



Easter Joy for Local Girls and Boys

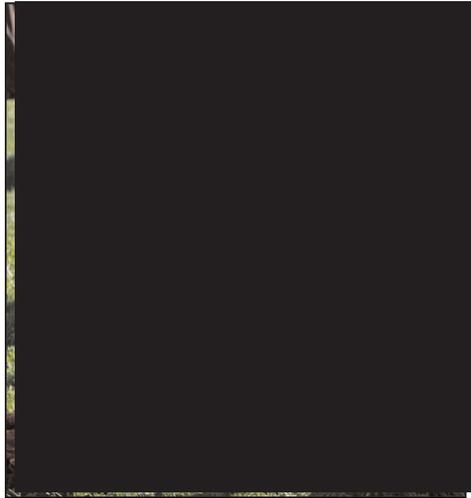
Article and photos by
MC2 Joshua Wink
Signature Staff

Easter. It's the second sweetest holiday of the year, right after Halloween, in the universal language of candies and chocolate. A holiday bound to bring back fond memories of marshmallow peeps and caramel eggs, or as it was the case of some at the Sigonella Egg-Stravaganza, forge a few new ones.

The annual Egg-Stravaganza brought out families from Marini and Mineo to participate in Easter egg hunts, jump around in inflatables, construct crafts not to mention, indulge in a little food and candy.

Hundreds of children and their parents converged at the NAS I land annex for the event that was held the weekend before Easter Sunday. It was decided it would be held this past weekend to allow families to make

Story continued on page 9



FFSC Home Buying Strategies

Article and photo by Sandra Levenduski
Signature Volunteer

Among the services FFSC offers, there are classes for which the community can register and participate absolutely free of charge. This month, one of the sessions covered Home Buying Strategies. To buy a home could be an overwhelming experience, however, Donald Colton, personal financial specialist and instructor of this class, was able to teach how to simplify this task. "It is probably the most expensive purchase one makes during the course of his life" he says. His statement is, in

Story continued on page 13



NMCRS Celebrates 104th Birthday

Article by Lily Myers
NMCRS Volunteer

The Navy-Marine Corps Relief Society (NMCRS), which celebrated its 104th birthday on January 23rd, is a private, non-profit, charitable organization. In partnership with the Navy and the Marine Corps, it provides financial, educational and other assistance to members of the Naval Services, eligible family members, and survivors when in need.

The NMCRS accomplishes this mission principally through the disbursement of interest-free loans and grants, but it also offers budget counseling services, thrift shops, infant layettes, and visiting nurse services. Furthermore, the Society offers scholarships and interest-free loans for educational purposes.

As one chapter of the 250 Navy-Marine Corps Relief Societies located ashore and afloat throughout the world, Sigonella prides itself as being the first resource for our sailors and their families. In 2007, NMCRS Sigonella, with the aid of its 75 dedicated volunteers and 4 employees, contributed a total of \$188,023 in financial assistance among 315 cases (an increase of \$38,523 over the previous year).

Approximately 71% (\$132,858) of the total disbursement was in emergency relief which included food and shelter, vehicle repairs, household set up, medical and dental

Story continued on page 12

WEATHER UPDATE

Mar. 21
H:67F
L:43F



Mar. 22
H:68F
L:51F



Mar. 23
H:73F
L:53F



Mar. 24
H:70F
L:41F



Mar. 25
H:62F
L:42F



Mar. 26
H:59F
L:43F



Mar. 27
H:64F
L:46F



TOP STORIES

Chaplain Ken Amador gives his final contribution to the Signature in this weeks Chaplain's Corner. He reminisces on the experiences he has had here and talks of his "most excellent" adventure.

Page 2

The CNO speaks to congress about quaity or lif and work. Maintaining quality of work means we provide our Sailors and Navy civilians with the facilities and support to get the job done efficiently and effectively.

Page 3

Today is Good Friday, which is the commemoration of the crucifixion and death of Jesus Christ. Just as it happens all over Sicily, this is probably the most awaited day in the town of Pietraperzia. Find out what events are going to take place during this holiday in Alberto's Italian News.

Page 6

It's March and the madness has begun. This year's waltz to the NCAA finals has more of a salsa feel to it as no one team stands out rather, 65 teams are rushing at full tempo towards the final dance floor in San Antonio, Texas. Get the latest information in Triple S.

Page 8

Women are celebrating 100 years in the Navy and throughout March 2008, Sailors will celebrate and recognize the many contributions of women to our Navy and nation during the 21st annual observance of Women's History Month.

Page 10

TRAFFIC NUMBERS

	Jan.- Mar. '08	Jan.- Mar. '07	Diff.
Accidents	75	66	+9
Injuries	9	5	+4
DUIs	4	1	+3
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

INSIDE

Direct Line
2

Navy News
3

Community Calendar
4

MWR Corner
11

Il Mercato
14

DIRECT LINE

NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

As our Navy continues to grow and redefine itself, the diversity of our members continues to expand. Sailors and their family members can no longer be classified by a particular race or ethnicity. Cultural heritage, religious traditions, language and many other unique traits define the members of our organization. We must continue to embrace and capitalize off these differences because we would not be effective in our mission without them.

As the new Chief of Naval Operations highlighted in his recent Diversity Policy, "As we enhance and empower our diversity, we will remain a global force for peace, and

epitomize the ideals that make our Navy great and our Nation the best hope of freedom. We will sustain our force through the fair, equal and ethical treatment of every member of the United States Navy."

As we are all leaders here at Sigonella and within the Navy, we must harness those attributes and experience, developed through our own diverse backgrounds, and infuse that into our daily work and lives.

We must continue to learn about and embrace those unique traits that embody our peers and shipmates, and "derive the most from that diversity, every individual, military or civilian, must be encouraged and enabled to

reach his or her full potential."

I ask you while stationed at Sigonella to immerse yourself in the cultural celebrations and educational programs happening continually on and off base. Join or become an active contributor to one of the numerous diverse clubs, religious programs, or heritage festivals. Then we will truly "embrace the demographic changes of tomorrow, and build a Navy that always reflects our country's make up."

Who knows, you may learn something about yourself or that of a fellow human being, which can define your life and make you a better person for doing so.



Health WATCH

Weight Gain in Pregnancy

Lt. Cmdr. Chris Tatro
Staff Physician, OB/GYN Dept., Naval Hospital Sigonella

"Gee, you don't look pregnant!"
"Are you sure you're eating enough?"
"Be careful to take it easy now!"

Sound familiar? Women in pregnancy often hear similar statements from well-meaning acquaintances. Well-wishers do have good intentions, but be careful not to take comments too much to heart. While it is true that some weight gain in pregnancy is the norm, it is important for women to keep these two facts in mind:

1) It is far more common for women to gain too much weight in pregnancy as opposed to not enough.

2) Excessive weight gain during pregnancy significantly increases a woman's risks for complications during pregnancy, labor, and delivery.

So, if you are pregnant, or are planning on becoming pregnant soon, what can you do to make sure you stay at a healthy weight?

First, start off by finding out your pre-pregnancy Body Mass Index (BMI). BMI is a pretty accurate way of figuring out what a healthy weight is for you, because it takes your height into account. You can ask your doctor to

calculate your BMI, or estimate it yourself by looking at a chart online (<http://www.consumer.gov/weightloss/bmi.htm>).

Using your pre-pregnancy ("starting") BMI, you can set a goal for weight gain in pregnancy. For women with normal-range BMI under 25, a total weight gain of 25-30 pounds is appropriate. Women with a starting BMI between 25 and 30 should try to gain between 15-20 pounds. For a starting BMI between 30 and 35, 10 pounds weight gain is sufficient. For women whose BMI is over 35 to start, little to no weight gain in pregnancy is needed!

Now that you've set a goal for weight maintenance in pregnancy, how can you achieve it? Instead of altering your diet in pregnancy, usually you can better maintain your weight by not changing your routine! Keeping a consistent diet is one of the keys to a healthy pregnancy.

It is commonly thought that pregnant women have to "eat for two." However, the recommended increase in daily calorie (kcal) intake for pregnant women is about 300 kcal.

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

Maranan Community Center
11 a.m. Protestant Traditional Service

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



Excellent!

Article courtesy of Chaplain Ken Amador

"Most Excellent!" For the individuals in our community mature enough to

remember the movie, "Bill and Ted's Excellent Adventure", these words hold a special significance. I absolutely love the exuberance and energy these two young, adventurous boys approached their life when they were properly motivated (pass their high school history presentation!).

As the Amador family's time in Sigonella has come to an end, I am reminded of the unbelievable times we have experienced here with you. I remember after only being here one week having our rental car stolen from TLA. The many times we traveled up Mount Etna. I remember the wonderful day trips in which we traveled all over the island (and got lost!). The time our house on the economy flooded. I recall the unbelievable sunsets that brought tears to my eyes. Or the many times we had no electricity for hours or even days! The hundreds of people that touched our lives so profoundly and then we had to say goodbye to them. Crying and praying with families devastated by the death of a loved one. Seeing different people around base day after day and realizing that we truly are a family.

After over three years of wonderful opportunities to bless and to be blessed, our most excellent adventure has come to an end. I have endeavored to live and serve in our community with passion and compassion. I have labored with the understanding that our effort to make Sigonella a better place is a noble and worthy goal.

I have drawn my motivation from a book in the Bible called Colossians. It reads in chapter three and verse twenty-three, "And whatever you do, do it heartily, as to the Lord and not to men."

My question to you, in this my final article, is this, are you living heartily? Are you giving maximum effort? Are you making a real difference in the lives around you? Are there people not being blessed, not being encouraged, not being changed, because you are not making a meaningful effort to make it so?

There are so many opportunities all around us. At work, there are shipmates that desperately need a real friend. In the barracks or in the housing areas, there are lonely people who are struggling just to make through today. On the economy, there are local nationals that need a smiling face and glimpse of what makes America great. Do you see them? Are you willing to extend yourself to them?

Story continued on page 13

Correction:

The Chaplain's Corner last week was written by Chaplain Paul Rummery.

WEEKLY TRAFFIC/SAFETY UPDATE

Weekly Safety Statistics
Drunk and disorderly - 2

Traffic Court Results

E2 - Moving violation. Member was awarded 3 points and DIP.
E2 - Improper turning. Member was awarded 1 points and DIP.
E5 - Negligent backing. Member was awarded 3 points.

NAVY News

CNO Speaks to Congress About Quality of Life, Work

Article by Mass Communication Specialist 2nd Class (SW) Rebekah Blowers
Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Gary Roughead and Commandant of the Marine Corps Gen. James Conway testified before the House Appropriations Committee for Military Construction March 11.

Roughead reiterated to Members of Congress that Sailors need to be individually ready as well as mission ready in order to maintain warfighting readiness. CNO said shore installations must provide an environment which enables a high quality of work and a quality of life for Sailors, Navy civilians and their families.

"Maintaining quality of work means we provide our Sailors and Navy civilians with the facilities and support to get the job done efficiently and effectively. Sustaining a quality

of life means we must address not only the needs of the Sailor and Navy civilian, but those of our Navy family as well," Roughead said.

He believes resources such as medical facilities, fitness centers, child care facilities and housing are top readiness and retention issues for Sailors, Navy civilians and their families.

"To address this need, we have requested funding for an additional 1,320 spaces at our child development centers and homes this year," Roughead said. "We are grateful for your support for our public/private ventures, which satisfy critical housing needs."

He said these and other initiatives are important to encourage Sailors, Navy civilians and their fam-

ilies to "Stay Navy." In recent years, the Navy's shore facilities deteriorated as the focus of investments was shifted to afloat readiness. Navy Installations Command has made progress by leveraging best practices and consolidating budget development.

"To recapitalize our facilities and sustain our operational requirements today and in the future, we must make the right investments in the right capabilities and services at the right installations now," Roughead stated.

Roughead concluded by thanking the committee members for their continued support of the Navy's 600,000 Sailors, Navy civilians and families stationed around the world.

NEWS BRIEFS

Fundraising Opportunities! Spring Fest

Friday, May 9 - Saturday, May 10

The annual MWR Spring Fest is going to have a County Fair theme. In addition to food and beverage booths there will be an opportunity for private organizations to host carnival style game booths. Your organization will be responsible for decorating and designing the booth and game. MWR will provide all of the game tickets and prizes at no charge. If you are interested in fundraising opportunities you MUST ATTEND the meeting on Thursday, March 21 at 9:30am in the training conference room above Applebee's.

hangings, or tapestries must be for the shipper's personal use. They may not be for resale," said Michael L. Burkert of the USEUCOM Customs Executive Agency. He also added that many foods are banned from importation to the United States to prevent infestations of foreign pests. Iranian products still have to meet these restrictions. Meat products and fresh fruits and vegetables are of special concern to U.S. agricultural authorities. However, Burkert explained there are no agricultural restrictions on Iranian products commonly available in Europe such as dried fruits, dried nuts and caviar.

It is important not to confuse this relaxation of the Iranian embargo with sanctions against other nations, such as Iraq, Cuba, North Korea, Libya and Yugoslavia. Full details of all U.S. embargoes are available online at www.treas.gov/ofac/ from the U.S. Treasury's Office of Foreign Assets Control.

Message from the NAS I Vet Clinic:

Those people leaving on the April 4th CAT B with animals need to call the vet clinic at 624-4258 to schedule their animals health certificates for April 2nd. Due to Captain Ames' schedule, April 2nd is the only day she will be available to do them. Thank you

All Officers Spouses' Club Charitable Requests:

Any NASSIG sanctioned group, including DODDS groups, 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 fund raising efforts, planned and to-date. Please send the requests to: All Officers Spouses' Club, PSC 824 NAS I General Delivery, FPO, AE 09623.

Iranian carpet ban lifted

By Robert Szostek, USEUCOM Customs PAO

Mannheim, Germany - Iran and some other countries are embargoed by the United States. However, a new dispensation allows travelers and household goods shippers to send Iranian carpets, rugs or tapestries to the United States. Iranian foods are also exempted from the embargo.

"The only condition a shipper must fulfill is that carpets, wall

PHOTO FROM THE FLEET

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



U.S. Navy Photo by MC3 Ricardo J. Reyes

Republic of Indonesia (March 10, 2008) Sailors from the amphibious dock landing ship USS Harpers Ferry (LSD 49) carry supplies from a CH-46 Sea Knight helicopter in Karangtekok, Indonesia for an Engineering Civic Action Project (ENCAP). The project was conducted by the 31st Marine Expeditionary Unit (MEU) Combat Logistics Battalion 31 (CLB), Harpers Ferry and Indonesian counterparts to increase humanitarian assistance and disaster response capabilities, improve interoperability and continue professional relationships between the U.S. and Indonesian armed forces.

Stam Monika

Etna

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NAVAL AIR STATION SIGONELLA COMMUNITY CALENDAR					21 Alcoholics Anonymous -7 p.m. -NAS II Chapel CONSEP Mid-Term -9 a.m. -FFSC	22
23 Over 30 pick-up Basketball - Midtown	24 Alcoholics Anonymous -7 p.m. -NAS II Chapel IA Discussion Group -11a.m. -FFSC	25 Predatory Lending -1 p.m. -FFSC	26 Alcoholics Anonymous -7 p.m. -NAS II Chapel Motta Market ICR -9:30 a.m. -FFSC	27 Throwback Thursday Midtown Theater Spending Plan Development -9 a.m. -FFSC	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 TAP Pre-Separation -8 a.m. FFSC	1 April TAP Pre-Separation -8 a.m. FFSC	2 Alcoholics Anonymous -7 p.m. -NAS II Chapel TAP Pre-Separation -8 a.m. FFSC	3 Throwback Thursday Midtown Theater TAP Pre-Separation -8 a.m. FFSC	4 Alcoholics Anonymous -7 p.m. -NAS II Chapel Car Buying Strategies -3 p.m. -FFSC	5 Nearly New Store Open
6 Over 30 pick-up Basketball - Midtown	7 Alcoholics Anonymous -7 p.m. -NAS II Chapel	8 Anger Management -8 a.m. -FFSC Manage Life Money -10 a.m. -FFSC	9 Budget for Baby Alcoholics Anonymous -7 p.m. -NAS II Chapel Men's Group -1:30 p.m. -FFSC	10 Throwback Thursday Midtown Theater Ombudsmen Assembly -9 a.m. -FFSC	11 Alcoholics Anonymous -7 p.m. -NAS II Chapel	12
13 Over 30 pick-up Basketball - Midtown	14 Alcoholics Anonymous -7 p.m. -NAS II Chapel	15 Career Exploration -10 a.m. -FFSC NMCRS Vol. Orientation - 10 -11:30	16 Alcoholics Anonymous -7 p.m. -NAS II Chapel Men's Group -1:30 p.m. -FFSC	17 Throwback Thursday Midtown Theater Identity Theft -1:30 p.m. -FFSC	18 Alcoholics Anonymous -7 p.m. -NAS II Chapel Banking & Checkbook Management -10 a.m. -FFSC	19 Nearly New Store Open
20 Over 30 pick-up Basketball - Midtown	21 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	22 CFS Training -8 a.m. -FFSC	23 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	24 Throwback Thursday Midtown Theater CFS Training -8 a.m. -FFSC	25 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	26 Latin Quarters - Jox
27 Over 30 pick-up Basketball - Midtown	28 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	29 CFS Training -8 a.m. -FFSC	30 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	1 Throwback Thursday Midtown Theater CFS Training -8 a.m. -FFSC	2 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	3 Latin Quarters - Jox

Motta Perla d'oriente

Stags Magnolia

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

Top 10 Tips for Attending Career and Job Fairs

Compiled by Randall S. Hansen, Ph. (Quintcareers.com)

- 1) Have a pen/pencil and paper available for notes.
- 2) Bring resumes and a folder or portfolio to hold your materials.
- 3) Take the time to find out what companies will be represented before the day of the career fair.
- 4) Research information about the participating companies and organizations prior to approaching the recruiters. Use the Internet, news sources and career fair materials to learn about the companies' booths you plan to visit. You can impress a recruiter by knowing about his or her company and can discuss its current situation.
- 5) Use time wisely. Determine where employers are located and in what order to visit them. Focus on three companies that you are truly interested in.
- 6) Broaden your focus and include many types of employers. For instance, you may not have considered working for a hospital, but hospitals recruit and hire professionals in many different fields (e.g., management, information systems, or health care).
- 7) Be aware of time demands on employers. Do not monopolize an employer's time. Ask specific questions and offer to follow up after the fair, as appropriate.
- 8) Be direct. Introduce yourself, including your name and career interests. If you are job-seeking, state the type of position in which you are interested. If you are gathering information, let employers know that you are only interested in materials and information. Remember to use good eye contact and a firm handshake. Career fairs are the perfect place to use your elevator speech (30-sec commercial).
- 9) Make sure you learn from the recruiter employment and/or hiring trends, skills necessary for different jobs, current openings, salary, benefits, training, and other information about the organization. Also make sure you know whom to contact for follow-up discussions.
- 10) Ask the employer for the next steps in the recruitment process and try to obtain the recruiter's business card for follow-up discussions/correspondence.

For additional information on upcoming Military Job Fairs & Career Events contact the Family Employment Readiness Program Coordinator, 624-4291.

Toro
mecc

Sushi

Pentagon

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 just looking for a warm home and someone to love. Each week the Signature will feature animals in need of adoption.

Jade (Above) is a great girl who needs a good and loving home to call her own.

Paxton (Right) is a wonderful boy who loves to run and play, if you are interested in adopting him or any other dog please stop by the Stray Animal Facility.

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



SEXUAL ASSAULT / VICTIMS

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



Good Friday ancient religious tradition to come to life in Pietrapenza

Today is Good Friday, which is the commemoration of the crucifixion and death of Jesus Christ. Just as it happens all over Sicily, this is probably the most awaited day in the town of Pietrapenza, a picturesque village in the Enna province. This morning, the Chiesa del Carmine (Church of the Carmine), which houses the Confraternita of Maria Santissima del Soccorso, the religious club that has been organizing this celebration for centuries, will get swarmed with confraternity members who help preparing for this evening's celebrations of the "Lu Signuri di li Fasci," (The Lord of the Bands). This afternoon at 2 p.m., a 14th century life-sized crucifix will be taken from an small chapel, where it is usually kept, and placed in the center of the church for adoration. Amidst a surreal silence, devotees will pay their respects for the entire afternoon. Pilgrims will enter the church, make a small donation and get small red ribbons, called "Misurreddi," (little measures), which have the same measurements as the crucifix. Misurreddi will then be blessed and tied around the arm as a sign of devotion.

Later at 6 p.m., confrati (confraternity members) will mount the crucifix and "Lu munnu" (a globe symbolizing the world) on top of a 28-foot cypress wood pole. This majestic post will then be placed in the middle of a wooden frame called "Vara." After that, brotherhood members will

complete this magnificent and elaborate float, called "fercolo," by tying to the upper part of the mast the traditional "Fasci," which are devotional long strips of white linen cloth that are about 105 feet long and 16 inches wide. Several families in town own white linen bands with their names embroidered in red. These linen bands represent a "thank-you offering" for a miracle received. Devotees are allowed to tie them to the float on a rotational two-year basis in order to give a chance to everybody to participate in the festival.

Thousands of Pietrini (Pietrapenza townspeople) and tourist will crowd outside the church to see that huge religious float being hoisted at 8 p.m. That is probably one of the most important touching and spectacular moments of the entire festival. The float turns from being an inanimate object into an elaborate "living machine," which is maneuvered by 500 believers, as it makes its way through the town's narrow cobblestone streets. Some devotees roll, unroll, pull and hold the devotional linen strips while others carry the heavy wooden support on their shoulders. All this requires teamwork, precision and attention to perfectly balance this imposing float. In fact, as the float proceeds, it changes its shape by performing some rather delicate maneuvers, rotations and turns which create a dramatic and spectacular optical effect. It actually looks like the crucifix would float on top of a snow mountain! Some Pietrini, who immigrated to the United States, would call a relative to listen over the

phone to the meek whispering of the bearers who say "Pietà e misericordia Signuri!" (God have Mercy and Pity on us!). Two litters holding the statues of dead Christ ("L'Urna con il Cristo morto") and Our lady of Sorrow ("L'Addolorata") will accompany the big float during the procession that will continue through late night. All Pietrapenza townspeople join together to keep alive this tradition, dating back to the 14th century, which according to legend, is also "attended" by the souls of the deceased brotherhood members.

Religious Drama to be held in Adrano on Easter Sunday

The traditional 18th century religious play called Diavolata (from the Italian word diavolo or devil) will be once again staged twice in Adrano this Sunday (March 23) at noon and in the evening at 8:30 p.m. The play, which tells about the eternal conflict between the forces of good and the evil, will be held in piazza Umberto, the square located between the Norman Castle and the cathedral. Five devils, the soul, which is represented by a little girl, the death (an actor wearing a skeleton costume) and the angel acted by a little boy, are the main characters of the drama. In the background of the stage, a scaring devil face and an empty grave are displayed. Smoke is given off during the performance.

The characters engage fighting and arguing one another. The drama has an allegoric meaning: since the Passion of Jesus has rescued mankind

from the original sin, devils and the death are terrified by the resurrection of Christ. However, they still try to convince mankind, by any means necessary, to give up Jesus' salvation. At that point Gabriel, the archangel, storms the scene and defeats the forces of evil by symbolically breaking the bow held by the death in two. Gabriel also forces them to pronounce a prayer saying: "Viva Maria, la speranza dell'uomo," (long live the Virgin Mary, the hope of mankind). This invocation ends the performance.

Following the Diavolata, the Angelicata, (from the word angelo or angel) is held. A background displaying heaven replaces the previous gloomy setting of the stage. This religious drama, which features the meeting between the Virgin Mary and Christ who are surrounded by angels and saints, symbolizes the triumph of good over evil.

U Sparu, (the shot) an amazing fireworks show to be held at the city's public gardens ends the play. For more info call Adrano tourist Office at 095-7698849.



The traditional "Festa di li schietti", (Bachelors' Festival) which runs in Terrasini, in the Palermo province, through March 23, is one among the most folkloristic and original ways to celebrate both Easter and the upcoming springtime in Sicily.

Although the festival, which annually draws hundreds of tourists, dates back to the 19th century, its origins are lost in time. The festival highlight is a sort of traditional weight lifting competition, beginning in the early afternoon (3 p.m.) on Easter Sunday (March 23) in which unmarried man (schietti) will attempt to lift a 110-pound decorated orange-tree with one arm. The tree symbolizes life and fertility while the competition recalls the medieval tournaments in which Sicilian Saracen knights would compete in the same way to win the heart of a beautiful lady.

The festa also features food, folklore parades and arts and crafts. For more information and detailed schedules call Terrasini Tourist Office at 091-8682402.



Photo by Mike Scott

The annual all-night-long "Signuri di Li Fasci" Good Friday procession, beginning tonight at 8 p.m. in Pietrapenza and featuring an elaborate and imposing float called "Fercolo," is the highlight of this mournful Catholic observance remembering the events of The Passion of Jesus.

Chierchio

Feudo Vito

San

Sicilian Easter Cakes Satisfy Your Sweet Tooth

Sicilian home cooks and pastry chefs are extremely busy during Easter, as the Sicilian saying goes "Aviri cchìu' chiffari di lu furnu di Pasqua," (being more busy than an oven during Easter).

Scrumptious pastries are still prepared according to secret ancient recipes handed down from Sicilian nuns and Moorish bakers.

There are a wide variety of Sicilian treats, which are basically made with eggs, flour, almonds, candied fruits and ricotta cheese.

Although chocolate Easter eggs, which come in assorted sizes, are big sellers in Sicily, traditional dolci (treats) are still very popular in the island.

Among the most famous treats there is the "Cuddura ccu l'ovu" (in the above picture) that is a cookie with hard-boiled eggs placed in the middle.

The marzipan "Agneddu Pasquali" (which in Sicilian means Easter Lamb) is undoubtedly, the most peculiar Easter cake. It comes from a Jewish tradition, and it is made with sugar and clove paste. It is shaped as the "Agnus Dei" (Lamb of God), whose bronze prototype is in Palermo's National Museum. The lamb is always set in a grassy background with a banner placed in the back. The banner is a small reproduction of the medieval symbol of the French kings who ruled Sicily.

The tantalizing "Agneddu di Pasta di Zuccaru e Jarofulu," which is still made by hand with sugar and clove paste is a pretty traditional variety of Easter lambs. The most valuable lambs are indeed the "Agneddi di Pasta Riali," or marzipan lambs, made with ground almonds and sugar, covered with icing and painted like the Martorana fruit. These particular lambs are often filled with citron jam and are a specialty of the towns of Erice and Acireale, where they're made close to life size. Pasta Riali in Sicilian means royal paste because it was made in the kitchens of the great nobles and the confectioners and nuns of the Martorana Convent in Palermo.

Another essential Easter cake is



"Cassata," one of the world's most famous Sicilian pastries. It is made with ricotta, coated with icing and decorated with candied fruit. Cassata is also available in smaller and differently shaped versions named "Cassateddi." Eating Cassata is a must for any good Sicilian as the saying tells, "Tintu cu nun mancia cassati la matina ri Pasqua," which in Sicilian means: "Bad is the one who doesn't eat Cassate on Easter morning."

Cassata was first prepared in 998 at the palace of Emir Yussuf in Palermo during the Arab rule. Its name derives from "Quas'at," which in Arabic means: round bowl. Historians believe that this cake was prepared in a round bowl 33 cm in diameter and its inventor used all the delicacies available at the time.

Over the centuries, this cake became so popular that in 1575, the Ecclesiastical Council of Mazara (province of Trapani) banned its production in convents and monasteries to prevent the nuns, who were very skilled and popular confectioners, from being disturbed during the Holy Week's prayers.

According to scholars, the first prototype of modern Cassata, which included sophisticated decorations with candied fruits, was prepared in the second half of the 16th century by the nuns of the Valverde Monastery in Palermo.

"Viscotta di casa," is another type of Sicilian Easter cookies worth mentioning. They are traditional home baked biscuits that are still prepared according to ancient recipes.

Easter Weekend Begins in Caltagirone

One of the most significant events is the Caltagirone Settimana Santa (Easter Week), will feature an intense religious activity including processions, religious plays, Holy Masses, and sacred music concerts.

The mournful "Via Crucis" procession of "Cristo Morto" (Dead Christ) will start tonight (March 21) at 6:30 p.m. Hundreds of penitents and town officials will accompany the statue depicting Jesus Christ

(the "Cataletto," a wooden life-size sculpture depicting dead Christ, which is preserved inside a glass case) and the grieving Virgin Mary, who is dressed in mourning. Devotees carry on their shoulders those heavy religious floats. There is no difference of age, social status or political opinion. Typically, the "penitent" bearer is someone who has had a recent death in the family or wants to express his devotion to Jesus' agony through his own physical suffering.

Later, the San Giuliano Polyphonic Choir will perform at 9 p.m. at the Chiesa del Gesù church.

Easter Sunday (March 23) will open with the joyful concert featuring the Calamus Clarinet Ensemble that will be held at the "Luigi Sturzo" Civic Gallery at 11:30 a.m.

In the afternoon, "A Giunta," (The Reunion) religious play will be staged in piazza Municipio (the main square) at 4:30 p.m. and will reach piazza Marconi around 6:15 p.m.

This spectacular show features three statues depicting Jesus, the Virgin Mary and St. Peter and consists of a series of scenes illustrating Saint Peter's announcement of the Jesus resurrection to the Virgin Mary, the following meeting between the figures of Vergine Maria or Virgin Mary and Jesus, and their sorrowful final separation, which takes place in piazza Marconi. The play begins with the imposing ten-foot tall papier-mâché statue of St. Peter that wanders around the crowd of devotees in search of the Virgin Mary to announce her the resurrection of her beloved son. After several unsuccessful attempts, Saint Peter eventually finds the Virgin Mary and tells her the good news. Thus, the meeting of the Virgin Mary and Christ takes place between piazza Loggia and via Luigi Sturzo. The black mantle that covers the Virgin Mary as sign of mourning falls after the meeting with her risen Son, and a blue and white dress replaces it to express joy. Meanwhile, two surprised figures depicting Roman soldiers named "Cicchittu" and "Nancittu," who surround Christ, witness the miracle. During the play, the crowd follows with attention and anxiety the events featured. And when the meeting occurs, townspeople express their joy by shouting "Viva Maria" (Long live the Virgin Mary). After that, the procession moves to piazza Marconi, where the "Spartenza" (separation) takes place. In the end, the Virgin Mary bows three times to Jesus and bids farewell to him. Christ is resurrected! For more information and detailed schedules, call the Caltagirone Tourist Office at 0933- 53809.



Magnolai

SPORTS & Fitness

Sigonella Sports and Stuff: Triple S Time to Go Dancing

Article by CWO 4 Ronald Herb
Signature Volunteer

It's March and the madness has begun. This year's waltz to the NCAA finals has more of a salsa feel to it as no one team stands out. Rather, 65 teams are rushing at full tempo toward the final dance floor in San Antonio, Texas.

The No. 1 seeds are hard to debate since Tennessee lost in their conference tournament with North Carolina, Memphis, Kansas, and UCLA taking top honors. The quick look has UCLA with the easiest path to the final four and Memphis holding the hard road pass.

Triple S predicts UCLA falling when they match up with the surprise final four team UCONN.

The hardest team to figure out in all of this, for Triple S, is UNC. They have tons of talent, play well as a team, and have a true team MVP in Tyler Hansbrough. Normally, that is all the ingredients for a title team, but something doesn't feel right. Triple S doesn't want to overlook the road to San Antonio as much of the madness will take place along the way. Look for a great 1st round. The match up that should be the most fun to watch is USC-Kansas State. Future NBA players O.J. Mayo and Michael Beasley are sure to put on a show. For true bracket masters nothing is better than picking a 12 seed to upset a 5 seed it happens more often than one would think. If it is going to take place this year, the Villanova upset of Clemson will be the one.

We all love to point out the team that misses the tournament and wonder why our team isn't one of the

top 65. Commonly forgotten is that only 34 at large bids are truly available due to conference winners getting automatic bid. That is the reason big names such as Arizona State, Ohio State and Syracuse are all going to the NIT this year. In the end Triple S has Kansas cutting down the nets for all the same reason we pointed out in UNC. They have slipped in under the radar to some degree this season. Good luck with your brackets.

This NBA season has been the best in years with all the trades of big name players. But the truly amazing thing that is happening is the Houston Rockets winner of 22 straight as of this writing. That is the second longest streak ever in the league. Not even the Celtics of either Bird or Russell nor the Jordan led Bulls hit this number. Only the Lakers have been to this place and the Rockets have done much of this without their big man Yao Ming. This season is shaping up nicely.

With all this basketball talk going on, did anyone see Tiger last weekend? He went into the final round of the Arnold Palmer

Invitational caught up in a 5-way tie for the lead. On the final 18th green, he nails a 25-yard birdie putt for the win, it hardly seems fair anymore. Someone has to be writing this stuff because Tiger's heroics are straight from a movie script, only he has turned the script into a weekly TV show vice a once in a lifetime movie.

Just in case anyone forgot we all live in Italy, and in Italy, soccer is king. We are less than two weeks from the start of the Sigonella Jaguars boys/girls soccer season. The teams have been hard at work for the last couple of weeks and are looking forward to a challenging season. The Jaguar's track is getting worked out as the track team is also preparing for its season. The weather has been working with us and Triple S is excited about the final sports season for the class of 2008. Go Jags!

We still have a couple of slots left for our Sigonella Fantasy baseball league. Yahoo sports " Private League." ID 114708, and password sss2008. If you any questions, comments, or complaints send them to bmc27nyg@aol.com. Till next week.

BASKETBALL STANDINGS

Final
Power Rankings

Team	W	L	%
1. Hospital	10	1	.900
2. Supply	8	2	.800
3. Comsta	8	4	.666
4. Patron Sig	6	6	.500
5. PWD	6	6	.500
6. SEC A	5	6	.450
7. Weapons	5	7	.410
8. CTF-67	3	7	.300
9. SEC B	2	10	.166

Youth Sports

Tuesday, March 25

4pm Valentine vs. Ashburn at Fit District
5pm Syrcle vs. Price at Fit District
6pm Gardner vs. Keller at Fit District

Thursday, March 27

5:30pm Richardson vs. Hernandez

Adult Soccer

Week 1

Executive Admin defeated Ammo 3 - 1
OPS defeated Comsta Elite 5 - 3
AIMD defeated Security 4 - 0
Patronsig defeated Comsta United 5 - 1
SEC/K9 defeated PWD-A 3 - 0
Hospital defeated Supply 4 - 2

BASKETBALL League's Leading Scorers

Top 5

CODER	22.4 PPG	SEC A
LAZENBY	20.6 PPG	CTF-67
STUBBS	19.5 PPG	SUPPLY
JOHNSON, D	16.3PPG	HOSPITAL
SCHMIDT	14.7 PPG	PWD

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.

Rigattiere



(Above) Janibel Ortiz proudly displays the golden egg she found in the three to five age group. (Below) a child picks up one of the many Easter eggs during the hunt.



Oxidiana

EASTER
continued from page 1
other plans for the upcoming weekend, but still it resulted in "a really good turn-out" according to Annise Winslow, the event coordinator and director of the Child Development Center.

The event was the result of the child and youth program with the help of more than 25 volunteers, almost two months of planning, and a little well spent money.

Prior to the sanctioned egg hunts, children played on and about the inflatables and took turns coloring Easter bunnies and other crafts that the staff had put together for entertainment. In addition, most children were even awarded with the opportunity to spend a little time and have their picture taken with the Easter bunny, who was quite committed to making the rounds throughout the open lawn and greeting the children.

Next, came a five-part Easter egg hunt and the search for the golden egg. The children were separated into age groups ranging from infants under one, toddlers between one and two, children from three to five, six to

eight and nine to twelve.

In each separate hunt, two golden eggs were hidden alongside the others in a regular shell. The lucky ones who found the golden eggs were then able to turn them in for a large Easter basket filled with goodies suitable to the particular age group.

One lucky winner was five-year-old [redacted]. It was her first time participating in the Egg-Sravagana. While grabbing as many eggs as she could she happened to shake one and realized that it seemed a little different. When she opened it up, a giant smile creped across her face and she ran back to her mother yelling "Look, Look."

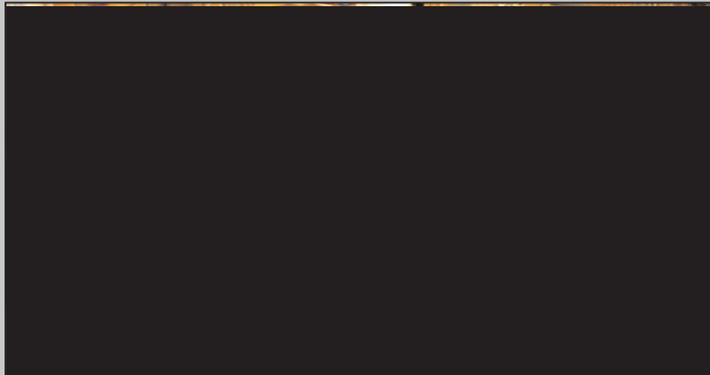
Inside, along with the golden egg, held a piece of paper with the inscription "Congratulations, you have found the golden egg. Take it to the prize table to claim your prize."

After the Easter egg hunt, there was still more fun and games to be had by the children. The volunteers put together a spoon race and a sack race for the children to participate in until the festivities came to an end at 1:00 p.m.



A Thoughtful Gift

Article courtesy of SAWS



The Sigonella Animal Welfare Society would like to thank a special person for a very unique donation. [redacted], a former Sigonellan, has donated some wonderful books to the library on behalf of SAWS. These books are being donated to the library in memory of some past SAWS animals that made many people very happy. This exceptional gesture is just one of the ways that people contribute to our cause. The donation of these books commemo-

rates some of the animals that SAWS has saved, with the hard work and dedication of some very extraordinary volunteers. Without the community's help, SAWS could not move forward and make a difference. Mrs. Beth Shirey supported SAWS during her stay in Sigonella and is still showing her support, even from afar. SAWS would like to thank everyone who continues to help and support our organization; we could not do it without you.

Legalman Conversion

Article courtesy of Jason Keinhop
Navy Legal

Are you interested in joining one of the world's largest law firms? Do you have what it takes to be a Navy Paralegal?

The Judge Advocate General of the Navy recently released JAGINST 1440.1D opening the Legalman (LN) rating for conversions after a two-year closure. Third and Second Class Petty Officers, or those eligible for those ranks, who have less than 10 years of active service, may apply for conversion. Additionally, a change to the LN rating conversion procedures now authorizes the conversion of eligible E-3 personnel to Legalman.

Another bonus for the E-3 conversions is automatic advancement to E-4 for successfully completing the Legalman Accession Course at the Naval Justice School.

Additionally, successful completion of the new Legalman Accession Course guarantees 10 college credit hours from Roger Williams University toward a degree in legal studies or certification as a paralegal.

For additional information about becoming a Legalman, contact LNC(SW/AW) Stephanie M. Wallace at 314-624-6325 or stop by your career counselor's office and ask to see JAGINST 1440.1D. All conversion packages must be screened and endorsed by the Region's Senior Enlisted Legalman, LNCM(SW/AW) Paul St. Sauver.

If you are interested in a challenging new job and would like to become a certified paralegal, now is the time to check out the Legalman rate.

100 Years of Women in the Navy

Article by Mass Communication Specialist 2nd Class Michael A. Lantron
Commander, Navy Region Hawaii Public Affairs

Throughout March 2008, Sailors will celebrate and recognize the many contributions of women to our Navy and nation during the 21st annual observance of Women's History Month.

Women have been serving as an integral part of the Navy since the establishment of the Nurse Corps in 1908.

Nine years later, the Navy authorized the enlistment of women as "Yeomanettes." In 1948, the Women's Armed Services Integration Act was signed, making it possible for women to enter the Navy in regular or reserve status.

In 1972, the Equal Rights Amendment was passed by Congress, allowing for no separate management of men and women, authorized entry of enlisted women into all ratings, and opened Recruit Officer Training Command to women.

Today, women account for more than 15 percent of the Navy's Sailors and command expeditionary strike groups, aviation squadrons, combatant ships, civil engineer corps commands, and numerous other operational and shore units.

"The increasing number of women shows that our nation and our military supports equal opportunity and hopefully other organizations will follow us," said Master-at-Arms 2nd Class Amber Reyes, a criminal investigator

assigned to the Security Department at Naval Station Pearl Harbor.

Women in today's Navy can be seen doing the same jobs as their male counterparts such as: saving lives in the ocean as search and rescue swimmers; building houses as Seabees; patrolling streets as security force members; and navigating ships as master helmsmen.

"I love showing people that girls can do what guys do, it's why I became a Boatswain's Mate," said Boatswain's Mate 3rd Class (SW) Emily Hernandez, a coxswain serving on the Pearl Harbor-based Arleigh Burke-class guided-missile destroyer USS O'Kane (DDG 77).

The amount of senior female leadership has increased throughout the years, and junior Sailors see them as positive role models for today's Navy.

"It's great to see more female chiefs and officers every year," said Reyes. "It gives me something to inspire to be and hopefully be a positive role model that people look up to one day."

The Navy continues to embrace the diversity women bring to the fleet and is proud to be part of the trend of attracting top women to the military and compelling them to make it their career.



(Above) Chief Master-at-Arms, Karla Thompson, stands along side of her new fellow chief petty officers during a pinning ceremony on board Naval Station Pearl Harbor. Twelve selectees were pinned by their friends, family and fellow chiefs in a traditional ceremony at Lockwood Hall.

(Left) Fire Controlman 3rd Class Kris Merritt, assigned to Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90), has her hair put underneath her headgear during a Feather Weight boxing match at Bloch Arena. The boxing match was part of a tournament for the Surface Navy Association, Surface Line Week.



(Below) Boatswain's Mate 2nd Class Kelly Pfaus, coxswain for the USS Arizona Memorial Detachment, navigates a white boat during a historic tour of Pearl Harbor for NFL players and their family and friends. Players of the NFL are currently in Honolulu, Hawaii, for the Pro Bowl at Aloha Stadium.



Alphio

Banck

MWR CORNER

Jox Pub

Latin Quarters:

March 29, 9pm - 3am

Midtown 2 Theaters

Easter:

March 23 - Free giveaways.
Birthday parties available!

SpareTime Bowling Center

Colorama Glow-in-the-Dark Bowling:

Saturday nights at 9 p.m. - \$10 includes three games, shoes, and entry into drawings. Birthday parties available!

Take 5

Super Hero Movie Mania: March 24

GI Joe Video Game Tournament: March 25

Spider-Man Adventures: March 26

Super Hero Training Day: March 27

Liberty

Mexican Dinner in Catania: March 21

Paintball Warfare: March 22

Indian Dinner in Catania: March 28

ITT Gear-n-Go

Enna on Good Friday:

March 21: Depart: NAS II 2:30 p.m., NAS I 3 p.m.,

Return: 11 p.m. - \$24 + euro for food and fees

MWR F.Y.I. TRIP OF THE MONTH:

Tubing at Villa Grande:

March 22: Depart: NAS I 9 a.m., Return: 5 p.m. -

Transportation FREE!! Bring euro for rental and food

Modica Chocolate & Carrubo's Liqueur Tasting

March 22: Depart: NAS II 7 a.m., NAS I 7:30 a.m.,

Return: 7:30 p.m. - \$28 + euro for food and fees (€25)

Easter in San Biagio Platani & Sant'Angelo

Muxaro: March 23: Depart: NAS II 7 a.m., NAS I 7:30

a.m., Return: 8 p.m. - \$38 + euro for food and fees

Scuba

Classes will now be held at the Duomo Conference Center on NAS II. Pool dives will be at the NAS II pool. Please contact ITT x4396 for more information.

Extended Trips 2008

Taormina Spa: April 10 - 13

Giro d'Italia: May 10 - 12

Corfu, Greece: May 22 - 26

Camping in Tropea: May 23 - 26

Legoland Deutschland (Germany): June 13 - 16

Camping in Lipari: July 4 - 7

Citta del Mare, Sicily: July 4 - 7

Fitness

Children's Ballet Class

Sign up for April 1 - 25

Teen Center

Money Matters: Make It Count:

March 21 and 28 from 5 - 6 p.m.

Money Matters promotes financial literacy among teens by helping to instill basic money management

skills for youth ages 13-18. Teens are provided many opportunities to earn money during the school year and summer months. Participation in Money Matters can help teens learn practical ways to save, spend, and invest the money they earn now and in the future.

Bowling:

March 21 at 5 p.m.

Tubing at Villa Grande

March 22: Depart: NAS I 9 a.m., Return: 5 p.m.

Transportation FREE!! Bring your own lunch and 10 euro for rental.

B&W Party at Marina Community Center

March 22: 8 - 11 p.m.

Ping Pong Tournament

March 26 at 2:30 p.m.

Spring Break Trip: Citta del Mare Resort:

April 4 - 7

The Teen Center will be going to the beautiful resort of Citta del Mare, near Palermo.

€100/peron, limited space, sign-up at the Teen Center.

Youth Center

Children's Poetry Publications:

March 24 at 3:30 p.m.

Spring Break Week:

April 7 - 11

Spring Break Camp is open to ages 6-12. During camp, children will experience physical activities, games, arts and crafts, and cooking. The children will also be invited to join us on scheduled field trips during the week. Don't miss out on the fun! Fees are based on income.

MARCH 21 - MARCH 28

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, March 21

12:00pm Cloverfield PG-13 84 min.
3:00pm Meet The Spartans PG-13 84 min.
5:00pm The Bucket List PG-13 97 min.
5:30pm Juno PG-13 96 min.
7:30pm Rambo R 93 min.
8:00pm There Will Be Blood R 158 min.
9:30pm Sweeney Todd R 117 min.

Saturday, March 22

2:00pm The Pirates Who Don't Do Anything G 85 min.
2:30pm 27 Dresses PG-13 111 min.
4:30pm The Great Debaters PG-13 124 min.
5:00pm Vantage Point PG-13 84 min.
7:00pm There Will Be Blood R 158 min.
8:00pm Rambo R 93 min.
10:00pm Semi-Pro R 90 min.

Sunday, March 23

2:00pm FREE ADMISSION
Who Framed Roger Rabbit PG 103 min.
3:00pm Meet The Spartans PG-13 84 min.
4:30pm FREE ADMISSION
Passion Of Christ R 127 min.
6:00pm Rambo R 93 min.

Monday, March 24

3:30pm Juno PG-13 96 min.
5:00pm Vantage Point PG-13 84 min.
5:30pm First Sunday PG-13 98 min.
7:30pm There Will Be Blood R 158 min.
8:00pm 10,000 B.C. PG-13 109 min.

Tuesday, March 25

5:00pm Meet The Spartans PG-13 84 min.
5:30pm The Bucket List PG-13 97 min.
7:30pm Sweeney Todd R 117 min.
8:00pm Rambo R 93 min.

Wednesday, March 26

12:00pm Mad Money PG-13 101 min.
3:00pm The Pirates Who Don't Do Anything G 85 min.
5:00pm The Great Debaters PG-13 124 min.
5:30pm Semi-Pro R 90 min.
7:30pm Juno PG-13 96 min.
8:00pm 27 Dresses PG-13 111 min.

Thursday, March 27

3:00pm Meet The Spartans PG-13 84 min.
5:00pm Cloverfield PG-13 84 min.
5:30pm Sweeney Todd R 117 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Witness R 112 min.
8:00pm Vantage Point PG-13 84 min.

Cloverfield (PG-13)

Five young New Yorkers throw their friend a going-away party the night that a monster the size of a skyscraper descends upon the city. Told from the point of view of their video camera, the film is a document of their attempt to survive the most surreal, horrifying event of their lives.

First Sunday (PG-13)

Durell and LeeJohn are best friends and bumbling petty criminals. When Durell learns that his ex-girlfriend plans to move to another state with their son--unless they can get her \$17,000 to pay off a debt--they come up with a desperate scheme to rob their neighborhood church. But when the duo fumbles their way through the break-in, they discover someone has beaten them to the punch. In order to get their hands on the money, Durell and LeeJohn are forced to spend the night in the presence of the Lord and his followers--and end up getting a lot more than they bargained for.

The Great Debaters (PG-13)

Inspired by a true story, "The Great Debaters" chronicles the journey of Professor Melvin Tolson, a brilliant but volatile debate team coach who uses the power of words to shape a group of underdog students from a small African American college in the deep south into a historically elite debate team. A controversial figure, Professor Tolson challenged the social mores of the time and was under constant fire for his unconventional and ferocious teaching methods as well as his radical political views.

Juno (PG-13)

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.

Mad Money (PG-13)

A comedy about three ordinary women who form an unlikely friendship and decide to do something extraordinary--rob one of the most secure banks in the world. Bridget Cardigan is shocked to learn that she is on the verge of losing her home and comfortable upper middle class lifestyle when her husband Don is downsized from his job. Armed only with a decades old English degree and years as a dedicated mother and corporate wife, Bridget is forced into the unfamiliar labor market with no job skills. Finally, she accepts the only position she can find--janitor at the Federal Reserve Bank. The one-time suburban mom soon discovers she has more in common with her new co-workers than she thought.

Bridget forges an unexpected bond with Nina, a hard-working single mom with two kids to raise, and Jackie, an exuberant free spirit with nothing to lose. Caught up in a system that underestimates their talents and keeps their dreams just out of reach, Bridget, Nina and Jackie set out to even the score. After a lifetime of playing by the rules, the three devise a plan to smuggle soon-to-be destroyed currency out of the supposedly airtight Reserve. As the unlikely crime syndicate amasses piles of cash, it looks like they have pulled off the perfect crime--until a minor misstep alerts the authorities. With more money than they know what to do with, the women are pushed to the limits of their ingenuity to stay one step ahead of the law!

Meet The Spartans (PG-13)

The heroic Leonidas, armed with nothing by leather underwear and a cape, leads a ragtag group of 13--count 'em, 13--Spartans to defend their homeland against the invading Persians (whose ranks include Ghost Rider, Rocky Balboa, the Transformers, and a hunchbacked Paris Hilton--no one is safe when the Spartans take on the biggest icons in pop culture).

Rambo III (R)

John Rambo's former Vietnam Colonel has been assigned to lead a mission to help a group of rebels fight the Soviet invasion of Afghanistan, but Rambo turns down the request to help out. When the mission goes belly up and the Colonel is kidnapped and tortured, Rambo launches a rescue effort and allies himself with the rebels to get their help in trying to rescue the Colonel.

10,000 B. C. (PG-13)

In a remote mountain tribe, the young hunter, D'Leh, has found his heart's passion - the beautiful Evolet. When a band of mysterious warlords raid his village and kidnap Evolet, D'Leh is forced to lead a small group of hunters to pursue the warlords to the end of the world to save her. Driven by destiny, the unlikely band of warriors must battle saber-tooth tigers and prehistoric predators and, at their heroic journey's end, they uncover a Lost Civilization. Their ultimate fate lies in an empire beyond imagination, where great pyramids reach into the skies. Here they will take their stand against a powerful god who has brutally enslaved their people.

PREMIERS SATURDAY MARCH 28

The Eye, Over Her Dead Body,
Untraceable

COMING SOON

Fool's Gold, Welcome Home Roscoe,
Jenkins

Alaskan Villages Benefit from Joint Military Medical Outreach

Article by Mass Communication Specialist 2nd Class Matt Grills
Commander, Navy Reserve Force Public Affairs

Mixed teams of Army, Navy and Air Force healthcare providers are spending a week, March 3-10, in six remote villages in Kodiak, treating hundreds of medically underserved people as part of Operation Arctic Care 2008.

Residents of Karluk, Old Harbor, Ouzinkie, Port Lions, Akhiok and Larsen Bay have enthusiastically welcomed the military as guests, inviting members to visit their schools and use their clinics to conduct free eye exams and dental cleanings. Meanwhile, Army veterinarians are traveling house to house, vaccinating animals.

"They've received us with open arms," said Air Force Master Sgt. Patrick Holena of Wilkes-Barre, Pa., an optometry assistant. "They're happy we're here, and we're happy to be here. As soon as we hit the ground, we started building friendships and making ourselves part of the community."

Teams began arriving March 3 for the seven-day operation via Coast Guard helicopters, charter fishing boats and Kodiak's Civil Air Patrol, when weather prevented the Alaska Army National Guard from using Blackhawks to deliver personnel and supplies.

"This is, at heart, a civil-military project," said Air Force Lt. Col. Jerry Arends of Fargo, N.D., officer in charge for Operation Arctic Care

2008. "The native corporation asks for the project and provides clinical support in the villages. Here we're actually looking at the civilian community providing transportation to the villages. That's very unique."

Operation Arctic Care is conducted in cooperation with and under the supervision of the Kodiak Area Native Association (KANA), which provides health and social services for Alaska natives in the City of Kodiak and the island borough's six smaller communities.

Because of the distance - an hour or longer, by air - natives wanting to see a doctor often wait until KANA comes to their village. Non-natives must fly to Kodiak.

"The non-beneficiary residents of our remote villages don't have access to our chronic care," said KANA's pharmacist, Cmdr. Preston Van Curen of the U.S. Public Health Service. "When Arctic Care comes to the island, it's a big bonus to those people."

Both groups, native and non-native, benefit from the mission, which offers medical, dental and veterinary services from military providers at no cost. Specialty care this year includes dermatology, physical therapy and psychiatry.

Army Capt. Dan Chatterley of Fairbanks, Alaska, volunteered for Arctic Care two years ago when he was first stationed at Fort



Servicemembers load supplies aboard a local fishing boat to provide medical, veterinary and mechanical services to. (Released six island borough communities of Kodiak, Alaska as part of Operation Arctic Care 2008.)

Wright.

"I'm enjoying it," said Chatterley, a general dentist assigned to the fishing village of Ouzinkie, which has a population of 193. "I've seen probably 40 or 50 patients so far - mostly exams, a couple of extractions, a lot of fillings. The community has done a good job getting the word out that we're here."

Chondra Wommack brought her five children, all 6 and younger, to the Ouzinkie Health Clinic for oral check-ups.

"There's not a dentist who comes out here very often, and it's a lot of money to leave the island," Wommack said. "Everybody thinks this is fantastic."

Chief Hospital Corpsman Aimee Arnold of Lebanon, Pa., a dental hygienist, has spent every morning in Ouzinkie's school, teaching students how to take care of their teeth and telling them about career opportunities in her field.

"The children are wonderful," Arnold said. "They love asking questions. I think one of them's going to end up becoming a dentist. He knew how many teeth are in the mouth, and which are the molars and which are the incisors."

Villagers also receive eye exams and, when needed, free eye-wear.

Air Force Maj. Christine Stabile of McChord Air Force Base in Washington brought a deployable optometry kit that includes an autorefractor, a handheld computer that can make an approximate measurement of a person's prescription within sec-

onds.

"Our equipment supports Arctic Care every year, and we said, 'This year, if you're taking our equipment, you're taking our personnel,'" Stabile said. "We do exactly the same kind of care that you would receive at any optometry or ophthalmology clinic in the United States; there's no cutting corners. An eye exam usually includes 14 tests, and all 14 tests are done here."

Optometrists in each village fax prescriptions to a makeshift lab set up at the Coast Guard base in Kodiak, where Hospital Corpsman 1st Class Nicholas Piccard and Army Spc. Tony Fountain from the Naval Ophthalmic Support and Training Activity in Yorktown, Va., grind the lenses and produce eyewear in a matter of minutes.

"We're expecting to do about 400 jobs," Piccard said. "We brought finished lenses with us. From there we take off the sharp edges, mount them, quality check, wrap them up, and we're good to go."

Of all her patients this week, Stabile said she was most moved by the story of a young girl who had been taken in by her uncle after her father died in an accident and her mother abandoned her.

"When we gave her prescription to her uncle and told him that she'll do better at school, he started to cry. He was just so relieved," Stabile said.

Air National Guard Lt. Col. John Carmack of Powhatan, Va., is filling the role of primary-care physician in Ouzinkie and Larsen Bay, a village of fewer than 100 people. He

has seen patients for sinus infections, hypertension, diabetes, coronary disease and mental-health issues.

"I've had people tell me that they wish I lived here," Carmack said. "Everyone has thanked me for serving, and not just me but the whole team. They say what we're doing here is a great service."

Port Lions Mayor Judy Raymond said that for the people of her village, the military teams haven't just brought care. They've brought conversation.

"I look around and see people who we've not seen out for quite some time," Raymond said. "One member of our community was talking to a couple of people who had actually served in Iraq, and she told me it brought awareness back to her. We are somewhat isolated and can sometimes forget about what's going on outside here. This has been invigorating for us."

The same can be said for those participating in Arctic Care, said Air Force Lt. Col. Jason Hall of Robins Air Force Base in Georgia. As the team leader in Ouzinkie, he said the mission has built esprit de corps between the different service branches.

"I'll go to war with any one of these Soldiers, Sailors and Airmen. They're a fantastic crew. We have bonded as a family," Hall said.

Operation Arctic Care is an annual training event sponsored by the Innovative Readiness Training program under the Office of the Assistant Secretary of Defense for Reserve Affairs.

Palermo

Tattoo

All Services

NMCRS continued from page 1
care, funeral provisions and emergency transportation. NMCRS Sigonella additionally provided educational disbursements to the sum of \$55,165.

The local Society also provides non-financial assistance to Sigonellans. In 2007, 72 layettes (Junior Seabags), which help defray some expenses of a having a new baby, were distributed. NMCRS Nurse, Nancy Decker, visited with

more than 800 patients.

The Nearly New Thrift Shop, only one of five present in overseas installations, boasted recorded profits in 2007. The purchasing power of NASSIG raised \$26,061. The generous contributions of the Sigonella community allowed for 573 boxes of donations to be sent to orphanages and charities in Sicily, Afghanistan, Cairo, Egypt and nations in the horn of Africa.

Although sponsored by the Department of the Navy, the programs offered by NMCRS are totally funded by charitable contributions. The Active Duty Fund Drive, conducted yearly by the Navy and the Marine Corps under the auspices of the Secretary of the Navy, directly supports NMCRS.

The 2008 Active Duty Fund Drive begins March 1st and runs until April 15, 2008.

Naval Hospital Sigonella Revamps Entrance

Article and photos by MC2 Jason Poplin
Fleet PACEN Det. Sigonella

Naval Hospital Sigonella conducted a ribbon cutting ceremony March 18 marking the conclusion of two months of remodeling performed to the hospital's main entranceway.

Replacing their previous automated door system, the new doorway will ensure continued smooth access to the hospital. In addition, Naval Hospital Sigonella also celebrated the naming of its 1st deck café bar. The bar, a long-time popular haven for patients and hospital staff members alike, proudly boasted its new title "Buon Java" during an unveiling and cake-cutting ceremony.



EXCELLENT continued from page 2

As I reflect on my three years here, I have no regrets. I believe that I have given everything that I have to make a difference here and now. I have not lived in the future. I am present each and every day. Will you be able to say the same thing in one, two, or three years from now when you check out of this command? I hope you will.

What changes do you need to make to your attitude and actions in order to become an element of change here in Sigonella? There is a grand adventure just waiting to be experienced right now.

Hopefully, at the end of your tour in Sig, you will be able to echo Bill and Ted's refrain, "Most Excellent!"

Stampa

HEALTH

continued from page 2

That's only about one extra slice of pizza per day! When you compare that to an average adult intake of about 3000 kcal per day, eating in pregnancy is more like eating for "1.1" instead of two.

Generally, in pregnancy, you should continue to eat three meals a day. When you feel hungry, it is OK (and actually recommended) to snack between meals. Just continue to eat healthy snacks, and limit portions with both snacks and meals. And as long as you behave well overall, don't worry about splurging occasionally.

It's important to note that women do not generally gain weight at a consistent rate throughout pregnancy. As long as you're not losing several pounds per week, it's usually OK if you don't gain weight during the first several weeks of pregnancy. Many women experience a majority of their weight gain in their second trimester while staying at a more stable weight beforehand.

In concert with your diet, stay well hydrated by drinking plenty

of water or low-calorie, non-cafeinated beverages. In pregnancy, you should try to should drink water continually even when you don't feel thirsty. If you can, get into the habit of carrying around a bottle of water at all times.

Exercise in pregnancy is a whole topic in itself. In general, know that exercise in pregnancy is safe and recommended. Most forms of exercise (with few exceptions including scuba diving and exercise while lying down) will not harm your baby, and exercise will not cause you to go into labor early. Staying in shape with plenty of exercise is one of the most effective ways you can help contribute to a healthy pregnancy and delivery.

If you have any questions about this or other related topics, the medical and nutritional staff at Naval Hospital Sigonella is glad to help. We have many resources available here for all women, so don't be afraid to put these to use for you. The best time to bring up any concerns related to pregnancy is before you are pregnant!

FFSC

continued from page 1

most cases, true. Mostly, people do not even consider the buying option because of the big amount of money involved, the emotional distress, and finally, the complicated procedure. During the course of his class, Mr. Colton covered meticulously each aspect of this process, helping himself with a well made power point. He started simply illustrating the reasons why one should choose to buy or to rent. He then moved on teaching how to choose a mortgage and a lender that suits the buyer, explaining, for instance, the difference of the various loan products, and the way most lenders qualify the borrower. Furthermore, he provided many useful tips to apply when hiring real estate agents, home inspectors, insurance companies, etc. along with a list of clever questions to ask. He yet handed out a check list, another great

tool to help prevent confusion during the all process. Mr. Colton granted the class time for interaction. This was a clever choice because people had the opportunity to share their personal experiences, contributing, in this manner, to enrich even more the session. Each participant received a folder containing samples of loan applications, reliable websites and several related information. At the end of class, in an interview, Mr. Colton said that his expertise does not lie only on his title, but also on his personal experience of buying and selling homes. His availability, enthusiasm and professionalism was the key to the successful completion of this class. Remember that between all the benefits the Navy grants to his family, FFSC is surely one the best, it is worth to follow the various monthly classes or to set an individual appointment with the different counselors. Their mission is to help you.

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 2 p.m. of the Friday of the week before publication. For more information call 624-5440 or 624-2798 or 095-86-84 last four digits. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884 .

SEND IL MERCATO ADVERTISEMENTS TO THESIG@NASSIG.SICILY.NAVY.MIL

AUTOMOTIVE

Yamaha R1 (1000cc) electric blue colour, year 2003, 152 Horse power km 27,000 certified service. A must see bike, it looks new!! Euro 7,000 non negotiable. One owner only, never been on a circuit. The motorbike is in Niscemi and you can try it at anytime. Call 389 678 0073 (italian speaker only) or e mail me in English or Italian: roberto.internullo.it@nassig.sicily.navy.mil

998 Seat Ibiza 2 door in good condition great on gas/mlg very reliable price Euro 1700,00 for info call cell 346-6082330 ask for Joe

Lancia K, black, excellent condition, full optional, 5 cylinders, A/C, on board computer, has new brakes, 4 doors, and has a very large trunk. Asking 4,300.00 Euro negotiable. Call 348-8242543.

1997 Mazda Protege LX Automatic, 4 cyl. 1.5 liter, white in color, front air bags, radio, CD player, a/c, heat, power steering. Excellent transportation. Must sell PCSing (300 liter gas coupon). Kelly Bluebook value is \$4,600. Asking \$3,000. Call me at: 346-740-6364.

1994 Opel Tigra - 2dr hatchback, Purple in color, Excellent condition! Runs great and Outstanding on gas! All maintenance done on schedule. \$2,500 OBO. Call Blake at H/624-1625 or C/3334735191.

1990 Mercedes Station wagon 200TE, 200cc engine, A/A, All powered, ABS, metal green. Good conditions Asking Euro 3000. If interested call 3898350314or 624 6871 2005 Chrysler PT Cruiser Convertible 2.4 Turbo, Champagne Color, like new, fully load, auto start, tint window. Call for more details : 624-1499 or 3315347851

Mercedes Benz C Class 180 Elegance, Silver, 4 door. 5 speed Stickshift. Great condition and excellent stereo. New tires. Asking \$4800. Manny HM: 1399 WK 3797

1990 US spec Nissan Pathfinder automatic V6 gets 400L, AC/Heat/Radio/Sunroof good condition. You can switch to 4x4 or just 2 wheel drive. 4 Brand new BIG tires (\$170), exhaust and brakes for recent safety inspection. Great reliable car for you or family. Daily driven from Mineo to NAS I and have been to Rome, Florence, Pisa and Venice. Available 2nd wk of April, reserve it now. POC:624-0109 Ask: \$3,200 (make me offer)

1992 Toyota Previa Mini Van. Runs great-New A.C., Radio, and Oil Change. Tires only have 7,000 miles on them. It's

not your typical Island Beater-we're only the 2nd owners!! \$2,500, Call Jordan at 624-1344 or 346-518-2984 for more information.

1991 BMW 316i, green, 4 door, AC, 5-sp, Radio/CD w/detachable face, approx. 123K miles, 2 brand new tires, needs head gasket. Asking \$1,000 OBO. Call Michael at 624-2821 or 335-578-8077.

2002 BMW 330Ci Coupe Titanium Silver, European Spec, Sports package w/SMG semi auto transmission, Premium Package, Harmon Kardon Premium Sound System, iPod ready, Xenon headlights, fog lights, power Moon roof, KBB \$18,810 asking \$17,000. Contact Antonio 340 964 3773

2003 Ford Ranger. 2.3L single cab, gray, 5 on the floor, CD player. Great small truck! Perfect for singles and two-person families. Great on gas, all maintenance done at correct intervals, extremely clean and easy to maintain. Not a thing wrong with it! MUST SEE! Leaving in July, will work something out. \$6,000 OBO. 347-627-9413, 624-1681. Ask for Thomas.

2003 Harley Davidson XL883C Sportster Custom. Anniversary Edition Black and Silver. Lots of chrome. Stage 1 kit installed. Looks great, sounds great, runs great. Appr. 9K mi. \$5500.00 Firm. Call Joe -- Cell:3392557154 Home: 095306149 Work: 624-5764. Must see to appreciate!

1998 Fiat Punto Black excellent condition runs great Cold Air Conditioning 5 speed manual transmission 73,000 original KM. CD/Radio, available immediately \$2,000.00 Contact John at W/624-2145, H/624-4740, or C/334-643-0236

November 96 Fiat Brava color blue, km 133,000, 5 doors, A/C, powered window and locks, new silencer, new tyres, good condition. For more info. call 320-554-7471 after 16:00

Ford Escort convertible, 1600cc, 105 hp, 5 speed manual, brand new! Electric hood, alarm, pwr windows(4)/locks/steering, alloy wheels, new tires, recent tune-up, original 31k miles, excellent conditions. Available immediately. Must see! Ask \$4600. FMI call 3477725236 anytime or e-mail fimau@katamail.com for pictures.

1996 ROVER 416GS, White, Manual Good condition, Excellent engine, keyless entry, am/fm/ed player w/4 speakers, A/C works excellent!! CV Joints recently replaced, and all 4 tires are 8 months old. Regularly maintained. Car will be available April 10th. Asking \$700.00. OBO.

Call Dan at 335-786-4253 or 624-6571.

2001 Ford Focus ZX3 Hatchback 2D US Spec, Ice Cold Air Conditioning, Power Steering, Power Windows, Power Door Locks, Cruise Control, AM/FM Stereo, Single Compact Disc, Tilt Wheel, Dual Front Air Bags, Alloy Wheels, European Folding Mirrors, 4-Cyl. 2.0 Liter 16V ~ Draws 300 ltrs per mo, Front Wheel Drive ~ New Tires, Mileage: 95,000 **KELLEY BLUE BOOK Private Party Value: \$4,525** Call Brian 33 55 78 8150 or 333 44 00 88 5 or 624-4700 ext 16 Email cnurup@gmail.com

2007 Ford Focus SE, Black 3 door hatchback. Only 7k miles, Auto trans, Flawless condition, 7y/70k mile warranty included, KBB \$12,100 Asking \$11,000, Contact Justin @ 349-323-2978

Lancia Sedan for \$1400 4 door lancia dedra, 143631 km, 300 ltrs/month, a/c-heat working great, roomy interior, easy to drive in Catania VERY RELIABLE! Driven all over Sicily and never had problem. For more info please call Oliver at work x3844 or cellphone 346 965 4129.

FOR SALE

Panasonic SC-HT700 CD/DVD 5-disc Home Theater System w/ speakers. Maintained in immaculate condition and works flawlessly. Original Owner. Originally purchased for \$370, will sell for \$100 (Firm). Perfect for living room use. Please call 624-1225 if interested.

Digital Signal Converter for Sky Italia Satellite TV - Samsung SV-5000W. World Wide Video Digital Signal Converter. Mint Condition. Barely Used. Bought for \$475, will sell for \$125 (Firm). Vital to watch Sky Italia Satellite video or Italian tv programs on an American spec television. Automatically converts between the PAL and NTSC signals. Dual Voltage (110V - 220V). Also works as a VHS player with all the bells and whistles. Please call 624-1225 if interested.

Onkyo Surround Sound System - Selling a flawless condition Onkyo Home Theater in a Box system (no DVD player). Provides over 1000 Watts of clear sound from its 6.1 speakers (6 speakers and 1 subwoofer). Original owner. Purchased in 2005 for \$750, will sell \$175 (Firm). Has 2 Optical and 1 Coaxial Input on the back, plus numerous RCA cable inputs. Perfect for CD, DVD, and video game system surround sound. You won't be disappointed. Please call 624-1225 if interested. Cell phone Has a Camera, video, plays music, internet and blue tooth capabilities. 100 euros new 1 year ago, will sell for \$50 obo Call Cam 3921059769

Treadmill for sale. ProForm Crosswalk 395CW Space Saver Fold-up Treadmill asking \$100. Call 624-1227.

Graco pedic travel system-car seat, car seat base and cover, stroller. Memory form in the car seat-ultra comfy, stroller easy to fold up, cream and brown. \$40.00 call Kim 3334400885

Trampoline for sale! 13 feet with net enclosure for safe fun all summer long! Call Kim 3334400885

Pro court Basketball hoop-portable, base on wheels, adjustable height 7 1/2 feet to 10 feet \$50.00. Kolocraft tot rider2 walker-large tray, padded easy to remove and clean seat, toys, JPMA certified, wont go down stairs. 220 Breadmaker-\$25.00 220 Electric orange juicer-\$15.00 220 3 1/2 quart Crockpot-\$10.00 call Kim 3334400885

2 Nice Rubbermaid outdoor storage units- 6 feet tall, 27 inches wide and 16 inches deep \$50.00 ea 2 Beach umbrellas-5.00 ea Patio umbrella with plastic stand, green \$15.00 call KIM 3334400885

Couch for sale. Bought one month ago out in town. Burgundy with flower print material. Storage under cushions. \$150 dollars firm (paid 190 euro). Call 095-91-3678 or cell 3401190706 Ken

Step up voltage converter 110V to 220V transformer 200W for sale for \$25.00 and one transformer 220V to 110V for \$40.00. Call 346-740-6364.

Used 3 Quiet Fan USB Laptop Notebook Cooler for sale for \$10.00. Call 346-740-6364

Digital Video Converter System CMD 1200. Take your NTSC American TV overseas or bring your PAL or SECAM TV to the USA. Using the high quality conversion quality of the CMD-1200 to convert TV signals you can use any PAL

or NTSC TV to view any type of broadcast signal in the world. Eliminating the need to buy a new multi-system TV set. Local TV tuner like a VCR, Cable Box or Satellite Receiver is required. Paid \$260.00 last year. Asking \$160.00. Call 346-740-6364.

European New Funai VHS Video cassette recorder HIFI Model 30A-650 for \$40.00. Call 346-740-6364.

Call Of Duty 4 For Playstation 3 Nib Never Been Opened Asking \$50 Contact Cody Cell 334 845 9927 or HOME 624 1252

Baby Boy stuff. JJ Cole baby carrier,Bumbo seat,Xlarge activetot Tropical play gym w/tummy time cushion.Fisher P. Aquarium gym.(bn). Avent bottle sterilizer.(bn)Umbrella stroller used 1 time.(bn) Avent bottles/Playtex ventair 6 to 9oz. 0 to 3 mo./3 to 6 mo. Boy clothes. Everything is in perfect condition and clean.please call Stacey 624-0629.

29" black Multi system Panasonic TV W/remote in great condition \$175.00 Call Stacey 624-0629.

Lg bookcase \$20. Tall narrow bookcase \$20. Sm bookcase or DVD holder \$15. Sm desk \$15. 25" RCA TV \$50. OBO on all merchandise. Call Leslie @ 095306957 or 3476166183

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 be the Marani Community Center at 2:00pm Sat. March 22. POC will be Gwen Gooch

Hi Teck

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@nassig.sicily.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 National/ American base employees. Ads must be 40 words or less and typed in regular upper case, lower case format. The Signature no longer accepts 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 they can call Stampa Generale @ 081-568-7884.

Centro
 traslochi

Joes

Assomondo
 animale

at 6241493. It is never too late to get started, come and get started now.

JOBS

TEAM NMCRS has an opening for a part-time (20 hours per week) Relief Services Assistant. The position provides administrative support to the Director and supports a team of Volunteers who provide relief assistance to service members and their dependent. Ideal candidate will have HS diploma/GED, hands-on experience in data entry, strong organizational and administrative skills, ability to work independently, excellent oral and written communication skills, and experience working with volunteers. Knowledge of military pay/allowance systems is highly desirable. Applicant must have all of the following attributes to be considered: (1) be a U.S. citizen and (2) dependent of an active-duty service member. Starting salary is \$14 per hour plus OCOLA. Preference will be given to those applicants who have prior experience with the Society as a volunteer or employee. For more information, or to obtain an application, please call the NMCRS Sigonella Office at 095-56-4212. You may also request an electronic application by sending an e-mail message to hr@hq.nmcrcs.org or hr@hq.nmcrcs.org. Please send completed and signed applications, and supporting SOFA documentation to the NMCRS Headquarters office at 875 North Randolph Street, Suite 225, Arlington, VA 22203, USA or fax to (USA) 1-703-696-0144 no later than (March 28th, 2008). Although we will acknowledge receipt of all applications, only those selected for interviews will receive additional notification. EOE. Visit NMCRS on the web at www.nmcrcs.org or <http://www.nmcrcs.org>.

Dogsitter needed for a feisty chihuahua named KUJO! He will bite small children and feels the need to be the alpha dog, in other words, does not play well with others! If you would like to borrow my dog from March 3-14, please contact Justine at 624-0283 or email: littlebombs@yahoo.com

Stampa

Casa Blanca

Vento del- Vulcano
l'est

Grande Cina

Armed Forces

Stampa