

THE Signature

SIGONELLA, SICILY



Vol. 27 No. 10

The Signature Online - www.cnic.navy.mil/sigonella

MARCH 19, 2010

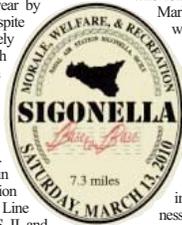
MWR Hosts Annual Base to Base Run



Runners and walkers braved the weather to participate in MWR Sigonella's annual Base to Base run.

By Kathryn Prill
The Signature Staff

MWR Sigonella's most popular annual run was greeted this year by rain and cold winds. Despite the weather approximately 310 of Sigonella's both military and civilian community members came out in support of this annual event ready to run or walk the 7.3 miles from base to base. Participants of the run started at Naval Air Station (NAS) Sigonella's Flight Line Fitness Center on NAS II and ended at NAS Sigonella's Midtown



Recreational Center on NAS I. The walking participants started at 10:00 a.m. giving them a head start for the runners who followed at 10:30 a.m. MWR Marketing Director Jenni James, who also ran the Base to Base event said "We had such a successful event this Saturday despite the weather. The Annual Base-to-Base Run is a community event hosted by our MWR Fitness Staff. The event is a way for the community to get involved in an event that caters to all fitness levels. This year the event was designed to create not only a great run but also for it to be an amazing

fitness experience had by all." In addition to the active duty participants, there were plenty of family out to show their support. A new youth category for kids in the 12-17 year old age group was added. Jordan Rettie ran the fastest time in that category at 54 minutes 50 seconds. "It was amazing to see everyone of all levels out there on the course," said Jenni James. "My goal was to just keep the legs moving and then it was really inspirational to see all the walkers make their way to the finish line, too!" The first finisher for the Base to Base run was Maurizio LaCarubba, who crossed the finish line in 49 minutes 19 seconds. In the female category the best overall time was Tara Rather with a time of 53 minutes 25 seconds. "The top two women, Tara Rather and Sarah Barthelemy, are part of our MWR fitness staff," said James. "It was really inspiring and motivating to see fellow co-workers do so well in the event." Live music and a pasta lunch were provided for all the participants after the completion of the run. This year approximately



235 runners and 75 walkers completed the run. "Despite the rain we had a great show up. I think it shows the support of our Sigonella community," said Jill Hathaway, one of the events coordinators. "It was a great day." MWR Fitness programming has a key focus in mind: Getting fit, to staying active, make fitness part of your lifestyle. And this is highlighted throughout all MWR programming from the CYP programs to Adventures Unlimited and FIT. The "get outside, get fit" attitude is helping

RUN, continued on page 12



Ombudsmen Celebrate 40 Years of Family Support

By MC2 Alexis R. Brown
Navy Compass, San Diego

Open-minded. Active listener. Multi-tasker. Volunteer. All are apt descriptions of individuals who dedicate themselves and their free time to serve as ombudsmen for Navy commands throughout the fleet. And this year ombudsmen celebrate 40 years of service, dedication and support to Sailors and their families. Chief of Naval Operations Ombudsman-at-Large Debbie Greene said recently that planning is underway for a Navy-wide celebration of this milestone. "We are very excited about it," she said. "There will be a coin to commemorate the 40 years and also a series of events will take place to lead up to the event." The Navy Family Ombudsman Program was created in 1970 for the sole purpose of providing a communication link between a Sailor's family and command leadership. Greene said the Ombudsman Program has since played a critical role in mission and family readiness, and will continue to provide this invaluable support as the Navy's mission evolves. "The program is essential to family

support, and it helps ease stress for a [deployed Sailor]. Our Sailors can't do their mission if they're worried about their families back home," Greene said. "Ombudsmen are very aware of the extra stressors, and we [listen] to see how we can assist the families and command leadership in resolving certain issues," she added. In 2006, Adm. Mike Mullen reaffirmed the Navy Ombudsman Program, and an updated instruction was released requiring all commands to have a command ombudsman. Greene said the change allowed the program to expand and established requirements for increased training by qualified instructors. "We have webinars, which are very important and beneficial to our ombudsmen in remote areas, and we have even started using social media to network with other ombudsmen throughout the fleet," added Greene. Every September, Navy ombudsmen and Marine Corps key volunteers are recognized for the services they provide throughout the fleet. Greene said this annual recognition is only one aspect of the military's appreciation for the job these volunteers do.

FAMILY, continued on page 12

COMING SOON @ CONNECTIONS

SPADES TOURNAMENT - WEDNESDAY, MARCH 23RD

Stop by Connections to play in as for your chance to win in the upcoming spades tournament. Sign up today to Show up to play individually or bring a partner to play in as a team. Prizes will be given out to the winning team. Contact Connections at 624-4264 for more information.



THURSDAY NIGHT POKER - EVERY THURSDAY 5:30PM

Thursday the 18th marks the start of Connection's 10 week Texas Hold'em Tournament. Show up by game time to reserve your spot. First and Second places are advanced to the final table and can receive prizes. For more info call Connections @ 624-4264.



TOP STORIES

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Anticoagulation: You may have heard of the medical term "coagulation" or "anticoagulation" before, or maybe you haven't. Perhaps you have heard of a true story in which...

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Federal Jobs for Spouses: The answer can be found in Executive Order (EO) 13473 (73 FR 56703) which allows hiring managers of all federal agencies to hire qualified military spouses without going through

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Colosseum to be restored this year One of Italy's most popular landmarks, the Colosseum will undergo restoration this year as part of a 40-million Euro revamp of historic sites in the capital Rome.

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Cin Cin - Celebrating the Food & Wine of Sicily: Make Your Own Homemade Ravioli or Spaghetti. The Fleet and Family Support Center offers cooking classes every month.

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On the Go With MWR *Midtown Movie Schedule *A Run For Cards and Cut-Ups *March Fitness Calendar *Fitness Made For You *Bounce into spring! *Spring into Fit Factor

TRAFFIC NUMBERS

	Jan. 10- Feb. 10	Jan. 09- Feb. 09
Accidents	47	43
Injuries	5	4
DUIs	1	0
Traffic Deaths	0	0

PLEASE, DON'T BECOME A STATISTIC!

WEATHER UPDATE	March 19	March 20	March 21	March 22	March 23	March 24	March 25
	H:67F L:49F	H:61F L:42F	H:63F L:45F	H:63F L:46F	H:63F L:47F	H:63F L:46F	H:64F L:52F

INSIDE	Direct Line	Navy News	Community Calendar	MWR Corner	Il Mercato
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DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The 4 March 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 19 March 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. Only 3 more chances to call in live and talk to Capt Quinn. 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: Why doesn't MWR clean this facility on the weekends? The bathrooms are consistently out of toilet paper and paper towels, the locker room and showers obviously don't get cleaned. Can they correct this?

A1: The Midtown Facility was inadvertently designated on the cleaning contract for cleaning similar to an office

building that is only open 5 days a week. Since the Midtown complex is open seven days-a-week, MWR has been working with NAVFAC to get seven day-a-week cleaning in the building.

Q2: With the new internet service: The BCO refuses to give us the login name and password for our "own personally funded" internet service. I can understand them not giving us access to the router, which is fine; it is THEIR router. However, we should have our own internet ISP password and user name so we can use our own router. Can you help clarify their reasoning to not let us have what we are paying for?

A2: The BCO, a department of COMSTA, is in the process of upgrading to a new 20MB ADSL service. We estimate that the upgrade will be complete by the end of May 2010. Once complete, the customer can request their username and password by calling the Helpdesk at 624-5561. In the mean time, the cus-

tommer can connect a second personal router to Telecom Italia's (TI) modem via one of four output ports without requiring the username and password. However, no BCO support will be provided for this personal equipment. Additional questions can be forwarded to the BCO Director at santino.rizza@eu.navy.mil.

Q3: Why can't contractors be added to the All Hands Email list?

A3: Contractors can be added to the All Hands distros. If a contractor is not receiving all hands messages it is because they are not included in their department level distro. For example, there is a department level distro called M-SI-NASSIG N6-GD. All of the N6's employees, including the contractors, are included in that particular distro. The N6 distro (not individual names) is then included in the master All-Hands distro which is managed by the base PAO. This is the way it works

across the board for all departments and tenant commands. If you are not receiving All Hands messages you need to speak to the Information Assurance Officer for your command /department to get added to the distro for that organization. If you are on the distro and still not receiving them then you need to call the help desk at 626-help(4357). If your command is not on the ONE NET system - then there is a bit of a problem which NASSIG IT folks are working to correct - but it will take a while. In those instances we stress to leadership to share information as we have no way of linking our global address list to outside networks at this time.

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.



Anticoagulation

By HM3 (SW) Carl T. Poe
Pharmacy Technician

You may have heard of the medical term "coagulation" or "anticoagulation" before, or maybe you haven't. Perhaps you have heard of a true story in which twins, of Dennis Quaid and his wife; nearly died from an overdose of anticoagulation called, Heparin. In any case, what is anticoagulation? And what do you need to know about it?

First, you should know the term; "anticoagulation" simply refers to stopping blood from clotting improperly in the blood vessels. For exam-

ple, anticoagulants are a class of drug used to prevent a number of things in the body including, but not limited to: pulmonary embolism, deep vein thrombosis, myocardial infarctions, and strokes. In order to understand what "anticoagulation" is we should begin by better understanding what "coagulation" means. Coagulation is the process of clotting blood. Take for instance, when you get a small cut on your finger, and you begin to bleed, your body has a unique process programmed in itself, by which it begins to form a clot at the site of the cut to stop the bleeding and allow wound to heal properly. The reverse of this process then, of course is anticoagulation. To understand anticoagulation is to understand why such a related class of drugs is necessary. If blood clots in the wrong areas of the body it can

cause heart problems, and even death. "Well, what causes these blood clots?" you may ask. These blood clots form when there is damage to the lining of a blood vessel, either an artery, or a vein which can be caused by the smallest laceration or tear. As explained above to repair this laceration, the blood will do what it is designed to do and form a clot. However if the clot forms in an artery, not a cut on your hand, this can cause heart attack or stroke. Now, you can see how this type of clotting can be dangerous or life threatening. According to Centers for Disease Control and Prevention (CDC), approximately 5-8 percent of the U.S. population has a clotting disorder linked to a hereditary defect. What are some symptoms of venous or arterial blood clot-

ting? If clotting occurs in the vein, or venous thrombosis, you might notice swelling of an extremity or limb. The area usually becomes warm, red and tender. Arterial thrombus or clotting of the artery is much more dramatic. In the case of the arm or leg, for example the tissue may be white due to lack of blood supply. It may be cool to touch, and the patient may be in extreme pain which may also be accompanied with loss of feeling and movement. These clots can be detected in a number of ways ranging from ultrasound, blood tests, and comput-

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HEALTH WATCH

NASSIG WORSHIP SERVICES

ROMAN CATHOLIC		PROTESTANT	
Sunday		Sunday	
0830	Catholic Mass (NAS I Chapel)	1000	Traditional Protestant (NAS I Chapel)
1200	Catholic Mass (Mineo Community Center)	1130	Contemporary Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	CHURCH OF CHRIST LAY SERVICE	
Monday - Thursday		Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)	
1130	Catholic Mass (NAS II Chapel)		

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

What impresses me most is that each one of us can find great people everywhere. Arriving to this base or any other town, people seems to find persons who offer a friendly talk. One group that draws my attention is the one of little children. They talk in a very simple yet meaningful ways. Sometimes, they make us laugh but most of all they give us an opportuni-

Friendly Talk

ty to think about important things in life. Children can offer a friendly talk.

Here's a real story of a friend called Margaret (not her real name) who sent me in an email years ago. I still remember well and enjoy it. I hope it warms your heart the same way it did mine...The story begins when Margaret took her children to a restaurant. My six-year-old son asked if he could say grace, Margaret said, "As we bowed our heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if mom gets us ice cream for dessert. And Liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby, -Margaret continues- I heard a woman's remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why? I would never do that way!"

On hearing this, the child burst into tears and asked his mom, "Did I do it wrong? Is God mad at me?"

As mother held the boy in her arms she assured him that he had done a terrific job, and God was certainly not mad at him. The story continues as an elderly gentleman approached the table. He winked at her son and said, "I happen to know that God thought that was a great prayer."

"Really?" the child asked. "Cross my heart," the man replied. Then, in a theatrical whisper, he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, Margaret bought her kids ice cream at the end of the meal. The child stared at his for a moment, and

FRIENDLY, continued on page 12

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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 proceeding 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.

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.



Giving Sailors a Hand...In Style
It takes all hands to make this community, our community, a strong and thriving one.

NAVY NEWS

2010 Military Census Preparations Underway – Make Your Voice Heard

By MC1 (SW) Amy Kirk, USS Dwight D. Eisenhower Public Affairs

USS DWIGHT D. EISENHOWER, At Sea (NNS) -- Legendary astronaut and former Navy pilot received a pair of honorary Naval Astronaut Wings in a ceremony aboard USS Dwight D. Eisenhower (CVN 69) (Ike) March 10 in recognition for his dedicated service to the Navy and in the field of space exploration.

Neil Armstrong, the first man to set foot on the moon July 20, 1969, was aboard Ike as part of the "Legends of Aerospace" tour sponsored by Morale Entertainment.

"Today is a special occasion for all of naval aviation. As you can imagine, it is a tremendous honor for me to present Neil Armstrong with astronaut wings," said Ike's Commanding Officer, Capt. Dee L. Mewbourne. "We present these wings on behalf of the generations of naval aviators – past, present and future."

Described by many as humble and unassuming, Armstrong accepted the wings with great honor.

"I take these wings with great pleasure and great pride," said Armstrong. "I have made certain achievements in my life and been recognized many times, but, there is no achievement I value more highly than when I received the wings of gold [for naval aviation]; to be given a second pair of gold wings is just as special."

Prior to the Ike visit, in a conversation with retired Capt. Edward F. Bronson, Armstrong, who served as a naval aviator from 1949 to 1952, mentioned he never received a pair Naval Astronaut Wings. The wings were not authorized prior to 1961 when they were first presented to Cmdr. Alan Shepard Jr.

Armstrong qualified for carrier landing aboard the USS Cabot (CVL 28) and USS Wright (CVL 49) in 1949. He qualified as a naval aviator in 1950, and made his first jet carrier landing on USS Essex (CV 9) in 1951 while assigned to Fighter Squadron 51.

During the ceremony, Armstrong said that since that time nearly everything in his career has had its roots in naval aviation.

"I have learned so much throughout my career and I owe a tremendous amount to the Navy," he said.

Mewbourne expressed gratitude to Armstrong for enriching the lives of all Ike's Sailors by visiting the ship and sharing his stories and experiences.

"You reminded us that we need to push the envelope every day, but also stay professional," said Mewbourne.

As Mewbourne and Capt. Roy Kelley, commander, Carrier Air Wing 7, pinned on the wings, Armstrong's friend and Apollo 13 astronaut Jim Lovell joked that it was tradition to throw the recipient in a lake after he received his wings.

Armstrong offered these final words to the crowd, "You will be surprised how much of this [the Navy] will follow you through the rest of your life," said Armstrong. "You all have a long naval life ahead of you, and it's great."

Others in attendance, as part of the "Legends of Aerospace" tour were Gene Cernan, the last man on the moon, retired Brig. Gen. Steve Ritchie, the last Air Force pilot ace, and Bob Gilliland, a test pilot and the first man to ever fly the SR 71 Blackbird, known then as

the fastest and highest-flying production aircraft in the world.

Eisenhower is underway in the Persian Gulf on a regularly scheduled deployment to the 5th Fleet. Operations in the 5th Fleet AOR are focused on reassuring regional partners of the coalition's commitment to help set conditions for security

and stability. U.S. forces maintain a naval and air presence in the region that deters destabilizing activities while safeguarding the region's vital links to the global economy.

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.



U.S. Navy photo by MC2 Gina K. Wollman

Astronaut legend Neil Armstrong is presented with honorary Naval Astronaut Wings by Capt. Dee L. Mewbourne, commanding officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69).

PHOTO FROM THE FLEET

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



U.S. Navy photo MCSCS Gary Ward

100313-N-3271W-360 TAMPA, Fla. (March 13, 2010) The U.S. Navy Band Southeast contemporary entertainment ensemble, Pride, performs in a St. Patrick's Day Parade in Tampa, Fla. Sailors from several commands are participating in Tampa Bay Navy Week, the first of 20 Navy Weeks planned across America in 2010. Navy Weeks are designed to show Americans the investment they have made in their Navy and increase awareness in cities that do not have a significant Navy presence.



U.S. Navy photo by MC2 2nd Jon Dasbach

100310-N-6854D-003 NORTH ARABIAN GULF (March 10, 2010) Capt. Roy J. Kelley, commander of Carrier Air Wing (CVW) 7, and Capt. Dee L. Mewbourne, commanding officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) present Neil Armstrong, the first man to walk on the moon, with his Navy Astronaut wings in a ceremony aboard the ship as fellow astronaut Jim Lovell, commander of Apollo 13, looks on. The event took place during Legends of Aerospace Tour sponsored by Morale Entertainment. Dwight D. Eisenhower is on a six-month deployment as part of the on-going rotation of forward-deployed forces to support maritime security operations.

COMMUNITY CALENDAR

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 FFSC ICR 8am-3:30pm	2 FFSC Anger Management 1pm-3pm	3 NMCRS Nearly New Shop OPEN x-4212 FFSC Playgroup 1-4 years old 9:30am-11:00am	4 FFSC Anger Management 1pm-3pm Arrivederci 8am-11:30am x-4291	5 FFSC Anger Management 1pm-3pm Arrivederci 8am-11:30am x-4291	6 NMCRS Nearly New Shop OPEN x-4212	7
8 FFSC Single Parenting Stress 2pm-4pm Nurturing Program 9:30am-11am x-4291	9 NMCRS Volunteer Orientation x-4212 FFSC Sponsor Training 9:00am-10:30am x-4291	10 NMCRS Budget for Baby x-4212 FFSC Playgroup 1-4 years old 9:30am-11am	11 FFSC Playgroup 0-12 months 10am-11am Ricotta Cheese Workshop 9am-2pm	12 FFSC Don't Bet Your Life Gambling Awareness 9am-11am	13	14
15 NMCRS Budget for Baby x-4212 FFSC Playgroup 1-4 years old 9:30am-11:00am	16 NMCRS Budget for Baby x-4212 FFSC Playgroup 1-4 years old 9:30am-11:00am	17 FFSC TAP (PRE-RETIREMENT) 8am-4pm	18 FFSC Playgroup 0-12 months 10am-11am Survive & Thrive 8am-3pm TAP (PRE-RETIREMENT)	19 FFSC Arrivederci 8am-1130	20 NMCRS Nearly New Shop OPEN x-4212	21
22 FFSC IA Social Luncheon 11:30am-1pm ICR for Youth Topolino 8am-11:30am	23 FFSC 10 Steps to a Federal Job 8am-12pm Seminar on Easter 10am-12pm	24 FFSC Men's Group 1:30pm-3pm DoDDS School CSI Inservice- 1/2 day of school.	25 FFSC ICR for Youth Benvenuti 8am-11:30am Cooking Class 9:30am-3:30pm	26 FFSC ICR 12:30pm-3:30pm	27	28
29 FFSC ICR 8am-3:30pm	30 NMCRS STAP for Term IV Begins Effective Communication 10am-11:30am	31				



Do you have a passion for writing or are you 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

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.



**Fleet and Family
 Support Center
 Administration
 Building 319
 NAS 1**

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

Career Fair Success Strategies

Adapted from Maureen Crawford Hentz (Quintcareers.com)

Career Fairs can occasionally be intimidating. As a job-seeker, you must distinguish yourself from hundreds or even thousands of other job applicants. The following are a few simple strategies to help you stand out from the crowd.

- **Find a Fair.** Many career fairs are free, but some require a registration and/or fee. The first place to look for a career fair is your alma mater. Colleges and universities routinely hold career fairs for students and alumni. Call your college's career service office and find out if you need to register and what the general format of the fair will be.

Professional organizations also often sponsor large career fairs at their national and regional conferences.

Finally, look in the Help-Wanted section of your local newspaper. Many career fairs are listed in their own column. Also look for employers with large ads to see if any indicate "We will be at the Electro-Mechanical Job Expo next week!"

- **Choose the Right Fair.** You probably don't want to waste your time at a medical-technology fair if you are looking for a position in education. Do your research. If possible, get the names of companies that will be recruiting at the fair. Hosting agencies often post an abridged list to attract job-seekers like you.

- **Arrive Early.** As a career-fair recruiting veteran, I can confidently attest that my ability to remember names, faces, and details of candidates waned as the day went on. Rolling my materials into each career fair, I set up my table in eager anticipation of the fabulous candidates I would find. As the fair picked up, while my eagerness never diminished, my ability to remember candidate details did. Go early to ensure quality time with the recruiters.

- **Do a Reconnaissance Circuit First.** When you get to the fair, don't go into a frenzy of resume dropping-off. Sit down with the program and decide on the order in which you will talk to recruiters. Many career fair

veterans agree that beginning in the back of the room and working your way to the front is the way to go – you are seeing recruiters fresh, while people who started in the front may be starting to lose energy. While you are getting the lay of the land, pick up information from the tables. Information, as well as freebies such as pens, magnets, and stress balls, are there for the taking. Gather information on companies of particular interest and sit down in the candidate lounge. Information may include company annual reports, brochures, and a list of open positions. Review the materials so that you have a starting point for conversation with each recruiter.

- **Have a Booth Speech.** Too many times I would see candidates going down a row of tables asking the dreaded question "Can you tell me a little bit about your company?" As a recruiter, no matter how much you like to talk to people, this question becomes old quickly. Better to have a booth speech that you give to the recruiter.

"Hello Aurora, I wanted to introduce myself to you. My name is Janet Ridge. I am an Asian-studies trainer with six years of experience, and I wanted to talk to you about the Training Specialist vacancy at XYZ Company.

- **Hone In.** As you begin talking, the recruiter then may ask you questions about yourself or tell you about the position. Ensure that you make eye contact and listen carefully for tidbits that are not mentioned in the written materials. If you are interested in the company or a position therein, ask for the recruiter's business card and leave a resume.

In addition, go back to the candidate lounge and write a short note to the employer. Attach it to your resume and redeposit into the employer's resume box. Your note should be brief and professional and reference your conversation. "Dear Aurora, thank you for spending time with me today at the AsiaAlive! Recruiting Fair. I appreciate your making time to explain the detailed require-

ments of the Training Specialist position, as well as the history of the position. Please do feel free to contact me directly if you need additional information." This note can be handwritten but should be stapled directly to your resume. At the end of the fair (or sometimes during it), recruiters go through the resumes making notes on impressive candidates. Attaching a note to the resume is a way to distinguish yourself from other candidates who don't bother with this step.

- **Don't be a Booth Buffoon.** Recruiters are there to find many good candidates – not just one. Don't monopolize a recruiter by taking all his/her time. If a line develops behind you, be sensitive to that. Say something like "Thank you so much for speaking with me. I see you have quite a line, and I don't want to monopolize your time." Then, get out of the way. If you are particularly interested in making another contact, it is fine to come back again when the line has died down.

If a recruiter is speaking generally to another candidate, it is perfectly acceptable to join the conversation, make eye contact, and ask questions. It is not necessary to wait in a line for individual one-on-one attention, particularly if you plan to ask a similar question.

After the Fair. Follow-up is extremely important. Recruiters will collect hundreds or thousands of resumes at a large career fair. If you are interested in applying for a specific position, go to the company Web site and apply directly using the company's preferred format.

Final Thoughts

Career Fairs don't have to be intimidating. Remember that the recruiters are there to find you. Recruiters' success is determined by sourcing appropriate candidates and funneling them toward the company. Remember that you are what they are looking for. Employing these success strategies is sure to make a difference in the kind, quantity and quality of your career-fair interactions.

Alberto Lunetta
 The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle



Colosseum to be Restored This Year

(Story taken by AKI and ANSA) – Rome- One of Italy's most popular landmarks, the Colosseum will undergo restoration this year as part of a 40-million Euro revamp of historic sites in the capital Rome. The city's mayor Gianni Alemanno announced the restoration last week after presenting plans for Rome's latest bid to host the 2020 Olympic Games.

"The restoration is part of a larger strategic development plan," Alemanno told reporters in Rome. Rome previously hosted the Olympic Games, officially known as the games of the XVII Olympiad in 1960. Alemanno last year promised to conduct restoration work on the Colosseum beginning in April 2010 to mark the capital's 2,763rd birthday. The Colosseum restoration is part of a broader plan to revamp the neighboring Roman Forum and Palatine Hill, an area of marble columns and foundations which was once the administrative and social centre of the Roman Empire. The grungy and precarious state of the monument has

been a "daily worry", Alemanno said. The complete restoration of the almost 13,000 square meters of exterior walls will take some 20 million Euros and about a year to complete. Given the high cost, the project will be funded by private sponsors from Italy and abroad which Rome is already seeking. As well as the clean-up, unsightly barriers between the lowest arches will be removed and replaced by protective fences like the ones around the Roman Forum. Then the monument, which is already lit up occasionally for special events, will get a permanent illumination system designed by a leading 'architect of light', Alemanno said. The major project will follow work under way to open up and make safe the Colosseum-topping attic, with its Corinthian columns and small windows, as well as the third tier and, far below, the underground network of tunnels,



(photo by Batticuore.it)

The Colosseum is to be restored, protected and lit up permanently in a project starting later this year. The 2,000-year-old symbol of Rome will be cleared of decades of grime, said Rome Mayor Gianni Alemanno. (ANSA)

whose remains are visible, that took gladiators and wild beasts up to the arena. The work on these parts has already been funded to the tune of 1.8 million

Euros, said Colosseum commissioner Roberto Cecchi, who recently approved the plan.

Next in immediate line, said Culture Undersecretary Francesco Giro, will be "cleaning up the second tier and restoring the sightliness of the first tier".

Giro said this was "urgent intervention made necessary to fight the monument's ongoing decay".

But the comprehensive revamp which Alemanno is putting together is also "essential", Giro stressed. "The Colosseum, naturally, also needs a complete restoration, especially of its exterior," the official said. This project would include new fire and security systems and state-of-

the-art metal detectors which, like the fence, would be positioned "at some distance" from the monument. Alemanno recently called the planned project "epoch-making" and

said it would make the monument safe for years to come. The Colosseum would make "a leap" that will stave off all conservation concerns, he said, likening the project to the one that restored the Sistine Chapel from 1984 to 1994.

Also known as the Flavian amphitheatre, it was commissioned by Roman Emperor Vespasian in 72 A.D. and officially opened by his son, Titus, in 80 A.D.

About 100 days of games were held by Titus, Vespasian's successor, to mark the inauguration of the building and 9,000 wild animals were slaughtered there.

It was the largest amphitheatre ever built in the Roman Empire and considered one of the greatest examples of Roman architecture and engineering. But it has suffered extensive damage over the centuries due to earthquakes and pillaging.

Millions of local and international tourists visit the monument every year and it is one of the country's most popular tourist attractions.

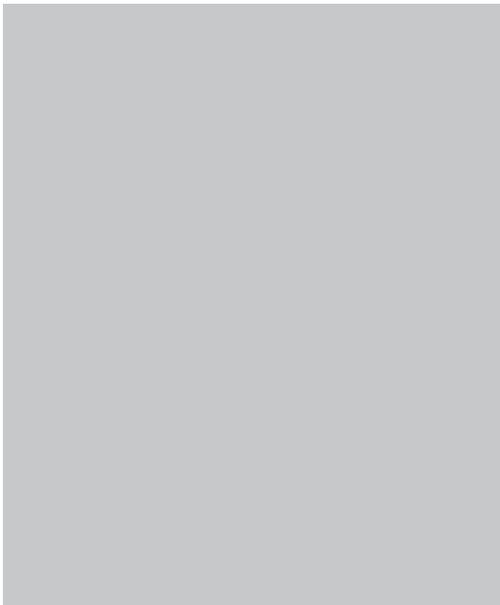
Woman's Day Celebrations



A Navy delegation of NASSIG and tenant commands female service members led by NCTS Commanding Officer Capt Kathy Creighton participated, along with their Italian Air Force counterparts, in the traditional March 8 Women's Day Luncheon that was hosted by ITAF Commanding Officer Col. Luca Tonello. The event was held at the ITAF Galley and organized by Italian CMC Guseppe Stimolo

Navy Officers awarded in Belpasso Women's Day Commemoration

Two Sigonella Navy female officers were recently awarded a plaque for participating in the March 8 Belpasso Women's Day Commemoration. Belpasso Mayor Alfio Papale presented NCTS Commanding Officer Capt Kathy Creighton and NASSIG Hospital psychiatrist LCDR MaryAnn Leynes the award for having shared the account of their outstanding career achievements with the Belpasso community. Awards for community support were also given to other guest speakers including Belpasso municipal policewoman Rosaria Paladino, Miriam Venialgo, an Argentinean lay missionary operating a Salesian charity house in Belpasso, the town's former Cultural Councilor Maria Sambataro and several representatives of local family support organizations. The event, which commemorated the economic, political and social achievements of women around the world, was organized by Sigonella DDSI Management Analyst Maria Rapisarda who is the Belpasso Town Council Vice-President. The US Navy female service members' presence was facilitated by the NASSIG PAO.



NCIS Promotes Procurement Fraud Awareness

By: Adam S. Blaurock

The Naval Criminal Investigative Service conducts quarterly crime reduction campaigns to assist the Department of the Navy in maintaining overall mission readiness for sailors and Marines. For the second quarter of fiscal year 2010, the crime reduction focus is Procurement Fraud.

Almost everything the Navy/Marine Corps uses is obtained under a contractual agreement between the government and a contractor. This includes anything from the pencils to the newest concepts in tactical gear used by service members in theater. The DON stands to lose millions if not billions of dollars annually due to fraudulent activity

committed by individuals and companies that have their own best interest in mind. NCIS's goal is to minimize those losses all while ensuring the safety of service members.

For instance, it is estimated that corporations lose over 7 percent of their yearly budget to fraud. A 7 percent annual loss to DON equates to over \$4.5 billion dollars. This does not include the impact it has on our mission readiness, the war effort and the overall safety of sailors and Marines. Though not limited to these examples, below are four key categories of fraud and some things that might be a warning sign:

Bribery & Gratuities: Includes offering or accepting something of value in exchange for personal gain or influence.

*** What to look for:** Unexplained wealth of co-workers and supervisors, lack of documents supporting why a contract was awarded, the same employee writing Justification and Approval and/or awarding Sole Source Contracts.

Cost Mischarging: Improper allocation of costs or the charging of allowable costs to a government contract that results in overcharging for goods and services.

*** What to look for:** Duplicate billing for labor and/or materials or billing of un-incurred costs, contractors passing commercial business expenses to government cost type contracts and continual cost inflation.

Product Substitution: Intentional submission of goods

and/or services that do not conform to the contract specifications or requirements.

*** What to look for:** Be aware of substandard materials provided/used where the government is billed for premium material and false certifications of inspection and testing. Remember, this can affect the safety of our War Fighters.

Environmental Crimes: This includes the improper or unlawful discharge, storage, transportation and disposal of hazardous waste or toxic pollutants.

*** What to look for:** Look for fraudulent training certifications, substandard safety equipment or procedures and the hiring of individuals who accept lower wages and are unaware of safety concerns.

NCIS is asking for everyone's help in identifying, reporting and preventing fraud.

In an effort to support the Navy and Marine Corps, NCIS provides Procurement Fraud "Briefs" to area commands and organizations.

Everyone is the first line of defense, and NCIS is here to assist.

If anyone has any information regarding a fraudulent activity or would be interested in a Procurement Fraud Brief, contact the Marine Corps Base Quantico NCIS Office at 703-784-2993. Anonymous reporting of suspicious activities may be made through the NCIS "Tip Line" at 1-800-264-6485 or by email at ncistipline@ncis.navy.mil.

Naval Hospital Sigonella Holds Patient Safety Standown

By: MC3 Jonathan Idle
The Signature Staff

Sailors from U.S. Naval Hospital Sigonella met for a patient safety stand-down Mar. 10 at the Midtown Theater on NAS I.

The stand-down coincided with Patient Safety Awareness Week

(PSAW) which was held Mar. 7-13. PSAW is an annual event started by the National Patient Safety Foundation to educate and build awareness about patient safety.

Lt. Lynn Skinner, Naval Hospital Sigonella Command Patient Safety Officer, said the purpose of the

stand-down was reinforce patient safety goals.

"We wanted to update everyone on the 2010 National Patient Safety Goals and it's also National Patient Safety Week," Skinner said. "It was wonderful to be able to have in-service training that actually fell on our celebratory week."

The stand-down started out with a Power Point presentation emphasizing National Patient Safety Goals and then turned to a lighter note with humorous skits and a round of patient safety related Jeopardy.

"By giving it a little humor, hopefully it kind of nails that message home," said Skinner.

Skinner is hopeful that the seriousness of the message got through to the medical personnel in attendance, and she hopes they keep the message of the stand-down in the forefront of their minds when dealing with patients.

"By practicing, shedding light and understanding process improvement tools we can hopefully keep harm

from reaching the patient," Skinner said. "If we practice the right things, if we do the right things, and be aware of the pitfalls and what can go wrong then hopefully we can keep those mistakes from occurring."



Sailor's from Naval Hospital Sigonella use humor to reinforce patient safety goals.

SIGONELLA TRAVELERS LODGE #1288 DONATES TO THE COMMUNITY SCHOLARSHIP FUND



Contributed by Nito Rosal

The Sigonella Travelers Lodge advocates NASSIG's promotion of community relations by supporting programs, activities, and events geared towards fostering of comradeship between the local and American cultures. Shown in picture from left to right: Nick Malinao, Nuevo Lozano, Mike Boyle, Mark Macsule, and Nito Rosal.

Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY Make Your Own Homemade Ravioli or Spaghetti

Article and photos by
MC2 Jason Poplin,
NPASE East Det. Sigonella

The Fleet and Family Support Center offers cooking classes every month. To sign up for the next class, call 624-4291.

Ingredients:
Grand Duro flour
Egg
Water
Your choice of filling



The recipe begins with the creation of the dough which is made from a "Grand Duro" flour, one egg, and approximately six tablespoons of water.



Place a small amount of flour in a pile on a preparation surface of your choice. Burrow out a small space in the flour into which an egg will be placed and lightly beaten.



Add flour from the outside of the pile into the egg mixture repeatedly.



After egg is thoroughly into all the flour, remake pile and burrow in the batter to add the aforementioned water. Mix in water using same out to in method.



With a roller or a "maccina per la pasta", flatten the dough until the consistency of the dough reaches an even state. Add flour to keep dough from sticking with either method of flattening. Once the dough is evenly flattened, it can then be used for either spaghetti or ravioli.

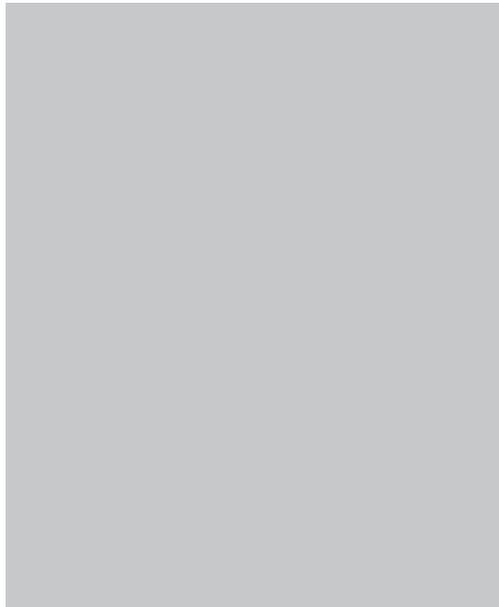


The maccina per la pasta offers a separate section in which dough is fed and evenly sliced.

How will I know my dough is done?



The picture on the left shows dough that is not yet done. Notice how the dough breaks easily. This dough requires more flour to get it to the right consistency. The dough on the right is done and ready for to be filled and cut. Notice the uniform consistency and how it appears to be one solid sheet. This is the consistency you are looking for. The proper consistency of the batter is reached when it will no longer stick to the finger. As the batter becomes pliable, knead it. If dough feels too dry, add more water. If dough feels too sticky, add more flour.





If the dough is to be used for ravioli, use a cup or a dough cutter to cut out sections of dough which will contain stuffing.



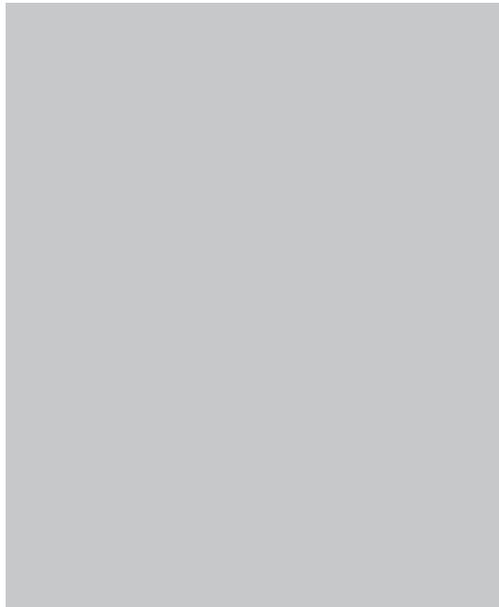
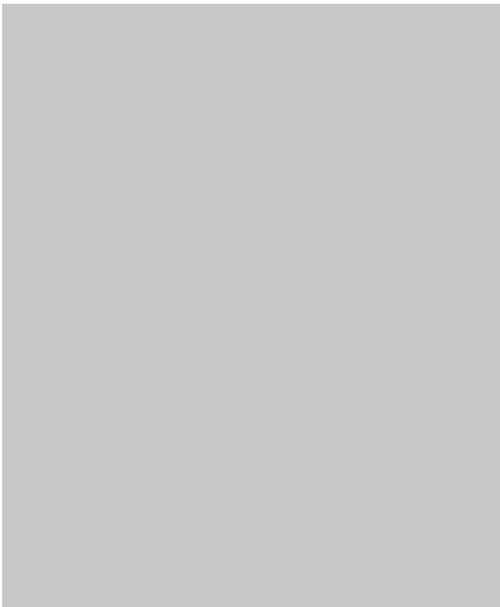
A stuffing can be made with baked egg plant, which is peeled and diced and prepared with a cheese, either parmesan or peccerino, and a pesto. The mixture is pureed and added to the sections that were removed with the aforementioned cup or cutter, but only after the sections have been lightly coated with beaten egg whites..



Depending on the method of how sections were removed from the dough, it can either be folded over on itself or covered with another section. A fork or a design edge cutter can be used for added effect. The ravioli and the spaghetti both have to be set out for a couple of hours before cooking to eliminate excess moisture. Because dough is made with egg, it's shelf life is very short and is good for only a couple of days.



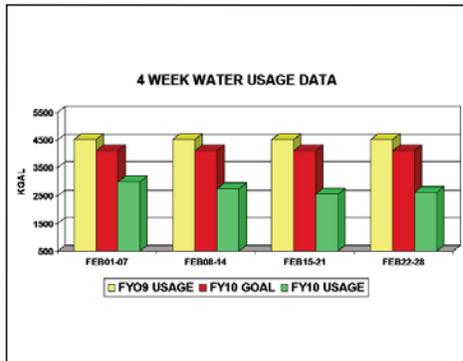
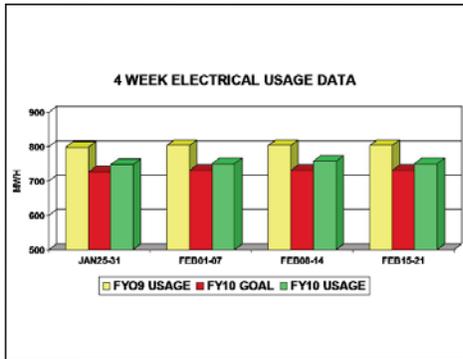
A recommendation for a ravioli sauce is a tomato, garlic, and basil mixture. Take olive oil and chopped garlic, sauté, and then add diced tomato and basil. Cook for 10 minutes while stirring continuously. Cook the pasta in salted, boiling water. Since it's fresh, it will cook in three to five minutes. Do not let it over-cook!
Combine the sauce with the ravioli or spaghetti and sprinkle with Parmesan cheese.



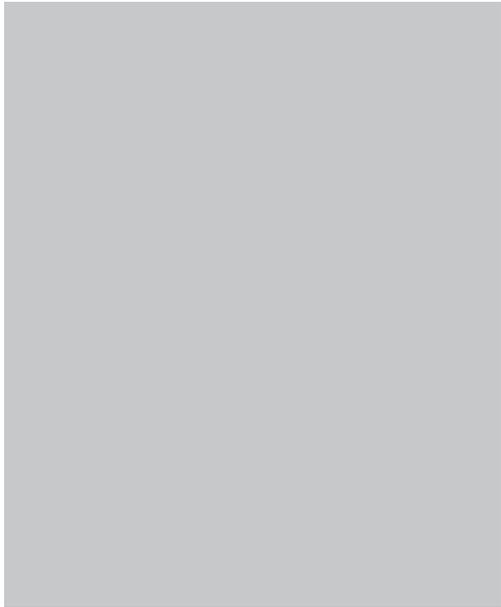
Go Green Sigonella!

Water/Energy Consumption at NASSIG

The following graph charts the last four weeks of water/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.



19	<p>*Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Apple Fritters.</p> <p>*Lunch: New England Clam Chowder, Fried/Baked Fish, Grilled Porkchops, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.</p> <p>*Dinner: Cream Of Mushroom Soup, Cantonese Spareribs, Chicken Roll, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding, RIKPAK.</p>
20	<p>*Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.</p> <p>*Brunch: Breakfast Items, Beef Vegetable Soup, BBQ Beef Sandwich, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.</p> <p>*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.</p>
21	<p>*Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Kolaches.</p> <p>*Lunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.</p> <p>*Dinner: Split Pea Soup, Baked Italian Sausage, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.</p>
22	<p>*Breakfast: Hominy Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Streusel Coffee Cake.</p> <p>*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.</p> <p>Speed line: Assorted Pizza, RIKPAK.</p> <p>*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.</p>
23	<p>*Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Raisin Muffins.</p> <p>*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.</p> <p>*Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, RIKPAK.</p> <p>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.</p>
24	<p>*Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Bear Claw.</p> <p>*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.</p> <p>*Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.</p> <p>*Dinner: Minestrone Soup, Salisbury Steak, Sicilian Submarine, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs, RIKPAK.</p>
25	<p>*Breakfast: Hominy Grits, Oven Fried Bacon, Corned Beef Hash, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.</p> <p>*Lunch: Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.</p> <p>Speedline: Assorted Pizza, RIKPAK.</p> <p>Dinner: Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken Breast, Oven Browned Potatoes, Corn O' Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake, 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: Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Baked Fish, Steamed Rice, Calico Cabbage, Herbed Broccoli, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin.</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>



ON THE GO WITH MWR

MARCH FITNESS SCHEDULE					
Fit District	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 7 am		Spin w/ Jill		Spin w/ Angelica	
9:30 - 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		
4:30 - 5:30 pm	Spin w/ Lisa	Pilates w/ Danielle	Spin w/ Lisa	Pilates w/ Danielle	
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	Friday
5:15 - 6:15 pm	Pump It Up w/ Angelica		Pump It Up w/ Angelica	

Mince Community Center				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am - 9:30 am	Pump it Up w/ Michelle	Step w/ Michelle	Pump it Up w/ Michelle	Step w/ Michelle
5:30 - 6:30		Triple Shot w/ Melinda		Triple Shot w/ Melinda

Maranal Community Center				
Monday	Tuesday	Wednesday	Thursday	Friday
5 - 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

A Run For Cards and Cut-Ups

Be in on the joke at the April Fool's Day 5K Poker Run Thursday, Apr. 1, at 3:30 p.m. in the Midtown Piazza. Runners receive playing cards at 5 different stops along the route during this run with an April Fool's Day twist. There are tons of prizes available for the best poker hands at the end of the race. Register the day of for this free event. Sign-ups begin at 3:30 p.m., Run begins at 4 p.m. For more info call 624-4483.

Fitness Made For You

Get in shape in time for summer with MWR. Certified personal trainers are now available. Stop by Fit District or Flight Line Fitness Center to make your appointment. Benefit from a personal fitness training program designed with your goals in mind. Whether you are looking to lose weight and keep it off, build lean muscle, or just look and feel great, our personal trainers will help get you there. 5, 10 and 20-session packages are available (includes free fitness assessment). Call 624-4483 for more info.



MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Alice in Wonderland- Mia Wasikowska, Johnny Depp, Helena Binham Carter, Anne Hathaway

19-year-old Alice returns to the whimsical world she first encountered as a young girl, reuniting with her childhood friends: the White Rabbit, Tweedledee and Tweedledum, the Dormouse, the Caterpillar, the Cheshire Cat, and of course, the Mad Hatter. Alice embarks on a fantastical journey to find her true destiny and end the Red Queen's reign of terror. (109 min.)

Edge of Darkness- Mel Gibson, Ray Winstone, Danny Huston, Bojana Novakovic, Shawn Roberts

Thomas Craven is a veteran homicide detective for the Boston Police Department and a single father. When his only child, 24-year-old Emma, is murdered on the steps of his home, everyone assumes that he was the target. But he soon suspects otherwise, and embarks on a mission to find out about his daughter's secret life and her killing. His investigation leads him into a dangerous looking-glass world of corporate cover-ups, government collusion and murder -- and to shadowy government operative Darius Jedburgh who has been sent in to clean up the evidence. Craven's solitary search for answers about his daughter's death transforms into an odyssey of emotional discovery and redemption. (117 min.)

Dear John- Channing Tatum, Amanda Seyfried, Richard Jenkins, Henry Thomas, DJ Cotrona

A soldier home on leave falls for a conservative college girl. Instead of returning home to her, he reenlists after the attacks on September 11th, 2001. Time and distance begin to take a toll on the young lovers (109 min.)

From Paris With Love- John Travolta, Jonathan Rhys Meyers, Kasia Smutniak, Richard Durden

A low-ranking intelligence operative take on more than he bargained for when he partners up with a wisecracking U.S. agent who's been sent to Paris to stop a terrorist attack. (95 min.)

Percy Jackson & The Olympians- Logan Lerman, Brandon Jackson, 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.)

Precious- Mo'Nique, Paula Patton, Mariah Carey, Gabourey Sidibe, Sherri Sheperd

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.)

The Tooth Fairy- Dwayne Johnson, Ashley Judd, Stephen Merchant, Ryan Shekler, Seth MacFarlane

"The Tooth Fairy," also known as Derek Thompson, is a hard-charging hockey player whose nickname comes from his habit of separating opposing players from their biceps. When Derek discourages a youngster's dreams, he's sentenced to one week's hard labor as a real tooth fairy, complete with the requisite tutu, wings and magic wand. At first, Derek "can't handle the tooth" - stumbling and stumbling as he tries to furtively wing his way through strangers' homes, doing what tooth fairies do. But as Derek slowly adapts to his new position, he begins to rediscover his own forgotten dreams. (102 min.)

When in Rome- Kristen Bell, Jon Heder, Dax Shepard, Josh Duhamel, Anjelica Huston

After stealing coins from an Italian fountain, a young American woman receives visits from numerous strangers who, having previously thrown coins into the fountain, are now in love with her. (91 min.)

Friday, March 19
5:00pm Alice in Wonderland PG
5:30pm **Tooth Fairy PG**
PREMIERE
7:30pm **Edge of Darkness R**
PREMIERE
8:00pm The Book of Eli R

Saturday, March 20
2:00pm The Spy Next Door PG
2:30pm **Tooth Fairy PG**
5:00pm **The Secret Life of Bees PG-13**
FREE
5:30pm When in Rome PG-13
7:30pm **Edge of Darkness R**
8:00pm Legion R

Sunday, March 21
2:00pm Alice in Wonderland PG
2:30pm The Lovely Bones PG-13
5:00pm When in Rome PG-13
5:30pm Day Breakers R
7:30pm Up in the Air R

Tuesday, March 23
5:00pm **Tooth Fairy PG**
5:30pm When in Rome PG-13
7:30pm **Edge of Darkness R**
8:00pm Legion R

Wednesday, March 24
1:00pm **The Princess and the Frog G**
FREE
3:00pm **Fantastic Mr. Fox PG**
FREE
5:00pm The Spy Next Door PG
5:30pm **The Tooth Fairy PG**
7:30pm Up in the Air R
8:00pm **The Book of Eli**
LAST SHOWING

Thursday, March 25
5:00pm **Leap Year PG**
LAST SHOWING
5:30pm Alice in Wonderland PG
7:30pm **Youth in Revolt R**
LAST SHOWING
8:00pm Legion R

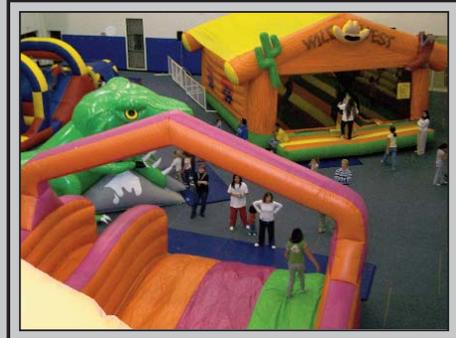
Friday March 26
5:00pm Alice in Wonderland PG
5:30pm **Dear John PG-13**
PREMIERE
7:30pm **From Paris with Love R**
PREMIERE
8:00pm **Edge of Darkness**

SCHEDULE IS SUBJECT TO CHANGE, PLEASE CALL TO CONFIRM MOVIE SHOWINGS.

MOVIE HOTLINE:
624-4248

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

Bounce into spring!



Bouncy Houses are back! March 26, 27, and 28, come by Fit District Gymnasium and try out Sigonella's largest inflatables: test your skill on the obstacle course or ride down the giant slide. However you like it, you can bounce your way into shape. Doors open Friday, March 26 at 5 p.m. Gymnasium will be open Saturday and Sunday from 11 a.m. to 4 p.m. Families welcome! For more information, call 624-4483.

Spring into Fit Factor

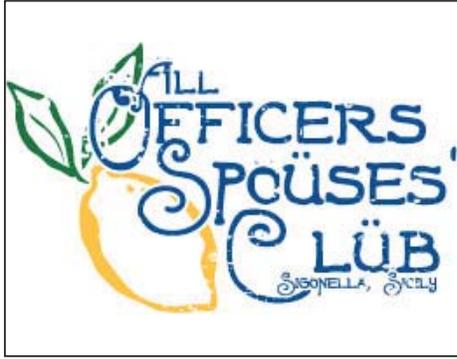
FitFactor is in its third year and showing the youth of Sigonella how to get creative with getting healthy, staying fit, and having fun!

FitFactor is a Navy-wide child and youth program focusing on kids ages 6-18. It shows kids how to make healthy choices while at the same time introducing them to a variety of fun activities that gets them out and having

fun. Kids collect points by participating in physical activities, making smart eating choices, or taking part in Navy-wide fitness events.

Participants can log up to 100 points per day, earning their way toward awesome prizes. If interested in signing up for Fit Factor, check out www.navygetfit.com or call Youth Sports at 624-4945.





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: aoscsgionella@yahoo.com

RUN, continued from page 1

ing others realize that there can be more to fitness than daily workouts on the treadmills and elliptical machines. MWR Fitness has taken their program to a new level: Make your workout work for you! Starting Monday, March 22, is the Walk-it-Off Fitness Challenge. Sign up at Fit District for this FREE walking program and receive a complimentary pedometer to record your steps, distance, and calories burned throughout the normal day. Join fitness in April for organized group walks every Wednesday on NAS I at noon leaving from Midtown and Mondays at 10:30 a.m. in Marinal Housing leaving from the Community Center.

Another fun run for all levels to enjoy is the April Fool's Poker 5k Fun Run on Thursday, April 1. Sign up at 3:30 pm at Midtown Piazza on NAS I and start at 4 pm. Be a part of the joke in this wild and

wacky fun run. Day of registration only. Lots of prizes available. This is a free event!

And lastly... Take fitness offroad with the annual Motta Trail Run on Saturday, April 24 at 10 a.m. This 1.5 mile run traverses Motta's rocky terrain and is great for both competitive runners and serious power walkers. Registration opens April 1 at Fit District. No entry fee. All participants receive a commemorative T-shirt. Bring euro for lunch at local restaurant. For those who feel they aren't up to the speed and need a helping hand, certified personal trainers are now available to get those to reach their fitness goals.

Have the itch to exercise and missed the Base to Base event? Check out MWR Sigonella's Fitness Schedule. Call 624-4483 to sign up or for more information.

FAMILY, continued from page 1

"These are extraordinary spouses and sometimes a family member that fulfills this role. And they use a variety of resources to communicate with families and commands such as newsletters and more," said Greene

If you are interested in joining the Navy Ombudsman team or just want additional information on the program, contact your local Fleet and Family Support Center.

HEALTH, continued from page 2

erized scans conducted via x-ray machines.

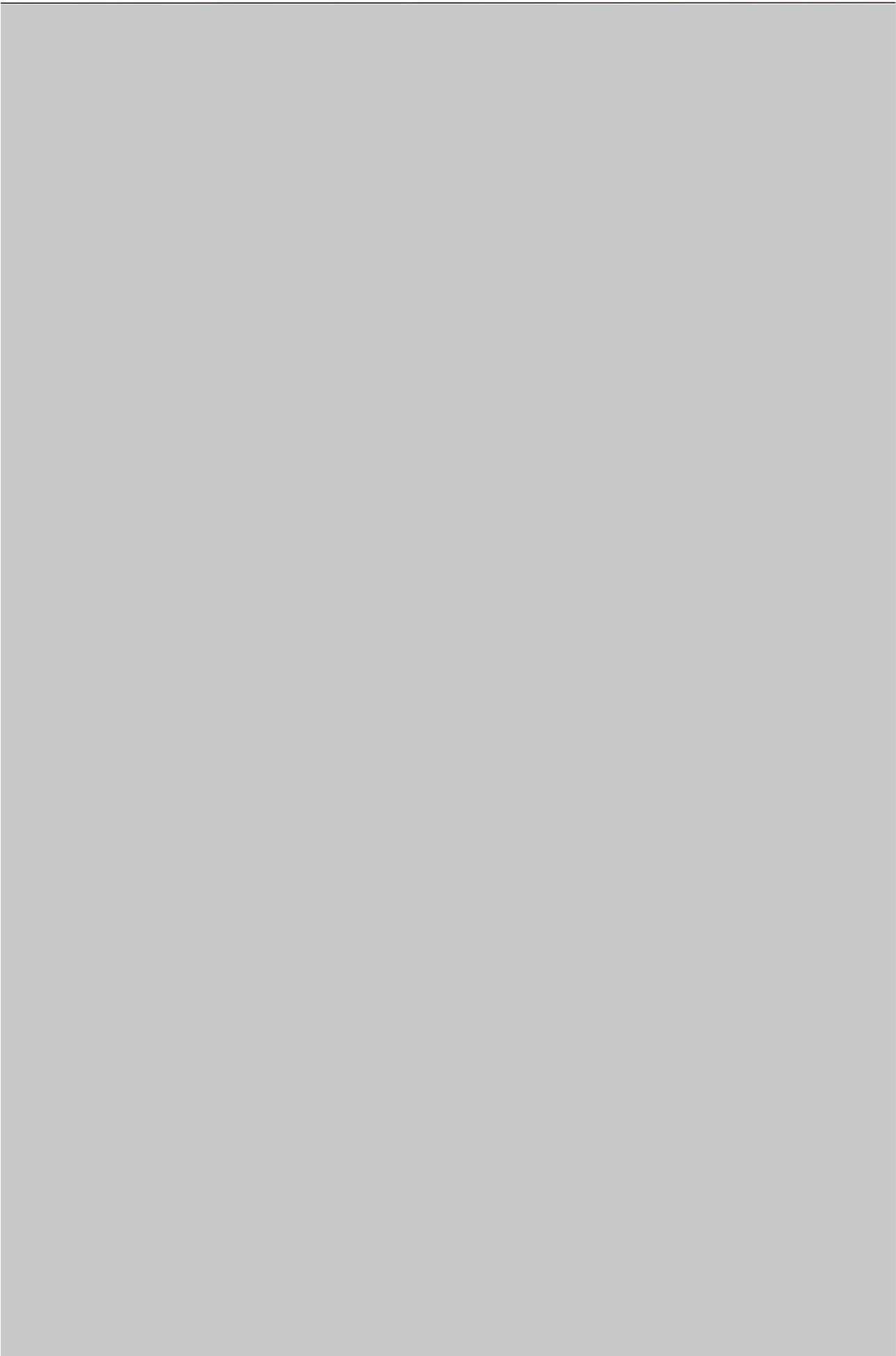
Thus, an anticoagulation medication is designed to prevent blood clots. So what medications are used to take on this task? Some of the more popular medications are: Lovenox (generic name-Enoxaparin), Heparin (or Heparin Sodium), and Coumadin (or Warfarin Sodium). Many years ago, Warfarin initially was used as a pesticide against rats and mice. A few years after it was introduced, it was found to be effective and safe to use for blood clots. Obviously, because of how this medication affects the blood in your veins and arteries, and how other medications which affect your blood may interact with in similar ways, it is very important that Doctors and Pharmacies keep this class of drug on a "High Risk/High Alert" medication list. Meaning a doctor must examine the patient's profile, medical history and ask the patient related questions about their plan of care. In addition to those safe guards, only a Pharmacist is authorized to approve and dispense this medication as based on the patient's medication history, and physician's order ensuring the correct dose. Blood test will follow as a course of action throughout a patient's anticoagulation therapy to monitor the medication's effect.

In closing, anticoagulation since its inception has proven extremely effective, and serves a very important purpose in keeping nature's flaws in check. Surely now, you can see how this knowledge saves lives, and why anticoagulation and patient education is highlighted in the 2010 National Patient Safety Goals. For more information about anticoagulation, please contact your Health Care Provider or Pharmacist.

PEOPLE, continued from page 2

then did something mom will remember the rest of her life. He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."

Friendly talk enriches every ones' hearts. Sometimes, we all need some ice cream. But most of all, a friendly talk can make our day very special. ENJOY Sigonella and share your friendly talks with people you meet here. Good ice cream or great local meals can enrich your body, mind and heart. Friendly Talk can enrich your lives at all times.



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

AUTOMOBILES

2008 Honda Jazz still under warranty 30,000 km, original owner, perfect condition 12,500 OBO Call Caedron 335-642-8269

1996 Honda Steed less than 25,000 km. Runs great, will sell for \$1,750 Great 1st time bike. Garage kept. Call 335-642-8269

2001 Fiat Red Coupe, black top convertible. Great engine condition, 2 doors, power window, cd player, runs great, never missed a routine maintenance. This stylish italian coupe can be yours for 5000 euro OBO!!! Please call Alex @ 347/8179261

1991 Mini Minor, Automatic, Grey Color, Good Condition, For more information call 3387676950

2002 SUV Toyota Rav 4 D4D Sol 2.01 Turbo Diesel Air Conditioning, Good Conditions 73,000 Miles Trailer Hook, No Smoker Owner. 8000 Euros, Call 347-3232890

Audi A5 3.0 TDI Quattro, 250 cv, year 2007, KM 36000, rims 19", black, black leather interior, electric seats, Tri-zone climate, sensor lighting / rain / parking, MMI nav PLUS, full-optionals, manual gear at six speed, same news. For sale Euro 50,000.

2004 Citroen Picasso. Definitely not an island beater. Very comfortable, manual transmission, A/C, Diesel. Super high efficient, 65 MPG!!! Only 50,000 miles, Excellent condition, A/C. Only one owner, denationalized. No accidents. Available immediately. Price \$8,500 H 624-1697, cell 338-716-6287

95 Honda Civic DX (US Spec) Orange 1.5L, Manual Transmission 160K Maintenance up to date No P/S, No P/W, No AC Great reliable island beater, trav-

eled to Rome and back no problems. Car will be available after 11 MAR. Asking \$2,500 price is negotiable. POC: YN3 Sar (H) X 1532, (C) 340-815-3291, (W) X 5434 Kimhong.sar@hotmail.com or kim.sar@eu.navy.mil

66 FIAT FOR SALE. THE BODY AND INTERIOR NEED WORK. THE MOTOR AND TRANSMISSION ARE IN GOOD CONDITION. \$1,300 FIRM!!! CALL 624-1512 IF NO ONE IS HOME PLEASE LEAVE A MESSAGE.

2004 PONTIAC GRANDAM GTI V6. AUTOMATIC with 50K miles. Fully loaded 2 door coupe, A/C, sunroof, leather interior, stock MP3 stereo. In great condition. Asking 12,000 or B.O. FMI contact Michelle at: 3466388493 or 624-2225. Will be available after Feb 22, 2009

93 Jeep Cherokee 2100cc Turbo Diesel, manual transmission, powered leather seats, power locks, A/C, alloy wheels, metallic grey. Runs great and ideal for the island roads. Asking Euro 3000

FOR SALE

White Futon Bunkbed with mattresses in great condition. \$350 OBO, Wii Rockband only 6 months old \$100 OBO, 3 layer black glass TV Stand only 6 months old \$150 OBO (purchased at the NEX for \$350) Please call 335-831-4501

Baby Swing paid \$125 will sell for \$75. Have other misc baby items for sale. All outstanding condition. Call 335-642-8269

Fiat 500/Cinquecento 650 engine block 300 Euro. Call 345-859-6906

Worldpool large area dehumidifier \$120 115v/60Hz JVC SP-PW39 subwoofer 8", 60watts, 120v/60Hz \$50. JVC SP-X5TH 5.1 Speakers: 8ohms(all), non-power sub, center 80watts, R/L & F/B 40watts \$60. Contant info: www.sigyardsales.us

Dresser, 4 drawers, light oak, 90x57x77 40 euros. Kenwood Super Eleven valve

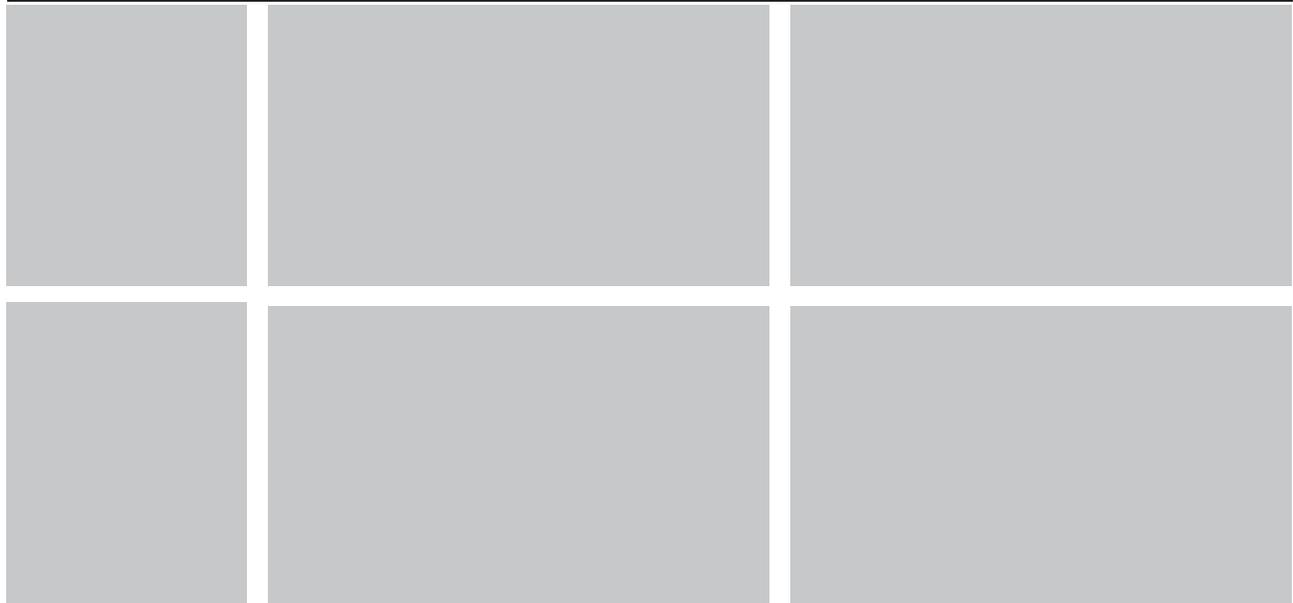
radio-receiver 125 watts per channel euro 250. Bose 401 black limited edition euro 250. FMI call Tony @ 3391200752

Trees for sale-great for privacy on your patio in housing. 4 very large Olive and 1 Tropical Palm, all in large pots. \$50 each, sorry, unable to deliver. 624-1222

Selling 3 wardrobes in excellent conditions 40 euro each. Deep freezer less than 6 months used, still with guaranteed 150 euro. Bose 401 black limited edition speakers 250 euro. Kenwood Super Eleven valvolar receiver 125w per channel 250 euro. FMI call Tony @ 3391200752.

Guitars and Amplifiers For Sale. Ibanez RG320QM electric guitar with Floyd Rose locking tremolo \$300. Ibanez Jem electric guitar (made in Japan) white w/gold hardware, Floyd Rose like new \$350. Gibson Les Paul Custom Copy, cherry sunburst, like new \$350. Line 6 Spider II guitar amp 150 watt head, 4 channel foot controller and 12" Texas Heat speaker cabinet \$380. Fender Princeton 65

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.



(solid state) 65 watt combo guitar amp, 12" speaker and channel select foot switch \$260. Call 624-2220, 340-277-7245 or e-mail fmorse66@yahoo.com for more info.

36 in. TV for sale Samsung 220v, \$400. Pro Form elliptical \$600. Set of ski's (Rossignol) w/ carrying bag and boots (size13) ready for use \$250. Hp desktop computer w/vista and a 17in. screen \$250. Pure romance starter kit \$300. All items listed above are OBO also. Call Chris or Aimee at 624-1407.

Glass Dining table w/ 6 chairs. 60"L x 36"W. \$80. Dresser, 69"L x 18" W x 30"H. \$25. Call 624-1399, or e-mail: wshao@gmail.com for more info.

JBL JRX125 Dual 15" Speakers; QSC RMX850 Professional Power Amplifier; MTX MX 1550 Pro/DJ Mixer; Denon DN-2000F-MKII Dual CD Player; Includes Speaker Patch Cables, RCA's and Case. Packaged DEAL: \$1,000 USD - Call 624-1215 (095-86-1215).

Selling 3 wardrobes in excellent conditions 40 euros each and a deep freezer in good condition for 40 euros. FMI call Tony @ 3391200752.

New U.S. 110 Washer & Dryer paid \$1000, sell \$500 Call Gary 335-706-5400

Sector 9 pipeline complete longboard ready to ride. Upgraded risers, upgraded bearings (abec7), upgraded bushings, upgraded to pro wheels, and upgraded trucks that are guaranteed for life. This is a great all around board with a comfortable flex, and has been upgraded with some of the best hardware on the market. I recommend this board for someone wishing to learn, or to whoever wants a good cruiser. Still in great condition. Costs \$190 new, and I am willing to sell it with \$60 worth of upgrades for \$180. Contact dylan.blomgren@gmail.com.

WANTED

We are a loving couple looking to start a family through adoption. Please call 335-831-4501.

Fantastic Italian babysitter, fluent in English, available to care for your children 1-3 days a week in Mariani. We're PCS'ing and would like to find her a new family before we leave. Call Jennifer at X0398 or email realtorjennifer@hotmail.com for more info.

PETS

Free: 1 yr old male large mix breed dog. Colors of a german shepard with a labrador head. Up to date on all his shots, chipped, and neutered. Comes with food, bowls, and crate. Is wonderful with children of all ages. Contact Nick at 346-815-1593

Free to a good home: 1 year old male golden retriever, yellow lab mix. He is very playful and loves attention. He is housebroken, current on all of his shots, chipped, and spayed. Toys, treats, kennels, and food bowls, etc. will come with him, all you need provide is a loving home. I will be PCSing soon and cannot bring him with me. If interested call Alicia at 346-963-1152.

