

# THE Signature

SIGONELLA, SICILY



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JANUARY 23, 2009

## 44th President of the United States, Barack Obama Inaugurated

"I do solemnly swear (or affirm) that I will faithfully execute the Office of the President of the United States, and will to the best of my Ability, preserve, protect, and defend the Constitution of the United States." - Oath of Office, found in Article II, Section I, Clause 8 of the United States Constitution

Following a week-long of celebrations, Barack Obama was inaugurated as the 44th President of the United States and Joe Biden as Vice President on Jan. 20, 2009 at the historic West Front of the United States Capitol in Washington D.C. The theme of the Inaugural period was "Renewing America's Promise" and President Obama's Inaugural Address outlined his vision and goals for his new administration.



Photo by official White House photographer Pete Souza

## Drive safe Sigonella

Article by MC3 Jonathan Idle  
The Signature Staff

The holiday season is a time for people to spend with their family and friends who matter most to them. It's a time to be thankful. It's a time to reflect on the year that has come and gone. Most importantly though, it's a time to look ahead and set new goals for the year to come.

The Sigonella community as a whole is no different. Every year offers another chance to look at what went wrong, what went right and what needs to be improved. In this coming year a big area of concern for the community is driving safety. Sigonella saw a rise in traffic accidents, traffic injuries, DUI's and unfortunately, traffic related deaths.

Master-at-Arms Chief Bobby L. Warren, Naval Air Station Sigonella Security Operations Leading Chief Petty Officer, expressed his concern with rising numbers and stated the

importance of reversing last year's increases.

"As you can see we were up in all categories in relation to traffic safety," Warren said. "Our goal is always to have less than the year before. Our biggest goal I would say is a reduction in accidents with injuries or deaths and no DUI's."

According to Warren, a huge focal point for the coming year as well as the last few years, is decreasing the number of DUIs.

"There are so many outlets for people to take advantage of instead of getting behind the wheel and driving drunk," he said. "We already have the options of taxis, command duty drivers, Base Bus, liberty shuttles and lastly, Security."

He believes the responsibility falls on the community as a whole to look out for their fellow Sigonellans.

"Be there for your Shipmate," Warren said. "Several of the DUIs in Sigonella last year occurred with a

buddy in the vehicle. So two people decided to drive drunk, and there were two chances for someone to say no."

The key to having a good year is getting off to a good start. Last year there was a shocking amount of accidents in January and February, and much of that was due to people not adjusting their driving for rainy conditions.

"The commercial says it all, go slow," Warren said. "The slower you go the greater stopping distance and reaction time a person has. Did you know talking on a cell phone, messing with radio and other distractions while driving give you the reaction time of a 70-year-old?"

He emphasized the same care should be taken when driving at night.

"This is particularly important

**SAFETY, continued on page 12**

## Be a good neighbor

Article by Tracie Barnthouse  
The Signature Editor

Living on a military base has many perks; excellent security, paid utilities and camaraderie amongst neighbors being some of the highlights. However, sometimes it has its disadvantages, especially when some residents don't respect the living space and vandalize the community.

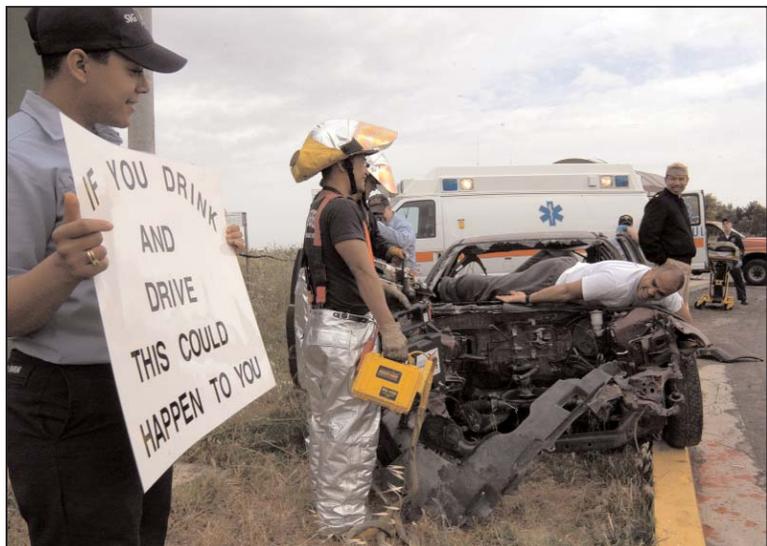
There has been a recent trend in housing at both Marinai and Mineo of dogs being let out of their yards. The dogs are usually in the back yard, closed in securely by the gate and are somehow being let out. This creates a major problem in housing, both for the owner of the animal, as well as the pet itself.

According to Master-at-Arms Chief (SW) Bobby Warren, Naval Air Station Sigonella Security Operations Leading Chief Petty Officer, "A child letting a dog out seems like a small issue but it is not, especially if the dog is aggressive and attacks someone." Warren says that if anyone is seen opening gates and letting other

people's dogs out, there will be repercussions in the form of the family being forced to pay any damages, and in the worst case, having to move back to the United States if the issue becomes a recurring problem. Lt. Alan Vaught, Assistant Security Officer, says that if you are being targeted and you know the child's parents, to try and resolve the issue informally. If it persists, call Security to respond and take a report.

If your dog is let out, either accidentally or deliberately, Security will try and catch it. All pets are required to be micro chipped, so Security will scan for the chip information to determine the owner. If the owner is not available to take the dog (or cat), they will be placed in the Stray Animal Facility until the owner can be found. When the owner comes to pick up their pet, they will be charged a capture/care fee of \$45, with an additional housing fee of \$5 for each day the animal is housed. If

**VANDALISM, continued on page 12**



U.S. Navy photo by JOSN Jennifer Rumbach

Emergency Response personnel stand by the scene of a staged accident at Naval Air Station Sigonella April 27, 2006. Actors from their respective departments were asked to demonstrate the actions they would take in the event of a real accident in order to help deter drunk driving and raise alcohol awareness on base. The staged accident was strategically placed by the operation's base exit gate from 3:30 - 5 p.m. to target personnel leaving for the day.

### WEATHER UPDATE

January 23  
H:66F  
L:54F



January 24  
H:73F  
L:48F



January 25  
H:70F  
L:41F



January 26  
H:66F  
L:50F



January 27  
H:60F  
L:43F



January 28  
H:61F  
L:39F



January 29  
H:59F  
L:41F



### TOP STORIES

How often have you considered the words you say? When is the last time that you said something and wished it would have never been spoken? We do this all of the time. We say things that we don't mean. We say things that should never be said.

A new patrol in the U.S. Central Command is working to make it unprofitable to be a pirate, the commander of U.S. Navy Central Command and 5th Fleet said Jan. 15.

Before you choose a volunteer opportunity, think about your reasons for volunteering. Which of the benefits of volunteer work are most important to you? Your answers will help you choose the type of work and organization to match your needs.

There is a special time of the year in Agrigento when a white blanket of almond flowers dots the breathtaking Greek archeological area. The Temples provides a perfect background for the annual Almond Blossom Festival and the prestigious International Folklore Festival

There's no doubt about it, the artichoke is one weird vegetable. Its origins come from Northern Africa where it can still be found growing in the wild. Learn more about this mysterious veggie.

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### TRAFFIC NUMBERS

Jan.-  
Dec. '09

Jan.-  
Dec. '08

Accidents	8	286
Injuries	2	51
DUIs	0	9
Traffic Deaths	0	2

PLEASE,  
DON'T BECOME  
A STATISTIC!

# DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

Energy conservation is rapidly becoming a hot topic not only around the world and in the U.S., but in the Navy as well. The theory sounds simple enough; just use less energy. As part of a directive from Commander Navy Region Europe, Africa and Southwest Asia, NAS Sigonella must put that theory into action and cut \$1.4 million from our energy bill in FY 2009. Putting the theory into practice will involve changing not only the way we do business, but our wasteful habits as well.

In looking at NAS Sigonella's energy usage over the past few months it is becoming clear that the entire base is making an effort to change habits and lower usage. However, even

though the base is using less energy than in 2008, we are still over the amount needed to reach our \$1.4 million reduction goal. We must make even more efforts to start making and exceeding our monthly goals in order to come out ahead on our FY09 goal.

I need each and every person on NAS Sigonella to be a part of the effort, change habits and ensure that we as a community make every effort to ensure our goal is achieved. To do this, we will need to be proactive about checking the little things, like turning off unused equipment and ensuring lights are off at night. Other simple but effective ways to lower usage are to shut down your computer and monitor over lunch and before going home

at night as well as turning off unused peripherals like printers and scanners.

I also encourage everyone to think creatively about ways to save energy. As you go about your daily routine, look for ways that can reduce the energy each work center, office space, building or command is using and communicate that to your chain of command. Even the smallest change can make a big difference if it is taken as a part of the whole effort. If we continue to adjust our habits, applying energy conservative practices to our daily lives I have no doubt we will not only make our goal but set a new standard for the rest of the region to follow.



# Health WATCH

## Be kind to your eyes

Article by HM1 Clarissa Rosalini  
Naval Hospital Sigonella  
Public Affairs Office

Eye care is an important factor in all of our lives. We sometimes take our sight for granted. Can you imagine not being able to see everyday things normally? Imagine not being able to see your kids, watch TV, or take walks and not see all of nature's beauties?

People with certain eye diseases are not able to enjoy these experiences to their full extent and sometimes not at all. Your eye is a muscle and like all muscles, if you do not take good care of it, it withers away.

It's important to learn about eye health and how to protect your sight. There are not only personal reasons but financial reasons as well, because the cost of eye care affects everyone.

As the Baby Boomer generation ages and faces more eye problems, the need for eye care will be much greater.

One of the greatest enemies of

our eyes is the sun. Just like the skin, eyes are damaged by UV rays coming from the sun, whether it is overcast or a clear and sunny day. Sunglasses should always be worn in daylight hours when you are outside. Be sure that the sunglasses you choose offer UV ray protection. There are many sunglasses sold which are just tinted glass and do not really protect your eyes, they simply offer shade from the brightness. Check the label on your sunglasses before you buy them and be sure to wear them.

Reading, working on the computer and watching television can harm your vision. When you are doing any of these things which require staring at one place for a long time, it is important to take frequent breaks.

Look at things farther away for a bit or look around from time-to-time to offer your eyes a break and minimize fatigue. Try to look and

**PTSD, continued on page 12**

### NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
<u>Sunday</u>			
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant
1200	Catholic Mass (Mineo Community Center)	1000	(Mineo Community Center)
1600	Catholic Mass (NAS II Chapel)	1130	Traditional Protestant (NAS I Chapel)
		Contemporary Protestant (NAS I Chapel)	
<u>Monday - Wednesday, Friday</u>			
1130	Catholic Mass (NAS II Chapel)	1700	<u>Wednesday (NAS I Chapel)</u>
		1800	Protestant Fellowship Dinner
			Bible Studies for All Ages

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### CHURCH OF CHRIST LAY SERVICE

Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

**OTHER SERVICES/ACTIVITIES POINTS OF CONTACT**

**Latter-day Saints:** Please email ldsig@gmail.com or call 624-1671 or 349-197-7119

**Jewish Services:** Please call 095-86-1205

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



# Damaging words

*"By the blessing of the upright a city is exalted, but by the mouth of the wicked it is torn down."*  
- Proverbs 11:11(NASB)

Article by  
Chaplain Hank Wilson

How often have you considered the words you say? When is the last time that you said something and wished it would have never been spoken? We do this all of the time. We say things that we don't mean. We say things that should never be said. People today have very little reservation as to what they say it and how they say it. Words of discouragement seem to come easier to the mouth than the kind and gentle words of encouragement do. We are all guilty of it. Yes, even chaplains fall prey to

the acts of tearing down with words as opposed to building up. I must admit that I am guilty of it even in the past week. Our words mean more than we give them credit.

The Bible verse above reminds us that our speech is very powerful, not only in how we present ourselves to others, but how others are affected. Our words are reflections of our beliefs, thoughts, character, education, level of maturity, and nature. People observe us by our actions and

**WORDS, continued on page 12**

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## 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.*

## Traffic Court Results

E4: Other moving violation. Member was awarded five points.  
E3: Fleeing the scene. Member's driving privileges were suspended from 15Jan09-15Mar09  
E3: Speed too fast for conditions. Member was awarded two points.  
E3: Negligent driving. Member was awarded five points and driving privileges were suspended from 15Jan09-15Apr09

# NAVY News

## New Central Command Unit makes it tough to be a pirate

Article by Jim Garamone, American Forces Press Service

WASHINGTON (NNS) -- A new patrol in the U.S. Central Command is working to make it unprofitable to be a pirate, the commander of U.S. Navy Central Command and 5th Fleet said Jan. 15.

Acts of piracy have "spiked" off the coast of Somalia with merchant vessels and crews being held for millions in ransom by pirates using AK-47 assault rifles, rocket-propelled grenades and ladders to take "low and slow" ships traversing one of the world's busiest sea lanes.

The pirates come from a clan based on the northern coast of Somalia, Navy Vice Adm. William E. Gortney said, and they are in it for the money.

"The problem of piracy started ashore," the admiral said during a Pentagon news conference. "It's

because there is no rule of law. There isn't a government. There isn't economic stability. There isn't a court system that will hold these criminals responsible for their actions."

Without a penalty for the Somalis, these clansmen -- who are normally fishermen -- took to piracy.

"As commander of the Combined Maritime Forces, I directed the establishment of the Maritime Security Patrol Area," Gortney said.

Coalition ships and aircraft patrol the area, but it is a complex operation, and task forces already in place had an existing counterterrorism mission.

As a solution, Gortney established Combined Task Force 151 to conduct counter-piracy operations. Nations that are members of the task force "will bring their collective capabilities to bear to deter, to disrupt and eventually to bring to justice

these maritime criminals," he said.

The coalition group works with all concerned nations to deter the pirates and it has had some success. "I think, it's really a fascinating story to watch unfold as, at this point, 14 nations have sent their navies to work against this destabilizing activity," he said.

This includes Russia and China, which are primarily escorting their own national flag vessels. "That allows us to go focus elsewhere with the rest of the ships that are down there," Gortney said.

The efforts against piracy focused on three areas: bringing in more international forces, working with the shipping industry to put in place defenses to prevent pirates from successfully getting on board their vessel, and finding a way to deal with the pirates legally.

"When we capture a pirate,

where do we take him? Where do we hold him? What court system tries him and holds him?" Gortney asked.

"When the activity spiked in the middle of August, we knew ... our current process wasn't working, and we had to take a new look at it," the admiral said.

And it is working. In the last six weeks there have been only four successful piracy attacks, the admiral said.

"Dis-incentivizing piracy" is what Gortney calls the missing piece. "The State Department is close on finalizing an agreement with one of the nations out there," he said. "And once we get that authority, then we're

going to change my orders."

The orders to the coalition now are to disrupt and deter, but not capture, pirates. "But once we get the authorities, my orders will change to disrupt, deter and capture, and try and hold them accountable for their actions," he said.

"We have to make it unpleasant to be a pirate, and that's where, when we can capture them and try them and hold them accountable for their actions," he said.

For more news from Commander Task Force 151, visit [www.navy.mil/local/ctf151](http://www.navy.mil/local/ctf151).

### PHOTO FROM THE FLEET

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

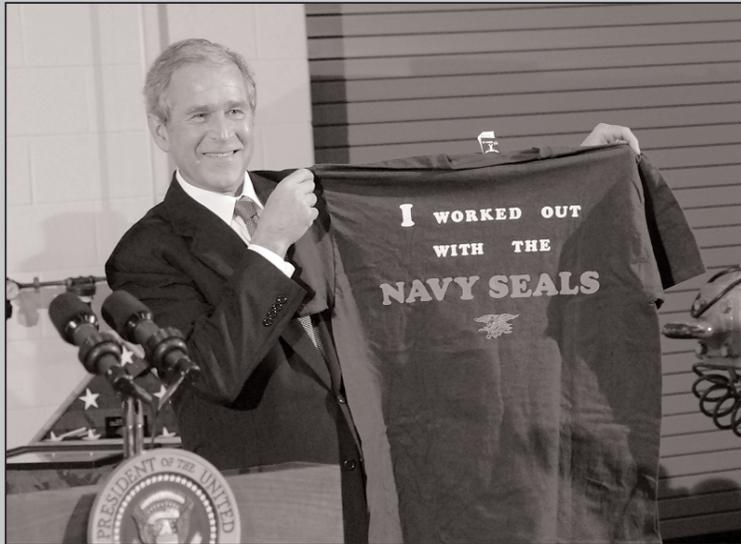


Photo by MC2 Joseph Clark

President George W. Bush displays a shirt presented to him by Rear Adm. Edward G. Winters, Commander, Naval Special Warfare Command, during a visit to East Coast Naval Special Warfare commands.



U.S. Navy photo by Lt. j.g. Deanna Fisher

Merchant vessel Al Marjan was released from pirates off the Somali coast Dec. 2. Al Marjan had been under the control of Somalia-based pirates since Oct. 17. The U.S. Navy dock landing ship USS Whidbey Island (LSD 41) was on hand to assist the vessel and its crew following its release. The U.S. Navy has maintained a ship presence off the coast of Somalia since late October, where there have been six pirated vessels off the Somali coast in the last 30 days. The U.S.-led multinational maritime task force responsible for planning counter-piracy operations off the Horn of Africa includes Italy, the Netherlands, and the United Kingdom. Coalition forces conduct Maritime Security Operations under international maritime conventions to ensure security and safety in international waters so that all commercial shipping can operate freely while transiting the region.

New Monika  
 Hop

Volcano

 <b>COMMUNITY CALENDAR</b>				FRIDAY	SATURDAY	SUNDAY
				23 JANUARY	24	25
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	1 FEBRUARY
<b>Stress Talk Class</b> FFSC 9 a.m. - 11 a.m. x4291  <b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745		<b>Motta Castle Tour</b> FFSC 10 a.m. - 12:30 p.m. x4291 <b>Men's Group</b> FFSC 1:30 p.m. - 3 p.m. x4291 <b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745	<b>Cooking Class</b> FFSC 9:30 a.m. - 3 p.m. x4291  <b>Budgeting Workshop in Mineo</b> NMCRS 5 p.m. - 7 p.m. x4212	<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745	<b>Tobacco Cessation Class</b> 12 p.m. - 1 p.m. Flight Line Clinic SARP Conference Room x4710	<b>Heart Smart Month Starts</b>
2	3	4	5	6	7	8
<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745	<b>Heart Smart Month</b> <b>Commissary Tour and Demo</b> 2 p.m. x4710	<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745  <b>Heart Smart Month</b> Take 5 - preparing healthy lunch/snacks x4710	<b>Heart Smart Month</b> <b>Healthy Heart Fair</b> Midtown 3:30 p.m. - 6 p.m.	<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745		

Motta

Orange

Stags

Marchi

*Did you know that . . .*

Money gobblers eat away at your cash flow week after week? Want a shock? Record what you spend on miscellaneous items for a week, then multiply by 52. A partial listing might include magazines, paperback novels, soft drinks, beer and alcohol, fast food restaurants, video games, movies and VCR rentals, lottery tickets, photo/film supplies, cassette tapes and CDs, exercise classes, long-distance telephone calls, cigarettes, arts and crafts, toys, and pet supplies.

If you'd like additional information on how to better budget your hard-earned income, contact your local NMCRS Office. You'll be glad you did!

NMCRS: Service with a Smile!  
[www.nmcrcs.org](http://www.nmcrcs.org)



# 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

## Thinking about volunteering? Check this out!

Courtesy of  
Military One Source

Understanding why you want to volunteer.

Before you choose a volunteer opportunity, think about your reasons for volunteering. Which of the benefits of volunteer work are most important to you? Your answers will help you choose the type of work and organization to match your needs.

Personal. Volunteering can be more than a way to fill your spare time -- it can help enrich your life. Do you want to make a difference in a social issue that's important to you, like reducing homelessness? Do you want to promote a particular political cause? Could volunteer work be a chance to spend more time doing something you enjoy, like working outdoors? Do you want to meet new people and broaden your horizons?

Professional. Volunteering can

be a way to gain skills and work experience to help advance your career. Do you want to use your current skills? For example, you might have fund-raising experience that could help a scholarship program in your community. If you enjoy sewing, you might want to make costumes for a local theater company.

Are there new skills or job interests you want to develop through volunteering? You might want to get health care experience by volunteering at a hospital. Volunteer work in tutoring might help you decide if you want to change to a teaching career. You can try out a leadership position in a volunteer setting to gain confidence for a similar position at work. Colleges, employers, and other institutions often recognize volunteer experience as "on-the-job" experience. Do you

want to develop professional contacts? For example, a carpenter who specializes in historic preservation might volunteer at a local historical society. A computer consultant might volunteer at the local chamber of commerce.

You may find volunteer work that helps you in both the personal and professional areas of your life. For more information on how to become a volunteer and volunteer opportunities in a community near you, check out the Fleet and Family Support Center.

### SEXUAL ASSAULT / VICTIMS INTERVENTION

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

## Cold Noses

WARM  
HEARTS



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

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

**Wolf (Right)** is one of our newest dogs. Don't let the look fool you; Wolf is a kind, loving dog. He is currently in foster care, but he would love a permanent home.



**Bo (Left)** is our other newest dog. He would make a great companion to a more active family. He is also in foster care and would love to go home with you.

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

# Days Inn

# Pentagon

Alberto Lunetta  
 Signature Staff



# Italian NEWS

*Sicilian Culture, Events and Lifestyle*

## Almond Blossom and International Folklore Festivals begin in Agrigento

There is a special time of the year in Agrigento when a white blanket of almond flowers dots the breathtaking Greek archeological area. This natural wonder surrounding the enchanting Valle dei Templi (Valley of the Temples) provides a perfect background for the annual "Sagra del Mandorlo in Fiore" (Almond Blossom Festival) and the prestigious International Folklore Festival, which will be also held in the historic heart of Agrigento from Feb. 1 through Feb. 8.

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

world crop.

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

Phyllis's tragic death moved the goddess to turn her into a barren almond tree which, when embraced by the grieving Demophoon on his delayed arrival, burst forth into full bloom. The tale is a true demonstration of undying love. Several folklore groups from around the world will showcase their heritage through traditional and unique dance, music, and costumes. During the festival, city balconies and windows will be deco-

rated with colored flowers.

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

Here are some of the festival's highlights.

Folklore shows and parades will be held almost every day in the city's historic center. Schedule is as follows: Sunday, Feb. 1 (9 a.m., noon, 4 p.m./ children's parades); Monday, Feb. 2 (11 a.m.); Tuesday, Feb. 3 (11

a.m.); Wednesday, Feb. 4 (11 a.m.); Thursday, Feb. 5 (11 a.m., 6 p.m.); Friday, Feb. 6 (11 a.m.); Saturday, Feb. 7 (11 a.m.); Sunday, Feb. 8 (9:30 a.m.). Other folklore and music shows will also be held indoors, during afternoons and evenings, at the Palacongressi, a convention center situated in Villaggio Mosè, a small town located just outside Agrigento. The folklore groups participating in this festival will come from the following countries: Romania, Russia, USA, Togo, Italy, Greece, Poland, Serbia, Bulgaria, South Korea, China, Israel, Montenegro and Ecuador.

Don't miss to see the spectacular lighting ceremony of the "Friendship Tripod" taking place on Tuesday, Feb. 3 at 6 p.m. at the Concorde Temple. The guest of honor of the ceremony will be Prem Rawat,

also known by the honorary title "Maharaji", a world-renowned pacifist who has been travelling around the globe for over 40 years spreading a message of universal peace and understanding.

The last day of the festival (Feb. 8) will feature an amazing final show at 2:30 p.m. at the Valley of Temples.

Complementing the festival, there will be a food festival called "Mandorlara" which will celebrate almonds. Festival goers will have the chance to sample about 50 almond-based specialties which will be prepared by local restaurants.

Tickets are required at some events such as concerts and some folklore shows. For more information, detailed schedules and tickets and to make restaurant reservations, call Agrigento Box Office at 0922-20500.



Agrigento, a beautiful historic city in western Sicily, which was nicknamed the "most beautiful city of mortals" by Greek poet Pindar, will host the spectacular annual "Sagra del Mandorlo in Fiore" (Almond Blossom Festival) and International Folklore Festival. These two top-quality events feature a global mix of folklore performances, food and music that will be held at the mesmerizing Valley of Greek Temples and in the historic center and other indoor venues.

# Palermo

# Magnolia

## NEWS BRIEFS

**Immediate Job Openings**  
 U.S. Naval Hospital Sigonella is seeking applicants for three full-time and part-time Nurses.  
 Nurse Clinical (Emergency Room Nurse) Nurse Consultant (Patient Safety Manager) Nurse Clinical (Multi-Service Ward Nurse)  
 For inquiries concerning job applications, call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: [www.sicily.navy.mil](http://www.sicily.navy.mil) and click local job vacancies.

**PMK Announcement**  
 Do you want to make more money? Do you want to enhance your career? Do you want to share your knowledge?  
 If you answered yes to any of these, come to Bldg 407 on NAS II, BETD, every Tuesday and Thursday from 11:30 a.m. to 1 p.m. and be part of the PMK training.  
 What is PMK?  
 The Professional Military

Knowledge is a portion of the advancement exam, and reinforces the objectives of the Leadership Training Continuum, Navy Military Training, and General Military Training. Your Bibs will outline what portion of these courses you need to study.  
 NAS Sigonella BETD, in coordination with FCPOA will be conducting Professional Military Knowledge (PMK) Training starting Jan. 20, 2009.  
 Come out and share your military knowledge.

**Red Cross Instructors Needed**  
 Do you like CPR? Are you interested in becoming an Instructor? Well, the American Red Cross needs YOU!  
 We are offering a Fundamentals of Instructor Training (FIT) course Feb. 2 and Feb. 3 from 4:30 p.m. - 6:30 p.m.

**Healthy Budget Workshop in Mineo**  
 Ever wonder where your money is going each month? The Navy-Marine Corps Relief Society can help you find the answer at our upcoming Healthy Budget Workshop. The workshop will provide families the opportunity to work with a trained Navy-Marine Corps Relief Society Caseworker to assist in helping families getting their budget back on track after the holidays, and provide practical cost cutting and saving tips. A Financial Specialist will also be available during the workshop to provide free and on the spot Bright Score Credit Reports. All appointments are free, less than an hour, and confidential!  
 The Healthy Budget Workshop will be held at the Mineo Community Center on Wednesday, January 28th from 5-7 PM. Please call the Navy-Marine Corps Relief Society for more information or to sign up for the workshop at 624-4212.

## Weekend & upcoming Concerts in Catania



Jan. 24 Francesco Gardella/Alessandro Magnasco, clarinet/piano, music by Beethoven, Schumann, Von Weber, Rossini, 7 p.m. Katane (Katane Palace, Catania, 110-095-747-0702 via F. Aprile)

For the latest information and to get directions to the shows' venues, please contact the Catania tourist information office: Catania (095-7306266/277).

(Left) The Acappella Swingers will be in concert tonight. Go to see a great performance! (Below) Fabio Concato teams up with Phil Ramone for a great concert in Catania. Don't miss it!

Top music events picks for the upcoming weekend: "Acappella Swingers," five talented and internationally acclaimed Catania-based vocalists specialized in Doo Wop's repertoire from the 1950s re-arranged into a cappella style (Jan. 23); Palermo-born jazz singer Giorgia Meli and composer/guitarist Lino Costa (Jan. 24); Legendary 1970s Italian pop vocalist and Fabio Concato who has sold over 200 million copies during his career and has worked with nine-time Grammy award-winning American producer Phil Ramone. Concato will team up with Siracusa-born jazz singer Carmen Spatafora (Jan. 27), (all three concerts will be held at Y's Club in Catania- For tickets and more info call: 095-7233120 or 392-9266069);

Italian pop-rock star Gianluca Grignani will perform at the ABC Movie Theater located in # 92/94 via Mascagni, Catania (phone 095-535382) on Jan. 23 at 9 p.m.



# Strike

# Gegomotor

## Wedding and Furniture Fair opens in Catania

The Catania Ciminiere Convention Center (located near the Catania train and bus Station) will host the 2009 edition of "Habita e Sposa" a major annual combined wedding and furniture Expo featuring fashion shows, wedding products (gowns, shoes etc.) hair stylists, make up artists, spectacular wedding cakes and more. The fair will be open from Saturday, Jan. 24 through Sunday, Feb. 1. For more information, tickets and directions visit <http://www.habitaesposa.it/>

## Sigonella Community Gospel Choir performs in Gela



Photo by Carlo Napoli

Music can bring cultures together. That's the idea behind the mesmerizing musical event which recently saw the Sigonella Community Gospel Choir performing a Christmas concert in Gela at the newly-restored Chiesa di San Francesco (Church of San Francesco). Two cultures had the opportunity to learn more about each other.

The concert was organized by all the Gela service clubs and civic organizations (Kiwanis International, Rotary, Lions, Soroptimist, FIDAPA, Inner Wheel and Lions del Golfo) which teamed up to make sure that their communities had the chance to listen to some good and inspired American gospel music. The audience liked the concert and responded with a huge and spontaneous round of applause. Two encores were also requested. The program included Christmas classic songs which were preceded by spoken introductions.

At the end of the choral performance, the American vocal ensemble was entertained with a musical selection from the Sicilian Christmas folklore songs and lullabies' repertoire.

"This event is one of a series of annual COMREL events held in Gela marking the friendship between the Italian and the

Sigonella American community. I am very happy to note that our two countries continue to enjoy excellent bonds of friendships," Dr. Pippo Abbate, one of the event's organizers, said.

"The leaders of Gela's civic organizations extended extraordinary hospitality to the Sigonella Community Gospel Choir. All the choir members (19 singers and 3 instrumentalists) thoroughly enjoyed the privilege of performing for the people of Gela gathered at the Church of San Francesco. In addition, the buffet reception the community provided after the concert was the perfect conclusion to an event that brought two cultures and communities together in a wholly positive manner. The Choir only hopes that we were as great of a blessing to the Gela community as they were to us. Our lives are forever enriched due to this Christmas concert in Gela," NASSIG Chaplain Steve Coates, who led the NASSIG community vocal group, said.

Performers included Jamie Andrews, Dorothy Broughton, Danielle Brown, Lisa Cianciaruso, Laura and Stephen Coates, Adam and Kari Dickson, Antonio Alma, Alec Herb, Tina Jackson, Daniel Marte, Amber McKinney, Joel and Ligia Sam and Nadia Seetah.

## Nicosia Kiwanis Club visits Sigonella

A group of members from the Nicosia International Kiwanis Club recently took part in a joint ITAF/NASSIG base tour. As for the American side of the base, participants met with a pilot and crew members' delegation from the VP-4 Squadron. The squadron's staff facilitated tour of the hangar and the P-3 Orion aircraft.

"The members of my club had never been to a US military base and so they were very excited about the tour. The tour was an unforgettable cultural experience for us!" said Angelo Ferro, the Nicosia Kiwanis Club President.

The Kiwanis Club members also visited the 41st Stormo radar and weather stations, as well as the air traffic control tower, where they learned that Sigonella also coordinates a great deal of the movements of thousands of commercial aircraft flying into Catania Fontanarossa airport. Visitors were very attentive throughout the tour and asked a lot of questions about the U.S. Navy and Italian Air Force mission in Sicily.

"It was a rewarding experience to be able to share with the representatives of the Kiwanis Club information on our lives, how we operate, our main mission, and our relationship with the Italian Air Force. We share the same goal to develop future generations of leaders and with this common goal we hope to continue to work together and strengthen the friendship with our host nation," VP-4 Lt. j.g. Jennifer Albert said.



Photo by Giuseppe Stimolo

# Cin! Cin!

## CELEBRATING THE FOOD & WINE OF SICILY

Article and photos by  
**MC1 Chris Delano**  
*The Signature Staff*

After truly enjoying myself during last month's trip to a local Agriturismo, I decided I wanted more than ever to learn more about Sicily. In the spirit of getting in tune with the Italian culture, I went with Andrea Carobene, the host of the Fleet and Family cooking classes, and his band of merry chefs and headed out to the town of Motta Santa Anastasia where we visited a local restaurant "Donna Fortunata." The owner, Mr. Giuseppe Sergi and his head chef, Elisa Aleo

seemed very pleased to meet us and after joking with a couple of us wannabe chefs, began demonstrating the art of preparing artichokes. Elisa demonstrated three different methods of using artichokes: boiling artichokes, baking artichokes on hot coals, and making artichoke and fennel salad. The recipe I want to share with you is delicious artichokes cooked over a bed of coals.

**Cooking Artichokes over a bed of coals**

**Directions:**

1. Tap the top of the fresh artichokes on the counter.

2. Then gently pry them open using your fingers

3. After opening, sprinkle a little bit of salt inside the artichoke.

4. Next, chop up some garlic and parsley and stuffed them in between the artichoke leaves.

5. Pour olive oil into the artichoke. (it is recommended to use extra virgin olive oil)

6. Place on a bed of hot charcoal for 35-45 minutes. (Keep the artichoke out of any flames as much as possible.)

7. Remove from charcoal and began removing the blackened

leaves.

8. Once the blackened leaves are removed you are ready to eat the artichoke.

9. Once you are ready to eat the artichoke, pull a leaf away from artichoke, it should separate from the plant easily. Place the leaf in your mouth and as you pull it out, drag your teeth along the inside edge of the leaf to get the "meat". The closer to the center of the plant you are the more "meat" you'll get.

There are many recipes that can be found on the web describing different ways to prepare an artichoke.

So find the one you like and buon appetito.

To find out more about the next cooking class, contact Fleet and Family Support Center at x4291.



Part of the preparation for artichokes is chopping up garlic and parsley and stuffing it in between the artichoke leaves.



The staff at Donna Fortunata set out all of the ingredients for the would-be artichoke chefs. This included fresh garlic, olive oil and parsley.

## Oxidiana

### The Mysterious Artichoke

There's no doubt about it, the artichoke is one weird vegetable. Its origins come from Northern Africa where it can still be found growing in the wild. Artichokes were cultivated in Sicily during the Greek occupation, and the Greeks called them katos.

An artichoke, boiled and salted, contains only 50 calories. It also provides plenty of folate, Vitamin C, and Magnesium. Although the preparation can seem quite daunting, taking the time to cook the vegetable will provide you with quite a healthy snack.

## Rigattiere



(Above, above right, and below) During the cooking demonstration at Donna Fortunata, the chef showed participants how to cook artichokes over an open flame. If you're doing this at home, be sure to avoid burning the artichokes.



Protestant Women of the Chapel



**ALL WOMEN WELCOME!**  
Women's Ministries  
Tuesdays: 9:15 a.m. NAS I Chapel, 7 p.m. Mineo & Marinali Community Centers  
For more info  
[www.pwocsig.com](http://www.pwocsig.com)



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.

Send your love through The Signature!

Have a message for that someone special this Valentine's Day? Send it to us at [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil) and watch their face light up when they see it in the Feb. 13 issue. Submissions may be no longer than 40 words and must be received by Feb. 9.



Alphio



Cristaldi

The cooking class students demonstrate how to eat an artichoke. Though it may appear confusing, it's as easy as putting the leave between your teeth and pulling the pulp, or meat, out.



# Switch it off Sigonella!



## Did you know

The United States has about 5% of the world's population, yet we consume about 25% of the world's energy.

It takes 16 times more energy to make a new aluminum can than it does to recycle one.

Recycling one aluminum can saves enough energy to power a computer for three hours.

Only about 700 paper bags can be made from one 15-year old tree.

Your TV is using electricity even when it's turned off.

The typical American throws away 60 pounds of plastic packing per year.

To produce one pound of butter, 10 gallons of water is required.

## What can you do?

Using a broom instead of a hose to clean driveways and sidewalks saves hundreds of gallons of water each year.

Establish a habit of turning room lights off when a room is going to be empty even for just a few minutes.

If everyone in the US changed out just one light that is CBF, we would save enough energy to light 7 million homes.

## Energy Conservation Idea of the Week

**Has your command or department come up with an idea or innovative process that saves the base energy? Let us know at [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil) to be featured in this space.**

## Be 'green' with Envi (Environmental)

### Announcing Environmental Management System (EMS) Awareness Training

Executive Order 13423, "Strengthening Federal Environmental, Energy, and Transportation Management" requires that every person at every installation be trained in EMS. This required training is available on the website <http://navfac.ecatts.com>. Training will be automatically tracked and registered by the Base Training Officer. Please complete the training before Jan. 30, 2009.

If you have questions about the training, call the Environmental Office at 624-2463 or 624-2725. Take advantage of any of the site's applicable environmental training.



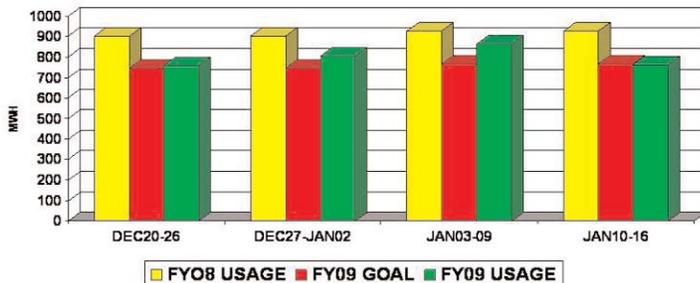
### Galley Menu Hours

<b>Monday-Friday</b>	<b>Saturday-Sunday-Holiday</b>
<b>Breakfast 0600-0830</b>	<b>Breakfast 0700-0900</b>
<b>Lunch 1100-1300</b>	<b>Brunch 1000-1300</b>
<b>Dinner 1630-1830</b>	<b>Dinner 1630-1830</b>

- 23** **Lunch:** New England Clam Chowder, Vegetable Lasagna, Pork Chops w/ Mushroom Gravy, Steamed Rice, Potatoes Garlic Roasted, Steamed Asparagus, Seasoned Okra, Lemon Cookies, Carrot Cake.  
**Speed line:** Grilled Cheese/Hamburger, Baked Beans, French fried Potatoes.  
**Dinner:** Cream Of Mushroom Soup, Cantonese Sparrerbis, Scandia Fish, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Carrot Cake.  
**Made to Order:** Vegetarian Burger, Turkey Wrap, French Fries.
- 24** **Breakfast:** Farina, Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hash Brown Potatoes, French Toast, Asstd Doughnuts, Pecan Sweet Roll.  
**Brunch:** Breakfast items, Vegetable Beef Soup, Baked Tuna & Noodles, Chicken Nuggets, Cajun Fries, Mixed Vegetables, Steamed Spinach, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.  
**Dinner:** Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.
- 25** **Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hash Brown Potatoes, Fried Rice, Waffles, Asstd Doughnuts, Twist Coffee Cake.  
**Brunch:** Breakfast items, Bean & Bacon Soup, Reuben Sandwiches, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermitis.  
**Dinner:** Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Jaegerschnitzel, Aztec Rice, Steamed Broccoli, Turnip& Bacon, Yellow Cake w/ Frosting, Hermitis.
- 26** **Lunch:** Chicken Noodle Soup, Rosemary Turkey Roast, Baked Ham, Farfalle Tomato Sauce w/ Shrimp, Mashed Potatoes, Sweet Potatoes w/ Syrup, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake.  
**Speed line:** Sub Sandwich, Chili Macaroni, Cartocciaata.  
**Dinner:** Spanish Soup, Steak w/ Onions, Grilled Chicken Sandwich, Tuna Salad on Wheat, Steamed Rice, Brown Gravy, Vegetable Stir Fry, Collard Greens, Oatmeal Raisin Cookies, Banana Cake.
- 27** **Lunch:** New England Clam Chowder, Oven Roast Beef, Chicken Lemon Sauce, Aloha Sweet Potatoes, Penne Amatriciana, Harvest Rice, Brown Gravy, Baked Beans, Glazed Carrots, Pineapple Upside Down Cake, Hawaiian Ambrosia.  
**Speed line:** Philly Cheese Steak Sandwich, Chili Dogs, French Fried Onion Rings.  
**Dinner:** Beef Rice Soup, Italian Sausage, Grilled Chicken Sandwich, Tuna Salad on Wheat, Potato Chips, Garlic Cheese Potatoes, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, Pineapple Upside Down Cake, Hawaiian Ambrosia.
- 28** **Lunch:** Vegetable Beef Soup, Lemon Baked Fish, Beef Gordon Blue, Mashed Potatoes, Oriental Rice, Spaghetti Carbonata, Brown Gravy, Eggplant Parmesan, Steamed Spinach, Cherry Cheese Cake, Chewy Nut Bars.  
**Speed line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.  
**Dinner:** Minestrone Soup, Baked Chicken, Sicilian Submarine, Grilled Cheese, Potato Chips, Tossed Green Rice, Chicken Gravy, Steamed Beans, Stewed Tomatoes, Cherry Cheese Cake, Chewy Nut Bars.
- 29** **Lunch:** Egg Drop Soup, Creole Fish Fillet, Beef Stroganoff, Farfalle Alfredo, Mashed Potatoes, Steamed Pasta, Seasoned Mix Vegetables, Steamed Cauliflower, Vanilla Cookies, Devils Food Cake.  
**Speed Line:** Baked Potatoes, Bacon Bits, Sautéed Mushroom, Cheddar Cheese.  
**Dinner:** Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken sandwich, Tuna salad on Wheat, Nachos, Oven Brown Potatoes, Corn O Brien, Simmered Carrots, Vanilla Cookies, Devils Food Cake.

## NASSIG WEEKLY ELECTRICAL USAGE FOR NAS 1 & 2 COMBINED

### 4 WEEK USAGE DATA



## Electrical Consumption at NASSIG

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

# Chiechio

# AFC Afent

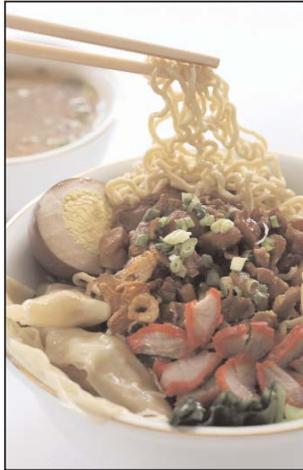
# ON THE GO WITH MWR

## Passion for noodles could mean \$50 for winning recipe

The Ramen Noodle Cook-off is set for Thursday, Jan. 29. Those interested in submitting a recipe and sample must register with the Liberty Program at Take 5 by Wednesday, Jan. 28.

Make no bones about it. Many military greets have bodies built by ramen. Those curly ringlets of tender noodles have long been an instant food staple for those with busy lives and little interest in the kitchen.

MWR's Liberty Program challenges all single and unaccompanied E-5 and below to think out of the seasonal package and celebrate ramen for all its



potential. Submissions will be judged on presentation and taste. There is no limit on the brand or type of ramen used.

Since its invention in 1958 by Nissin Foods, ramen has enjoyed many incarnations. It can be enjoyed fried in butter and used to top salads, served cold with vegetables, deep fried and even incorporated into tasty desserts. Instant ramen was named one of the greatest Japanese inventions of the 20th century by the Japanese in a 20th century poll.

For more information, call 624-5602.

## Explore Europe with a helping hand from Angie's

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

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

Stop by MWR's Angie's Leisure Travel on NAS 1, located opposite the Community Bank and Library to find out just why she has been servicing the Sigonellan community since 1984 with her unbeatable travel specials. Stop by for prices and

more information.

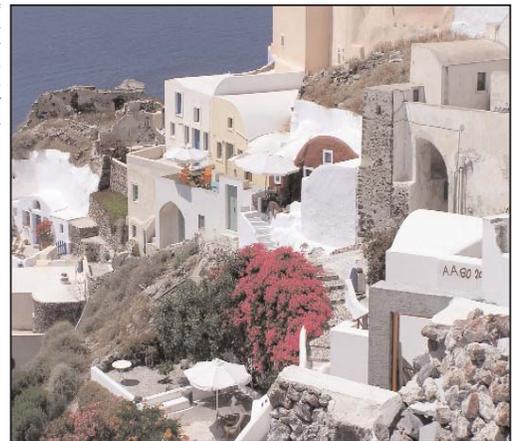
She offers the following 2009 travel tips:

Travel light – check your luggage weight and that of the airline you are travelling with

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

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

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



## MIDTOWN MOVIE THEATER

SCHEDULE & DESCRIPTIONS



<b>Friday, January 23</b>	12:00pm Daddy Day Camp PG FREE
	3:00pm Twilight PG-13
	5:00pm Soul Men R
	5:30pm Nothing Like the Holidays PG-13
	7:00pm The Boy in the Striped Pajamas PG-13
	8:00pm Punisher: War Zone R
	9:00pm Quantum of Solace <b>FREE to E4 &amp; below</b>
<b>Saturday, January 24</b>	2:00pm Transporter 3 PG-13
	2:30pm Marley & Me PG
	4:00pm The Boy in the Striped Pajamas PG-13
	5:00pm Twilight PG-13
	6:00pm Punisher: War Zone R
	7:30pm Valkyrie PG-13
	8:00pm Sex Drive R <b>FREE to E4 &amp; below</b>
<b>Sunday, January 25</b>	2:00pm The Boy in the Striped Pajamas PG-13
	2:30pm Bedtime Stories PG
	4:30pm Valkyrie PG-13
	5:00pm Australia PG-13
	7:00pm Gran Torino R
<b>Monday, January 26</b>	5:00pm Bedtime Stories PG
	5:30pm Twilight PG-13
	7:30pm Punisher: War Zone R
	8:00pm Soul Men R
<b>Tuesday, January 27</b>	5:00pm Marley & Me PG
	5:30pm Transporter 3 PG-13
	7:30pm The Boy in the Striped Pajamas PG-13
	8:00pm Sex Drive R
<b>Wednesday, January 28</b>	3:00pm Bedtime Stories PG
	5:00pm Quantum of Solace PG-13
	5:30pm Nothing Like the Holidays PG-13
	7:30pm Valkyrie PG-13
	8:00pm Gran Torino R
<b>Thursday, January 29</b>	5:00pm Twilight PG-13
	5:30pm Soul Men R
	7:30pm Sex Drive R
	8:00pm Wedding Crashers R <b>FREE - Throwback Thursday</b>

### Bedtime Stories (PG)

Hotel handyman Skeeter Bronson's life is changed forever when the bedtime stories he tells his niece and nephew start to come true. He attempts to take advantage of the phenomenon, incorporating his own aspirations into one outlandish tale after another, but it's the kids' unexpected contributions that turn his life upside down. (99 min.)

### Seven Pounds (PG-13)

Ben Thomas is an IRS agent with a fateful secret who embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers. (124 min.)

### Valkyrie (PG-13)

Tom Cruise stars in the true story of Colonel Claus von Stauffenberg and the daring and ingenious plot to eliminate one of the most evil tyrants the world has ever known. (121 min.)

### Transporter 3 (PG-13)

Frank Martin has been pressured into transporting Valentina, the kidnapped daughter of Leonid Vasiley, the head of the Environmental Protection Agency for the Ukraine from the Marseilles through Stuttgart and Budapest until he winds up in Odessa on the Black Sea. Along the way, with the help of Inspector Tarconi, Frank has to contend with the people who strongly aimed him to take the job, agents sent by Vasiley to intercept him and the general non-cooperation of his passenger. Despite Valentina's cynical disposition and his resistance to get involved, Frank and Valentina fall for each other, while escaping from one life threatening situation after another. (100 min.)

### Punisher: The War Zone (R)

Waging a war on the world of organized crime, ruthless vigilante Frank Castle sets his sights on mob boss, Billy Russo. After Russo is left disgraced by Castle, he sets out for vengeance under his new alias: Jigsaw and Frank must stop him before more of his evil deeds go unpunished. (95 min.)

### Marley & Me (PG)

An ambitious young reporter, John Grogan, and his wife Jenny, also a reporter, move to Florida and buy a house. They adopt a Labrador puppy named Marley. Marley quickly becomes a rollicking force of nature in their lives. (115 min.)

### Nothing Like the Holidays (PG-13)

Over the holidays the Rodriguez family finds out their bond is much stronger than they ever realized when one of their own is facing a real crisis. Old resentments are forgotten and family bonds are re-affirmed. (134 min.)

### Soul Men (R)

The two remaining members of the popular soul band, The Real Deal, from the 1970's, Floyd Henderson, now a retired business man, and ne'er-do-well, ex-convict, Louis Hinds, take a road trip to the Apollo Theater for a musical tribute to their recently deceased front man, Marcus Hook. As they travel cross country in a series of adventures and misadventures, they air old grievances about thirty year old betrayals and learn the music's still in them. (99 min.)

**Movie dates and times are subject to change. Call the Movie Hotline at x4248 to confirm.**

### SHOWING FRIDAY, JANUARY 30

12:00pm	The Shaggy Dog PG Free
3:00pm	Twilight PG-13
5:00pm	Soul Men R
5:30pm	The Day the Earth Stood Still PG-13
7:00pm	Cadillac Records R
8:00pm	Valkyrie PG-13
9:00pm	Beverly Hills Cop R

### COMING SOON

Yes Man, Seven Pounds, The Tale of Despereaux

## Upcoming Valentine's Day events around base

### Get into the game with speed dating at Take 5

Join MWR's Take 5 on Thursday, Feb. 12 for some speed dating just before Valentine's Day.

The evening begins at 7 p.m. with a question sheet handed out to participants.

Over the course of 60-second

intervals, you will get to share in detailed conversation, until the event host calls for a switch. Evening will include snacks and beverages.

With a 30-person limit be sure to sign up fast by calling 624-5602.

## Valentines Day Extreme Spin Challenge at Fit District

Challenge yourself with this three hour spin-a-thon that will burn at least 1,800 calories. Prizes will be awarded for the most spirited outfit,

couples and the plain lucky.

Be quick to secure your spot and register now. For more information, call 624-4483.

## Couples compete in Amore Bowl on Valentine's Day

February 14 is the international day for romance so head for lovers' lane at SpareTime Bowling Center. Great prizes are up for grabs for the top 3 teams of couples who win the high-score bowling competition.

First place will take home a coveted ITT day trip for two (of their choice) as well as a lovely gift basket full of items to make you feel love!

Second place will get also an

ITT day trip of lesser value and a gift basket.

Third place will receive a gift basket including a movie and bowling pass for two.

Gift baskets will include all sorts of goodies for a couple in love!

There are only 10 spaces available for couples so be sure to sign up now for Amore Bowl by calling 624-4302.

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

**MOVIE HOTLINE: 624-4248**

**VANDALISM, continued from page 1**

you are a dog owner whose dog was deliberately let out from a secured backyard, you can see how this fee might be upsetting. If you see anyone letting dogs out of their homes that are not their own, report it to Security. Parents, keep an eye on your kids. Be a good neighbor.

As for stray dogs wandering around housing that do not have owners. Italian law mandates that stray animals cannot be put down unless they are diseased or so aggressive they cannot be adopted. This creates a problem at the Stray Animal Facility because it gets overcrowded and no one is adopting. The way to control the pet population on base is to not feed the strays. Warren says, "Most strays you see walking around both bases are not owned by anyone and are looking for food." He says that feeding strays causes them to keep coming back for more and the increased food causes them to breed more. Because of that, don't feed stray animals in housing or at NAS I or NAS II.

Chief Warren says that another issue regarding pet owners are those who leave and do not take their pet with them. Some of the animals are abandoned and others have requested permission from the Commanding Officer, Capt. Thomas Quinn to have the Stray Animal Facility take them. To relinquish a pet, the owner must first try all possible means to find a home and prove it to Capt. Quinn. After that, an approved special request chit from the person's chain of command is sent to the Stray Animal Facility and additional paperwork is generated and sent to the Stray Animal Facility from Capt. Quinn. "Approval is not automatic, so people need to know they can ship their pet via commercial air as cargo from Catania airport," says Warren. The cost associated for this varies based on the weight of the pet, but for a 35 pound dog, it costs 150 euro through Alitalia Air. To relinquish a pet to the Stray Animal Facility, there is a \$180 fee for a dog and \$90 fee for a cat.

So, think twice before you adopt an animal. Make sure you know the responsibilities before you get a pet. Yes, puppies and kittens are cute, but if you adopt them without fully understanding the commitment and responsibility, it is unfair to both the pet and your family if you can't bring them with you to your next duty station.

**EYES, continued from page 2**

focus on a distant object that is kept in your work place and try to focus on it. This will improve the sharpness of the eyes. In addition, there are special screens for computers to minimize the amount of harm done to your eyes from looking at the monitor for long periods of time.

Consume lots and lots of green leafy vegetables, vitamin C fruits, carrots, tomatoes, poultry and dairy products.

Frequent check-ups with your optician will help keep your eyes healthy.

If your eyes become a little weak, wearing glasses for a period of time can often strengthen your eyes back to the point where you no longer need them.

If you continue to let your eyes deteriorate without visiting the eye doctor, the damage may be too great to reverse. Often, your prescription will change in a short period of time and it is important to keep on top of it to avoid further damage to your eyes.

Some tips on eye care and health:

Eat plenty of Vitamin C fruits and green leafy vegetables like car-

rots, spinach, papaya and mangoes. All these are rich in beta carotene which helps to have healthy eyes. Also consume adequate amounts of poultry and dairy products.

Take adequate rest. Rest will refresh the eyes and help them work more efficiently.

Take breaks during your work day and do a few simple eye exercises, like rolling the eyes and blinking the eyes.

Exercise regularly to improve blood circulation and ensure your eyes receive enough oxygen for good performance.

Drink at least 12 glasses of water to avoid any kind of puffiness in the eyes. Drinking lots of water helps to flush out wastes from the body.

Do not rub your eyes for any reason but instead just blink your eyelids.

Blinking is a good massage and exercise to the eyes.

Always use sunglasses during the peak day time to protect your eyes from sunrays. Direct sunrays cause heavy damage to eyes.

Place a slice of potato or cucumber on both the eyes, after 10 minutes remove and wash the eyes. This helps to avoid under eye wrinkles and dark circles around the eyes.

Take care of your eyes, remember, you only get one pair!

**WORDS, continued from page 2**

words. We can have superb actions, but if our words do not match our actions then we are a phony. Those around us have no other way to judge us but by these things. Do you want people to understand you based on your words? Do you represent your true self by your words? I know that often times we do not.

More important than how our words and speech reflects upon ourselves is how it affects those around us. I have noticed a trend amongst people today and it has even been seen on this island. It is easy for us to spew out negative words as if we were spreading water on a dry lawn. Yet we never consider the affect this has on all who hear our negative speech. The things we say can affect a multitude of people. It can cause more damage than we intend. It can even, as the verse reminds, tear down cities. It can destroy governments and ruin lives.

For us, speech that is wicked can destroy our workspaces. It can destroy unit cohesion. And, since we are in a foreign country as a visiting nation, it can cause conflict between our host nation and us. Speech is very powerful and it represents our very being. So, as we do our job we must remember the power of our words. Instead of having negative speech, try saying something positive. Instead of tearing down our fellow worker, try giving them words of encouragement. Instead of tearing down a city with your word, try blessing it with upright speech in order for it to be built up. Our words mean more than we give them credit.

**SAFETY, continued from page 1**

at night, when darkness restricts your visibility," he said. "Do you know at what distance your headlights will illuminate a hazard? How is your night vision these days? When headlights finally light up a road hazard, it is often too late to avoid it. Many experts would tell you that even 50 mph is too fast for conditions at night, on any dark roadway."

Along with the driving conditions the care and maintenance of your car must be taken into account.

"A lot of people buy the island beater, as most call it, and never perform preventive maintenance on them," Warren said. "This can cause accidents due to blow outs, poor tire tread (to allow traction on wet roads) or mechanical failure accidents."

He encouraged all vehicle operators to adopt a system of safety checks before they operate their vehicles.

"Walk around your vehicle and ensure nothing is behind you," Warren said. "Check for kids' bikes or toys, and ensure that your tires are not flat. Once you're in your car, put on your seatbelt, and ensure you adjust your mirrors and seat. Put all distractions away. Italian law states that there is talking on cell phones unless there is a hands free device. Calm down, if you're late to an appointment, the two minutes you save can cost you your life. Don't tailgate or try to pass in no passing zones, curves or hills. Just because a local national does it doesn't make it right. Give yourself plenty of braking distance in rainy or icy conditions, if you're traveling to Etna, and slow down."

**All Officers' Spouses Club Fundraiser**

The Naval Station Sigonella All Officers' Spouses Club recently announced their 2009 fundraiser. A local artist designed a blanket that features the town of Motta with Mt. Etna in the background. This blanket would make a great gift for family members and friends, and would be a great gift for departing co-workers.

The proceeds for the blanket go right back into the Sigonella

Community. In 2008, AOSC donated \$2500 toward the Sigonella Community Scholarship Council, 2008 Sigonella Senior Class, D.A.R.E. Program, NAS Heritage Committee, Navy-Marine Corps Relief Society, Red Cross, and the Girl Scouts Sigonella Chapter.

The blankets are \$50. Contact AOSC at aossignonella@yahoo.com to order yours.



**NAS Sigonella Ombudsman Program Our Mission:**

-Primary liaison between families and the command

-To be an advocate for families and single sailors

-To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support

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

**Our Commitment:**

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

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

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

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

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

S u s h i  
 Baroque

Club Diana

Stampa

# Sailor pins wings on brother in Africa

Article and photo by  
 Lt. j.g. Don Lauderdale  
 VP-8 Public Affairs Officer

**Camp Lemonier, Djibouti-** The scene wasn't uncommon in today's Navy: one brother congratulating another on achieving a career milestone. The setting was definitely out of the ordinary. Today at Camp Lemonier, Djibouti, AT2 Seth Thibodeaux was presented his Enlisted Aviation Warfare Specialist badge by his older brother, BU1 Anthony Thibodeaux.

The brothers are currently deployed to Camp Lemonier, more than seven thousand nautical miles from where they grew up in St. Martinville, Louisiana. BU1 Thibodeaux is deployed to Djibouti as part of Naval Mobile Construction Battalion 4's deployment to the Horn of Africa. AT2 Thibodeaux arrived in early December as part of Patrol

Squadron 8's deployment to the CENTCOM and AFRICOM areas of responsibility.

Before being reunited in Djibouti, the brothers had not seen each other since AT2 Thibodeaux's wedding in September 2007, a total of fourteen months. The brothers had the opportunity to spend 6 weeks together in Djibouti before NMCB 4 returns to the United States. When AT2 Thibodeaux qualified for his EAWS badge on deployment, his squadron's leadership realized it was the perfect opportunity to bring the two brothers together to recognize the younger brother's achievement. "I never thought I would be in Africa, and I sure didn't think it would bring my brother here for this presentation," said AT2 Thibodeaux. "My brother is a great influence on me. I was down on my luck prior to joining the Navy, and he planted the idea in

my head to enlist and guided me through the Military Entrance Processing Station on the phone."

"It's just an awesome accomplishment, I'm really proud of my younger brother, and happy that I could be here" said BU1 Thibodeaux. "Now he just needs to make first class (petty officer) and he'll be all caught up to me," ribbed the older brother. AT2 Thibodeaux responded, "My brother has always told me 'Don't be like me; be better' - so I don't want to be like him. I want to be ten times better."



BU1 Anthony Thibodeaux (left) with his brother, AT2 Seth Thibodeaux (right) after presenting him his Enlisted Aviation Warfare Specialist badge at Camp Lemonier, Djibouti.

## Breaking The Habit: EURAFSWA medical facilities help service members fight tobacco addiction

Article by MC2 (SW/AW)  
 Marc Rockwell-Pate

**NAPLES, Italy**—Navy Medicine and Medical Training Facilities around the Europe, Africa, Southwest Asia (EURAFSWA) region are helping military members and their dependents win the battle against tobacco addiction.

According to SECNAV Instruction 5100.13E, tobacco use is the single largest cause of preventable premature mortality in the United States among adults. Cigarettes, cigars, chew, snuff, pipe tobacco and any other form of tobacco is addictive and can cause significant health relat-

ed problems.

To help those who want to quit, base clinics and hospitals around the EURAFSWA region are offering a variety of programs to stop tobacco addiction including: individual and group counseling, support groups, medication, the National Help Line 1-800-quitnow, as well as several online programs through the Navy and Marine Corps Public Health Center Web site, [www.nehc.med.navy.mil](http://www.nehc.med.navy.mil).

Lt. Cmdr. Eva Domotorffy, the community health department head at the Naval Branch Health Clinic on Naval Support Activity (NSA)

Naples, Italy, identifies one program that seems to work the best with military members.

"The Freshstart program was developed by the American Cancer Society," said Domotorffy. "It's a proven program that was developed by experts in the field. The time requirements and content seem to mesh well in our military environment."

The Freshstart program is designed to help participants stop smoking by providing them with all the essential information and strategies needed to direct their worn efforts to stop tobacco use. The pro-

gram consists of four one-hour group sessions that take place twice a week over a two-week period.

The program is successful because it is flexible, offered frequently and provides people with the tools they need to stop the use of tobacco added Domotorffy.

According to Mark Long, the health promotion program manager for tobacco cessation at the Navy Marine Corps Public Health Center in Portsmouth, Va., the Freshstart program has been used by the Navy as a group intervention, along with medications, with good results.

"Outcomes vary among the different programs used, but the Navy has obtained success rates of 20-30 percent at the six month follow-up

after treatment," said Long.

In 2007, more than 3,000 military members began group interventions, 81 percent of which successfully completed their treatment. At the end of the group sessions, 71 percent, 2,239, people reported cessation of tobacco use.

Long added that according to 5100.13E, The Department of the Navy's vision is to be tobacco free, providing all personnel with a safe, healthy, non-polluted work environment.

To find out more information about tobacco cessation programs, contact a health promotions program representative or log onto the Navy Marine Corps Public Health Center Web site at [www.nehc.med.navy.mil](http://www.nehc.med.navy.mil)

# Stampa

# NEW Arrivals

Sonia and Francisco Ceja  
 Boy  
 Alejandro Emmanuel Ceja  
 Jan. 1, 2009  
 Length: 20 in  
 Weight: 7 lbs 5.5 oz



# Tamoil

# Days Inn

# 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, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Send Il Mercato advertisements to [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil)

## AUTOMOTIVE

**1998 Alfa 145 Turbo Diesel**  
MTLC Gray 2 door full options in mint condition. Excellent gas mileage. Asking price Euro 1700.00. For info, call 346-6082330, ask for Joe.

**1995 Jeep Grand Cherokee Lerado 4x4**, red automatic transmission. Just had the oil and brakes changed, asking 3000 OBO. Call Steven at 624-1308.

**1992 BMW 520i w/ ABS.**  
COLD A/C, power windows/locks, Great gas mileage 32 MPG. Good condition, recent service/inspection. Metallic gray. New battery, Michelin Pilot tires and rear brakes w/ Akebono performance brake pads, ATI ventilated rotors. Comes with new tires, pads/rotors for front. Reliable car, not an island beater. \$2,500. Call 624-1251 or 340-942-8790.

**1996 Fiat Punto.** Good condition \$2000.00 or OBO. Available the week of 09-15 Feb. Email Danny at [Dan24way@aol.com](mailto:Dan24way@aol.com).

**2006 Scooter Aprilia Scarabeo 250**, KM 6000, perfect condition, like new, alarm, brand new

boot. Asking Euro 2700. FMI call Armando @ 3489128930

**2003 Ford Ranger Edge** Great condition. Asking \$8500 OBO. POC ET2 Mark Morton. Wk: 624-5543, Hm: 624-0109, Cell: 3465746923.

**2001 Volkswagen Jetta VR6**, black with black leather. 79k miles, CD, sunroof, heated seats, fast V6 5 speed. American spec. very nice car. Asking \$8500 o.b.o. price negotiable. (cell) 3460187056 (home) 624-3343 ask for d.j.

## FOR SALE

Internet is impossible in Sicily. If you want to avoid phone connections and high prices, buy the vodafone internet key, it is prepaid and i have two SIM cards. It's 200 hours per month and never a hassle. 350\$ worth, and selling for 165\$. Email me at [Shannon.astrum@gmail.com](mailto:Shannon.astrum@gmail.com) if you are interested.

DeLonghi portable 10,000 BTU air conditioner \$150; Sky London satellite system \$300 firm; unopened Windows Visa Home Premium \$225; Samsung 50" DLP television \$750; complete car stereo system \$100; Medela Breastpump Backpack

\$150. Call Johnny nights and weekends at 3478057167.

We need to sell our Bowflex Sport Home Gym to make room for our bambino! It is in great condition. \$350 OBO. If you want to come by and check it out, give us a call at x1376.

Infant Boy size 24 months onesies, solid color tees, striped pocket tees, polos with a design, and solid color polos. All from Gap, Kohls, or Old Navy. \$2.00 each. Size 4 white velcro sneakers brand new from Childrens Place \$3.00 each. Winter Jacket size 12-18 months Brand new tan courdaroy with Sherpa inside to keep baby warm \$5.00. Everything in excellent to brand new condition, no stains. Call Stacey 624-0629.

PCS items for sale! Kitchen island with granite top, 2 side shelves, and cabinet with two shelves inside. Asking \$250.00. Glass/black t.v. stand, holds up to a 46" television. \$100.00 very nice dresser with mirror, \$200.00 Playstation 2 with controllers, 6 games and memory card. \$100.00 Call John or Mandy at 624-1516.

JVC I'Art 32" television. Tube

TV, very heavy but great picture for kid's room \$250. 4-Head VHS VCR \$20. Small DVD player \$20. Big "L" computer table \$150. Small corner computer table \$75. Computer chair \$45. Vehicle subwoofer in long carpeted box \$60.

Bridgestone Trailwings enduro motorcycle tires (80/20). 110/80R19 front, 150/70R17 back. Approx. 1000 miles on them, still have another 7-9000 left on them. \$150 for the set.

Chicco baby walker \$25, Evenflo playyard w/ bassinet & changer + extra mattress \$60, Ficher-price ocean wonders cradle swing \$50, F&P Stride to Ride Lion \$10, Playskool Go & Grow Giraffe \$10, Back'N Belly pregnancy pillow \$30. All are like new. Call Nicky at 340

3974902 or email [nichi23@yahoo.com](mailto:nichi23@yahoo.com)

Brand new Wii remote controller, still in box, original packaging. \$35. 624-1494

## MISC.

AA meetings will be held Monday, Wednesday and Friday, each week, at 7 p.m. in the NAS II Chapel. For further information call the AA hot line at 346-840-7745.

## PETS

FREE TO A GREAT HOME. 7 month. white and black, female labrador dog. House and kennel trained. Loves children, outdoors, and is very playful. About to PCS and can't take her. Comes with bed, kennel, and bowl. Please call Stehani, 346-724-4552.

# Tattoo

Anyone interested in sending ads via email should leave a phone number and point of contact name at [thesig@eu.navy.mil](mailto: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.

Delivery

Medusa

Joe's Garage

Free to a good home. 4-year old German Shepherd. She loves kids and to play. She is black and brown. Kennel, food/water bowl and leash included. For more information, contact Tasha at 624-1423 or 3403246828.

# M o n d o Volcano Animale

Free to a fun home!! A sweet, medium sized, light hair, light eyed, adorable floppy eared - 1 1/2 year old old Sicilian hound that is chipped, spayed and up to date on all her shots. She is great with kids and dogs both big and small and loves to play and cuddle. Seeks a home that can give her all the attention she deserves. She comes with bowls, food, treats and much more. For more info, call Perez at (H)624-0119/(C)346-724-4611.

# Casablanca Hi Tech

**WANTED**

Childcare worker/Babysitter needed for Wednesday evenings from 5:30-7:30 starting Jan. 7. Please call 624-1723 or email leinaar@gmail.com.

# Vento Stampa

I am looking for a nanny to look after my 18-month old daughter. Needs to be able to speak English and understand it very well. May have to work odd hours at first. If interested contact Anna Rodgers Home 624-0321 or cell 347-555-0220. Please do not call after 8pm.

# Classi

# Stampa