Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off of bridges over fast-moving water. Fast-moving water can wash bridges away without warning.

If your vehicle is trapped in rapidly moving water, stay inside. If water is rising inside the vehicle, seek refuge on the roof.

If trapped in a building, go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Signal for help.

Be Safe AFTER

Listen to authorities for information and instructions.

Avoid driving, except in emergencies.

Be aware that snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.

Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.



Results from rain, snow, coastal storms, storm surge, and overflows of dams and other water systems



Develops slowly or quickly. Flash floods can come with no warning



Causes outages, disrupt transportation, damage buildings, create landslides

IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

Do not walk, swim, or drive through flood waters.



Stay off bridges over fast-moving water.

Take an Active Role in Your Safety

Go to [ready.gov](https://www.ready.gov) and search for **flood**. Download the **FEMA app** to get more information about preparing for a **flood**. Find Emergency Safety Tips under Prepare.

Determine your best protection based on the type of flooding.



Evacuate if told to do so.



Move to higher ground or a higher floor.



Stay where you are.

“Suicide Awareness” cont’d from Page 7

even more critical, as is having appropriate boundaries in place for the academic and social activities in their lives. It can be easy to assume we have to be successful in everything we do, maintaining a level of academic performance that goes too far past a positive benefit and creates too much strain. Again, appropriate balance is the most important consideration. Of course, it’s important to try our best in all things, but if worry of not performing to a “high enough” level is causing emotional – sometimes physical – distress, then it’s not worth the cost, and something needs to change.

It may also be easy to assume we have to be everything to everybody at all times, including our friends. All too often, students end up staying awake until early morning hours on the phone with a friend in emotional turmoil. In these cases, it’s not a student’s responsibility to “fix” or “heal” a friend in need of professional help – a friend can’t be a therapist, no matter how appealing the idea of “saving” everyone that’s special to us. Yes, we want to be a help to others, but the support you offer them, letting them know you care, is more than enough helpful action – after that, encouraging them to share their difficulties with their parents, and even get connected with professional help. Unless we take time for ourselves, and set appropriate limits on what we can do for others, we’re in danger of shutting down completely, then being unable to take care of our own work or responsibilities.

Adults’ role with the words we use –

It’s especially important for parents and other adults to be mindful of subtle messages of disapproval they may inadvertently convey, too high expectations set, or comparisons they may unintentionally make regarding other students (or even siblings) who appear more popular, artistic, athletic, talented, or academically successful. A student in emotional crisis is highly vulnerable to feelings of inadequacy, and especially sensitive to perceived criticism (even when it’s not intended that way). In contrast, providing encouragement and assurance every step of the way that their student is cared for, wanted, and loved (even when they’re reluctant to share anything, or seem to avoid everything) is one of the most important buffers against escalating anxiety and depression.

Keeping others connected –

Always remember the power of connectedness! Please take any opportunity to include others you notice by themselves, or who seem to be left on their own. They are the ones most at risk of feeling excluded, and thinking that their life lacks purpose or value. Bringing them into a group or activity goes a long way towards ending those damaging internal messages, instead planting seeds of hope that can mean the difference between thoughts of suicide, or giving the next chapter in their life a chance. By looking out for each other, we make sure they know that their voices are heard, that their contributions matter, and that they have a welcome place in their family, school, and the community.

I hope it was helpful in providing some ways to think about this major issue and actions we can take to assist those in need.

"Italian News" cont’d from Page 8

amazing castle located in the neighboring town of Maniace, about eight miles from Bronte which is temporarily closed due to renovation. The castle was built in the 18th century on the ruins of a medieval abbey erected on a basaltic rock by Queen Margaret of Navarra in 1173 and belonged to the world-renowned British Admiral Horatio Nelson, the one who defeated the French at sea during the Napoleonic Wars. King of Naples Ferdinand I gave it to Nelson in 1799 as an award for the support that the British admiral gave him to put down a rebellion that broke out in Naples. According to historians, Nelson never visited the estate even though his’ heirs lived in the castle until 1940 when they were forced to leave Sicily as Italy declared war to England. In 1943, after the Allied landing

in Sicily, the Nelsons got back their property but later decided to sell it to Bronte’s Municipality in 1981. Today, the castle’s complex is a magnificent museum and a cultural center where art exhibitions and conferences are held.

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

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

For more information and detailed festival’s schedule visit <https://www.comune.bronte.ct.it/>

☑

12 WAYS TO PREPARE

<input type="checkbox"/> Sign up for Alerts and Warnings	<input type="checkbox"/> Make a Plan	<input type="checkbox"/> Save for a Rainy Day	<input type="checkbox"/> Practice Emergency Drills	<input type="checkbox"/> Test Family Communication Plan	<input type="checkbox"/> Safeguard Documents
<input type="checkbox"/> Plan with Neighbors	<input type="checkbox"/> Make Your Home Safer	<input type="checkbox"/> Know Evacuation Routes	<input type="checkbox"/> Assemble or Update Supplies	<input type="checkbox"/> Get Involved in Your Community	<input type="checkbox"/> Document and Insure Property

FOR MORE INFO ON EMERGENCY PREPAREDNESS VISIT: [READY.GOV](https://www.ready.gov)

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