



Midtown Family Bazaar aims to ease IA deployment worries



Levoshia McCracken, a Fleet and Family Support Center (FFSC) financial counselor at Naval Air Station (NAS) Sigonella, discusses her services at a Family Bazaar held at Midtown.

By MC3 Whitfield Palmer
NPASE East Det. Sigonella

A Family Bazaar to help service members and their families prepare for Individual Augmentee and other deployments was held at

Midtown by Moral, Welfare, and Recreation (MWR) and the Fleet and Family Support Center (FFSC) in partnership with the school liaison officer

BAZAAR, continued on page 12

Sigonella kicks off Black History Month

By MC2 Gary Prill
NPASE East Det. Sigonella

Naval Air Station Sigonella, Sicily (NAS)-Sailors and civilian employees including Commanding Officer Capt. Thomas J. Quinn, and Command Master Chief Rosa L. Wilson joined at Naval Air Station (NAS) Sigonella's Ristorante Bella Etna for a luncheon and cake cutting honoring Black History Month on February 4.

In 1915 Dr. Carter G. Woodson and Rev. Jesse E. Moorland co-founded the Association for the study of Negro life and History. Their goal was to research and bring awareness to the largely



Chief Boatswain's Mate Zabian Davis, and Capt. Thomas J. Quinn join with NASSIG junior personnel to cut a cake in honor of Black History Month, at Ristorante Bella Etna on Feb. 4.

ignored, yet crucial role black people played in American and world history.

In 1920 Woodson started with the help of the fraternity **HISTORY, continued on page 12**

5 Sigonellans become U.S. citizens



Five Sigonella community members take their official oaths to become U.S. citizens Feb. 5 at a ceremony on NAS II.

By MC3 Jonathan Idle
The Signature Staff

Five members of the Naval Air Station (NAS) Sigonella community became new U.S. citizens during a ceremony Feb. 5 on NAS II.

Corspman Max Welbers, Iwanina Spiers, Aviation Boatswain's Mate 3rd Class Alvarez Aguilar,

Hilena Zingraf and Aviation Support Equipment Technician 2nd Class Ryan Odiscu all took the oath to become citizens.

The ceremony started out with opening remarks from Capt. Joseph W. Beadles, NAS Sigonella Executive Officer.

"We always talk about being

part of the Sigonella family," Capt. Beadles said. "Well now you're a part of a bigger family, the family of the United States. I just want to say thank you and I look forward to each and every one of you being productive members of your new family."

Following Capt. Beadles **CITIZENS, continued on page 12**

Sigonella youngsters learn the basics of good oral hygiene

By MC3 Whitfield Palmer
NPASE East Det. Sigonella

February is National Children's Dental Health Month and Dental Department at the United States Naval Hospital (USNH) Sigonella helped to celebrate and promote the importance of oral health with a workshop for youngsters at Stephan Decatur Elementary school at Naval Air Station (NAS) Sigonella Thursday, Feb. 4.

The workshop focused on Sure Start, Kindergarten, First Grade

students and included demonstrations on proper brushing and flossing using specially designed stuffed animals with teeth. Proper nutrition to prevent cavities and the importance of regular visits to the dentist were also discussed with the students.

"This year we geared towards the younger kids so that they might develop better oral hygiene habits earlier," said Lt Cdr. Willie Chao, a pediatric dentist at

HYGIENE, continued on page 13

WEATHER UPDATE

February 12
H:61F
L:40F



February 13
H:63F
L:54F



February 14
H:65F
L:43F



February 15
H:63F
L:54F



February 16
H:71F
L:47F



February 17
H:71F
L:55F



February 18
H:75F
L:56F



TOP STORIES

There is a debate going on across our country right now. It is a debate as to whether or not American's are doing everything they can to help the victims of Haiti. Some argue that we are not doing enough, while still others say we are doing our share.

Page 2

USS NASSAU, At Sea - A newborn baby girl delivered to USS Nassau (LHA 4) in a box from Haiti's University Hospital was reunited with her mother aboard the ship Jan. 31.

Page 3

Moving to a new community is an enormous undertaking, especially moving overseas. Yet as you prepare for a move and after you arrive in your new home, finding the resources you need can be a big part of how comfortable you feel there.

Page 5

The almond trees in full blossom dotting the enchanting Greek archeological site located outside Agrigento, which features traces of an ancient and proud civilization, provide a unique and breathtaking spectacle for tourists around the year.

Page 6

Check out the Valentine's Day messages for loved ones in the Sigonella community!

Page 8

TRAFFIC NUMBERS

Jan. 10- Jan. 09-
Feb. 10 Feb. 09

Accidents	31	43
Injuries	4	4
DUIs	1	0
Traffic Deaths	0	0

PLEASE,
DON'T BECOME
A STATISTIC!

INSIDE

Direct Line
2

Navy News
3

Community Calendar
4

MWR Corner
11

Il Mercato
14

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The 4 February Feedback Live received so many questions via the web that some of them couldn't be covered in the allotted time, so we are devoting this and 19 February Direct Lines to answer them. Please keep sending your questions via email but remember that it is a live call in show and you can get your question answered on the spot. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. Sir, the new and upgraded ADSL suppose to be faster up to 20mb? But According to www.speedtest.net/ when I test-

ed my adsl speed here in Marinai, it is not so. So then, is there anyway telecom here in Nassig can show to the subscribers that they actually do really have ADSL speed of upto 20MB as claimed? Otherwise that increase Of 10 dollars I think a month for the newly ADSL2 could be viewed as a rip-off per sec.

A1. The up-to 20 Mb ADSL system is a 20 Mb connection from your home router to the communications building. When a speed test is performed the path traverses many hops with data rate of unknown speeds. Therefore the results are of various levels from 300Kb - 15Mb depending

on the time of day and congestion. To test that subscribers are actually connected with an ADSL of up-to 20Mb, Telecom Italia has installed a FTP server at the BCO with a 500MB file to download. The transfer rates achieved by test personnel living at Marinai and NAS1 have been higher than with the previous service. The BCO and NCTS will ensure that Telecom Italia delivers an ADSL service per the contract. As of 28 January Telecom Italia has modified the configuration on the system with noticeable improvement.

Q2. What is the real schedule of the self help building in Mineo Housing? The schedule says that

they are open every Saturday, but the last two Saturdays I've been over there, they were closed.

A2. Mineo Self Help is being opened by volunteers. Our Mineo staff covers it during the week and Mayor Davis has been volunteering his time to open on Saturdays. We've put up signs asking for more volunteers. With Mineo closing, we cannot justify hiring a Mineo Self Help employee.

The questions, comments and concerns stated in this column do not constitute the official position of the U.S. Navy and



are submitted by members of the community.

Are your child's teeth sealed?

Taken from American Academy of Pediatric Dentistry

Dental sealants are the most cost-effective means of preventing tooth decay.

Made of clear or shaded plastic, sealants protect the chewing surfaces of back teeth.

Even if a child brushes and flosses carefully, it is almost impossible to clean the deep grooves on back teeth. Food and bacteria build up in these tiny grooves and pits, placing a child in danger of tooth decay. Sealants seal out food and plaque, thus reducing the risk of decay.

A dentist applies sealants in one easy and comfortable visit. The dentist dries and conditions the tooth, paints on the sealant, then allows it to harden with a blue light.

CURRENT FACTS

-Four out of five cavities in children under age 12 occur on the biting surfaces of the back teeth. Because these are the areas that

sealants protect, it is easy to see why sealants benefit children.

-Sealants cost less than half of what a filling costs, a good value in view of the decay protection offered.

-The teeth most at risk of decay and therefore most in need of sealants are the six-year and twelve-year molars.

-Teeth are at greatest risk of decay when they first erupt into the mouth. The sooner the sealant is applied, the better.

-Sealants, if properly cared for by the dentist, can last throughout a child's cavity-prone years.

-Sealants last longest if a child has good oral hygiene and visits the dentist regularly.

If you have any questions or concerns please contact us at 624-4205/3848 NH Sigonella, Dental. You can also check out American Dental Association website resource at ada.org

Keep those healthy smiles Sigonella!

HEALTH WATCH

Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. 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, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.

Commanding Officer
Capt. Thomas J. Quinn

Public Affairs Officer
Lt. Matt Knight

Deputy Public Affairs Officer
Dott. Alberto Lunetta

Editor
MC1 Christopher Delano
MC3 Jonathan Idle

Staff Writers/ Photographers
MC2 Gary Prill
MC3 Whitfield Palmer

The Signature editorial office is located at:
Naval Air Station Sigonella, Sicily
PSC 812 Box 3020, FPO, AE 09627
Telephone: 095-86-5440; DSN 624-5440

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or

NASSIG WORSHIP SERVICES

ROMAN CATHOLIC

Sunday

0830 Catholic Mass (NAS I Chapel)
1200 Catholic Mass (Mineo Community Center)
1600 Catholic Mass (NAS II Chapel)

Monday - Thursday
1130 Catholic Mass (NAS II Chapel)

PROTESTANT

Sunday

1000 Traditional Protestant (NAS I Chapel)
1130 Contemporary Protestant (NAS I Chapel)

CHURCH OF CHRIST LAY SERVICE
Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Sunday 1300 Catania Chapel, Please email jarreb@yahoo.com or call 624-1393 or 095-705-6108

AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

CHAPLAIN CORNER



Chaplain Wilson

There is a debate going on across our country right now. It is a debate as to whether or not American's are doing everything they can to help the victims of Haiti. Some

Love your neighbor

argue that we are not doing enough, while still others say we are doing our share. There are questions like: "Are we sending enough money?" "Are we sending enough people?" "Do we need to send troops? How many? and Which ones?" The questions continue and so does the debate.

There is a story in the Bible where Jesus is having a discussion with a lawyer. In the conversation Jesus reminds the lawyer of the importance of "loving your neighbor as yourself." The quick witted and defiant lawyer then responds by

asking the question: "And who is my neighbor?" You can even hear the tone of neglect in the question. It is a question that is an attempt to remove responsibility and guilt from the mind of the one asking the question. He appears to be attempting to excuse himself for having to love everyone.

The reality is that our neighbors are not just people we like, or those whom we share a common bond. I believe that all of mankind is created in the image of God. We all are born with a natural bond, whether we

NEIGHBOR, continued on page 12

EMERGENCY MANAGEMENT OFFICE

Be prepared to be on your own for at least three days. Seven is better! The BASIC FIVE: Water, Food, Heat, Cash, Radio; Family Communications Plan: Phone Numbers & Rally Points; Public Protection Strategies: Evacuation and Shelter-in-Place; Web info: Ready.gov; Emergency info: AFN 106.0 FM; Questions? Call the EM Office at 624-2630, 8265 or 2621.

NAVY NEWS

Haitian mother, child reunited aboard USS Nassau

By MC3 Desiree Green
U.S. SOCOM Public Affairs

USS NASSAU, At Sea -- A newborn baby girl delivered to USS Nassau (LHA 4) in a box from Haiti's University Hospital was reunited with her mother aboard the ship Jan. 31.

Nassau has been providing support to Operation Unified Response, the humanitarian aid and disaster relief mission to Haiti launched in the aftermath of the country's Jan. 12 earthquake.

The child was brought aboard Nassau Jan. 23 in the box with a note stating that she was two days old.

"When we got the call that day, we were told there would be two adults and two children, so I was looking for four stretchers," said Aviation Boatswain's Mate (Handling) 1st Class (AW/SW) Jorge Ramirez, a flight deck leading petty officer aboard Nassau who was working flight deck triage when the baby came aboard. "Only three stretchers came in, and on the third stretcher was a little boy and a box. I just thought the box had some personal items in it until I noticed that someone had written on its side; 'BABY IN BOX-DO NOT THROW AWAY.'"

The infant was treated by Nassau's

medical personnel, who found the child was healthy. The crew of the ship cared for the baby for several days, unsure where her parents were. Later that week, a Haitian woman came aboard USNS Comfort (TAH 20) looking for her newborn baby girl, who fit the baby's description aboard Nassau.

"My main concern was whether or not this was the baby's mother, but to have a mom come from the same place who delivered on the same day with a diagnosis that matches the baby aboard means it's pretty likely that we found the mother," said Lt. Cmdr. Brian Norwood, senior

medical officer aboard Nassau.

After careful investigation, medical personnel aboard both ships verified that the woman was indeed the child's biological mother. The mother and child had a tearful reunion in the medical unit aboard Nassau.

This reunion was bittersweet for the crew who had all grown very attached to the little girl dubbed "baby Nassau."

"I know she has to leave, but I'm going to be sad to see her go," said Hospital Corpsman 3rd Class Laketta Thomas, one of the corpsman responsible for taking care of the infant while she was in Nassau's care. "She's been just wonderful."

Nassau is deployed as part of the Nassau Amphibious Ready Group/24th Marine Expeditionary Unit (NAS ARG/24 MEU) as part of Operation Unified Response, the humanitarian aid

and disaster relief mission in Haiti. The NAS ARG/24 MEU is comprised of embarked Marines from 24 MEU, USS Nassau, the amphibious dock landing ship USS Ashland (LSD 48), and the amphibious transport dock ship USS Mesa Verde (LPD 19).

As the Navy component command of U.S. Southern Command, NAVSO's mission is to direct U.S. naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. In support of Operation Unified Response, C4F is tasked to coordinate the U.S. Navy's response to disaster relief in Haiti following a 7.0 magnitude earthquake Jan. 12. The focus of Operation Unified Response is to alleviate the suffering of survivors and support humanitarian relief efforts.

PHOTO FROM THE FLEET

Check in weekly to find out what our fellow shipmates are doing around the fleet.



U.S. Navy photo by MC3 Samantha Robinett

100201-N-5808R-176 GRAND GOAVE, Haiti (Feb. 1, 2010) Lance Cpl. Tyler Woodard, assigned to the 22nd Marine Expeditionary Unit (22nd MEU) embarked aboard the amphibious assault ship USS Bataan (LHD 5), swings on the swing set at the Heart to Heart orphanage with a Haitian girl. Bataan is conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage in and around Port-au-Prince, Haiti Jan. 12.



U.S. Navy photo by MC3 Desiree Green

100131-N-5700G-043 CARIBBEAN SEA (Jan. 31, 2010) A Haitian woman is reunited with her child aboard the amphibious assault ship USS Nassau (LHA 4). The baby was found in a box and taken to the Nassau where medical personnel cared for the child until the mother was found. Nassau is conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage in and around Port-au-Prince, Haiti Jan. 12.

Calvary Buongustaio

Muscle

COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				12 FEBRUARY FFSC ICR 12:30 p.m. - 3:30 p.m. x4291	13	14 <i>Valentine's Day</i>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 American Holiday <i>President's Day</i>	16 FFSC TAP 8 a.m. - 4 p.m. ICR 8 a.m. - 3:30 p.m. x4291	17 FFSC TAP 8 a.m. - 4 p.m. Self Defence Class 5 p.m. - 7 p.m. ICR 8 a.m. - 3:30 p.m. x4291	18 FFSC TAP 8 a.m. - 4 p.m. VA Rep. 1-on1 8 a.m. - 10:30 a.m. 12 p.m. - 4 p.m. Survive & Thrive 8 a.m. - 3 p.m. x4291	19 FFSC TAP 8 a.m. - 4 p.m. VA Rep. 1-on1 12 p.m. - 4 p.m. Arrivederci 8 a.m. - 11:30 a.m. x4291	20 NMCRS Nearly New Shope Open x4212	21
22 FFSC IA Luncheon 11:30 a.m. - 1 p.m. ICR for youth 8 a.m. - 11:30 a.m. Interview Techniques 1 p.m. - 3 p.m. x4291	23 FFSC Ombudsman Training 8 a.m. - 4 p.m. Ricotta Cheese Workshop 9 a.m. - 3 p.m. x4291	24 FFSC Ombudsman Training 8 a.m. - 4 p.m. Men's Group 1:30 p.m. - 3 p.m. Saving & Investing 5 p.m. - 6 p.m. x4291	25 FFSC Ombudsman Training 8 a.m. - 4 p.m. Cooking Class 9:30 a.m. - 3:30 p.m. Playgroup 0-12 months 10 a.m. - 11 a.m. x4291	26 FFSC 10 Steps to a Federal Job 8 a.m. - 12 p.m. ICR 12:30 p.m. - 3:30 p.m. x4291	27	28

Franzoni

Navy
Exchange

Waxy

Motta

Did you know that . . .
The Navy-Marine Corps Relief Society has a Vision? "We are a private, non-profit, Volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Service - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs."
Located at approximately 250 offices ashore and afloat throughout the world, the Society's work is accomplished mainly by its 3,600 dedicated, trained and caring Volunteers who are supported by a small cadre of employees.

NMCRS: A Helping Hand!
www.nmcrs.org



Fleet and Family Support Center Administration Building 319 NAS I
Monday-Friday 0730-1630 DSN 624-4291 Commercial 095-56-4291

Information, referral: a valuable resource for you

Provided by FFSC Sigonella

Moving to a new community is an enormous undertaking, especially moving overseas. Yet as you prepare for a move and after you arrive in your new home, finding the resources you need can be a big part of how comfortable you feel there. It is often the little things (where to go for dry cleaning or a good restaurant, having a reliable babysitter or knowing what's fun to do on the weekend)

that can make the difference between feeling frustrated and feeling at home.

Finding out about the new community before you move is one way to help yourself and your family anticipate your new life, especially if you are moving a long distance. Get a map of the new community. Hang the map on the wall to get familiar with the area. Encourage your children to

use it and to point out their future home to friends. It can seem a difficult task to learn all about a new community and to establish the local connections and "know-how" you need.

One way for you to learn about the new community before or after you get there is to contact the I&R (Information and Referral) Specialist at the base's Fleet and Family Support Center.

Here at NAS Sigonella, the I&R can be the connection between you and the local communities that you can turn to whenever you need answers.

The I&R database can provide you with the most updated information on bus schedules, local schools, gyms, discos, theaters, festivals, maps, and much more. Our monthly FFSC calendars will also inform you about

the classes and programs that we offer here at the Center.

We want to share with you all the information we have and we are looking forward to seeing you at the Center or to hearing from you by phone!

Fleet and Family Support Center, Administration Building 319, NAS 1, Monday-Friday, 0730-1600, DSN 624-4291, Commercial 095-56-4291.

marchi



Do you have a passion for writing or looking for a little experience in journalism? The Signature is seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

L'Orso Scuro

Cold Noses

WARM
HEARTS



A reminder to the community that feeding feral or wild animals on the installation is prohibited.

Sigonella's Stray Animal Facility (SAWS) has many cats and dogs looking for a warm home and someone to love. Each week, *The Signature* will feature animals in need of adoption.



(Below) Bobby has grown so much in the time that he has been with us. He loves to play with his toys as well as other dogs. Bobby is extremely sportive and would be the perfect addition to any active family.



(Above) Rita is a beautiful girl who would love a home to call her own. She wants someone to take her for walks and give her treats.

For more information, contact the Stray Animal Facility at 624-3936 or a SAWS representative at 345-502-2266.

SEXUAL ASSAULT PREVENTION AND RESPONSE

SAPR offers a Sexual Assault Hotline staffed with trained advocates who man the SAPR Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Alberto Lunetta
The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle



Almond Blossom Festival this weekend in Agrigento

The almond trees in full blossom dotting the enchanting Greek archeological site located outside Agrigento, which features traces of an ancient and proud civilization, provide a unique and breathtaking spectacle for tourists around the year. In February, this enchanting site becomes the backdrop for the International Folklore Festival which will run this year from Feb. 14 through Feb. 21.

The almond, which is considered as a symbol of rebirth and beauty, is the first tree to come into flower after the winter season. Almonds are native to central Asia and the Mediterranean, even though they are also cultivated in the Middle East, Italy, Spain, Greece, and California that produces over 70 per cent of the world crop.

According to legend, the origin of the almond tree is rooted in a Greek mythological story. It tells of the beautiful princess Phyllis who died of a broken heart for having been deserted by Demophoon, a Greek king whom she loved. Demophoon had left Phyllis to return to Athens for a short visit but never came back for months.

Phyllis's tragic death moved the goddess to turn her into a barren almond tree which when embraced by the grieving Demophoon on his delayed arrival, burst forth into full bloom. The tale is a true demonstration of undying love.

The Valley of the Greek Temples and the historic will host a worldwide brotherhood celebration. Several folklore groups from around the world will showcase their heritage through traditional dance, music, and costumes. During the festival, city balconies and windows will be decorated with colored flowers.

The origins of the festival date back to the 1930s. Every year, at the beginning of February, the farmers of Naro, a small village in the Agrigento province, used to celebrate the early almond blooming with songs, dances and float parades. The festival also helped to promote local community produce. Through the years, the festival, which was moved to Agrigento, earned an international reputation as a celebration of peace and friendship that involves folklore groups from all over the world.

Nearly every night there will be a folklore show and parades in the



Almond trees are already in full blossom in Agrigento spreading their delicious perfume in the air, all around the enchanting Valle dei Templi (Valley of the Temples). Agrigento, which according to Greek poet Pindar is the "most beautiful city of mortals," will host the amazing annual "Sagra del Mandorlo in Fiore" (Almond Blossom Festival) and the prestigious International Folklore Festival from Feb. 14 through Feb 21.

city's historic center. Festival will kick off this weekend at 9 a.m. with spectacular folklore parades in the

Agrigento city center. The festival grand finale, featuring all the folklore groups, will be held at 2 p.m. at the

Greek Temple Valley. For more information, detailed schedules and tickets call 0922-606390.

Italy's ice cream university is recession hit

By Nick Squires
Taken from Telegraph.co.uk

More than 6,000 people attended the £600-a-week courses offered by the Gelato University in Bologna in 2008 but enrolments nearly doubled last year.

Students come from all over the world, with budding gelato maestros attending from Australia, China, Sudan, Lebanon and Britain.

They have one dream in common: to learn how to make the world's best ice cream in the institute's high-tech laboratories and then use their new-found expertise to open gelateria back home, from Beirut to Brighton.

As well as learning how to concoct familiar flavors such as chocolate and vanilla, students experiment with more outlandish tastes, including gelato made from red wine, olive oil, Parmesan cheese and basil.

"In China they have experimented with fish-flavored gelato," said Patrick Hopkins, the American director of the university, which was established in 2003.

"Gelato is a platform for flavors – you can adapt it to whatever culture you're in. Pear with Parmesan and lemon with basil are some of the more unusual ones our students have come up with."

The university is an off-shoot of Carpigiani, an Italian company that manufactures about 70 per cent of the world's gelato-making machines.

"We've had a 89 per cent increase in enrolments. We're getting more and more people who have been hit by the economic crisis and want to create a new future for themselves," said Mr Hopkins.

"A lot of them are senior businesspeople who have lost their jobs. Outside Italy it's not as though there's a gelateria on every corner. People taste Italian gelato and think to themselves 'why don't we have this at home?'"

The university runs six courses,

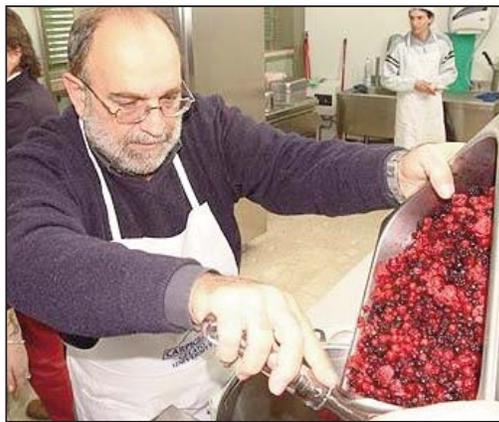


Photo by Telegraph.co.uk

An Italian "university" dedicated to ice cream has seen a 90 per cent rise in enrolments as high-flying executives laid off in the recession seek to forge new careers producing the country's beloved gelato.

from beginner to advanced, in which students are taught that making gelato is much a science as an art.

Producing the perfect gelato is a delicate balancing act between the two key elements – the fat found in milk and cream, which hardens as it freezes, and the sugar in fruit and chocolate, which does the opposite.

The size of the ice crystals in gelato is also crucial – the tinier the crystals, the smoother the gelato tastes. "Ideally ice crystals should be about the size of a micron. That way your tongue doesn't feel them and you are left with a smooth, creamy sensation," said Mr Hopkins.

One of the students recently on the course was Seb Cole, 30, from

London, who until recently worked in printing but hopes to open his own gelateria in Brighton this summer.

"I wanted my own business and I'd been looking for an opportunity for the last five years," he said. "Gelato is lower in fat than the ice cream you get in the UK and there's a lot more scope with flavors. I want to give it a bit of a British twist – we're going to try gelato flavored with beer."

Oxidiana

Agip



School NEWS

Cadets decorated in AMI

By Bailey Skeet
Sigonella High Student

Eight NJROTC Cadets from Sigonella were awarded Sea Cruise ribbons at the completion of their Annual Military Inspection on Feb. 1.

The eight cadets were Cadet Ens. Ricky King, Cadet Petty Officer 1st Class Cyara Meza, Cadet Petty Officer 1st Class Franco Garcia, Cadet Seaman Tristan Morris, Cadet Seaman Apprentice Austin Clark, and Cadet Seaman Apprentice Bailey Skeet.

In addition, Extemporary Appearance Ribbons were presented to the color guard and most of the platoon.

"We did excellent," Master Sergeant Anel Montero, Sigonella Naval Science Instructor, said. "We prepared hard and we accomplished the ceremonial phase of the annual military inspection."

The cadets had been preparing for this all-unit inspection for two months and they increased in performance. Although the unit is small, they had the

same amount of work to do as larger units.

Cadet Lt. Cmdr. Jordan Rettie led the company through the inspection, while Cadet Ensign King led the platoon.

The color guard participated in the inspection, with its Color Guard Commander Cadet Seaman Apprentice Skeet leading the American flag. The riflemen were Cadet Seaman Morris as right rifle and Cadet Seaman Apprentice Roman Duenas on the left. Cadet Seaman Will Shelton led the Navy Flag.

"I think that the Color Guard did the best we could," Cadet Seaman Morris stated. Commander Dennis Shelton stepped forward as AMI inspector when the Area Five Manager was detained due to bad weather in Virginia.

"I felt scared that my father was going to be the inspecting officer," Cadet Seaman Shelton remarked. "I knew he was going to be tougher than Captain Gumpwright, because he knows most of the unit."

Dott. Sterla

Medusa

Twenty years of tunes

By Tony Peppers
Sigonella High Student

Remember the guitar solos, wild untamed hair, and those awful flannels of the 90's music scene? Ever wonder why going to a concert now includes auto-tune infused microphones, or why the air of riot has vanished?

Well, that would be the music industry taking a hard hit from modernization. Back in the 90's, the music biz was alive with the flurry of change. This included everything from still-on-high rock bands like Van Halen and Guns 'N' Roses to the explosion of country artists like Garth Brooks.

Amid all of the guitars and vocal ranges, almost out of nowhere, hip hop acts began sprouting out the underground woodwork. Spitting lyrics at a mile a minute, groups like Wu-Tang Clan and Beastie Boys, hip hop took a sharp incline in the music charts. With turn tables and gold chains, hip-hop music seemed to be rivaling the prowess of rock music.

In the mid-90's, punk rock start-

ed to emerge with bands like Green Day, Blink 182, and of course Nirvana at the head of the pack. Rock seemed to be making a comeback, but it wasn't enough with vocalists like TLC and one-hit wonders like MC Hammer dominating the charts.

Nearing the brink of the new millennium, music reached its most popular and possibly most annoying form of music yet. This is known as the bubblegum pop era. Compact disk sales were falling and MP3's began rising with the creation of Napster and singers like Britney Spears. Overly pubescent boy bands like Backstreet Boys and *NSYNC began taking over. If that wasn't enough, things got worse.

Musicians with little or no talent began to rise to the top of the charts. Music with catchy but empty lyrics was performed by singers like Hannah Montana and the overload of Disney stars turned musicians, to bands that left people dazed with melodies and rhythms that were a little too familiar - hence Coldplay's 2009 single Viva La Vida.

Luckily, however, the punk-

rock scene was not dead. Toward the middle of the 00's a plethora of bands began to rise in what we now know as Emo rock. These groups, which started out as small hometown bands, have now become household names to common youth, boasting groups such as Fall Out Boy, Say Anything, Taking Back Sunday, and My Chemical Romance. As it branched out, however, the genre really began to fall. With subgenres like screamo, and grindcore, rock music soon began to see its fate.

However, as bands come and go and hidden stars are being discovered via MySpace, Purevolume, and other various music social networking sites (Never Shout Never, Taylor Swift, Ke\$ha), we can all agree on one thing - music is changing. The change may not necessarily be for better or worse, but it's changing everyday. From record sales to downloads, from Rock to R&B, from the Jonas Brothers to Korn, it's changing. So here's a word of advice: always leave a couple of extra dollars on your iTunes gift card in case you feel out of date.

Jags see ways to improve

By Mitch Wegman
Sigonella High Student

With a current record of 7-3, the Sigonella Boys Basketball Team has learned important lessons, according to those of the players.

"After our losses in Aviano, we realized it's necessary to hustle and listen more in practice in order to improve," Michael Mink, junior

power forward, said.

Other players agreed.

"We need to come prepared, play our best everyday at practice, and become a team," Joem Bulan, junior small forward, said.

Becoming a team will definitely help the Jags during their next two games against AOSR. The games will be played at the Midtown gym.

"In order to beat AOSR, we'll

have to execute plays, be smart and patient with the ball, and most importantly - play defense," James Campbell, senior center, said.

Team Sponsor Ross Brand said he wants his players to learn from every game.

"I want our players to become a team by using lessons we learned from our wins and our losses," Brand said.

Alex Britti to perform in Catania



Italian singer-songwriter and guitarist Alex Britti will be on the stage of the Metropolitan Theater in Catania on Wednesday, Feb. 24 at 9 p.m. For more information and tickets visit www.ctbox.it

Anti-Mafia map for shops in Palermo

Taken from
The Sunday Times, Malta

German tourists can now obtain a map of Sicily's capital Palermo flagging the shops that refuse to pay extortion money to the Mafia, the German embassy in Rome said in a statement last Thursday.

"The Addiopizzotourist map signals all the shops in Palermo that... have pledged not to pay racketeering fees," the statement said.

The Sicilian mafia, the Cosa Nostra, extorts money from many businesses on the island, notably in Palermo.

Ambassador Michael Steiner decided to finance the German language map because "Germans are the largest tourist contingent in Sicily, both in terms of numbers and spending," the embassy said.

The map is geared towards "two groups who have common interests: the people of Palermo who love their city, and German tourists who love Palermo and do not want to support racketeering," the statement said.

The map was inspired by the Addiopizzo (Goodbye Extortion) organization, which calls itself an "open movement" made up of "shop-

keepers and consumers who recognize themselves in the phrase 'People who pay extortion money are people without dignity'."

The phrase first appeared in June 2004 on stickers in the streets of central Palermo and is credited with launching the Addiopizzo movement, which today counts among its supporters hundreds of entrepreneurs and shopkeepers who have publicly come out against racketeering.

The first print run of the map totaled 10,000 copies, the embassy said.



Valentine's messages of love



Ing, It has been 9 wonderful years since you said "YES". What a wonderful answer. Happy Valentines Day!
Love Gino

Carolyn, You are still the one...
Michael

Ni, Jik, Tea, You complete me. I love you so much!!!
Ni/Mom

Cameron Poteat, Happy Valentine's Day from your wife Mia. Sorry it's a work day for you but don't worry I have duties too; that's showing you how much I love you on this very special day. Mia Poteat

Happy Valentines Day! I love you DEEP SEA STUD!
Love, LaLa

To Anne B, Through life's trials and tribulations, separations and adventures, you have been there for me and I wish you love and happiness this St V day. I look forward to every adventure and day with you. Live, Love and Laugh. Get well so we can travel!)
Randy B

To My Wonderful wife, Just wanted to tell you how much I love you and how much you being here means to me and our family.
Jesse

They say the third year is the toughest... So far so good. Someday we'll have more than just cats. Love and happy valentine's day, L.J.

Mimi,
One of life's greatest gifts is being married to my best friend.
Always and Forever, Pappy

Mandy, You light up my life! I love you!

Angelia, Even though you sometimes wonder if I love you, or if you LOVE me. Let me tell you, we haven't been togeth-

er for 23 years because we LIKE each other!. DEAL with it. Our Love is here to stay.
James

To the love of my life. You are always there for me and the girls I really love you with all my heart. Your husband James

Lawrence, just to say I heart you and Happy Valentines Day!!

This is to KK Pippenger, You are an amazing wife and mother. Thank you for everything you do. Thank you for letting me in your life. From the kids and me we love you so much. *Always and Forever*

Luisa, my wife - you are my best friend and I love you! Johnny

To the one's I Love so very much, Patrick, Alexis and Cameron I love you all more than words can say You bring so much joy to my life Please remember that wherever I am in this world You all will always be in my heart. Happy Valentine's Day

Dearest Charo, The experiences we've had together have no doubt intertwined our former individual personalities into one resulting from compromise, sacrifice and submission. Glad and very fortunate to have you as my life-long partner. Happy Valentine.
Love, Nito

J, Happy Valentines Day! We love you!
C,C & C

To my Crystal, my best friend, my wife and my confidant... Thank you for your love, support and friendship.
You and I forever!

To my wonderful, loving daughters Kayse and Camila... Thank you for making me the happiest, most loved dad in the universe. I love you with all my heart!

Cicciobello, "2575 days, 367 weeks, 61,800 hours, 3,708,000 minutes, 222,480,000 seconds"...so many numbers passed by but only a number stays: "1" .. YOU - The one and only in my heart.Forever ILY. Happy Valentines'day baby.
Jenny

Happy Valentines Day to my son Corey and daughter-in-law Savannah. Hope you find something special to do on Valentines' Day. Enjoy. I Love and Miss You. Mom

Katie Barnes, You are the love of my life! I cherish every moment we are together, and my heart aches when we're apart. Thank you for loving me unconditionally! You are my everything! I Love You!
~Ryan

Happy Valentine's Day, Daniel. Won't bother to send over your box of chocolates since you don't like them anyway. Love, Mom, Dad, Gregory, Annah and John

To my wife Colene, I love you more then these words can explain, and I would do it the same over again if I had to! I love you! Lets to Mugello!! Jason

To the most beautiful women in my life RACHELE BROOKS, I wish a happy valentine's day with much love from the heart.
-MIKE

Lisa Gasporra - God has blessed us with our 27th Valentines together. My covenant with you is to grow old together and to love you more today than yesterday. With you the 14th is not sweet-heart day, everyday is! - Gabe

Alphio

--AGIP



Babe - Happy Valentine's Day. I am still so very much in love with you. Thanks for all you do to keep our world spinning. You will always be the ONE.
 - Aaron

Michel, You are the most wonderful and beautiful woman in the world and you have all of my heart! I am SO glad God gave me you as my wife! You make me SO happy! Happy Valentines Day!
 Love, John

Happy Valentine's Day Maria Sciuto! From that special someone! Woman, I'm so glad you are here with me on Valentine's Day. You mean more to me than anything else. I can't wait to be back in Poway with you and the boys.

Courtney: Thank you for being my "everything!" I Love you.

A lifetime is not long enough to tell you how much I love and adore you.
 Happy Valentines Day!!!!!!
 From: Peter M. Johns II
 To: Maxine Johns

Jan P, To my loving wife and sweetheart, It takes a special person to put up with me...and I am so lucky that it's you :)
 Happy Valentine's Day! I LOVE YOU!
 Love, John

Happy Valentines, Mike! You're my best friend and my boyfriend all in one. I'm so lucky to have a guy like you! Let's make this Valentines a day to remember. Love,
 Kayla.

To my favorite girls, Lanora, Natasha, & Isabela, Happy Valentines Day. Love All ways Dad.

Charlie,
 I have grown more in love with you the longer we have been married. You are a great father to Olivia and Nina and a won-

derful husband and friend to me!!! I am so blessed to know that you are mine and I am yours, forever. I LOVE you!!!
 Kristan

To Crusty, You are my Star Ship and I would fly away with you where ever you go. I love you with all my heart now and always. Thank you for asking me to marry you.

I love you,
 Fluffy

For my house mouse: We've not always seen eye to eye or spend time together in the way that each of us would prefer but this does not diminish the love that I have for you. Happy Valentine's Day.

JANELL SANDERS, I LOVE YOU! I thank God each day for you. How I depend on you to Love and Believe in me for who I am and hope to be.
 Your Biggest Kid, Rob.

Kristina- Lets keep laughing together and keep climbing mountains together (even if Mt. Etna's lifts are closed). We'll keep traveling the world together, learn and grow YOUNGER together. I love you and I will "never stop" loving you.
 Derwin Munoz

Adrienne Moore, Roses are Red. Violets are Blue. No matter what country you're in. We will always love you
 Love, Mom, Grandmom,
 Alex, Michael, Duke and Aunt Marianne

Buon San Valentino Fatina mia! Ti amo troppo assai perche sei troppa meravigliosa e bedda! Se trovi questo messaggio e' buono per coccole, baci, abbracci, e ...

Baby Danelle Marie,
 Thank you for your love and caring support while I'm here in Italy. Wanna wish you a happy Valentine's day, So without further a do, Will You Be My Valentine?
 Love, JT!

My lover Elijah,
 Ephesians 5:31, Matthew 19:6,
 Song of Solomon 2:16 Yours,
 Karrie

To: John Scott, Since I met you I wake up with smile. I have always been a happy person, but

I never knew I could be so happy. Thank you for our wonderful children and the family we are.

I love you!
 From: Esther

Hey sweetie, just wanted to tell you that I heart you and Happy Valentine's Day.
 Michelle

Brianna Catherine Dooney and Madeline Grace Dooney,
 Happy Valentines Day to my two special ladies.
 Love Daddy, xoxoxoxoxo

Fernando,
 I was 8 when I first met you and 18 when I married you now 20 years later I stand by you. Words can't express how my world changed because of you. I love You! Happy Valentines Day
 Adriana

To Lauren Himes:
 I don't tell you enough how much I appreciate you. Thank you for everything you do. Ryder and I are lucky to have you as a mama. I love you. Love Always, Taylor

"Hope, A new beginning. Time, Time to start living. Like just before we died... I want to feel alive.

There's no going back. To the place we started from. All secrets known..."
 I love you Erik

Happy Valentines day and Happy Anniversary to mommy and daddy! Larry and Felicia Stevenson are wonderful parents and I wouldn't trade them for nothing in the world! I Love u both. *Babygirl Neka*

To my queen& the one and only love of life. I just want you to know that you are my heart, soul, my everything. I love you Nikita. always and forever. Jeremiah

Amy, to my high school sweet heart that I love and adore. Your night and shining armor. Love Eric

Happy Valentines Baby. I love you.
 -Gary

Hey Punk, Happy Valentines Day.
 -Chris

Beautiful - Love you always and forever
 -Matt

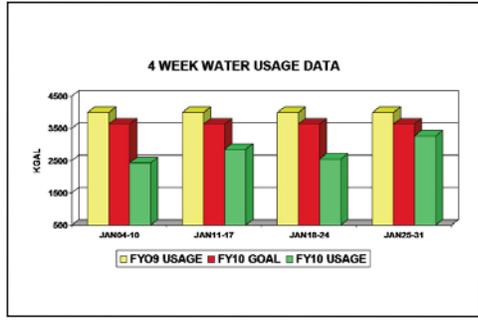
Dott. Milici

Palermo H&R
 Mobili Block

Go Green Sigonella!

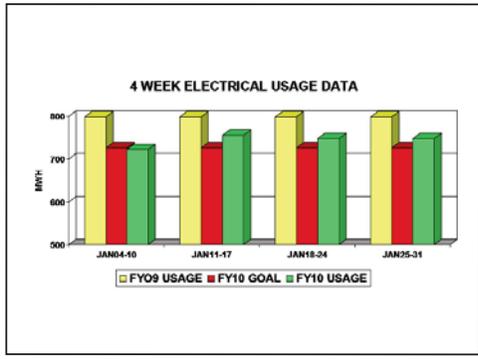
Water Consumption at NASSIG

The following graph charts the last four weeks of water consumption on both NAS 1 and NAS 2 in comparison to the same week last year, as well as our target usage for the week.



Electrical Consumption at NASSIG

The following graph charts the last four weeks of energy consumption on both NAS 1 and NAS 2 in comparison to the same week last year, as well as our target usage for the week.



Ristorante Bella Etna

- 12 ***Breakfast:** Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Apple Fritters.
***Lunch:** New England Clam Chowder, Fried/Baked Fish, Grilled Pork, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.
***Speed line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
***Dinner:** Cream Of Mushroom Soup, Cantonese Spareribs, Grilled Chicken Breast Sandwich, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding, RIKPAK.
- 13 ***Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.
***Brunch:** Breakfast Items, Beef Vegetable Soup, BBQ Beef Sandwich, Chicken Nuggets, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.
***Dinner:** Manhattan Clam Chowder, El Rancho Stew, Southern Fried Chicken, Mashed Potatoes, Chicken Gravy, Steamed Rice, Green Kale, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.
- 14 ***Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Kolaches.
***Brunch:** Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Chili Conquistador, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.
***Dinner:** Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.
- 15 ***Breakfast:** Hominy Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Streusel Coffee Cake.
***Lunch:** Chicken Noodle Soup, Rosemary Roast Turkey, Baked Ham, Mashed Potatoes, Sweet Potatoes, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.
***Speed line:** Assorted Pizza, RIKPAK.
***Dinner:** Pepper Pot Soup, Steak w/ Onions, Grilled Chicken Breast, Baked Potatoes, Collard Greens, Calico Cabbage, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie, RIKPAK.
- 16 ***Breakfast:** Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Blueberry Muffins.
***Lunch:** Cream of Asparagus Soup, BBQ Spareribs, Southern Fried Chicken, Chicken Gravy, Mashed Potatoes, Hopping John, Corn on the Cob, Southern Style Greens, Jalapeno Corn Bread, German Chocolate Cake, Cherry Pie.
***Speed line:** Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, RIKPAK.
***Dinner:** Beef Rice Soup, Roast Veal w/ Herbs, Spaghetti w/ Meatballs, Lyonnaise Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, German Chocolate Cake, Cherry Pie, RIKPAK.
- 17 ***Breakfast:** Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Bear Claw.
***Lunch:** Beef Vegetable Soup, Breaded Pork Steaks, Savory Baked Chicken, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Tangy Spinach, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.
***Speed line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
***Dinner:** Minestrone Soup, Salisbury Steak, Sicilian Submarine, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs, RIKPAK.
- 18 ***Breakfast:** Hominy Grits, Oven Fried Bacon, Comed Beef Hash, Asst Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.
***Lunch:** Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.
***Speedline:** Assorted Pizza, RIKPAK.
***Dinner:** Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken Breast, Oven Browned Potatoes, Corn O' Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake, RIKPAK.
- 19 **A special menu is being planned to honor Black History Month.**

Hotel Sigonella

Stampa

Moroboshi

ON THE GO WITH MWR

MWR February Fitness Schedule

FIT DISTRICT					
	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 7 am		Spin w/ Sarah		Spin w/ Sarah	
8:30 - 9:30 am	Kickboxing w/ Jill B	Spin w/ Jill	Kickboxing w/ Jill B	Spin w/ Jill	Yoga w/ Danielle
9:30 - 10 am		Core & More w/ Jill		Core & More w/ Jill	
9:30 - 10:30 am	Pilates w/ Danielle		Pilates w/ Danielle		
	Step w/ Michelle	Pilates w/ Danielle	Step w/ Michelle	Pilates w/ Danielle	
4:30 - 5:30 pm	Spin w/ Lisa		Spin w/ Lisa		
5:15 - 6:15 pm		Spin w/ Lisa		Spin w/ Lisa	
5:30 - 6:30 pm	Yoga w/ Luisa	20/20/20 w/ Angelica	Yoga w/ Luisa	Zumba w/ Angelica	

FLIGHT LINE FITNESS CENTER				
	Monday	Tuesday	Wednesday	Thursday
5:15 - 6:15 pm	Pump It Up w/ Angelica		Pump It Up w/ Angelica	

MINEO COMMUNITY CENTER				
	Monday	Tuesday	Wednesday	Thursday
8:30 am - 9:30 am		Step w/ Michelle		Step w/ Michelle
5:30 - 6:30		Triple Shot w/ Malinda		Triple Shot w/ Malinda

MARANAI COMMUNITY CENTER				
	Monday	Tuesday	Wednesday	Thursday
5 - 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

Angie's offers a helping hand in European exploration

Angie's Leisure Travel is MWR's international travel expert. She is the one-stop-travel-shop for the Sigonella Community and offers fantastic and affordable deals for European travel.

A native of Malta and travel industry veteran of 25 years, Angie is your travel insider with the latest deals and scoops on when, where, and how to go. With cheap rates on air, hotel accommodation, and invaluable trips and suggestions for travel to continents from Africa, Asia, and Central Europe, Angie is here to help.

Stop by MWR's Angie's Leisure Travel on NAS I, located opposite the Community Bank and Library, to find out just why she has been servicing the Sigonella Community since 1984 with her unbeatable travel specials. Stop by for prices and more information.

She offers the following 2010 travel tips

Travel light- check your luggage weight and that of the airline you are traveling with.

Be well documented- most European countries accept you traveling with ID cards, leave papers, and soggiorno permits, so always have your passport on you just to be sure.

Check your pets- always make sure if you travel with pets you check ahead to make sure your pets are able to fly with you.

For more information call Angie's Travel at 624-4388.



MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



SHERLOCK HOLMES

Robert Downey Jr, Jude Law, Rachel McAdams, Mark Strong

Robert Downey Jr. brings the legendary detective to life as he has never been portrayed before. Jude Law stars as Holmes' trusted colleague, Watson, a doctor and war veteran who is a formidable ally for Sherlock Holmes. Rachel McAdams stars as Irene Adler, the only woman ever to have bested Holmes and who has maintained a tempestuous relationship with the detective. Mark Strong stars as their mysterious new adversary, Blackwood. (134 min.)

BROTHERS

Tobey Maguire, Jake Gyllenhaal, Natalie Portman, Sam Sheppard

Thirty-something Captain Sam Cahill and his younger brother Tommy are polar opposites. A Marine about to embark on his fourth tour of duty, Sam is a steadfast family man married to his high school sweetheart, the aptly named Grace, with whom he has two young daughters. Tommy, his charismatic younger brother, is a drifter just out of jail who's always gotten by on wit and charm. He slides easily into his role as family provocateur on his first night out of prison, at Sam's farewell dinner with their parents, Elsie and Hank Cahill, a retired Marine. Shipped out to Afghanistan, Sam is presumed dead when his Black Hawk helicopter is shot down in the mountains. At home in suburbia, the Cahill family suddenly faces a shocking void, and Tommy tries to fill in for his brother by assuming newfound responsibility for himself, Grace, and the children. (110 min.)

PRECIOUS

Mo'Nique, Paula Patton, Mariah Carey, Gabourey Sidibe

Clareece "Precious" Jones is an overweight, illiterate, African-American teen in Harlem. Just as she's about to give birth to her second child, Jones is accepted into an alternative school where a teacher helps her find a new path in her life. (109 min.)

INVICTUS

Matt Damon, Morgan Freeman, Bonnie Henna

The true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team, Francois Pienaar, to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's underdog rugby team as they make an unlikely run to the 1995 World Cup Championship match. (133 min.)

ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL

Jason Lee, Zachery Levi, Anjelah Johnson, Wendi Malick

Get ready for the world's first Squeakquel in which superstar Munks Alvin, Simon and Theodore finally meet their match in a newly arrived female trio the Chipettes. (89 min.)

Movie dates and times are subject to change

FRIDAY FEBRUARY 19

5:00pm Sherlock Holmes PG-13
5:30pm Valentine's Day PG-13
8:00pm Precious R PREMIERE
8:30pm The Book of Eli R

COMING SOON/PREMIERES

Nine, Precious, Valentine's Day

Friday, February 12
3:00pm The Princess and the Frog G
5:00pm Alvin and the Chipmunks PG
5:30pm Did You Hear About the Morgans PG-13
7:30pm The Book of Eli R
8:00pm It's Complicated R

Saturday, February 13
2:00pm Alvin and the Chipmunks PG
2:30pm Invictus PG-13
5:00pm Avatar PG-13
5:30pm Did You Hear About the Morgans PG-13
7:30pm The Book of Eli R
8:00pm Brothers R

Sunday, February 14
2:00pm The Princess and the Frog G
2:30pm The Blind Side PG-13
5:00pm Invictus PG-13
5:30pm Armored PG-13
7:30pm It's Complicated R

Monday, February 15
2:00pm Astro Boy PG FREE
2:30pm Avatar PG-13
5:00pm The Blind Side PG-13
5:30pm Valentine's Day PG-13
7:30pm Armored PG-13
8:00pm The Book of Eli R

Tuesday, February 16
5:00pm Did You Hear About the Morgans PG-13
5:30pm The Blind Side PG-13
7:30pm Valentine's Day PG-13
8:00pm It's Complicated R

Wednesday, February 17
5:00pm Alvin and the Chipmunks PG
5:30pm Invictus PG-13
7:30pm The Blind Side PG-13
8:00pm Brothers R

Thursday, February 18
5:00pm Avatar PG-13
5:30pm Armored PG-13
7:30pm The Book of Eli R
8:00pm It's Complicated R

MOVIE HOTLINE:
624-4248

Intro to Sea Kayaking begins

There is no better way to explore the Sicilian coastline than by kayak. Before summertime approaches, become a skilled kayaker by taking the new Intro to Sea Kayaking class offered by a certified instructor from Adventures Unlimited.

Intro to Sea Kayaking is Thursdays, Feb. 18 and 25 and Tuesday, Feb. 23 at 4 pm.

Learn the basics with the luxury of a heated pool at Splashers on NAS I. Each session is approximately two hours and a small additional fee.

For more information call ITT Gear-n-Go/Adventures Unlimited at 624-4777.



Passion for pasta? Join the cook off!

Love noodling around in the kitchen? Come to Connections for the Ramen Noodle Cook Off Wednesday, Feb. 17, at 5 p.m. Unlock the hidden potential of this Japanese staple.

Come up with the most creative, delicious, or oddest recipe for the chance at fantastic prizes. Contestants provide their own ingredients and have one hour to create their dish in front of a live audience, Iron-Chef style. Submissions will be judged on taste, presentation, and creativity. Registration deadline is Feb. 16; only 20 spots are available. For more information call Connections at 624-4264.



BAZAAR, continued from page 1
 at Naval Air Station (NAS) Sigonella Friday, Feb. 5.

The Family Bazaar featured representatives from various service and support elements at NAS Sigonella such as The Boy's and Girl's Club, The Navy College Program, Sigonella's Child Development Center, and many other local businesses that can serve as support for family members facing deployment. The MWR Library was also on hand offering literature specifically published for children of servicemembers facing deployment.

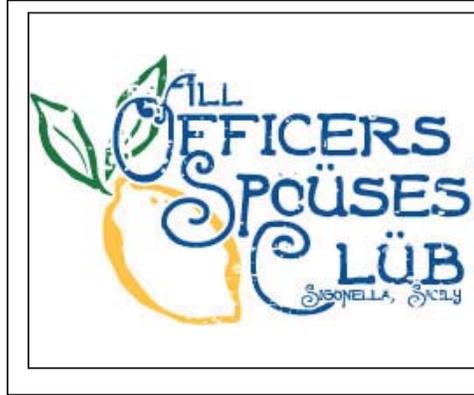
"We want to get the word out there that family members staying behind have support while their loved ones are deployed," said Jenni James, marketing director for MWR. "Family members are not alone, and we want them to

know there is so much to do, from taking an Italian or cooking class to something as simple as getting bills paid."

NAS Sigonella's School Liaison Officer, Miki Gilbert, whose division deals with IA and deployment support was on hand to discuss the event.

"The IA principal is something more and more servicemembers may be facing and we want to educate the entire community on what support services are available," said Gilbert. "The military realizes that service members face deployments much better knowing that their families are taken care of back home. The bottom line is we are here and there is no reason for someone to be concerned about taking care of day-to-day matters"

If you or a family member is facing and IA or deployment, contact the FFSC at 624-4291.



Sigonella All Officer's Spouse's Club would like to support the wonderful organizations that contribute to our community. AOSC is now accepting written requests for funds from any NASSIG sanctioned group or DODDS organization. Written requests outlining the need for funds must be received no later than March 31st, 2010. The requests will then be reviewed by the AOSC Board and funds will be earmarked by April 15th, 2010.

Please send requests to:
 Sigonella All Officer's Spouse's Club PSC 812 Box AOSC FPO, AE 09627 If you have any questions or if you would like more information, please contact AOSC at the following email address: aoscsgigonella@yahoo.com

HISTORY, continued from page 1

Omega Psi Phi Negro History and Literature week, later changed to Negro History Week in 1926.

In 1950 Dr. Woodson died, but still his legacy continued on as the celebration of Negro History Week was adopted by cities and organization across the country.

Later in the 1970's along with the Black

Power Movement came another name change, making it now Black History Week. Along with the change came the move to extend the week to a month long observance.

To this day Military bases around the world have been honoring this month with cultural celebrations and remembrance ceremonies. The U.S. Navy is considered to have made outstanding achievements in multi-cultural diversity through training, acknowledging differences and inspiring Sailors.

NEIGHBOR, continued from page 2

like it or not. We share one common trait; we are created in God's image. For this reason alone, we should modify our thinking and behavior. Why not treat one another based on this fact as opposed to our feelings about them? So, often I hear people talk to one another as if they had no respect, care, or love in their voice. Sometimes those same people are married or family. I want you to reconsider how

you view other people. These people, no matter their race, sex, creed, religion, nationality, etc . . . are your neighbors.

So often it seems we would rather make excuses for our actions, or inactions toward others. We may be allowing selfishness to rule our thoughts. Much like the man who posed the question: "Who is my neighbor?," we may be looking for ways to excuse the lack of love shown toward another human being. We may look and choose not to love some-

one because we place our own needs and more often desires above theirs. The reality is that people are hurting all over the world; some even in our own community. It is sad that it takes a huge natural disaster for us to once again become aware of others. As a society we often become so self consumed that we overlook those around us. We are unaware of our neighbor. We don't show them love, because we are busy loving ourselves.

My challenge to you

today is this: If we have to ask the question, "are we doing enough to help our neighbor?," the answer is more than likely we are NOT. Yes, we are limited in what we can do in Haiti, and even when we try to serve, the bureaucracy can often hinder or stop us. But, Haiti is simply one situation. Are you doing things in your

daily life that is showing love toward your neighbor? Or are you asking the question, hoping to get excused from loving others, by asking the question: "Who is my neighbor?" I would encourage you to change your perspective and to start "loving your neighbor as yourself."

--Chaplain Wilson

Days Inn

Eno



From left to right: Hilena Zingraf and her son, ABH3 Alvarez Aguilar, HN Max Welbers, AS2 Ryan Odiscu, and Iwania Spiers hold their certificates after taking their oath to become U.S. citizens.

CITIZEN, continued from page 1

remarks, the prospective citizens took their official oath and accepted their citizenship papers.

Guests and family members were then invited to have refreshments and congratulate the new citizens.

Spiers feels fortunate to now be a citizen of the U.S.

"I think it's very special," Spiers said. "I think it's great to participate in things like voting and even being able to get more jobs with the government. I feel like a part of the country."

Zingraf, who grew up in Bulgaria, appreciates the freedoms

that come with citizenship.

"I grew up during the time of communism in Eastern Europe," Zingraf. "So, freedom of speech and freedom of expression is very important to me. When I was growing up we didn't have the chance to practice freedom of religion."

For Welbers, who moved to the U.S. from Argentina when he was two years-old, becoming a citizen was just a reaffirmation of what he has felt for quite awhile.

"I really felt like a citizen since I already joined the Navy," Welbers said.

Aguilar, who also moved to the U.S. at a young age, sees his new citizenship as payoff of all of the hard work he has put in over the years.

"I did this mostly for my family and myself," Aguilar said. "I've come a long way from being in Mexico and then being in the states for 25 years. I waited 25 years to be a citizen. It takes years and dedication. You can't lose faith."

Aguilar is looking forward to many of the rights and privileges that are afforded to an American citizen.

"The thing that sticks out to me the most is the right to vote, now I have a voice," said Aguilar. "I have more rights than I used to have as a resident. I feel as threatened as I used to feel when I used to go to customs. I feel more comfortable knowing now that I'm an actual American citizen."

THE SPORTS LINE

Signonellans enjoy the Superbowl Experience



Signonellans enjoy the MWR NFL Experience Feb. 7 in the Midtown gymnasium. The NFL Experience was one of several events MWR set-up for community members to enjoy before watching Superbowl XLIV in the Midtown theater.

Signonellans wait to pick a square which correlates to the score of the Superbowl. If their square fell on the correct score of the gamethey would win a prize. This was just one of several giveaways that MWR had during the Superbowl.



Chief's Mess Wins "Friday Night Lights"



Friday, February 5th the 1st Class Petty Officers Association and NAS Sig. Chief's Mess kicked off "Friday Night Lights" football game. At Nas 1's Land Annex both teams gave it their all, bringing the game to a 34-18 score, and resulting in Chiefs Win.

"We got the game together to help bring some camaraderie between the chiefs and first classes," said Hull Technician 1st Class Chance Barker. "During day to day business we know each other by chief, first class, petty officer and we just wanted to bring it on the field, have a good time and build the team spirit between the chiefs and first classes."

NAS Sigonella Ombudsman Program

Our Mission:

- Primary liaison between families and the command
- To be an advocate for families and single sailors
- To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support

-To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors

-We are committed to presenting accurate and up-to-date information for referrals

-We are committed to COM-PASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F

-We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency.

Call us at 624-4291 or 24/7 at 335-580-1269 for more information.

Kartodromo Diana



Students at Stephen Decatur Elementary School learn proper brushing techniques during a workshop promoting better oral hygiene habits.

HYGIENE, continued from page 1

the USNH Sigonella. "Most of the kids have the basics, but we wanted to stress the importance of brushing properly and really stress the importance of flossing since most kids and adults forget this important part of dental hygiene."

According to Chao, statistics show that 30-40 percent of three-year olds and 50-60 percent of four-year olds suffer from tooth decay.

"Nationwide, the

American Academy of Pediatric Dentistry has developed partnership with the head Start Program to facilitate the establishment of Dental Home," explained Chao. "A Dental Home means that each child's oral health care is delivered in a comprehensive, continuously accessible, coordinated, and family-centered way by a licensed dentist."

For more information on proper oral hygiene, contact your primary care provider.

Magnolia



Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first Sunday of every month at 1000 a.m. (after Catholic Mass) at the NAS I Chapel. You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!) For more information visit - www.kofc.org/

Il Mercato

All classified ads are free to the community. Their intent is for advertising personal property for sale, trade or giveaway. No commercial ads will be accepted. Ads run for two weeks. Classified ads are due no later than 5 p.m. of the Friday before the week of publication. For more information, call 624-5440 or 095-86-5440. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884. Send Il Mercato advertisements to thesig@eu.navy.mil

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@eu.navy.mil. Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in *The Signature*, call Stampa Generale @ 081-568-7884.

N e w Volcano Carlitos
Hope

Delivery Joes Volcano



Casablamca

Volcano

Mario

Stampa

Stampa