

MCPON Makes Time to Visit Sigonella Seeks Feedback and Meets with Sailors

Article by and photos by Mass Communication Specialist 2nd Class Joshua Wink
Signature Staff

On a tour of Navy Region Europe, Master Chief Petty Officer of the Navy (MCPON) Joe Campa made a stop in Sigonella Feb. 26, to discuss current Navy strategy and direction with officers, chiefs and junior enlisted.

Along with declaring his visions and aspirations for the Navy's current personnel, he also invited the Sailors to voice their goals, hopes and concerns.

"I openly welcome criticism," said Campa, who went on to add that it is the opinions of the people in the fleet that help to give him insight into what needs to be changed and corrected in order to better our Navy.

In the chiefs' conference, he drew questions ranging from manning to helping Sailors dealing with issues after coming back from IA's.

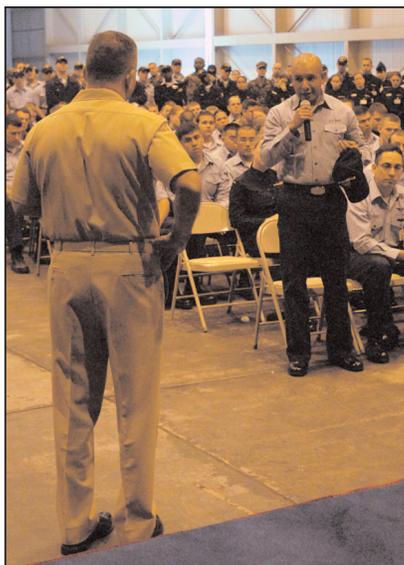
While some chiefs felt that the lines were becoming blurred between chiefs and officers, Campa rebutted, "We offer a different brand of leadership than officers do," stating that while there is streamlining in the Navy with chiefs taking roles previously held by officers, their objective is still that of a leader bringing up the younger Sailors.

"The people who have had the most influence over me in my Naval career have not been Navy officers, it's been Navy chiefs, and without them, I wouldn't be where I'm at today," Campa said.

Campa also voiced concern over how the chiefs are currently being evaluated. "Maybe that quiet chief that was leading, developing their Sailors day in and day out, making a difference is only regarded as promotable because we were only valuing that high end chief who was proving that he could do all these other things [at the expense of his Sailors]."

Therefore, Campa revised the guiding principles in the fitness report, regarding how chiefs should be evaluated to include development and leadership above some collateral duties that, at times, may create more visibility, but don't nurture the growth and development of junior enlisted Sailors.

After meeting with the chiefs, Campa proceeded to get the opinions of the junior enlisted community to find out what their main concerns were.



(Above) MCPON Joe Campa speaks with Sailors E6 and below at the All Hands Call. (Left) Campa takes questions from the audience. (Below) Campa addresses chiefs mess.

The all hands call brought together E-1's through E-6's in a semi-formal environment that allowed a great deal of participation between the Sailors of Sigonella and the MCPON.

One aspect that Campa addressed to the Sailors was that this is currently a wartime Navy. Sailors now are working alongside Soldiers, Marines and Airmen in Iraq and Afghanistan doing jobs that were previously done by other branches. "You give a Sailor a job and he'll find a way to get it done. Our Sailors are innovative. They don't ask for a lot and they make things happen," Campa said of the Sailors currently serving on IA's. "I am extremely proud of them and what they are doing," he added.

Campa also addressed the expectations of E-5's and E-6's. "We have petty officer indoc for E-4's, and we have indoc for chiefs, but we are leaving behind the Sailors who are in the middle," Campa said, suggesting that the Navy needs to do more to inform Sailors in second and first class rates of what they need to do to become better leaders and mentors to their subordinates.

At the end of the conference, the Sigonella Seabees led the group in an erupting Hoo-Ra, grateful for the opportunity to speak with the highest enlisted member of the Navy.



WEATHER UPDATE

Feb. 29
H:66F
L:53F



Mar. 1
H:70F
L:50F



Mar. 2
H:72F
L:48F



Mar. 3
H:69F
L:49F



Mar. 4
H:73F
L:49F



Mar. 5
H:73F
L:54F



Mar. 6
H:63F
L:49F



TOP STORIES

Africa Partnership Station, an international effort with the goal of increasing regional and maritime safety and security in West and Central Africa, arrived in Limbe on Feb. 20 for a return visit aboard Amphibious Dock Landing Ship USS Fort McHenry. Read more about the services they are providing to the African Community. **Page 3**

Filing state and federal income taxes may be the last thing you want to deal with right now, especially if you or your service member is deployed. But as overwhelming as it may seem, filing your tax return should not be difficult. Find out what the IRS has done to make this task easier on service members. **Page 7**

The Sigonella Swordfish 2007 swim season has come to an end. The season began by barely staying a float with a majority of experienced swimmers transferring, it but ended with them bringing home the gold. See for yourself just how they did it. **Page 8**

Transmitter facility NRTF Niscemi conducted a groundbreaking ceremony Feb. 19, for the upcoming construction of a future Mobile User Objective System (MUOS) site. This system will aid in communications with fighters, who formerly were only able to transmit locally. They now have the global world within their reach. **Page 9**

Italy is known worldwide as an epicenter for high fashion, and consequently lends itself well to consumers looking for anything from the latest fashion to stylish designer names. If you're in the market for a wardrobe revival, an ITT shopping trip to Milan might be just what the doctor ordered. **Page 12**

TRAFFIC NUMBERS

	Jan. & Feb. '08	Jan. & Feb. '07	Diff.
Accidents	59	32	+27
Injuries	9	3	+6
DUIs	4	1	+3
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

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DIRECT LINE

The Navy Marine Corps Relief Society is a Department of the Navy-endorsed support organization that has been assisting Sailors and their families for more than 100 years. Ms. Roni Nocon heads the Sigonella office, located in the Hoffpaur Center on NAS I, with an outstanding team of volunteers ready to help in any situation.

They have an assortment of valuable programs that are free and easily accessible to the Sigonella community. Budget for Baby helps expecting parents create a financial plan, allowing them to organize and meet their financial commitments in order to successfully raise a child. The Spouse Tuition Assistance Program helps military spouses afford the increasing costs of earning an educa-

tion while stationed here, either through Navy College ground classes or via online programs. These help our community have a rewarding and enjoyable tour.

Starting today and running through mid-April, you can donate to the Navy Marine Corps Relief Society Fund Drive and help this vitally important organization continue to provide necessary assistance to Navy and Marine Corps families both here and abroad. Some of the many programs sponsored include: budget counseling, the provision of layettes (baby seabags) for new parents, education loans and grants for spouses of active duty service members and for children of active duty, retired, and deceased service members, and interest-free loans

and/or grants to help with emergency expenses.

At Sigonella alone, last year the Navy Marine Corps Relief Society provided \$188,023 in assistance for its numerous programs. Of that, \$55,165 went toward education grants for spouses. Society wide last year, the Navy Marine Corps Relief Society provided \$43.6 Million in aid and assistance.

Please consider this worthy cause over the next 6 weeks to contribute money to and/or your time to the various fundraisers that will take place in support of the fund drive. The kick-off ceremony takes place today at 11:45 a.m. in the galley with an official cake-cutting ceremony. Please stop by and be one of the first on base to fill out your pledge card.



NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

Health WATCH

National Nutrition Month

March 2008

Article courtesy of the American Dietetic Association

National Nutrition Month® is a nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

The National Nutrition Month® campaign reminds Americans of these "Top Ten Facts about Nutrition" from the Experts at the American Dietetic Association:

1. Eating right doesn't have to be complicated. Use MyPyramid.gov to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.

3. Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.

4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.

5. Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients - and lower in calories.

6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.

Story continued on page 12

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NASSIG WORSHIP SERVICES

DS Chapel in Catania
Sunday
1 p.m. Church of Jesus Christ
Latter-day Saints

NAS II Chapel
Monday
11:30 a.m. Catholic Mass
Tuesday
11:30 a.m. Catholic Mass
Wednesday
11:30 a.m. Catholic Mass
Friday
11:30 a.m. Catholic Mass
Sunday
4 p.m. Catholic Mass

Alcoholics Anonymous Meetings
Monday, Wednesday and Fridays
11:30 a.m.

NAS I Chapel
Sunday
8:45 a.m. Catholic Mass
10:45 a.m. Protestant Worship
5 p.m. Fellowship Meal
6 p.m. Bible Study

Mineo Community Center
Sunday
9 a.m. Protestant Worship
12 p.m. Catholic Mass

Maranai Community Center
11 a.m. Protestant Traditional Service

Call 095-86-3801 for the Chaplains Office
Call 095-86-1205 for weekly Jewish services



Kindness Comes Back Like A Boomerang

Article by Chaplain Fr Ken Rodes

The continent of Australia has given us many strange things. Cut off from the rest of the world by vast ocean waters for millions of years, even animal life there has developed into strange forms, for example, the kangaroo. Additionally, the platypus, the furbearing animal with the bill of a goose, which lays eggs and feeds on earthworms.

Its primitive people have their own peculiar customs and inventions. Of the latter, the boomerang is the most famous. It is a "stick which comes back." When thrown by a skilled handler, a boomerang, which comes in different

shapes, may sail far away and return to the thrower's hands. Some Australian natives are so skilled in its use that they kill birds and other game for food. And always it returns to the thrower, the one who sent it out.

Our conduct, the way we act, is similar to a boomerang, and especially kindness. For kindness has a way of returning to those who are kind. You have probably heard of the old fable of the lion and the mouse. A hungry lion caught a tiny mouse one day who pleaded for its life, saying, "I am such a tiny mouthful for you,

Story continued on page 12

A Letter to Sigonella

Dear Sigonella, Friends and Family,

We want to express our sincere gratitude for the thoughtful gifts you sent and outstanding support we received. The flowers, plants and cards along with all the meals truly brightened our home and assisted with uplifting our mood. I know our son Mike would appreciate your kind gestures. I know you all meant a great deal to him. Many of you expressed such beautiful sentiments and have no trouble seeing why our son enjoyed his life here in Sigonella. Being surrounded by positive people like you along with a positive environment was a large part of Mike growing into such a fine young man an enjoying school, JROTC, paintball and participating in multiple events each day. Thank you all so much for your kind words, generous gifts, and most of all, for your friendship with our son Mike. Knowing you will miss him too makes our loss a bit easier to manage.

Sincerely,
The Dean family

NAVY NEWS

Africa Partnership Station Returns to Cameroon

Article by Mass Communication Specialist 1st Class (AW) Brian A. Goyak
Africa Partnership Station Public Affairs

Africa Partnership Stations (APS) arrived in Limbe Feb. 20 for a return visit aboard Amphibious Dock Landing Ship USS Fort McHenry (LSD 43).

APS is an international effort with the goal of increasing regional and maritime safety and security in West and Central Africa.

The APS staff is a team comprised of African, European and American Sailors and Marines, all working toward a common goal, part-

nership in maritime safety and security. APS brings an international team of expert trainers in a variety of military capacities such as visit, board, search and seizure (VBSS), maritime law, damage control training, and both officer and non-commissioned officer leadership courses.

"This training will be a great benefit to Cameroon because, as you know, one of the four pillars of maritime security is the training of maritime professionals," said Cameroon

Navy Lt. Cmdr. Clement Fru Fon, APS staff training planner. "The training APS is providing will fulfill one of the pillars and so if we have sailors and marines that are well trained it will help in fostering maritime safety and security."

With APS, training is conducted as requested by the partner countries. In Cameroon, that means traditional military training, such as maintenance and small boat handling, plus a

Story continued on page 13

PHOTO FROM THE FLEET

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



U.S. Navy Photo by MC2 Peter D. Lawlor

Sailors aboard the forward-deployed amphibious assault ship USS Essex (LHD 2) scrub the flight deck between flight operations to remove debris that can cause damage to aircraft engines. Essex is the lead ship of the only forward-deployed U.S. Expeditionary Strike Group and serves as the flagship for Combined Task Force (CTF) 76.

NEWS BRIEFS

All Officers Spouses' Club Charitable Requests:

Any NASSIG sanctioned group that would like to make a request for funds from AOSC will need to submit a specific request in writing no later than March 31, 2008. The requests will then be reviewed by the AOSC Board and funds will be earmarked by April 15, 2008. Please include in your request, (1) the amount of money requested, (2) a description of what the funds will be used for, and (3) your fundraising efforts, planned and to-date. Please send the requests to: All Officers Spouses' Club, PSC 824 NAS 1 General Delivery, FPO, AE 09623. If you would like more information, please contact: aoscsgionella@yahoo.com.

Scheduled Hospital Power Outage

Due to a scheduled power outage to upgrade electrical services to the hospital, Naval Hospital Sigonella will be available for emergency services only from 01:00 on Saturday March 1st to 23:59 on Sunday March 2nd. All services, including pharmacy will be limited to emergencies only during this time period. We ask that all patients seeking care, including labor and delivery, enter the hospital through the Emergency Room. We appreciate your patience during this outage. The Point of contact for this outage is LT Rebecca Waldram at 624-4925.

The Navy College Office will hold a Graduation Recognition Ceremony at the Base Chapel on NAS I on June 20, 2008.

Active Duty, Family Members and Civilians are welcome to attend as graduates for having earned their GED and any Certificate, Associates, Bachelor's, Master's and Doctoral Degree from any accredited institution on and

off-base.

All of those who have completed their degree since Summer 2006 or will be completing it by Summer 2008 please contact Navy College at 624-4514/4516/4517 or the Representatives of the local schools to get more information. Send your inquiries to: nco.sigonellasicily@nassig.sicily.navy.mil We look forward to hearing from you!

Don't buy ivory overseas due to import ban

Article by Robert Szostek
U.S. European Command
Customs Public Affairs

Mannheim, Germany - U.S. personnel should not buy elephant ivory while stationed or vacationing overseas because importing ivory into the United States is prohibited under the Endangered Species and the African Elephant Conservation acts, according to customs officials here.

"The ban applies both to unprocessed tusks and worked pieces such as carved figures, jewelry or piano keys," said Bill Johnson of the U.S. European Command's Customs and Border Clearance Agency.

However, exceptions exist for: Antiques more than 100 years old that have a valid permit; African elephant ivory that the owner registered with U.S. Customs before leaving the USA; and African elephant ivory items acquired before Feb. 4, 1977, when accompanied by a valid permit.

Johnson said there are also no restrictions on ivory from the extinct elephant-like mammals known as mastodons. Owners of mastodon ivory items should obtain a statement of origin from the manufacturer stating that the article is not subject to the Endangered Species Act of 1973.

Customs authorities can seize any ivory bought abroad that is not a properly documented antique. They can fine the owner and do not refund the purchase price.

More information on ivory and other endangered species issues is available online at www.fws.gov.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NAVAL AIR STATION SIGONELLA COMMUNITY CALENDAR					29 Alcoholics Anonymous -7 p.m. -NAS II Chapel	1 March Last Snowboarding Trip with ITT
2 Gambino Winery - ITT Over 30 pick-up Basketball - Midtown	3 Alcoholics Anonymous -7 p.m. -NAS II Chapel	4	5 Alcoholics Anonymous -7 p.m. -NAS II Chapel	6 Throwback Thursday Midtown Theater	7 Alcoholics Anonymous -7 p.m. -NAS II Chapel	8 Guitar Hero Turn. - Jox
9 Over 30 pick-up Basketball - Midtown	10 Alcoholics Anonymous -7 p.m. -NAS II Chapel	11	12 Sicilian Easter Cooking - Midtown Alcoholics Anonymous -7 p.m. -NAS II Chapel	13 Throwback Thursday Midtown Theater	14 Alcoholics Anonymous -7 p.m. -NAS II Chapel	15
16 Over 30 pick-up Basketball - Midtown	17 St. Patrick Day Alcoholics Anonymous -7 p.m. -NAS II Chapel	18	19 Early Release - School Alcoholics Anonymous -7 p.m. -NAS II Chapel	20 Throwback Thursday Midtown Theater	21 Alcoholics Anonymous -7 p.m. -NAS II Chapel	22
23 Over 30 pick-up Basketball - Midtown	24 Alcoholics Anonymous -7 p.m. -NAS II Chapel	25	26 Alcoholics Anonymous -7 p.m. -NAS II Chapel	27 Throwback Thursday Midtown Theater	28 Alcoholics Anonymous -7 p.m. -NAS II Chapel	29 Latin Quarters - Jox
30 Over 30 pick-up Basketball - Midtown	31 Alcoholics Anonymous -7 p.m. -NAS II Chapel	1 April	2 Alcoholics Anonymous -7 p.m. -NAS II Chapel	3 Throwback Thursday Midtown Theater	4 Alcoholics Anonymous -7 p.m. -NAS II Chapel	5
6 Over 30 pick-up Basketball - Midtown	7 Alcoholics Anonymous -7 p.m. -NAS II Chapel	8	9 Alcoholics Anonymous -7 p.m. -NAS II Chapel	10 Throwback Thursday Midtown Theater	11 Alcoholics Anonymous -7 p.m. -NAS II Chapel	12

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Stags

Alphio

Did you know?

Living beyond your means is a prescription for disaster? Does more than 25% of your take-home pay go to paying bills? Are you making only minimum payments on bills due? Are you taking out new loans to pay off old ones? Are you missing payments? Are you stalling one creditor to pay another? Are you having frequent family arguments over money? The Navy-Marine Corps Relief Society can help you improve your financial picture. NMCRS Volunteers and employees work hard to help Sailors, Marines, and their families pull themselves out of deficit budgets and into savings plans. Call today to schedule an appointment.

NMCRS: Service with a Smile!
 Contact your Sigonella NMCRS Office today! Call 624-4212 for more information. Office Hours: Monday - Friday 0900 - 1600.
 NMCRS: Seeking New Volunteers!
Navy-Marine Corps Relief Society



Bldg. 319 (NAS 1)
Monday-Friday
7:30 a.m.-4 p.m.
DSN 624-4291
Commercial 095-56-4291

Communication is Key

Article Courtesy of the Fleet and Family Support Center

Most people desire a satisfying marriage that lasts a lifetime. Unfortunately, research indicates that 50 percent of couples marrying today will face divorce sometime during their marriage. Research also indicates that people who are married live longer, enjoy better health and do better financially. The best of all worlds is to be securely committed in a healthy and happy relationship.

In February, the Fleet and Family Support Center is offering a six-session class on Couple's Communication. This class is designed with an educational curriculum based on up-to-date research, particularly in the areas of communication, conflict management, commitment, expectation, intimacy enhancement and gender differences. It is meant to reduce the risk factors for couples while increasing the protective factors in a relationship.

Couples will receive a workbook and there will be homework assignments each week. The program includes the following topics: communication danger signs of future problems, gender differences, using structure to promote safety, problem solving, ground rules for handling conflict, strate-

gies for dealing with issues and events, clarifying core beliefs and expectations, forgiveness, commitment and how to preserve and enhance fun, friendship and sensuality. This class is also ideal for couples who want a "premarital" workshop on the above topics.

The POC for "Couple's Communication Class" is Patsy Troxell, 624-4291. Call this number to reserve your place in the first class. The following is a sampling of the topics discussed in class:

Make time to talk to each other.

Try to spend some time each day talking to each other -- over a meal, after work, or before bed. One study found that just talking for as little as fifteen minutes a day can help keep a relationship strong. (In contrast, couples who split up spend an average of four minutes a day or less in conversation.) If one of you is traveling, talk by phone instead of face-to-face.

Share your thoughts and feelings.

One of the joys of being part of a couple is having someone with whom you can share your deepest thoughts and feelings.

But after a while, you may fall into a rut. You may seem to talk only about things such as what to have for dinner or watch on television. If this happens, make an extra effort to talk about the things that matter most to you -- the joys and sorrows you can't share with anybody else. If you're still having trouble, try taking normal conversations a step further. Talk about what you think about a story in the news or how your manager makes you feel.

Listen carefully.

Good communication involves not just speaking clearly but listening closely. This kind of "active listening" means giving a conversation your full attention and not interrupting. When you are talking about something important, turn off the television or radio and let an answering machine pick up the phone calls. One test to gauge how well you're listening is to pay attention to your thoughts while someone else

is speaking. If you find yourself planning what you are going to say as soon as you have a chance to talk, you're probably not listening and need to refocus on your partner.

Show that you understand what you've heard.

It's important not just to listen, but to make it clear that you've heard what the other person is telling you. You can do this by reflecting back what you've heard through phrases like, "So what you're saying is . . . or "You feel that . . ." This way your partner will know that you are truly listening to the conversation. Don't give advice or try to solve problems unless you are asked.

Offer frequent praise, support, and encouragement.

Studies have shown that couples who stay together make many more positive comments to each other than negative ones. You might try to find something to praise every day, even if you've

said similar things before. Your praise can be as simple as, "That was a fantastic dinner! I really appreciate all the effort you put into it." Or, "You were so patient when you helped Maria with her homework. I could see what a difference it made to her." If you make a habit of offering support, your words are less likely to meet with resistance when you have to bring up a tough subject.

Pay attention to your body language.

Only about 7 percent of communication comes from your words; the rest is from your gestures, facial expressions, and tone of voice. You can send positive messages by doing such things as looking the other person in the eye, giving hugs and kisses, and gently stroking the other person's arm or hair. You'll send negative messages if you engage in eye-rolling, finger-pointing, or walking away when your partner is speaking to you.

Sushi

Pentagon

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.



Protestant Women of the Chapel

Bible study every Tuesday: 9:15 a.m. at NAS 1 Chapel
(With free child care and Home school study/gym class)
6 p.m. at NAS 2 Chapel, and 7 p.m. at the Mineo
Community Center

Find us at www.pwocsig.com or pwocsig@yahoo.com

Italian NEWS



Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



St. Joseph Festival begins in Salemi

Bread, as staple food and a religious symbol, is at the center of the upcoming celebrations honoring St. Joseph, which will be held from March 13 through 22, in Salemi, a small medieval town in the Trapani province. Bread making tradition in this area goes far back in time. According to history, the Elymians who were the inhabitants of the western part of Sicily during the Bronze Age and Classical antiquity, used "elumos," an ancient grain, to bake bread. Some historians maintain that Trojans, who also colonized the island, would also make bread from roasted spelt, which was grinded into flour.

Salemi townspeople have been keeping this tradition alive through the centuries up to today. The town boasts one of the most important traditions of votive offerings of bread in Sicily, which was recently recognized by UNESCO, which included Salemi in its world heritage list.

Breads are baked into elaborate shapes of flowers, animals, garlands, craftsman's tools, religious objects etc.

Bread also holds a religious significance in modern rural Sicily as it is still linked to the devotion towards San Giuseppe (St. Joseph), who is considered the protector of the needy and the family.

In Sicily, San Giuseppe is honored through the custom of decorating "home-made" altars and setting up tables with local food that is symbolically offered to the poor and needy and later to visitors.

Unlike what happens during the majority of religious festivals that are usually hosted by churches, these celebrations are held inside the devotees' homes that are turned for the occasion into "private and cozy sanctuaries."

According to tradition, the number of items on the altar can't be less than 19 or more than 101.

In Salemi, elaborate, "bread altars" became a form of art. Since the 19th century, the Cene di San Giuseppe (St. Joseph Dinners) also called the "St. Joseph's Tables" are prepared for the festival that is usually held on March 19. However, this year, the Salemi mayor Biagio Mastrantoni has decided to celebrate the festival a few days early to avoid conflict with Easter which falls on March 23.

"Every year, the planning of this festival requires a lot of time and financial resources. The organization of the St. Joseph Tables indeed relies on the talents and effort of local volunteers, especially the ones from the "Pro Loco tourist office," Mastrantoni said.

From March 13 through March 22, the tables and the altars will be on display at several venues throughout the city's historic center. But the celebrations highlights is the "Invito dei santi" (Invitation to the Saints) tradition which will be held at midday, on both March 15 and 16, in private houses in the historic heart. It consists of a banquet offered by devotees to a group of children who symbolize the Holy Family and includes

"101 courses." All of them are meatless and cereal-based because of Lenten obligations. There will be spaghetti mixed with olive oil, bread-crumbs, sugar, cinnamon and parsley, pumpkin-based specialties, fried fish, sardines, different kinds of cakes (Pignolate, cannoli, cassata etc.) and vegetarian omelets (filled with either potatoes, eggplants, broccoli, mushrooms, asparagus, fennel, etc), orange salads and more.

The hosting devotee is someone who shows gratitude and reverence to St. Joseph for a miracle or an intercession that the saint had granted them.

The saint's help is invoked for the healing from a sickness or just to express devotion. The preparation of the dinner begins a month before the festival.

Three children, referred to as Santi (saints) or Virgineddi (virgins) who depict the Holy Family, are invited to the meal to celebrate the holiday. St. Joseph is indeed revered as the saint of Providence and the patron and protector of the family and of the poor, both embodied by the invited guests. Chapel-like structures, made of wood or iron, are placed next to the tables, where the Cene takes place. They feature a three-tiered devotional altar surrounded by an ornamental roof-like projection framed in myrtle and laurel and hung with lemons, oranges and hundreds of small, ornately shaped breads.

The altars also contain candles,

crosses and other religious objects, flowers, select foods, a jar of wine and three large and braided breads ("Cudduri" which are divided into three categories: "Cuccidatu", "Vastuni" or Bastone di San Giuseppe" or St. Joseph's cane and "Palma" or Palm). A large framed print of St. Joseph or of the Holy Family is placed at the center of the chapel.

During the banquet, believers recite monologues and prayers named "Parti." At the end of the meal, landlords offer visitors some of the food including some "blessed" bread. This popular tradition draws thousands of tourists annually.

Free English speaking guides will be available to accompany tourists to the festival events that typically includes art, exhibitions and antique fairs. For more information on this service, please contact the Salemi Pro Loco tourist office the day before at 0924-981426. Make sure you call at least the day before you need the service.

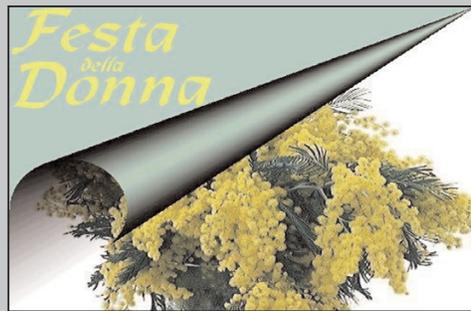
Salemi, which is about a four-hour drive from Sigonella, is located on a hill in the heart of the Trapani province. It can be easily reached through the Catania -Palermo highway. Once in Palermo, take the Palermo-Mazara del Vallo highway and exit at Salemi.

For more information, call Trapani Tourist Office at 0923/29000 or the Salemi Tourist Office 0924-991320.



The annual St. Joseph festival in Salemi, a picturesque town in the Trapani province, features banquet tables and devotional altars featuring elaborate votive bread with different shapes that are set up in devotees' houses from March 13 through 22. According to tradition, the tables consist of several local specialties based on pasta, cereals, vegetables, fruits, fish and cakes, which are first offered to children, who represent the Holy Family, and then to festival goers.

Italians celebrate Women's Day



On March 8, you'll notice a lot of street vendors selling mimosa flowers. On this day, Italians commemorate "Festa della donna" (Women's Day). Italian men are accustomed to present their beloved women with this beautiful yellow and scented flower.

The historic origin of this tradition is still controversial. Some believe that it dates back to the tragic events which occurred in 1911 in New York, when 145 immigrant female workers, who worked there under terrible conditions, died during a fire in the sweatshop, where they were kept locked. This doomed tragedy sparked strong public outcry and, therefore, strikes were held to protest against inhumane working conditions and low wages. A few years later, during the Conference of Socialist Women in Copenhagen, Clara Zetkin, a German socialist leader, suggested that an International Day should be held each year to commemorate that ill-fated strike and assist in achieving universal suffrage for women. Representatives from 17 countries supported the proposal.

Today, Women's Day is commemorated all over the world as an event aimed at promoting equal rights for women and celebrating their achievements in the field of art and science.

According to tradition, the choice of mimosa flower came about one day in 1946 when, after the war, a group of members from Italian Women's Trade Union League was getting ready to organize the first Women's Day in Rome. Since they had already used red carnations to show their opposition to Fascism, they decided that a change would be good. So they picked mimosas, a cheap and beautiful flower.

Women's Day is also a big commercial event just like Valentine's Day. Florists strike great bargains, selling thousands of mimosa bunches. Restaurants are all booked as crowds of women go out to dinner leaving husbands and boyfriends at home.

Spitaleri Performs Jazz Concert Tonight in Catania



Tonight, the "Diego Spitaleri Trio" featuring Diego Spitaleri (piano), Riccardo Lo Bue (double bass) and Fabrizio Giambanco (drums) will perform in Catania. Spitaleri has been an acclaimed international Jazz pianist and composer since 1979. He has won several Italian Jazz awards such as "Pignatelli" (1982), "I Nuovi Musicisti" (1984) and has performed with a RAI (Italian National TV) Orchestra and with famous Jazz artists including Paolo Fresu, Flavio Boltro, Franco Cerri, Enrico Rava, Ray Mantilla, Irio de Paula, Artie Traum, Glen Velez, Tiziana Ghiglioni, Cinzia Spata, Rim Banna, Nick the Nightflight, Sara Jane Morris, Bill Moring, Elliot Zigmund.

Spitaleri, who also has performed at the legendary New York's Blue Note Club, has been recently devoting attention to both Gospel and ethnic music. Tonight, he will present "Music for Words," his latest project which blends rhythms from different cultures.

The concert will be held at the Y'S Jazz Club (located at the Dune Hotel, viale Kennedy # 10B, the Catania playa beach area) at 10 p.m. Admission is free. For more information and tickets call 095-7233120.

Filing Taxes When a Service Member Is Deployed

Edited From Military OneSource

Filing state and federal income taxes may be the last thing you want to deal with right now, especially if you or your service member is deployed. But as overwhelming as it may seem, filing your tax return should not be difficult. The Internal Revenue Service has recognized that service members and their families often face special circumstances, and has put in place ways to make this annual obligation less of a burden.

Getting started

If you are a service member or are filing on behalf of one, there are a few things you should know before getting started.

- File returns in your permanent home state. If you are stationed somewhere other than your permanent home address, in most cases you will still pay state taxes to your home state. For instance, if your address of record is in Kansas, but you are stationed in California, you will file state taxes with Kansas. Spouses working outside their home of record in most cases will also have to file a state tax return for the state in which they are employed.

- Access your tax statement online. As a member of the Armed Forces, you can view and print out your W2 form before it is mailed to you. Go to myPay at <https://mypay.dfas.mil>. You will need your personal identification number (PIN) to access your W2 form.

- Be sure to have power of attorney if filing for a deployed service member. Attach a copy of your power of attorney to your tax return. You may use IRS Form 2848, Power of Attorney and Declaration of Representative. The form can be found at www.irs.gov/pub/irs-pdf/f2848.pdf.

- Find answers to your questions on the IRS Web site. The IRS has a detailed tax guide for members of the Armed Forces at www.irs.gov/publications/p3/index.html.

Combat zone, hazardous duty and overseas deadline extensions

The IRS extends filing deadlines for members of the Armed Forces for the following reasons:

- You or your spouse are serving in a combat zone or in direct support of those in the combat zone and receive hostile fire or imminent danger pay. The deadline for filing income taxes is 180 days after your last day in the combat zone or hazardous duty

area. Go to www.irs.gov/newsroom/article/0,,id=108331,00.html to see a list of combat zones. In addition to the 180 days, the extension includes the number of days left in the filing period when you entered the combat zone or hazardous duty area. The filing period is January 1 through April 15. So, if you or your spouse entered the combat zone on March 31, you would add 15 days to your

180-day tax filing extension.

- You or your spouse is hospitalized outside of the United States as a result of injuries suffered in a combat zone or hazardous duty area. The deadline is 180 days after discharge from the hospital. Note that the extension does not apply to the spouse if the service member is hospitalized in the United States.

- You are in military service on duty outside the United States and Puerto Rico. You will be allowed an automatic two-month extension while living overseas, therefore the deadline for filing your return will be June 15. In some circumstances, you can also get an extension of time to file and pay any tax due. However, if you pay the tax due after the regular due date - April 15, interest will be charged from the regular due date until the date the tax is paid.

Your command will have notified the IRS of your deployment to a combat zone but you may want to notify the IRS directly through its special e-mail address. Email the deployed member's name, stateside address, date of birth, and date of deployment to combatzone@irs.gov or call the IRS main help-line at 800-829-1040. If the IRS sends a notice regarding a collection or examination, return it to the IRS with the words, "Combat Zone" and the deployment date in red at the top of the notice so the IRS will suspend the action. Write, "Combat Zone" on the envelope as well.

Getting help with your taxes

Service members and their families can get help at many installations through the Voluntary Income Tax Assistance program (VITA). Check with your legal center to see if this service is available at your installation. VITA volunteers will help you file your taxes free of charge. Go as early before the filing deadline as possible to avoid long lines. If you decide to see a

private tax preparer, make sure he or she is familiar with the IRS Armed Forces' Tax Guide and has experience filing returns for service members and their dependents.

When you go, bring the following with you:

- Military ID
- All W-2 and 1099 forms
- Social Security cards for all family members
- Deductions and credit information
- Bank account and routing numbers

(if you choose to receive your refund by direct deposit)

- Receipts for childcare expenses
- Last year's tax return, if available
- Special power of attorney authorizing you to do business on behalf of the deployed service member

Before sending in your completed tax forms, double-check your figures and make sure all Social Security numbers are entered correctly. And remember, unless you qualify for an extension, the filing deadline for federal income taxes is April 15. Filing deadlines vary from state to state so check with the local county tax office for the filing deadline in your state.

Resources

Military OneSource

This free 24-hour service, provided by the Department of Defense, is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. You can reach the program by telephone at 1-800-342-9647 or through the Web site at www.military-onesource.com.

Your installation's support services

For more information, please contact your local Fleet and Family Support Center at 624-4291 or visit the FFSP website at <https://www.nffsp.org>.

You can also contact the Region Legal Services Office to receive more information and support.

Library's "Be My Valentine" Poem Contest

Thank you for all the wonderful poems written by the Sigonella community. There were over 40 entries. The Library's winning Valentine's poem is:

Nancy Decker.

Roses are red, violets are blue
So is my heart as I think of you.
I watch the sunset and feel the miles.
I long to hold you, to see your smiles
So many times when the void is unnering,
I try to remember the many you are serving.

My eyes are red, my heart is blue
Each day when I think about missing you
We need you honey, my friend
You are my life, on you I depend.
I miss the sound of the laughter when we
are not together
My heart is bleak like the hurt of cold leather.

Her face is red, her eyes are blue
She is growing so big, if you only knew.
You missed her first steps,
But there are no regrets.
We'll be waiting when you return
Don't ever let this be a concern.

Roses are red, violets are blue
Sunset after sunset, my heart is true.
Serve God and country, for this we depend.
We love you dear one, though we didn't intend
To be far apart at this time may seem unsure,
No matter what happens our lives will endure.

The first runner up is Jallorina.

Roses are red, violets are blue,
Every time you wear a red dress,
You are like a red rose under the blue sky,
In the night,
You the purple jasper in my treasure box.
Will you marry me?

Second runner up is Ralph Brundage
Roses are red, violets are blue,
Here's a Valentine's wish for you.
Hop your special day is swell,
Because you to together like
Peter Pan and Tinker Bell!

Magnolia

Cold
Noses



WARM HEARTS



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

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

Paxton: (Left) Paxton is a great dog who loves to go on walks, if you want to meet him please come by SAF maybe he is the dog for you. (Right) Diva is a wonderful dog, still young and eager to learn. She is very smart and loves to play. She would make a great asset to any family.

For more information contact the Stray Animal Facility at 624-3936 or Rose Cummings at 334-383-8786.

SPORTS & Fitness

The CDC Dances the Cupid Shuffle

Article by Kristine Twing
MWR Marketing

The fitness team at Morale, Welfare and Recreation (MWR) had another successful run, and this time it was all about the little Cupids of Sigonella. The Child Development Center (CDC), along with children from the community ran the indoor track inside Fit District. They warmed up by dancing to the "Cupid Shuffle" followed by stretching with Taza Endicott, MWR fitness coordinator.

"This is the second year we have done this event for the kids," Endicott said. "We tie into our Tiny Tot's program,

by getting children active early in life. This run is to give them a sense of accomplishment by finishing the race."

"The shuffle was a lot of fun. I ran fast. It was fun," said Alexandria Lanni, four years old.

All the children that participated received a run number and a heart that said, "I ran and did the Cupid Shuffle at the Fit District."

If interested in getting your child active with fitness, Tiny Tots is held every Thursday at 9:30 a.m. For more information call Fit District at 624-4483.

(Right) Warming up with Zee doing the Cupid Shuffle.

(Below) The Star and Summer rooms ages 2 - 3 years old.



Stretching with Taza before the big race.

Swim Team Makes Gold

Article by Lorie Warchol
MWR Marketing

The Sigonella Swordfish 2007 swim season has come to an end. The season began by barely staying a float with a majority of experienced swimmers transferring. With a small number of returning swimmers and dozens of beginners, Rich McKeown, coach of the Sigonella Swordfish, could not have imagined the impact they would have in the league.

After the initial placement test last June, the Swordfish had approximately 85 dedicated multi-level swimmers ranging in five categories: Tin, Gold, Copper, Bronze and Silver.

In June, the focus is primarily on technique with slow steady practices that incorporate games and a low stress, non-competitive environment to encourage teamwork and commitment. By August, the team creates a little less splash and practices become more serious and competitive.

This season the team won both of its home meets and placed high at all away meets with an average of 18

members traveling to other bases in Italy, Germany and Spain.

"The team qualifications are difficult. I am strict in applying the standards," said McKeown.

At the Rota Divisional Championships, 13 of the 85 members qualified for the European Forces Swim League Championship (EFSL), two-day tournament held in Berlin, Germany on Feb. 16 and 17. Sigonella brought home an amazing 30 metals total.

In his inaugural season with the Swordfish team, [redacted], a fifth grader at Stephen Decatur Elementary School, brought home the two gold medals, one in the 50-meter freestyle and one in the 50-meter butterfly.

"He is a natural, never missing a practice and always giving it all that he has," McKeown said proudly. "He practices very hard everyday and even has his mom bring him in before school."

Coach McKeown is a firm

believer that all of his swimmers are proficient in all swim strokes, and no one specializes in one particular area. Every practice begins with laps incorporating the backstroke, butterfly, freestyle and breaststroke. Over the course of a season, the swimmers swim anywhere from 44,800 meters (30 miles) as a Tin Group Member to more than 560,000 meters (370 miles) as a Gold Group Member.

"I am extremely proud of these kids and the quality and consistency of their effort. Parental support is a critical part of the swimmers success, and the Swordfish parents and Booster Club did a wonderful job planning and organizing the teams hugely successful season!" McKeown exclaimed.

The Swordfish will take a three-week, much-deserved break before starting the new season. Coach McKeown is always looking for new members. For more information on becoming a Swordfish member, call 624-4334.



The Great Outdoors

Article by Kristine Twing
MWR Marketing

Camping is a great tradition for families, and Morale, Welfare and Recreation (MWR) wants to keep that tradition alive. The Great American Backyard Campout, June 28 - 29, is an annual event sponsored by the National Wildlife Federation. NAS Sigonella is the first overseas group to participate in this event.

"The Boy Scouts and Girl Scouts have been very active with the preparation for the Great American Backyard Campout. The goal that AU has is to get the whole family to participate," said Megan Yohnke, Adventures Unlimited recreation assistant.

Adventures Unlimited (AU) wants the community to be 'camper prepared' for the big event. AU is offering several classes about camping and cooking among other essential camping techniques. Classes are free to the public, unless otherwise stated, with giveaways and other fun activities.

There are several ways to become a prepared camper. AU wants to encourage campers by offering a grand prize of a complete camping kit. For each class or event attended by the participant a point is awarded. There are many ways to earn points, just stop in ITT Gear-n-Go to find out. The person with the most points by Saturday, June 28 wins the Most Prepared Camper award grand prize.

This is a campout and field day for the whole family. There will be chili and rib cook offs, water balloon toss, sack race, three-legged race, a treasure hunt and a ghost writing competition and much more. Join the Sigonella community at the Land Annex on NAS I for a weekend of camping.

Adventures Unlimited is a division of ITT Gear-n-Go. For more information, please contact ITT Gear-n-Go at 624-4396 or AU at 624-4777.

Rigattiere

Groundbreaking Ceremony for New Communication System at Niscemi.

Story by MC2(AW) Jason T Poplin/Photos by MC2 Joyce Martin
Fleet Public Affairs Center Detachment Sigonella/Armed Forces Network Sigonella

Transmitter facility NRTF Niscemi conducted a groundbreaking ceremony Feb. 19, commemorating the upcoming construction of a future Mobile User Objective System (MUOS) site.

The MUOS, which is the next generation ultra-high frequency satellite communication, will replace and surpass the ultra-high frequency follow-on system currently in orbit and in use. The implementation of MUOS will answer the need for greater connectivity previously lacking by personnel out in the field.

"According to U.S. Stratcom, the satellites today are not able to meet all of the requirements for the war-fighter," said Wayne Curls, Mobile User Objective System Program Manager. "The current system in use is about 200 percent over-subscribed. What the MUOS program and its satellites will bring is a 10-fold increase in capability. Once the system is fully fielded, the war-fighter will have plenty of capability and communication capac-



ity to meet their mission requirements."

Other benefits from the MUOS project will also include the provision of more capability towards interfacing with mobile users and tactical users in urban and canopy environments. MUOS will provide global coverage, which has a greater advantage over the previous system that limited users to others in their area of operation.

MUOS will also provide interfaces to DSN services, NIPER net and SIPER net.

"MUOS will give the war-fighter the ability to communicate with anyone they need to around the globe," Curls added.

Initially operated by contractors, the new facility will provide a small increase to Navy personnel at the site. With expectations for complete construction of the facility in just under three years, plans for launching the satellites for the system have been set for 2010 with the complete system online for 2011.



THE
Signature
SIGONELLA, SICILY

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

Pump Up and Ride!

Aixa M. Willoughby
Sixth Grader, Stephen Decatur and MWR Marketing

Getting the sixth-grade physical education (PE) class involved in planning a bike-a-thon event was just one of the ideas, Shannon Rotilio, Morale, Welfare and Recreation (MWR) Youth Sports Coordinator, introduced to the class. The involvement that followed was unexpected! The whole class jumped in with both feet.

Shannon started planning ways to promote the MWR program FitFactor. The kids started brainstorming ways to get active. A student in the class, Elijah McCoy, suggested doing something with bikes.

In a combined effort with MWR the idea of doing

something with bikes developed into something cool. Before long the class came up with Pump up and Ride!

The event is pretty much for anyone that can ride a bike and is looking to have a great time and promote healthy activities. MWR is providing bike pick-up for people who live in housing. There will be different distances for people to choose.

The event will take place at the NAS II Flight Line Fitness Center on Saturday, March 1 at 10 a.m. Don't have a flat day, Pump Up and Ride!

Oxidiana

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.

WEEKLY TRAFFIC/SAFETY UPDATE

Weekly Safety Statistics
Larceny of personal property - 1
Larceny of government property - 1
Damage to government property - 2

Traffic Court Results
E6 - Negligent Driving. Member was awarded DIP
E8 - Driving too fast for conditions. Member was awarded DIP.
O3 - Negligent Driving. Member was awarded 3 points and DIP
O4 - Improper passing. Member was awarded 4 points and DIP.

Teamwork, Training: Keys to Navy's Successful Satellite Intercept

Article from Commander, U.S. Pacific Fleet Public Affairs

Capt. Randall M. Hendrickson, commanding officer of USS Lake Erie (CG 70), credited "team effort" and training for the successful intercept of a nonfunctioning satellite Feb. 20. Lake Erie, an AEGIS warship fired a single modified tactical Standard Missile (SM) 3 to destroy the toxic satellite.

Lt. Cmdr. Andrew Bates, the ship's tactical action officer, fired the SM-3. Fire Controlman 2nd Class Andrew Jackson, missile system supervisor, built the manual firing sequence list that facilitated the launch and was the first watchstander to receive indications of mission success.

"Certainly, what the team in the Combat Information Center did was critical," Hendrickson said, "and that goes for every Sailor on Lake Erie."

"Without the engineers, we would not get to station on time or

have power. Without our culinary specialists, watch teams would not get fed in order to take the watch. Without the navigation and deck Sailors doing their jobs, we would not be a warship at sea. What every crew member did was critical," Hendrickson said.

Culinary Specialist 3rd Class Angel Marte ensured the crew was healthy and well-nourished throughout the mission. Marte said, "This crew is outstanding. Being on the Lake Erie isn't just a job or people you only see at work. We really are a family. Everyone, from the top on down, lives up to the saying, 'one team, one fight.'"

Information Technology Specialist 2nd Class Gennaro Hawkins facilitated critical communications between Lake Erie and various shore commands. Hawkins said, "Being on the Lake Erie is a great opportunity for training and expand-

ing my rating knowledge ... at a fast pace."

Bates noted, "Training played a huge role in the success of the mission. This is a new environment with a different set of procedures and guidelines. If it had not been for the training involved we might not have been as successful as we were."

Bates added, "Being part of this mission has been a proud moment in my career."

When Lake Erie returned to Pearl Harbor today the ship was met by Adm. Robert F. Willard, Commander, U.S. Pacific Fleet, and Rear Adm. Alan B. Hicks, program director, Aegis Ballistic Missile Defense.

Willard praised Hendrickson and his crew in a "bravo zulu" congratulatory message sent earlier to the ship.

"Congratulations on your superb performance," Willard wrote

to Capt. Hendrickson and the crew. "This was a critically important mission with strategic implications."

"The hallmark of a trained professional fighting force is to make extraordinary events appear routine, which is exactly what you did," Willard added. "I could not be more proud of your collective efforts ... executed with precision and profes-

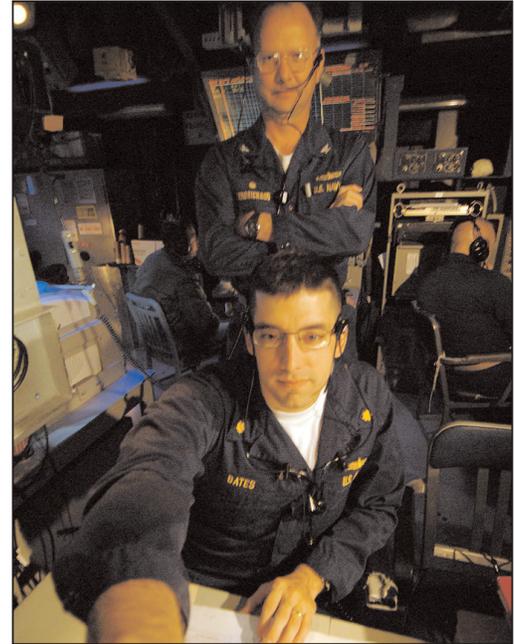
sionalism."

USS Lake Erie, part of the U.S. Pacific Fleet, is committed to ensuring security and stability in the Pacific and contributing to homeland defense. For more information and photos of Lake Erie's latest mission, visit www.cpf.navy.mil and click on "Spotlighting USS Lake Erie."



(Left) At a single modified tactical Standard Missile-3 (SM-3) launches from the U.S. Navy AEGIS cruiser USS Lake Erie (CG 70), successfully impacting a non-functioning National Reconnaissance Office satellite approximately 247 kilometers (133 nautical miles) over the Pacific Ocean, as it traveled in space at more than 17,000 mph. President George W. Bush decided to bring down the satellite because of the likelihood that the satellite could release hydrazine fuel upon impact, possibly in populated areas.

(Right) Capt. Randall Hendrickson, commanding officer of the Ticonderoga-class guided-missile cruiser USS Lake Erie (CG 70), watches as Lt. Cmdr. Andrew Bates operates the radar system control in the combat information center during a ballistic missile defense drill aboard the ship. Lake Erie is operating off the coast of Hawaii.



Chyp Davis Brings Mighty Ensemble to Jox

Photos by Kristine Twing
Article by MC2 Joshua Wink

Chyp Davis, a sideman and percussionist for bands such as the original Parliament Funk, Temptations, Drifters and Coasters, has had a long and storied career. His latest project has brought together quite the versatile cast with artists such as Ben Powers, drummer for the infamous P-Funk, Andria Romero, Chyp Davis's current manager and vocalist for the band, who has also performed vocals for Cameo and Larry Blackman, Larry Dawson, who has performed with The Time, Charla Funk, King Ramondgreen and Jarod McRoberts, retired Army Sergeant of 20 years has produced 90 percent of Chyp's albums. The set was heavy on groove, and it covered a large range with songs dating from the 50's up to the 80's.

"On this tour, due to the wide age range in the military, from 19 to 50, I was trying to keep it in the middle to where there was a show that everybody could enjoy," Davis said.



Monika

Stampa

Grande Cina

MWR CORNER

Fitness 624-4483

Family Rock Climbing Orientation Night

Friday, March 7, 5 - 6:30 p.m.; 6:30 - 8 p.m. at The Cave Sign your family up for an hour and a half of rock climbing fun. Sign up ahead of time at Fit District.

Teen Spin (13+ at least 5ft. tall) - Tuesdays: 3 - 3:45 p.m. at Fit District. Let the beat move your feet with the ultimate 45-minute cardiovascular challenge.

Youth Hip Hop Dance

Mondays at Fit District - Ages 5 - 8, 2:30 - 3 p.m., Ages 9 and up, 3 - 4 p.m. - Learn the latest hip-hop and street dance trends! Class includes warm-up followed by age-appropriate dance combinations. Emphasis is on developing individual style and a love for fitness dance.

ITT Gear-n-Go Day Trips 624-4777

Catania Market and Via Etna Shopping

March 7, 14, 21, 28: Depart: NAS II 8 a.m., NAS I 8:30 a.m., Return: 1 p.m. - \$5+ bring euro for food and shopping

Forza D'Agro & Taormina

March 1: Depart: NAS II 7:30 a.m., NAS I 8 a.m., Return: 6 p.m. - \$24 + bring euro for lunch and entrance fees (€26)

Gambino Winery and Zafferana

March 2: Depart: NAS II 9:30 a.m., NAS I 10 a.m., Return: 6:30 p.m. - \$48, includes lunch and wine tasting

Catania History, Wine Tasting and Restaurant

Friday, March 7: Depart: NAS II 4 p.m., NAS I 4:30 p.m., Return: 11:30 p.m. - \$50, includes food and wine tasting

Fine Art of Camping Series: Map, Compass and Wilderness First Aid

Saturday, March 8: 10 a.m. - noon, FREE! (One point class)

ITT Gear-n-Go Extended Trips 624-4777

Dracula's Transylvania, Romania: April 4-9

Camping in Tropea: May 23-26

Legoland in Germany: June 13 - 16

Jox Pub 624-5603

LIVE local band: Aramjam

March 7 at 10:30 p.m.

Rock-n-Roll never sounded so good!

Guitar Hero Tournament

March 8 at 3 p.m.; Registration deadline: March 5 at Jox Pub - Inaugural event. The first 25 participants receive a FREE T-shirt.

Liberty 624-5602

Latin Night Out in Catania: March 1

Murgo Winery Tour & Lunch: March 2

Messina and More Day Trip: March 6

Japanese Dinner in Catania: March 7

Weekend in Florence: March 14-17 \$375/pp

Weekend in Dublin: April 16-20 \$550/pp

Take 5 624-5602

Happy B-Day March Babies! March 3

Xbox 360 Tournament: March 4

Animation Movie Marathon: March 5

Teen Center 624-4018

Movie Night: March 1 at 5 p.m.

Bowling Night: March 7 at 5 p.m.

Youth Center 624-3712

Celebrate Dr. Suess's Birthday

March 3 at 3:30 p.m.

Join us as we celebrate Dr. Suess's Birthday with cake and story-time. Choose your favorite Dr. Suess book and read them aloud to us all.

Celebrate Your Name Day

March 5 at 4 p.m.

The name behind every individual has meaning. What is the meaning of your name? In what country is your name most popular? What makes your name special? We will be answering these questions and more. Parents are invited to join the fun.

St. Patrick's Day Dance

March 8 from 6:30 - 8:30 p.m.

We will be hosting a St. Patrick's Day dance open to teens ages 9-12. This event will take place in the Midtown Gymnasium. Light refreshments, giveaways, and contests all while dancing the night away!

Volunteer Opportunities

We pride ourselves in helping the community and are always looking for new opportunities to expand on acquired skills or develop new ones. You are invited to share your special skills with the children.

Youth Sports 624-3785

Fit Factor Clinic of the Month: Wally Ball

Tuesdays (5-8 year olds), 3-4 p.m.

Thursdays (9-13 year olds), 3-4 p.m.

Fit District Racquetball courts

No experience necessary, learn the skills needed to play! Don't miss out on the fun. Sign up at Fit District.

FEBRUARY 29 - MARCH 6

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, February 29

12:00pm Charlie Wilson's War R 130 min.
3:00pm The Water Horse PG 112 min.
5:00pm Juno PG-13 96 min. PREMIERE
5:30pm The Bucket List PG-13 97 min.
7:30pm Walk Hard: The Dewey Cox Story R 96 min.
8:00pm Sweeney Todd R 117 min. PREMIERE
9:30pm Alien VS Predator-Requiem R 94 min.

Saturday, March 1

2:00pm The Spiderwick Chronicles PG 97 min.
2:30pm National Treasure: Book of Secrets PG 130 min.
4:30pm One Missed Call PG-13 87 min.
5:00pm The Kite Runner PG-13 128 min.
7:30pm P.S. I Love You PG-13 126 min.
8:00pm Juno PG-13 96 min.
10:00pm Jumper PG-13 90 min.

Sunday, March 2

2:00pm The Water Horse PG 112 min.
2:30pm Juno PG-13 96 min.
4:30pm The Bucket List PG-13 97 min.
7:00pm Alien VS Predator-Requiem R 94 min.

Monday, March 3

12:00pm The Kite Runner PG-13 128 min.
3:00pm Spiderwick Chronicles PG 97 min.
5:00pm Walk Hard: The Dewey Cox Story R 96 min.
5:30pm P.S. I Love You PG-13 126 min.
7:30pm Alien vs. Predator - Requiem R 94 min.
8:00pm Jumper PG-13 90 min.

Tuesday, March 4

5:00pm One Missed Call PG-13 87 min.
5:30pm Juno PG-13 96 min.
7:30pm Charlie Wilson's War R 130 min. LS
8:00pm Sweeney Todd R 117 min.

Wednesday, March 5

12:00pm Bucket List PG-13 97 min.
3:00pm Spiderwick Chronicles PG 97 min.
5:00pm National Treasure: Book of Secrets PG 130 min.
5:30pm Jumper PG-13 90 min.
7:30pm P.S. I Love You PG-13 126 min.
8:00pm Alien vs. Predator - Requiem R 94 min.

Thursday, March 6

3:00pm The Water Horse PG 112 min.
5:00pm Juno PG-13 96 min.
5:30pm Sweeney Todd R 117 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Johnson Family Vacation PG-13 97 min.
8:00pm Walk Hard: The Dewey Cox Story R 96 min.

Alien Vs Predator: Requiem

The iconic monsters from the two film franchises wage a brutal battle in an unsuspecting Colorado Town.

Charlie Wilson's War

Based on the true story of how Charlie Wilson, an alcoholic womanizer and Texas congressman, persuaded the CIA to train and arm resistance fighters in Afghanistan to fend off the Soviet Union. With the help of rogue CIA agent, Gust Avrakotos, the two men supplied money, training and a team of military experts that turned the ill-equipped Afghan freedom-fighters into a force that brought the Red Army to a stalemate and set the stage for conflicts in the Middle East that still rage to this day.

Jumper

A genetic anomaly allows a young man to teleport himself anywhere. He discovers this gift has existed for centuries and finds himself in a war that has been raging for thousands of years between "Jumpers" and those who have sworn to kill them.

Juno

Juno is a whip-smart teen confronting an unplanned pregnancy by her classmate Bleeker. With the help of her hot best friend Leah, Juno finds her unborn child a "perfect" set of parents: an affluent suburban couple, Mark and Vanessa, longing to adopt. Luckily, Juno has the total support of her parents as she faces some tough decisions, flirts with adulthood and ultimately figures out where she belongs.

The Kite Runner

In a divided country on the verge of war, two childhood friends, Amir and Hassan, are about to be torn apart forever. It's a glorious afternoon in Kabul and the skies are bursting with the exhilarating joy of a kite-fighting tournament. But in the aftermath of the day's victory, one boy's fearful act of betrayal will mark their lives forever and set in motion an epic quest for redemption. Now, after 20 years of living in America, Amir returns to a perilous Afghanistan under the Taliban's iron-fisted rule to face the secrets that still haunt him and take one last daring chance to set things right.

National Treasure: Book Of Secrets

Treasure hunter Benjamin Franklin gates looks to discover the truth behind the assassination of Abraham Lincoln, by uncovering the mystery within the 18 pages missing from assassin John Wilkes Booth's diary.

One Missed Call

Beth Raymond is traumatized when she witnesses the gruesome deaths of two friends just days apart. Even more disturbing, she knows that both of them had received chilling cell phone messages--actual recordings of their own horrifying last moments. Impossibly, the calls were received days before they died, but each

death occurred precisely when and how the messages foretold. The police think Beth is delusional--except for Detective Jack Andrews, whose own sister was killed in a freak accident that bears a strange similarity to the deaths of Beth's friends. Together, Jack and Beth work feverishly to unravel the mystery behind the ominous calls. But even as they get closer to the truth, Beth's cell phone begins to ring with an eerie tune, and the readout displays: "One Missed Call."

P.S. I Love You

A grieving young widow discovers that her late husband has left her a list of tasks revealed in 10 messages, delivered anonymously, intended to ease her out of grief and transition her to a new life.

The Spiderwick Chronicles

From the beloved best-selling series of books comes "The Spiderwick Chronicles," a fantasy adventure for the child in all of us. Peculiar things start to happen the moment the Grace family (Jared, his twin brother Simon, sister Mallory and their mom) leave New York and move into the secluded old house owned by their great, great uncle Arthur Spiderwick. Unable to explain the strange disappearances and accidents that seem to be happening on a daily basis, the family blames Jared. When he, Simon and Mallory investigate what's really going on, they uncover the fantastic truth of the Spiderwick estate and of the creatures that inhabit it.

Sweeney Todd

Story about a grisly revenge by Benjamin Barker, a man unjustly imprisoned by a lecherous judge. Barker returns as barber Sweeney Todd and exacts revenge.

Walk Hard: The Dewey Cox Story

America loves larger-than-life musician and songwriter Dewey Cox! But behind the music is the up-and-down-and-up-again story of a musician whose songs would change a nation. On his rock 'n roll spiral, Cox sleeps with 411 women, marries three times, has 22 kids and 14 stepkids, stars in his own 70s TV show, collects friends ranging from Elvis to the Beatles to a chimp, and gets addicted to - and then kicks - every drug known to man... but despite it all, Cox grows into a national icon and eventually earns the love of a good woman - long-time backup singer Darlene.

PREMIERS FRIDAY MARCH 7

First Sunday, The Great Debaters
The Pirates Who Don't Do Anything

PREMIERS SATURDAY MARCH 8

Semi-Pro
Vantage Point

COMING SOON

27 Dresses, Mad Money

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Attention Milan Shoppers

Article and photos by [REDACTED]
Signature Volunteer

It was cold, but that did not stop the 28 shoppers and escorts who went on the Information Tours and Travel (ITT) shopping trip to Milan during President's Day weekend. They braved the weather for the chance to shop at a variety of stores from Versace to H&M.

On the first whole day there, the group got up early and headed out to Como, where they toured the town and took a nearly 30-minute cruise on Lake Como. [REDACTED] Milan shopper, said Como was her favorite part of the trip.

"It was just gorgeous," she said. "It was just a really cute little town."

Another Milan shopper, [REDACTED], said Como was a "highlight" because the landscape and architecture were "real-

ly different from Sicily."

After visiting Como, the group stopped by a silk factory for some shopping before continuing to their final destination.

FoxTown Factory Stores is an outlet mall about 50 km from Milan in Switzerland, where the currency is the Swiss franc. Consequently, shoppers were able to benefit from a better exchange rate there because the Swiss franc is almost equal to the U.S. dollar. At the outlet mall, shoppers made their way through 130 stores, including Dior, Gucci, Geox and Esprit, in just a few hours.

The following day, most of the group toured Milan, visiting the Castello Sforzesco, the Teatro alla Scala, the Galleria Vittorio Emanuele II and the Duomo. After the tour, most of the group went shopping.

[REDACTED], one of the Milan escorts, said her group stayed entertained while shopping for about six hours that day alone.

"We went to every single store," [REDACTED] said with excitement. "If it was open, we were there."

Many of the Milan shoppers, including Anderson, said they really enjoyed meeting new

people and spending time with the rest of the group.

"The group was great," [REDACTED] said. "Everyone we went with mixed well."

For people who did not make the trip this year or would like to go again, Meszaros said ITT will offer another trip to Milan at the same time next year, so future shoppers can take advantage of the winter sales as well.



The Galleria Vittorio Emanuele II is a prominent shopping center in Milan.



The Duomo, a cathedral, in Milan.



A view of Como as seen from the lake during a tour of the area.

hotel Corsaro

Perla d'orientale

Tattoo

KINDNESS continued from page 2

O great lion, and besides some day I might be able to do you a favor." The lion laughed at the mouse and let it go. Some time later the lion was caught in a rope net trap. And who do you think gnawed the ropes in two and saved the lion? The tiny mouse, of course.

Often we are reluctant, or even afraid to appear kind-hearted. For many of us, television and movie heroes are role models. And because many are tough in their roles, we think we must be like these "stars." So we don't want to seem soft-hearted. Yet this notion is really foolish.

For it is the truly brave, the truly great, the truly unafraid who are the kindest. And they are rewarded in turn with good things happening to them. They are

rewarded with kindness from others. When a job opening, an opportunity for advancement, or a chance to accompany a friend on a trip or a special event comes up, it is usually the friend who has acted kindly towards others who gets the first chance.

When we look at the great leaders of the world, both in the past times and in the present, those who acted with intent for the good of all and kindness toward others are the ones we immediately think of and want to identify with to be like in some way.

Kindness comes back, like a boomerang, to those who are kind. Perhaps its return will take years. Perhaps kindness returns from a different direction from which we sent out the kindness. But it will return. It is never lost.

NUTRITION continued from page 2

7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.

8. Don't fall prey to food myths and misinformation that may harm rather than benefit your health.

9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.

10. Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

Contact LCDR Jim McGowan, MS, RD at 624-4578 for more information about National Nutrition Month® activities.

University Students, Senior Military Leaders Exchange Ideas on New Maritime Strategy

Article by Mass Communication Specialist 1st Class Kelli D. Roesch
Fleet Public Affairs Center Pacific, Det. Northwest

CORVALLIS, Oregon (NNS) -- U.S. Navy, Coast Guard and Marine Corps officers visited Oregon State University (OSU) on Feb. 20 to discuss the nation's new maritime strategy with students and faculty during a "Conversations with the Country" stop.

OSU was chosen as one of the discussion locations because of its proximity to Portland, ranked fifth in export tonnage on the West Coast. Capt. Dan Cloyd, Director, Strategic Actions Group, said the Navy was at OSU "to educate and inform the students and hear their concerns regarding the strategy."

The previous Maritime Strategy was written 25 years ago, before many of the students attending the OSU lecture were born.

"Conversations with the Country" is a series of discussions across the United States designed to communicate the new Maritime Strategy, "A Cooperative Strategy for 21st Century Seapower."

Cloyd began the discussion by outlining the Maritime Strategy for the students, indicating the focus on

six core maritime capabilities: forward presence of maritime forces, deterrence, sea control, power projection, maritime security, and humanitarian assistance/disaster response.

Cloyd said the maritime security and global system preservation that supports national interests is important to the U.S. and all nations. Instability overseas -- natural or man-made -- affects the nation's ability to move goods and can easily affect our "just-in-time" delivery system.

During the forum's question-and-answer period, Coast Guard Strategic Analyst Lt. Cmdr. John Pruitt expanded on the "just-in-time" concept, explaining that the emphasis on maritime security ultimately benefits every American consumer because 90 percent of the world's commerce is delivered via the sea.

"The U.S. operates in a 'just-in-time' economy, meaning we need our goods to arrive in a timely manner because consumers are waiting," Pruitt said. "Without incoming shipments, some stores will run out of goods in a week. [The Navy, Coast Guard and Marine Corps] all work

together to help ensure that process is not interrupted."

Students attending the lecture were well-informed and eager to join the discussion with senior leadership.

Alissa Irvine, OSU freshman and Navy Reserve Officers Training Corps (NROTC) midshipman, said the presentation helped her understand how the global strategy affects the local economy. "It made me see the importance of shipping because Portland is right on the Columbia River and the ocean," she said.

Colby Burns, a sophomore in the NROTC Power to Sea program, said the discussion taught him to think about the Navy's role in maritime security. "I never really thought about the economic aspect of the Navy mission to keep the sea lanes open. [The strategy] added extra importance to know how many people live near the water and the importance to keeping sea lanes safe," he said.

Political science professor Kelly Erickson explained to students how truly unique the "Conversations with the Country" forums are.

"This type of open discussion about maritime strategy is unprecedented, and your participation in this forum is important for a healthy democracy," he said.

With representatives from the Navy, Coast Guard and Marine Corps at OSU, Erickson said the message made an impression on the students. "Many students are not familiar with the military, and with a forum like this, we can discuss in-depth how this [maritime strategy] applies to their lives.

"The strategy incorporates fun-

damentally new components that generate discussion and open dialogue between professors and college students," Erickson said.

Vice Adm. John Morgan, Deputy Chief of Naval Operations for Information, Plans and Strategy, agreed.

"We're trying to take a world view and ask what can we do to make the world a better place," Morgan said. "Maritime commerce is the foundation of this country. American seapower was vital to the past but even more important to our future."

APS continued from page 3
handful of specialty areas.

"During the first APS visit to Cameroon, there was a lot of basic training conducted with the Cameroonian Navy and Marine Corps. This time, Cameroon has requested that APS continue to provide the same basic courses to create a broad base of knowledge and skills," Fru Fon said. "In addition, we have also requested an advanced VBSS course along with an advanced port security class."

APS personnel not only provide training but also volunteer there time in a community relations project.

"The community relations project in Cameroon will be taking place at the Limbe Wildlife Center. We will be making some basic repairs to the

center such as basic electrical repairs, painting, and carpentry work," said Lt. Sylvester Adamah, APS Humanitarian and Civic Affairs coordinator. "The first day at the center we will access the needed repairs and see what materials we can find locally."

APS is a U.S. Naval Forces Europe-led initiative, executed by a multi-national staff aboard Fort McHenry and High Speed Vessel 2 Swift. Commander Task Force 365 and training teams from various U.S. and European military commands, as well as governmental and non-governmental organizations, are embarked on board Fort McHenry to enhance cooperative partnerships with regional maritime services in West and Central Africa.

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1998 Fiat coupe' with in dash DVD player, new brakes, and tune up. Asking price is \$3,000 obo. Call

624-1326 or 3334277357 ask for Piera or Kevin

2002 Ford Mondeo 1.8 TB Ghia, full optional, 130 Horsepower, metallic grey, 128,000 Km, Ford maintenance record, Asking 7,000 Euro but will negotiate. Looks and runs great! Call 331-3661944.

2000 Opel Corsa, 1000cc, blue, excellent condition, 2dr, A/C, 5 spd, stick shift, anti-theft alarm, radio, power windows, air bag, 2 new tires, 37k miles, asking Euro 2900. If interested call 338-8573119 after 4pm.

Harley-Davidson FatBoy, 1999. Great condition. 36K miles. Extras. \$11,500. Call for details. 624-0187.

1985 BMW 320i, perfect for getting around Sicily! Gray, 5-speed with impressive power. Runs Great! This car is mechanically well-maintained with a nice CD player. Asking \$900.00. This car will be available on 19 March. Call Ken at 340-005-4116.

1991 Ford Fiesta Ghia, great for getting around

Catania! Dark blue, 5-speed. Perfect for the single sailor on a tight budget. Asking \$400.00 for this dependable car. This car is available right now! For more information call 340-005-4116.

2001 PT Cruiser, Touring Edition taupe(grey) exterior, leather seats, 64000 miles, excellent condition, available mid-March. \$5,000 334-577-1879 or work 624-5087

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Barbie The Islan Princess Nintendo DS game new never used for sale \$15.00. Call 624-1220 after 6 pm

Oak Dinning table w/ 6 chairs, like new. \$650 obo. Couch, excellent cond, \$200 obo. Futon, like new \$100. 624-0187.

Eddie Bauer double stroller for sale. Brand new, used less then 10 times. Bought at NEX for \$200 asking \$100 O.B.O. Call Breanna at 346-095-1546.

(Italian version) HP Pavillion zd8000: Windows XP Home Edition, DVD R/RW, 17" screen, with ITUNES and other components. In excellent condition. Asking for 500euro. JVC (DVD-AUDIO/Video) TH-C6, system cinema numeric DVD surround sound: 5disc/dvd changer, DVD-R/RW ET CD-R/RW,

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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 346-693-6935.

The Ombudsman ladies are sponsoring a QUILTING CLASS. Classes are open for anyone and it will start at the Marani Community Center at 1:30 pm on Saturday, March 1st. POC will be Gwen Gooch at 624-1493. Classes will be for newcomers as well as for the seasoned quilters. Come and have a lot of fun!

PETS

1 year old pure bread beagle named Max for sale. Brown and Black spots, GREAT with small kids. Had him since he was 8 weeks old from Virginia. Call Carol at 624-1323 for information. Serious inquiries please.

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