



VITA Tax Center opens



Capt. Thomas J. Quinn, NAS Sigonella Commanding Officer, (second left) cuts the ribbon with volunteers and support staff of the Volunteer Income Tax Assistance (VITA) Center. The VITA Center offers a free tax preparation service for area personnel to file their 2009 federal tax returns.

By MC3 Whitfield Palmer
NPASE East Det. Sigonella

Tax season has arrived and with it, the Volunteer Income Tax Assistance (VITA) Center opened its doors on Tuesday, Feb. 8 with free support to Naval Air Station (NAS) Sigonella personnel, and attached commands wishing assistance with preparing and filing their 2009 tax returns.

The Navy Legal Service Office Europe Africa and Southwest Asia operates the service and utilizes volunteers who have gone through a five-day course covering the bases of tax preparation including military specific and international issues.

"We have specially trained volunteers offering a free service for NAS

Sigonella service members and other personnel to get their taxes done," said Legalman 1st Class Justin Dickson. "The volunteers are up to date on all of the latest tax laws and deductions."

Dickson adds that there are other options for people with more complex returns such as paid tax preparers and that no matter who you choose, it is important to have all of the proper forms such as W-2's, documents, and receipts ready.

"It really depends on what someone is more comfortable with," said Dickson. "Someone with more complex returns or someone who needs to file a state return may feel more comfortable with a paid preparation or one of the

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New CMC takes charge of Sigonella

By MC3 Jonathan Idle
The Signature Staff

Master Chief Leland E. Moore officially relieved Master Chief Rosa L. Wilson as Naval Air Station (NAS) Sigonella's Command Master Chief in a change-of-charge ceremony Feb. 12 on NAS II.

More than 100 Sigonella sailors, including members of the Chief's Mess and Officer's Ward Room were present.

Capt. Thomas J. Quinn, NAS Sigonella Commanding Officer, served as the guest speaker for the ceremony.

"It's been a great honor and a privilege for me to serve with Master Chief Wilson," Capt. Quinn said. "Typically when I give a speech I have a theme I try to go with, and I was trying to come up with a theme for Master



New NAS Sigonella Command Master Leland E. Moore addresses Sigonella sailors for the first after relieving Master Chief Rosa L. Wilson.

Chief Wilson, a one word catchphrase that I could always come back to. Honestly, I struggled because what one word would you use to describe Master Chief Wilson. I couldn't come up with

the perfect word. Dedication kept coming to my mind, honor kept coming to my mind, and to me

CMC, continued on page 12

Noble Manta 2010 kicks-off



Rear Adm. John Richardson holds a press conference, to mark the start of Noble Manta 2010, a yearly exercise with NATO allies jointly conducting anti-submarine warfare exercises in the Ionian Sea. The exercise started on the 10th of February and will last until the 24th, and involves seven submarines 18 aircraft and eight surface ships. SEE PAGE 7 FOR STORY



A British Nimrod, maritime patrol aircraft, sits on the flight-line of NAS Sigonella Feb. 12 for viewing by the Italian media as part of Noble Manta 2010, a yearly exercise involving several NATO allies working together to perform Anti-Submarine Warfare exercises in the Ionian Sea and off the southeast coast of Sicily.

WEATHER UPDATE

February 19
H:73F
L:50F



February 20
H:69F
L:50F



February 21
H:66F
L:47F



February 22
H:63F
L:47F



February 23
H:66F
L:47F



February 24
H:62F
L:45F



February 25
H:63F
L:44F



TOP STORIES

People look at Catherine for the first time and they asked themselves, what happened to her? She was always tried to hide herself. She was a so embarrass to pick up anything because she was born without hands.

Page 2

Like wash khakis and dungarees, the old brown-folder enlisted field service record (FSR) will soon become a thing of the past as the Navy eliminates the paper record in 2010.

Page 3

The military has worked hard to set up communication channels -- including e-mail and other mail systems -- to make sure that service members and those close to them can keep in contact across the miles.

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More than 600,000 pilgrims have booked to see the world-famous Shroud of Turin, which goes on show in the northern Italy city of Turin in April. Some 50,000 of the bookings are from outside Italy.

Page 6

Located in Catenanuova, Sicily, there is a restaurant renowned for its pastries and delicious dishes in a country full of fine dining. The Fleet and Family Support Centers monthly cooking class travelled to the city of Catenanuova in order to learn about the secret recipes of the local restaurant.

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TRAFFIC NUMBERS

	Jan. 10- Feb. 10	Jan. 09- Feb. 09
Accidents	33	43
Injuries	4	4
DUIs	1	0
Traffic Deaths	0	0

PLEASE,
DON'T BECOME
A STATISTIC!

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 devoted the 12 February and this 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. I live on NAS I and there are multiple lighted areas that have been dark for a long time. I know that we're trying to conserve energy, and to that end I support that effort both at work and in my room. But at times I don't feel safe. Could the PW Duty Electrician or someone else from PW make rounds in a vehicle and note the areas that are dark, so that they can get repaired? That would be

a big help on NAS I.
A1. Thank you for your question and bringing up to us an issue we take seriously for our folks; Safety and Security. During calendar year 2009 Sigonella has initiated an aggressive energy conservation program on both NAS 1 and 2. In an effort to conserve energy we have scaled back the use of outdoor lighting. However, security and safety has not been compromised as a result of our conservation efforts. We do know that on NAS I there are areas that are over lighted and a few areas require more light. Several months ago we applied for special funding under the Energy Conservation Investment Program (ECIP) to install solar lighting throughout NAS 1. The funding project has been approved and the engineering design for the project is near completion, and installation of the new solar lighting system will start in about two months.

According to the lighting survey associated with this project, when the solar lights are installed all public areas on NAS I will be adequately lighted with significant energy savings."

Q2. Sir, I have recently arrived to NAS Sigonella and I have noticed that several buildings on NAS II have numerous leaks coming from the roofs when it rains. Is there anything that can be done to fix these leaks?

A2. Thank you for your concern for the health and safety of all people who live and work around Sigonella. Many of our buildings are older than 50 years and have outlived their useful life. The recapitalization of the facilities that occurred on NAS I was to take place on NAS 2 as well. Due to funding shortfalls the program for NAS 2 was eliminated and funding for maintenance was deferred because many of our facilities were scheduled for demolition.

We have requested through the Region and Commander Naval Installation Command for additional funds to repair the majority of our roofs. Unfortunately repair funds are short within the Navy and we have not received additional funding to fully correct the problem. PW shops are presently addressing all current roof problems repairing and providing temporary solutions to buildings with water infiltration problems; this includes not only roof repairs but also providing equipment protection by installing tarps and covers. We have requested additional funding from the Region to address our most urgent needs. The Region has is promising funding for repairs to multiple buildings to include the NAS 2 Fitness Center. This will not entirely solve our roof problem but will bring us closer to a healthier and safer work place.



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.

2010 National Patient Safety Goals

By Lt. Lynn Skinner
Naval Hospital Sigonella

National Patient Safety Week is coming up. (March 7-13th)

To help celebrate, our Patient Safety Team will be submitting articles that relate to Patient Safety.

Quality Management and Patient Safety would like to thank everyone who made our 2009 January JACHO Inspection & MED IG go smoothly, passing with great marks. We also recognize the everyday commitment and professionalism from all staff and patients that help us maintain and ensure a culture of safety here at NH Sigonella.

Let us review the National Patient Safety Goals and how they apply to all of us whether you are a patient or staff member. Our great Patient Safety Representatives from various work areas will also be publishing articles that will go further in depth regarding these goals. So please look forward to more details in future columns.

It is important to understand the National Patient Safety Goals, for these are the framework in which we can continue to build upon ensuring quality care, collaboration and avoid

complacency which erodes our foundation and hard work.

Improve the accuracy of patient identification.

Very important especially in a small community where everyone knows one another, we are required to verify our patient with at least two identifiers throughout the clinical process. Meaning at the check in desk and each department they are seen.

In the field of medicine while taking the best care of our patient's there is no room for assumptions.

Improve the effectiveness of communication among caregivers.

Patients have more than one health care provider so it is more imperative than ever that the team of providers is on the same page when it comes to patient care.

Improve the safety of using medications.

Our patients need to be informed of their medications as well as potential interactions with use of over the counter medications however, it does not stop there. Patient, provider and pharmacist need to verify all medication used so everyone involved stays informed.

HEALTH WATCH

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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

Traditional Protestant (NAS I Chapel)
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 Concha

People look at Catherine for the first time and they asked themselves, what happened to her? She was always tried to hide herself. She was a so embarrassed to pick up anything because she was born

Can you do the best for others?

without hands. In spite of her difficulties, she did get married and they had a lovely girl. Unfortunately her husband got very sick and died. Catherine was advised to give up her daughter for adoption. She refused.

Catherine had to prove in front of a special court that she was able to take care of her daughter. She washed, clothed and gave her daughter something to eat using her arms and special-ly her teeth. The love for her daughter can make possible to

do the best, even the impossible for the person she love most.

You and I may not be in a similar situation. However, we may find in our lives that we have excellent opportunities to prove that we can do the best for the person we love most in our lives.

Married persons are good example. Couples can express their love for one another. It is a continuous process of 'giving the best' to one another. It is a commitment for every day and

OTHERS, 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

Navy phases out enlisted field service records

By Navy Personnel Command Public Affairs

Like wash khakis and dungarees, the old brown-folder enlisted field service record (FSR) will soon become a thing of the past as the Navy eliminates the paper record in 2010.

NAVADMIN 040/10, released Feb. 3, outlines the Navy's plan to close-out the FSR by Sept. 30.

Service record information will now be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System (NSIPS) Electronic Service

Record (ESR). Officer field service records have already been eliminated.

The Navy first implemented ESRs in 2006. Accessible through a secure Internet connection, the ESR provides access to personnel, training and awards data for individual Sailors, Personnel Support Detachments (PSDs), personnel offices holding service records, Navy Operational Support Centers and customer commands of PSDs. A shipboard version is available through NSIPS Afloat for Sailors at sea with limited bandwidth.

PSD Memphis began closing out records for Sailors at Navy Personnel

Command (NPC) last year as part of a field test.

"It went pretty well. There are a lot of tools online that can help you locate things you need from your electronic service record," said Personnel Specialist 2nd Class Kelvin Turner, assigned to PSD Memphis. "We have not noticed much of a hiccup."

All active duty and drilling Reserve Sailors can access their ESR by signing up for a self-service ESR account on the NSIPS Web page at <https://nsips.nmci.navy.mil/> using a Common Access Card (CAC)-enabled

computer. Sailors can view their own records, as well as make minor changes, including emergency contact information, home and mailing address, official email address and other personal information. Navy Reserve Sailors can also input their civilian employment information.

NPC began implementing FSR close-outs early this year. According to the NAVADMIN, ESR allows for global transactions for medals and awards, training and education, personnel qualification standards (POS) and routine administrative remarks, as well as creates electronic forms that can be printed and signed when a hard copy is required.

Commanding officers, executive officers and command master chiefs can

obtain command-level view only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager.

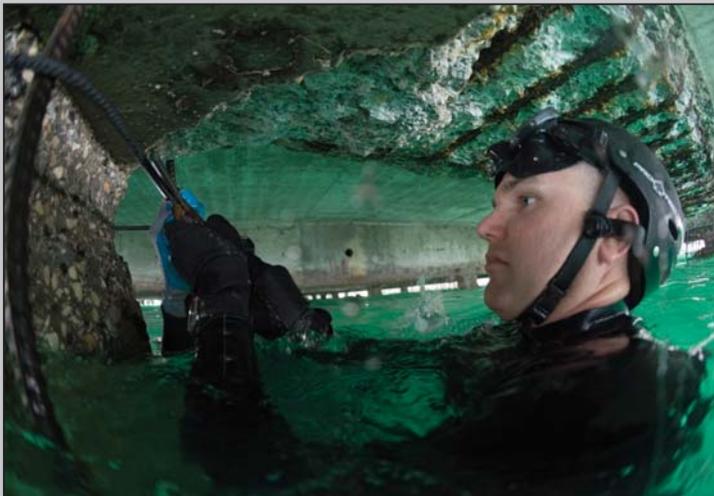
A much smaller version of personnel documents, such as Record of Emergency Data, Service member's Group Life Insurance, Security Clearance Eligibility Certification and Family Care Plans are still required to be maintained by the command to support associated programs.

NPC is conducting training at PSDs throughout the fleet to make the transition as seamless as possible.

For more information, read NAVADMIN 040/10.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MC2 Chris Lussier

100208-N-1134L-005 PORT-AU-PRINCE, Haiti (Feb. 8, 2010) Staff Sgt. Micah Sherrod, an Army diver assigned to the 544th Engineer Dive Team, wraps wire around adjoining pieces of re-enforcement bar used to strengthen sections of pier in Port-au-Prince, Haiti, damaged by a 7.0 earthquake Jan. 12. Underwater Construction Team(UCT) 1 and the 544th are repairing damaged sections of concrete pilings in support of Operation Unified Response.



U.S. Navy photo by MC3 Josue L. Escobosa

090226-N-9928E-030 PACIFIC OCEAN (Feb. 26, 2009) Personnel Specialist Seaman Casey Flett, from Mount Pleasant, Utah, searches for service records in the personnel office aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). John C. Stennis is on a scheduled six-month deployment to the western Pacific Ocean.

Calvary Nero di Cenere

Muscle

COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				19 FEBRUARY	20	21
				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	NMCRS Nearly New Shop Open x4212	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22	23	24	25	26	27	28
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	FFSC Ombudsman Training 8 a.m. - 4 p.m. Ricotta Cheese Workshop 9 a.m. - 3 p.m. x4291	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	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	FFSC 10 Steps to a Federal Job 8 a.m. - 12 p.m. ICR 12:30 p.m. - 3:30 p.m. x4291		
1 MARCH	2	3	4	5	6	7
FFSC Nurturing Program 9:30 a.m. - 11 a.m. ICR 6 a.m. - 3:30 p.m. x4291	FFSC ICR 8 a.m. - 3:30 p.m. x4291	FFSC Playgroup 1-4 yrs. old 9:30 a.m. - 11 a.m. ICR 12:30 p.m. - 3:30 p.m. x4291	FFSC Resume Writing 1 p.m. - 3 p.m. Survive & Thrive 8 a.m. - 3 p.m. x4291	FFSC Anger Management 1 p.m. - 3 p.m. Arrivederci 8 a.m. - 11:30 a.m. x4291	NMCRS Nearly New Shop Open x4212	

Eno

Kartodromo

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 NASI
Monday-Friday 0730-1630 DSN 624-4291 Commercial 095-56-4291

Staying in touch with a deployed member

Edited from MilitaryOneSource

Staying in touch can be difficult for deployed service members and their loved ones. The military has worked hard to set up communication channels -- including e-mail and other mail systems -- to make sure that service members and those close to them can keep in contact across the miles.

Whether you're communicating with your service member by regular mail or by e-mail, it's important to keep

the following in mind:

-Be sure you have the correct address so that letters, packages, and e-mail messages are delivered as quickly and efficiently as possible.

-Learn about any guidelines for military mail, such as how and where to pick up mail, what you can and cannot send, how long it may take for a letter or package to reach your service member, and what rules may exist for

sending e-mail messages and attachments.

-Try not to worry or be disappointed if you don't always get a quick response. Although it's important to communicate often, keep in mind that there may be times when your service member is in places where mail cannot go and where Internet connections are not available, or when your service member is too busy to respond right away.

-Let your service member know how much you appreciate his or her response. Tell your service member how much it means for you and other members of your family when you get a letter or e-mail.

-Be sure to answer any questions your service member asked in an earlier message. If you ignore questions, he or she may spend time wondering and worrying about why you didn't respond.

-Try to express yourself

clearly. Remember that you won't be there in person to explain what you mean when your service member reads your letter or message, so try not to leave any doubts about what you're saying.

-Be honest. You don't have to hide things or pretend that you're feeling fine when you're not. Your service member may be able to tell that there's something you're not saying and then worry about you.

-Remember to keep security in mind when asking your service member questions about his or her overseas missions and when sharing messages from your service member.

-Be creative. Letters and e-mails are great, but there are lots of ways you can make them even better. For example:

-If you have children, mail or scan the artwork, school papers, or even a photocopy of their handprints

-Send clippings from the local paper or recordings of a family gathering; a child reading, singing, or playing music; or even just the sounds of your home

When you're using e-mail and the Internet

E-mail is convenient, fast, and inexpensive, which makes it a great way to communicate during a deployment. These suggestions can help you make the best use of this communication tool:

-Don't be too hasty. Because e-mail is instant -- or nearly instant -- it's possible to click the "send" button and send something that you may later wish you hadn't sent. If writing an e-mail makes you feel better when you're upset or mad, go ahead -- but wait before you send it. Put it in the "draft" column of your e-mail program. Then come back a few hours later or the next day and review what you wrote to see if you still want to send it.

-Use the Internet for more than e-mail. If you can use the Internet to stay in touch, there are lots of things you can do beyond sending e-mail messages. You can post pictures and messages on

your own Web page or blog created through a Web hosting service. You and your service member can also use a social networking site to stay in touch. Having access to a digital scanner will make it possible for you to send newspaper clippings, artwork, or a child's report card or school papers using the Internet.

Helping children communicate

It's important for children to feel like they are keeping in touch with a deployed family member on their own instead of hearing news or greetings second-hand. Here are some other ways you can help them keep that sense of connection:

-Encourage your child to send artwork or write letters, and make sure that the family member who has been deployed sends e-mail or letters addressed and mailed directly to the child. This can help your child understand that the family member is thinking about and missing her.

-Some deployed service members can read books to children overseas, thanks to a program called United Through Reading. Through this program, service members can read children's stories or sing songs to their children, on videotape or DVD, from installations worldwide. For more information go to the Family Literacy Foundation Web site at www.read2kids.org.

-Help children find a way to communicate that works for them. Some children may like to use a tape recorder to exchange spoken messages, while others may like to write letters or send e-mail. Others, especially younger children, like to communicate with pictures. Help your child explore all of the different ways he can communicate.

Contact your local Fleet and Family Support Center at 624-4291 for further information and referrals if needed.

marchi

L'Orso Scuro

Alberto Lunetta
 The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle



Over 600,000 book for Holy Shroud of Turin exhibition

Story taken from ADN KRONOS PRESS AGENCY and www.sindone.org

Turin - More than 600,000 pilgrims have booked to see the world-famous Shroud of Turin, which goes on show in the northern Italy city of Turin in April. Some 50,000 of the bookings are from outside Italy. Most of the pilgrims come from Paris and Vienna, but include Asian and Middle Eastern Christians, according to the Catholic daily *Avvenire*.

Organizers expect the shroud to draw up to three million people. It will be on display in Turin's 15th century cathedral from 10 April to 23 May. In 2010, and for the first time ever, it will be possible to see the Holy Shroud following the intervention it underwent in 2002. This restoration, carried out under the supervision of Professor Flury

Lemberg, has allowed many important operations like: The removal of the pieces of cloth burnt in the Chambéry fire in 1532, the removal of the "patches" applied by the Clarisses and the removal of the lining of Holland to which it was fastened in 1534 and the placing on a new support.

Controversy has continued to surround the enigmatic shroud, which is a linen cloth bearing the facial image of a man thought to have suffered physical trauma consistent with crucifixion. Many Christians believe the body of Jesus Christ was wrapped in the shroud and his face was imprinted on it.

Skeptics cite carbon dating results to contend that the shroud is in fact from the middle ages - more than a millennium after Christ lived. Various tests have been performed on the shroud, yet both believers and

skeptics continue to present arguments for and against the validity of



the tests.

The shroud is normally kept in the royal chapel of the Cathedral of

Saint John the Baptist in Turin and the upcoming exhibition is proving popular with inhabitants in the surrounding Piedmont region.

Over 200,000 Piedmont residents have already booked to view the shroud since registration began on 1 December.

Bookings to view the shroud can be made by Internet (www.sindone.org) and via a dedicated phone line that can be dialed from landlines in most of Europe (0080007463663).

Another dedicated phone line is available to for the United States and Canada (011-80007463663), there is also an international number for mobile users from around the world (0039-011-4399901).

The phone lines are open from Monday to Friday from 9 am to 5 pm Italian time.

The faithful will be able to see the Holy Shroud starting from 10

April to 23 May.

"The Holy Shroud was restored in 2002 and the Exposition in 2010 will be the first chance the public has to see the renewed Holy Linen on display. Other new features include the route that pilgrims will have to follow to reach the Cathedral and the organization of those areas that lead to the entrance of the Cathedral," said organizers.

To receive further and more detailed information, send an e-mail to the following address: info@sindone.org.

After ten years, the Holy Shroud, which, according to many Catholics depicts the face of Jesus, will once again be on display in the Cathedral of Piedmont's capital city.

Starting on 10 April to 23 May and also Pope Benedict XVI will be there to revere it. The Pope will be in Turin Sunday 2 May 2010.

Blood Orange Festival this weekend in Palagonia



German romantic poet Johann Wolfgang Goethe, who traveled extensively throughout Sicily and Italy in the 19th century, once wrote: "To have seen Italy without seeing Sicily is not to have seen Italy at all, for Sicily is the clue to everything...do you know the land where the lemon-trees grow, in darkened leaves the gold-oranges glow?" Sicily has been famous for its citrus groves for centuries. Today, several towns around the island still hold festivals including exhibits, food, art and music to celebrate the history and cultivation of oranges.

A fun family event for all ages, the annual "Sagra del Tarocco" or Tarocco Blood Orange Festival will kick off tonight in Francofonte, a picturesque town in the Siracusa Province.

The festival will run this weekend through Feb. 21 and will be held in the main square (piazza Garibaldi) featuring exhibits, entertainment and live music.

The sagra will celebrate the Tarocco di Francofonte, a delicious variety of arance rosse (Blood Oranges) that has been successfully cultivated in this area since the 19th century. In the 1920s and 1950s, war veterans were given a parcel of land in which they could cultivate

oranges. That brought about an increase in the Francofonte production of oranges.

Today, this town boasts nearly 5,000 hectares of citrus groves.

Blood Oranges are cultivated throughout the Mediterranean countries. Eastern Sicily boasts some among the most distinctive Blood Orange groves in the world, which also include the "Moro," and "Sanguinello" varieties. The Tarocco Blood orange is a very flavorful citrus fruit with a sweet, deep red colored flesh. A very good source of vitamin A and C, minerals and fibers, Tarocco contains red pigments called anthocyanins which also give the oranges a berry-like taste and color that ranges from orange veined with ruby to vermilion to vivid crimson to almost black.

Scientists say those pigments

Magnolia

can reduce the risk of cancer, strengthen the circulatory system, cure ulcers and inhibit cholesterol synthesis providing protection against heart disease.

The festival will feature food booths selling blood oranges and orange desserts and delicacies all three days.

Tonight, the festival opens at 5 p.m. in the historic center (piazza Garibaldi). Later in the evening, at 8 p.m. food booths will feature an orange-based cakes tasting. Tomorrow (Feb.20), food, arts and crafts booths open at 9 a.m. Later at 12:30 and 7:30 p.m. there will be an orange tasting.

A music show will be held at 9 p.m. in historic center. The last day of the festival (Feb. 21), will kick off at 9 a.m. One hour later, a spectacular Carretti Siciliani or Sicilian carts

parade, which will be followed by a 12:30 p.m. orange tasting, will be held throughout the town's historic heart.

In the afternoon, old FIAT 500s

**Hotel
 Inn**

will parade at 4 p.m.

For more information call Francofonte City Hall at 095-7887111.

**Hotel
 Sigonella**

Agip

Energy awarress = energy smart

By Brian Scott
 Resource Efficiency Manager

Did you know that the Department of Defense is the world's largest single consumer of energy? The Department of the Navy uses one third of that energy to stay afloat, on the ground and in the air. When you're desk is filled with paperwork, or you're working hard in the field, or even on a well-deserved R & R, there's nothing like a relaxing discussion about saving energy to perk up your day, is there? Because energy is at the top of your list, right? Okay, so maybe not top, but given the fact that without energy the Navy would be sitting still, I think you can see why what we do in making the Navy more energy efficient has a vital impact on the success of our primary mission to protect America.

The truth is that anytime is the right time to be talking energy efficiency. Whether you are at work, on

leave, or back home with family saving energy should always be on your mind.

To maintain our energy systems we employ energy management teams all over the world to keep our plants running and our ships, and aircraft in motion. We also require these teams to explore new ways to lower our consumption so that we can reduce our reliance on fossil fuels, save taxpayers' dollars and help make sure America is secure.

You might ask, "what does this have to do with me?" You might not believe that your personal energy consumption has a direct impact on just how much energy the Navy uses. Everyone's efforts to conserve energy counts.

You have probably seen posters on the walls or stickers on light switches that ask you to do little things that save energy – turn off a computer monitor, turn the A/C up or

the heat down. These little actions, copied many times, can and do have



a huge impact.

If each person in the Department of the Navy changed one...just one incandescent light bulb for a compact fluorescent lamp, we would reduce energy consumption by over 30 million kilowatts. Over the course of one year that is the equivalent of using 43 million fewer import-

ed barrels of oil. And that is only one light bulb per person.

Here at NAS Sigonella we've taken action on a number of energy efficiency initiatives, such as upgrading aging incandescent street lights to ultra-efficient solar LEDs, solar water heaters, replacing showerheads with water and energy saving low-flow fixtures, and improving our HVAC system controls to name a few.

Energy will continue to be in the news for the next several decades. There is no doubt about that. The rising cost of energy affects almost everything we come into contact with. We know the obvious ones – but have you thought of the price of vegetables and meat, the cost of a cup of coffee, or even the price of a pair of shoes? Each of these rises as energy costs rise because of increased transportation and production costs, and global competition for

limited resources.

This is why the Department of the Navy has not only asked you to do simple tasks like shutting off your computer monitors at night, but is taking on major projects like launching new efficient propulsion systems in the fleet, and developing solar power and wind power generation at dozens of bases across the world. The Navy is moving full-speed ahead with an energy efficient presence around the globe and at home.

Each of our efforts large and small alike, represent a dedication to lowering our energy consumption, to safeguarding the environment in which we operate and to use all of the strengths of the Department of the Navy to help make our nation more secure.

At the end of the day this all gets back each of us who joined the Navy as a military or civilian employee because we believe in our nation, and are committed to national security. Join us in lowering your personal energy and water consumption every day, because it is important to American's defense.

Dott. Sterla

Oxidiana

New Place

U.S. takes part in Noble Manta 2010

By MC2 Stephen Oleksiak
 6th Fleet Public Affairs

AUGUSTA BAY, Sicily (NNS)—Personnel from Commander Task Force (CTF) 67 and three P-3 Orion aircraft from Patrol Squadron (VP) 26 are taking part in NATO led exercise Noble Manta 2010 from Feb. 10-24.

Noble Manta is NATO's largest annual joint anti-submarine warfare (ASW) exercise held in the Ionian Sea to the Southeast of Sicily, involving ten NATO countries which provide patrol aircraft, surface and sub-surface assets in support of maritime security operations. Noble Manta is a direct support of a Naval Forces Europe/Sixth Fleet strategic priority to improve maritime security.

"I am privileged to be part of a

team of ten NATO nations that are determined to accomplish the hard training required to enhance our readiness. Through exercises such as Noble Manta 2010, we will continue to improve our interoperability and hone our skills, particularly in ASW, in order to disrupt and deter those who might wish us harm. Over 2000 Sailors and Airmen from the different countries all come together in this exercise to compliment their sustained effort to enhance security and stability in the region. It's an inspiration to be part of it," said Rear Admiral John M. Richardson, Commander Submarines Allied Naval Forces South.

The exercise is designed to provide each participating unit with NATO response forces training individually, sharpening their ASW skills

and to provide an opportunity to practice current tactics being utilized in real world operations against terrorism like Active Endeavour and the anti-piracy operation Ocean Shield.

Personnel from CTF 67 and VP 26 will spend the next two weeks engaged in Noble Manta 2010 as a show of America's desire to strengthen bonds and affiliation with the nine other NATO nations participating in the exercise- Canada, France, Germany, Greece, Italy, Norway, Spain, Turkey, and the United Kingdom- each bringing their own muscle and tricks to the table of maritime security, thus improving the safety of the Mediterranean waters.

Messina bridge 'open to the public in 2017'



(AKI) Palermo -The suspension bridge connecting Italy's southern island of Sicily to the mainland will open to the public in 2017, infrastructure minister Altero Matteoli announced on Friday. Work on the bridge will begin "as soon as possible," Matteoli stated.

"The bridge must open to the public on 1 January, 2017," he said in the Sicilian capital, Palermo.

"We should start work on the Strait of Messina Bridge as soon as

possible - this year," Matteoli said.

The bridge connecting Sicily and the southern Italian region of Reggio Calabria is slated to cost around 6 billion Euros and should help kick start Italy's sluggish economy.

However, many residents fear the money will benefit construction companies with mafia links and that the bridge will be pointless because of the lack of good road links nearby.

If and when it is completed, the bridge will be the longest suspension bridge in the world, at over 3.3 kilometers in length. Italian prime minister Silvio Berlusconi said last October that construction of the long-heralded bridge would begin between December 2009 and January 2010.

He described the bridge as "a fundamental piece of infrastructure for Sicily."

Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY

Article and photos by
MC1 Chris Delano
The Signature Staff

Located in Catenanuova, Sicily, there is a restaurant renowned for its pastries and delicious dishes in a country full of fine dining. The Fleet and Family Support Centers monthly cooking class travelled to the city of Catenanuova in order to learn about the secret recipes of the local restaurant. The atmosphere was very casual and relaxed as we met with the

owner, Salvatore Daidone, who greeted us and invited us to sample some of his shop's delicious pastries. After exchanging pleasantries and mingling for a while, Salvatore led our group upstairs where we met head chef, Alessandro Manna, who after a very firm handshake with everyone present, began demonstrating the art of Sicilian style cooking with a variety of dishes. Three dishes we created and the recipes are listed on pages 8 and 9.

'Cozze Gratinate' (Stuffed mussels)

Ingredients:
Several cups of breadcrumbs mixed with garlic and parsley
Parmesan Cheese
Tomato sauce
White wine
Brandy
Mussels



1. Mix several cups of breadcrumbs with garlic and parsley and Parmesan cheese.



2. In a large bowl, mix the tomato sauce with the white wine and brandy until you get a nice consistency.



3. Place the mussels evenly on a plate.



6. Bake for approximately 10 to 15 minutes at 350 degrees Fahrenheit. After baking, drizzle with a little bit more olive oil before enjoying.

Antica Badia



4. Cover the mussels with breadcrumb mixture and cover in tomato sauce.



5. Top mussels with more freshly grated Parmesan cheese.

'Involtni di (spaghetti

Ingredients:
Sliced and fried eggplant
Cooked spaghetti mixed with eggplant
Ricotta Salata (Salty Ricotta Cheese)
Tomato Sauce

Melanzane (eggplant)

tomato sauce and



1. Place the sliced eggplant on a tray, end and begin to slowly roll.

2. Add a pinch of



La Jungla



12! OF SICILY (Melanzane' eggplant)eggplant mixed with (Ricotta Cheese)tomato sauce and chopped



1. Place eggplant on a tray. Slowly roll.

2. Add a pinch of spaghetti to one side and slowly roll.



3. After rolling the spaghetti into the eggplant, drizzle tomato sauce over top.



4. Sprinkle with ricotta cheese.



5. Bake for 10 minutes at 350 degrees Fahrenheit.

Moroboshi

'Involtini di Pesce Spada' (Rolled Swordfish)

Ingredients:
Filet swordfish
Breadcrumbs mixed with parsley, garlic and Parmesan cheese



1. Coat swordfish with breadcrumbs on both sides.



2. Mix olive oil in breadcrumbs, add some parsley leaves and cheese and mix well. Breadcrumbs should be moist.



3. Place breadcrumb mix on top of the swordfish.

4. Roll swordfish.
5. Close rolls with a toothpick.



6. Drizzle the swordfish with olive oil before baking. Bake for 15 minutes at 350 degrees Fahrenheit.



The Fleet & Family Support Center

Fleet and Family Support Center Administration Building 319 NAS I

**Monday-Friday 0730-1630
DSN 624-4291
Commercial 095-56-4291**

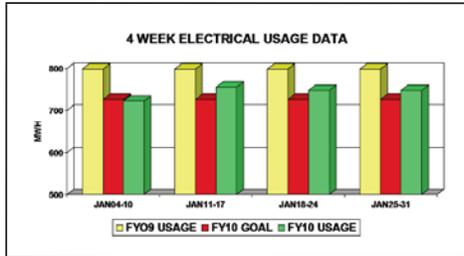
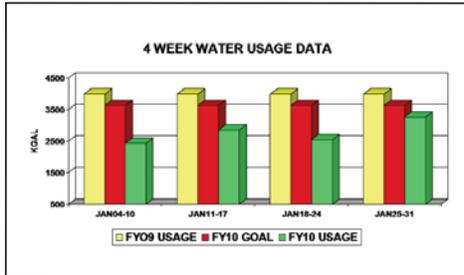
To learn more about next month's cooking class, contact the Fleet and Family Support Center.

P e t H&R Grooming Block

Go Green Sigonella!

Water/Energy Consumption at NASSIG

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



Alphio

19	<p>Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.</p> <p>*Lunch: Seafood Gumbo, BBQ Pork, Fried Chicken, Fried Catfish, Creamy Macaroni & Cheese, Dirty Rice, Collard Greens, Blackeyed Peas, Old Fashioned Colelaw, Corn Bread, Blueberry Cobbler, Sweet Potato Pie.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.</p> <p>*Dinner: Egg Drop Soup, Chicken Cacciatore, Beef Cordon Bleu, Rice Pilaf, Southern Green Beans, Savory Squash, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin, RIKPAK.</p>
20	<p>Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.</p> <p>*Brunch: Breakfast Items, Chicken Gumbo Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Tossed Green Rice, Peas w/ Carrots, Cauliflower Au Gratin, Brown Gravy, Velvet Pound Cake, Vanilla Cream Pie.</p> <p>*Dinner: Zesty Bean Soup, Baked Italian Sausage, Veal Steak, Steamed Rice, Home Fried Potatoes, Glazed Carrots, Savory Style Beans, Chicken Gravy, Velvet Pound Cake, Vanilla Cream Pie.</p>
21	<p>Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant.</p> <p>*Brunch: Breakfast Items, Knickerbockers Soup, Creole Pork Chops, Macaroni and Cheese, Islander Rice, Corn O'Brien, Green Beans, Marble Cake, Sugar Cookies.</p> <p>*Dinner: Nutty Split Pea Soup, Roast Beef, Baked Fish, Mashed Potatoes, Steamed Rice, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Marble Cake, Sugar Cookies.</p>
22	<p>Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.</p> <p>*Lunch: Chicken Gumbo Soup, Beef Yakisoba, Veal Parmesan, Steamed Rice, Oven Browned Potatoes, Green Peas, Seasoned Summer Squash, Spice Cake w/ Frosting, Vanilla Cookies, Fruit Gelatin.</p> <p>*Speed line: Assorted Pizza, RIKPAK.</p> <p>*Dinner: Minestrone Soup, Cantonese Spareribs, Cranberry Glazed Chicken, Pork Fried Rice, Lima Beans, Broccoli Parmesan, Spice Sake w/ Frosting, Vanilla Cookies, Fruit Gelatin, RIKPAK.</p>
23	<p>Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Blueberry Muffins.</p> <p>*Lunch: Egg Drop Soup, Sweet & Sour Pork, Chicken Chopsuey, Egg Foo Young, Chinese Fried Rice, Chow Mein Noodles, Oriental Fried Cabbage, Corn Kernel, Fruit Cocktail Upside Down Cake, Blueberry Pie.</p> <p>*Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, RIKPAK.</p> <p>Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Shrimp Scampi, Seasoned Boiled Pasta, Spanish Style Beans, Carrots Slices, Fruit Cocktail Upside Down Cake, Blueberry Pie, RIKPAK.</p>
24	<p>Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Biscuits, Asstd Doughnuts, Bear Claw.</p> <p>*Lunch: Beef Noodle Soup, Pepper Steak, Chipper Fish, Bruschetta, Steamed Rice, Franconia Potatoes, Cream Style Corn, Eggplant Parmesan, Almond Cookies, Carrot Cake, Chocolate Pudding.</p> <p>*Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.</p> <p>*Dinner: French Onion Soup, Corned Beef & Cabbage, Chicken Cordon Bleu, Steamed Rice, Potatoes Au Gratin, Club Spinach, Steamed Peas & Carrots, Almond Cookies, Carrot Cake, Chocolate Pudding, RIKPAK.</p>
25	<p>*Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.</p> <p>*Lunch: Vegetable Supreme Soup, Roast Porkloin, Honey Glazed Chicken, Steamed Rice, Roasted Garlic Potatoes, Seasoned Mix Vegetables, Club Spinach, Oatmeal Raisin Cookies, Cherry Cobbler.</p> <p>Speedline: Assorted Pizza, RIKPAK.</p> <p>*Dinner: Tomato Bouillon Soup, Roast Turkey, Swedish Meatballs, Red Beans w/ Rice, Mashed Potatoes, Natural Pan Gravy, Creole Green Beans, Corn Kernel, Oatmeal Raisin Cookies, Cherry Cobbler, RIKPAK.</p>
26	<p>Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.</p> <p>*Lunch: Chicken Corn Chowder, Tempura Fish, Beef & Broccoli, Paprika Buttered Potatoes, Glazed Carrots, Fried Okra, Spiced Cake w/ Frosting, Crisp Drop Cookies.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.</p> <p>*Dinner: Chicken Noodle Soup, Baked Fish, Grilled Steaks, Tossed Green Rice, Corn O'Brien, Lima Beans, Spiced Cake W/ Frosting, Crisp Drop Cookies, RIKPAK.</p>

Gelso Bianco Agip

Casa Brasil



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/

ON THE GO WITH MWR

MWR February Fitness Schedule

MWR partners with community

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

New year's resolutions involve more than fitness goals. Some might want to learn a new craft or others might want to expand on their local culinary talents. With this in mind, Morale, Welfare and Recreation, has partnered with highly talented individuals from the Sigonella community to share their talents involving art, crafts, décor, and cooking skills.



On Wednesday, Feb. 24, from 10 a.m. to Noon, Sigonella's very own Amy Marshall will offer instruction on the art of intricate jewelry beading. In two hours, Marshall will teach basic techniques of beading, share the tools of the trade, as well as help participants create their very own necklace and bracelet.

The Intricate Jewelry Beading class is held at the Marinal Community Center. The cost includes all materials. Sign up at ITT Gear-n-Go by Monday, Feb. 22.

On Thursday, March 11, learn your way around the Irish kitchen in time for St. Patrick's Day with Jack Chandler. Participating chefs will prepare a traditional St. Patrick's Day dinner of Corned Beef, cabbage, and potatoes.

On Thursday, March 25, learn how to slice-n-dice, safely and effectively, with "Knife Skills in the Kitchen". Chandler will instruct participants how to properly chop, filet and cut ingredients in a way that maximizes flavor and safety.

Classes are open to the first 10 participants to sign up at ITT Gear-n-Go. Payment is due at time of registration. To sign up, receive information on pricing or to become an instructor call MWR's Community Activities Director, Token Barnhouse, at 624-4941.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



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 SQUEAKUEL

Jason Lee, Zachery Levi, Anjelah Johnson, Wendii Malick
Get ready for the world's first Squeakuel in which superstar Alvin, Simon and Theodore finally meet their match in a newly arrived female trio the Chipettes. (89 min.)

UP IN THE AIR

George Clooney, Vera Farmiga, Jason Bateman, Danny McBride
Ryan Bingham is a corporate downsizing expert whose cherished life on the road is threatened just as he is on the cusp of reaching ten million frequent flyer miles and just after he's met the frequent traveler woman of his dreams. (109 min.)

NINE

Daniel Day-Lewis, Penelope Cruz, Marion Cotillard, Nicole Kidman
Film director Guido Contini reaches a creative and personal crisis of epic proportion while balancing the numerous women in his life. (110 min.)

YOUTH IN REVOLT

Michael Cera, Portia Doubleday, Jean Smart, Zach Galifianakis
The journal of Nick Twisp, an 18 year old high school student who goes on a quest to lose his virginity after his parents break up. (90 min.)

THE BOOK OF ELI

Denzel Washington, Gary Oldman, Mila Kunis, Ray Stevenson
A lone hero must fight his way across the wasteland of post-apocalyptic America to protect a sacred book that holds the key to saving the future of humanity. (118 min.)

PERCY JACKSON & THE OLYMPIANS

Logan Lerman, Uma Thurman, Pierce Brosnan
In a modern world where twelve gods of Mount Olympus are alive, Percy Jackson, the son of Poseidon, is suspected by Zeus of stealing his lightning bolt, the universe's most powerful weapon. Percy must prove his innocence, save his mother, and avoid a devastating war among the gods. (120 min.)

Movie dates and times are subject to change

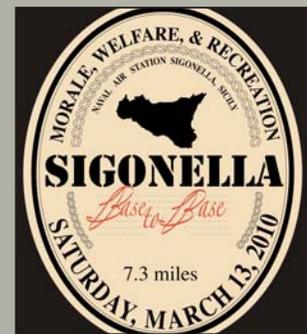
- Friday, February 19**
3:00pm The Princess and the Frog G
5:00pm Alvin and the Chipmunks PG
5:30pm Did You Hear About the Morgans PG-13
7:30pm The Book of Eli R
8:00pm It's Complicated R
- Saturday, February 20**
2:00pm Alvin and the Chipmunks PG
2:30pm Invictus PG-13
5:00pm Avatar PG-13
5:30pm Did You Hear About the Morgans PG-13
7:30pm The Book of Eli R
8:00pm Brothers R
- Sunday, February 21**
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
- Tuesday, February 23**
5:00pm Did You Hear About the Morgans PG-13
5:30pm Sherlock Holmes PG-13
7:30pm Precious R
8:00pm It's Complicated R
- Wednesday, February 24**
5:00pm Nine PG-13
5:30pm Precious R
7:30pm Brothers R LAST SHOWING
8:00pm The Book of Eli R
- Thursday, February 25**
2:00pm Bolt PG FREE
2:30pm The Princess and the Frog G
5:00pm Percy Jackson & the Olympians PG
5:30pm The Wolfman R
7:30pm Precious R
8:00pm The Book of Eli R
- Friday, February 26**
5:00pm Sherlock Holmes PG-13
5:30pm Nine PG-13
7:30pm Up in the Air R
8:00pm Youth in Revolt R

MOVIE HOTLINE:
624-4248

For more information on MWR's
programs and services, call 624-3968.

The Base to Base is the place to be

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.

Go for the gold at Jox

As the World vamps up for the 2010 Winter Olympics in Vancouver, Sigonellans have the chance to go for the gold themselves at Jox Pub's Mini-Olympics Wednesday, Feb. 24.



Challenge yourself to games of billiards, darts, horseshoes, and more. The overall highest scorer wins the grand prize. No need to sign up, just step inside.

While there, why not participate in Jox's weekly billiards tournament at 7 p.m.? Up to 8 players can participate in this round-robin, winner-takes-all tournament. For more info call x 5603

TAXES, continued from page 1

online services. VITA does not file state returns.”

This year, the VITA Center is operating on NAS 1 and NAS 2 at various locations. The Centers will be open Monday – Friday and are by appointment only, according to Gina Gesa, a legal assistant and site coordinator.

“We will take walk-ins if there are not too many people,” said Gesa. “In any case

it is important to call ahead to find out the best location and where we will be operating on NAS 1 and NAS 2.”

The VITA Center would also like to mention that although service members facing on deployment have an automatic extension until June 15, they should not wait until the last minute to file their returns.

For information and appointments, contact the VITA Center at 624-5258

OTHERS, continued from page 2

every moment of their lives. Also parents can do the best for their children. Loving them means a lot of sacrifices. Some times nobody seems to know or appreciate what is being done ‘behind the scene’ to help others. Parents would do it because they love their children best. Children love their parents as well. Perhaps in their own way they mean to express their love for their parents. In a simple language, when we care or love someone, we do the best for the person we love most. Single or married, younger or older, rich or poor, military or civilian, we all are called to love some one and to offer the ‘very best’ for the person who we care most. The Holy Scripture tells us of so many ways how we can love one another. “A new command I give you: Love one another. As I have loved you, so you must

love one another. John 13:34. “Be devoted to one another in brotherly love. Honor one another above yourselves”. Rom 12:10. “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life”. John 3:16 Take any available opportunity to prove yourself that you can do the very best to the person whom you honor, respect and love most. Enjoy your duty time in Sigonella and take advantage of several options to reach out to people and to do the best thing for them. You will not regret to help someone in life. You may have noticed that latest tragedies in Haiti and other countries have opened new way to help others. You can make a big difference in some else’ lives. Benefit from your time in Sicily and prove that you can do your best for others.

CMC, continued from page 1

the greatest complement I can give Master Chief Wilson is friend.”

Capt. Quinn expressed his appreciation for all of Wilson’s hard work and support.

“You know, I could not have done this without Master Chief Wilson,” said Capt. Quinn. “I could have never survived. We would have never flourished without her leadership, and her personal guidance to me. I can’t tell you the number of times she came into the office closed the door and said, ‘Sit down, shut up and listen.’ I learned that when she said that, it was time for me

to sit down, shut up and listen because she was going to teach me something that I needed to know.”

Following Capt. Quinn’s remarks, he presented Wilson with the Meritorious Service Medal. Then Wilson took the podium for the final time as NAS Sigonella’s Command Master Chief.

Wilson expressed her appreciation to the Sigonella community and said she cherished her time here.

“Coming here to Sigonella I truly have learned something, I’ve gained experience, and I’ve made some very valuable and memorable friends that I will keep with me always,” Wilson

said. “To all the junior sailors, I hope I have left a legacy here for you.”

Wilson then pinned her command master chief pin on Moore and introduced him as the new NAS Sigonella Command Master Chief.

“I already know in my short time here that I cannot hope to replace Master Chief Wilson,” Moore said. “I can only hope to succeed her, and with your help and hard work, which I have already seen on deck, I have no doubt that we will continue the great reputation that the base has enjoyed here.

Moore then led the attending sailors in a chorus of cheers for Wilson.

GOALS, continued from page 2

- Reduce the risk of health care associated infections.
- Hand washing is essential in reducing nosocomial infections and everyone plays a part.
- In the United States alone the CDC estimates 1.7 million hospital associated infections occur yearly.
- Accurately and completely reconcile medications across the continuum of care.
- Use those 508 and patients keep them.
- Reduce the risk of patient harm resulting from falls.
- Evaluating our spaces in which our patients occupy for hazards increase safety, reduce work load and costs.
- Encourage patients’ active involvement in their own care as a patient safety strategy.
- The patient should be the captain of the ship regarding their health care plans. The providers are all important members to help aide and steer the course. Collaboration also enhances patient compliance which often results in more positive outcomes.
- Identify safety risks inherent in the patient popula-

tion.

Know your age specific and cultural aspects of your patient and do not count on all our patients being active duty, because they are not.

Improve recognition and response to changes in a patient’s condition.

Never be afraid to report changes to your provider or primary member of the health care team; so that your plan of care, status and course of treatment can be reevaluated.

Meet the expectations of the Universal Protocol for Preventing Wrong Site Surgery.

By following procedure and protocols such as marking site and calling a time out for verification before procedure is paramount in reducing mishaps. It is also necessary to make sure the patient understands the medical language in their consent forms before they sign.

Thank you, for taking the time to review this important information.

For more information check out www.cdc.gov or www.jointcommission.org

Feel Free to contact your NH Command Patient Safety Officer; LT Skinner at 624-3849



Sigonella Pearson VUE Authorized Center is now on Facebook!!! Welcome, this page was created to inform all Sigonella Community what Pearson VUE can offer to you. Pearson VUE delivers millions of high-stakes tests a year across the globe for clients in the licensure, certification, academic admissions, regulatory, and government testing service markets.

Pearson VUE is open for all service members and families, to include local nationals that have access to the base installations. With Sigonella Pearson VUE you are able to see graphically the sponsor’s logo with detail information how to obtain the sponsor certifications. Sigonella Pearson VUE currently delivers the following but is not limited to:

<p>Academic/Admissions: EXAM SPONSOR * Graduate Management Admissions Council</p> <p>Information Technology: EXAM SPONSOR * Cisco Systems, Inc. * CompTIA Testing</p> <p>Financial Services: EXAM SPONSOR * American Payroll Association * Assn for Operations Management * The American College * WorldatWork</p> <p>Health and Medicine: EXAM SPONSOR * NREMT * American Medical Technologists * Pharmacy Tech. Certification Board * American College of Sports Medicine</p>	<p>TEST/CERTIFICATION * GMAT</p> <p>TEST/CERTIFICATION (example) * Cisco Certified Network Associate (CCNA) and others... * A+, Security+, Server+, CTT+ and others...</p> <p>TEST/CERTIFICATION (example) * Fundamental Payroll Certification * Certified Supply Chain Professional * Financial Services Specialist (FSS) * Health Insurance (RHU) and others... * Certified Compensation Professional (CCP) * Certified Benefits Professional (CBP) and others...</p> <p>TEST/CERTIFICATION (example) * EMT, First Responder and Paramedic * Certified Medical Administrative Specialist * Registered Dental/Medical Assistant and others... * Pharmacy Technician Certification Exam (PTCE) * Certified Personal Trainer (CPT) * Certified Clinical Exercise Specialist (CES) and others...</p>
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For Active Duty, Navy COOL provides a voucher if you meet Navy AND credentialing agency eligibility/qualifications prior to submitting a Navy-funded credentialing exam voucher; Pearson VUE delivers your exams.

For more details and list of sponsors go to Sigonella Pearson VUE and click the “Links” tab along with the “Discussions” tab for possible questions and answers. We are open the second and fourth Tuesday of each month from 0700-0930 to allow enough time to complete your examinations. GMAT candidates should register as early as 0700 to allow time to complete the four hour exam. Sigonella Pearson VUE is located in NAS II building 407. For more information contact the Pearson VUE Test Administrator PSI Galvez at 624-5299 or e-mail at luis.galvezmeraz@su.navy.mil






Next time you login to Facebook make sure you search **Sigonella Pearson VUE** and become a Fan!!!

Days Inn

Milici

Navy College announces DANTES Challenge winner

Provided by Sigonella Navy College Office

It is the Navy College Office's privilege to announce the DANTES Challenge WINNER. It's our own PO2 Timothy Ingersoll.

To recap, the DANTES Challenge was open to all military members from Sept-Dec 2009. The sailor who took and PASSED the most Clep/DSST tests during that period would win a prize. In this case, a \$25 ITT gift certificate.

PO2 Ingersoll took five tests and passed all five! In doing so, PO2 Ingersoll also gained 15 college cred-

its within those 3 months and that is also the equivalent of five face to face/distance learning classes that he now won't have to take.

DANTES CHALLENGE II, will begin 16 Feb and run through 16 April 2010. College graduation in May is right around the corner. Why not accelerate completing your degree by taking DANTES CHALLENGE II?

At www.petersons.com /DANTES you can take a sample test and brush up with a study guide. If you score high on the sample test, call and book that test through the

Navy College Office. The test results come back to the NCO in 4-6 weeks. Passing results are entered into your SMART transcript.

Failing grades do not show up on your SMART at all. So, no penalty, no foul for failing a DANTES test. **WHAT HAVE YOU GOT TO LOSE?**

Who knows, you could be the next DANTES CHALLENGE WINNER!!!

The Navy College Office offers DANTES testing every week on either NAS I or NAS II. Please call the Navy College Office for more information, 624-4514/4516/4517.

Volunteer opportunity at Stephen Decatur Elementary

Next month, in honor of Read Across America Week the elementary school is planning fun activities for the students of Sigonella Elementary School and offering the community opportunities to participate.

Monday, March 1st - Wanted: "Special Guest" readers. Volunteers may bring in their favorite book to share or select one from the library.

2 readers per time/grade slot are needed.
8:00 kinder/Prek; 9:00 1st/multi-age; 10:00 3rd;
11:00 4th; 12:00 2nd; 1:00 5th

Tuesday, March 2nd commands/community members are invited to adopt a class and dress in character and take part in the Read Across America Parade in honor of Dr. Seuss's Birthday at 0900.

Please contact (lindsay.vaughn@eu.dodea.edu) to take part in this highly anticipated event.

Your electricity bill is a second mortgage

By Giovanna De Gennaro
The Signature Volunteer

Our love affair with the kilowatt is costing us thousands and thousands of dollars. An estimated 526 billion kilowatt hours (kWh) of electricity were used for lighting by residential and commercial sectors in 2007 with an average monthly residential electricity consumption of 936 kWh. Household appliances account for 64% of electricity consumption in the average American household. Refrigerators consumed the most with roughly 14%, followed by lighting, about 9%. The U.S. Energy

Information Administration estimates that in 2007 residential lighting consumption was about 215 billion kWh, equal to about 15% of all residential electricity consumption. Kilowatt retail prices vary from one State to another; they range from 7.30 to 21.90 cents per kWh. With an average monthly consumption of 530 to 1344 kWh this can mean an average monthly bill of \$70-\$160; multiply this by 12 (months) and you are looking at \$840-\$1920 yearly. Multiply these figures by your life expectancy which, depending on your age, could range anywhere from 20, 30, 40, 50+ years. You're looking at approxi-

mately \$17,000-\$42,000+ for the lower retail prices to approximately \$38,400-\$96,000+ for the higher prices per kWh.

Our high quality of life makes our dependency on electrical power vital- this is obvious when we experience power outages even for only few seconds- but we're paying the price for it. We can curb this dependency by reducing the number of appliances and electronic equipment we use as well as making some qualitative changes in our lifestyles. Lowering our thermostats by 1 degree Fahrenheit during the winter months, for example, can save thousands of

dollars in the short and long term. Just think about the savings if every household this in the United States alone did this.

Energy efficiency and conservation may mean nothing to some of us, but having more money in our pockets means a lot to most of us. It is a no-brainer that by reassessing our lifestyle and adopting some sound changes in the way we use electricity we are adopting a smart way to save money. The long-term expense is almost like having a second mortgage, without the benefit of having made a calculated investment.

Who wouldn't rather bank the

bucks? The money we save could be spent in other areas of the economy, deposited in a high-yield savings account, or it could be invested in our children's future. With Federal tax credits and rebates for energy efficiency, State incentives for renewable energy and tax breaks for energy efficient home improvements we have no reason to keep wasting electrical power. Driving down electrical energy waste is an intelligent move. Driving up our long-term cash savings is even smarter!



Medusa

Stampa

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 Days Inn
Hope

Delivery Casablanca Volcano



Tattoo

Joes Garage

Calogero

Stampa

USAA