

# THE Signature

SIGONELLA, SICILY



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FEBRUARY 6, 2009

## February is Black History Month

Article by MC3 Jonathan Idle  
The Signature Staff

This month marks the celebration of Black History Month at Naval Air Station Sigonella. It marks a month long celebration of African-American history, heritage and achievements in our society, past and present.

The NAS Sigonella Heritage Society will be hosting several events over the course of the month all over the Sigonella community.

Festivities will kick off at 11:30 a.m. today at Ristorante Bella Etna on NAS II. The kick-off will include a ceremonial cake cutting and the galley will be serving traditional soul food.

The main event for the month



will be Thursday, Feb. 26 at 12:00 p.m. at the Midtown Complex on NAS I. The event will start at the Midtown Theater and will include a full ceremony with a gospel choir and a presentation by students from

Stephen Decatur Elementary School.

Volunteer opportunities are available for those who wish to contribute over the course of the month.

For more information contact Boatswain's Mate Chief Galo Moreira, Aviation Boatswain's Mate Handling Fuel 1st

Class Paul Hryhorenko or Boatswain's Mate Chief Zabian Davis.

*Editor's Note: Pay attention to this corner of The Signature during the month of February as we will be featuring notable Black History milestones.*

## Military Working Dogs play a vital role at NAS Sigonella

Article and photos by MC2 Jason Poplin  
Navy Public Affairs Support Element-East Detachment Sigonella

Military Working Dogs (MWD) have a long-standing history of military service. Since their inception into U.S. military in support of operations, MWDs have performed a variety of functions in every major U.S. conflict.

MWDs have especially played a crucial role in the protection of military bases, assets, and personnel during the wars in Afghanistan and Iraq. They are utilized in the detection of weapons, explosives and narcotics before they inflict harm.

The dogs receive their initial training at Lackland Air Force Base and are then sent to the kennels of every branch of service where their training is maintained.

These kennels, such as those located at Naval Air Station (NAS) Sigonella, assign "handlers," or military members trained specifically to work with the animals, who maintain their training and take care of them.

As the role of the military has evolved to meet the demanding requirements of Operations Enduring and Iraqi Freedom, even small assets such as the kennels of NAS Sigonella



MA2 David Gutierrez does a training exercise with his military working dog, Rico. Military working dogs are an important part of the U.S. Navy and in particular, the NAS Sigonella community. The dogs are deployed on a regular basis and perform tasks such as sniffing out bombs and other life saving tasks.

have followed suit.

"The canine program has changed drastically," said Chief Master at Arms, Kennel Lead Chief Petty Officer Gary Groesbeck.

"Eight years ago when I was a handler, our primary focus was force protection of the base. And what that

DOGS, continued on page 12

## Killer Tomato performs at Jox



Photo by Lt. J.g. Matt Knight, Naval Air Station Sigonella Public Affairs Officer

The band "Killer Tomato" comprised of NASSIG Sailors Lt. Terry Traweck, Lt. Alan Vaught, ETC Bill Humphrey and ET2 Les Andrieux made their Jox Pub premier on NAS II, Friday, Jan. 23 at 10 p.m. The band put on an entertaining three hour show of rock favorites that covered classical to alternative rock and kept the crowd energized all night. Killer Tomato chose their name to give the all-Navy band a naval theme pulling it from the nickname given to the large canvas and aluminum floating target used for target practice on board ships. The band said that they started the band to play for a Christmas party and continued playing because they all enjoy music and playing together.

## VITA begins training for tax season

Article by MC1 Chris Delano  
The Signature Staff

With tax season upon us, Sailors and civilians from various Sigonella commands participated in a Volunteer Income Tax Assistance (VITA) class held at Naval Air Station Sigonella.

The VITA program is designed to give free income tax assistance on overseas military bases to military members, their families and Department of Defense civilians, and provides volunteers with the tools necessary to give accurate and effective tax service to the community.

The class, a five-day course, consists of four modules that all volunteers have to pass in order to be certified as a VITA tax preparer. Covering everything from figuring out someone's filing status to actually filing claims, the course also covers

military specific and international issues needed to file an accurate claim.

Joaquin Lopez-Perez, a retired Navy chief, was one of the volunteers who took part in the class and has volunteered at the tax service offices for the past three years. "I really love the feeling of helping out these guys," said Joaquin "This was really just my way of giving back to the community."

Last year, the Tax Center assisted with the filing of 1100 tax returns, generating over \$1.7 million in refunds. In addition, Navy One Source is offering free TaxCut Basic Online for those that would like to file their own taxes. It can be accessed by logging on to: [navyone-source.com](http://navyone-source.com)

This year's Sigonella team of volunteers will be trained and ready

to serve the community on Feb. 9 and will remain open until late June. The tax center will open in Bldg 410 on NAS II and appointments can be made starting February 4 by calling 624-2516.

"There are other options for service members to file their taxes," said LNI Dickson " You can file using online tools, home computer programs, or using a paid preparer. They just need to use the method they are most comfortable with."

No matter where you're filing, your experience will be smoother if you have the needed forms; W-2's and 1099 (interest or dividend income), receipts for deductions or expenses claimed (amount paid for child care, donations, etc.), Social security cards and identification cards for the tax payer and all dependents.

### WEATHER UPDATE

February 6  
H:70F  
L:49F



February 7  
H:66F  
L:49F



February 8  
H:64F  
L:42F



February 9  
H:64F  
L:45F



February 10  
H:65F  
L:45F



February 11  
H:66F  
L:49F



February 12  
H:67F  
L:46F



### TOP STORIES

In the first three years of life, infants and toddlers begin to acquire the first of countless words they will use throughout their lifetimes. Research suggests that there are critical periods for speech and language development in infants and young children, therefore, the first three years of life are the most important

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In 1907, President Theodore Roosevelt deployed 16 battleships on a mission to circumnavigate the globe in an attempt to test naval readiness, establish global presence, generate international goodwill and garner enthusiasm for the U.S. Navy.

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Maintaining a family routine and tending to your needs or the needs of family members can be very difficult when a spouse or partner has been deployed. You may experience separation anxiety, fear, anger, loneliness, and other strong emotions during the deployment of your spouse.

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As the Italian proverb goes: "A Carnevale ogni scherzo vale!" (At Carnival time, every prank is fair), the Carnival season is about having fun! Festivities in Acireale will start tomorrow afternoon with an amazing allegoric floats' parade. Acireale's Carnival tradition dates back to the 17th century.

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Here in Sicily, we are fortunate to have many small towns that just beckon to be discovered. One of those towns is Castelbuono, or as its original name, Castello del buon aere, or "Castle of good air," located in the province of Palermo, about three hours away from base.

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### TRAFFIC NUMBERS

	Jan. 09- Feb. 09	Jan. 08- Feb. 08
Accidents	20	61
Injuries	4	9
DUIs	0	4
Traffic Deaths	0	2

PLEASE,  
DON'T BECOME  
A STATISTIC!

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

Abraham Lincoln once said "You cannot escape the responsibility of tomorrow by evading it today." Every service member understands this principle in one way or another. We are responsible to protect our nation, to hold ourselves to the higher standards of honor, courage and commitment, and to complete our mission. We are also responsible for our people and for ourselves. As a community, we are experts in assigning, tasking and requiring responsibility, and pride ourselves that we take responsibility for things big and small on the job.

Ironically, one of the issues that has been coming across my desk more frequently in recent months relates directly to responsibility but on a different level;

owning pets. It seems that an increasing number of people are requesting to abandon their dogs with Security versus taking them with them to their new station when PCSing.

Whether you bring a pet to the island or adopt one of the many strays that SAWS has for adoption, you have the responsibility to take care of that animal. This responsibility doesn't end when your tour does and should be a major consideration when deciding to adopt a pet. Before adopting a pet, consider the costs and decide if you can afford not only to feed and care for the pet, but also transfer with it.

The program with Security that allows an owner to submit a special request chit to abandon their dog, and

then pay the \$180 fee if approved, is designed as a last resort and not a first option. Also, I am the only one who can bottom line these chits and due to the current overcrowding at the kennels I will not sign one unless there are extreme extenuating circumstances involved.

The really ironic part is that for a dog weighing 70 lbs or less, it is cheaper to take the dog on the Patriot Express than leave it, as DOD guidelines mandate \$103.00 per 70 lbs. The point in all of this is simple; do the right thing, take responsibility for the animals that belong to you, and if you are looking to adopt consider all the costs before committing.



# Health WATCH

## Small talk

**Lori Donovan**  
Speech-Language Pathologist  
Educational & Developmental  
Intervention Services (EDIS)  
U.S. Naval Hospital Sigonella

In the first three years of life, infants and toddlers begin to acquire the first of countless words they will use throughout their lifetimes. Research suggests that there are critical periods for speech and language development in infants and young children, therefore, the first three years of life are the most important for future speech and language development.

Communication isn't just about talking. Babies communicate long before they start to talk- by crying, making sounds, moving their bodies or reaching for something. As children grow, they communicate their wants and needs through gestures, speech and signs. Learning about how to communicate with your child is important in helping him become a better communicator. Every child's ability to communicate develops

gradually over time, therefore being familiar with speech and language milestones will help you, as a parent, know what to expect from your child at each stage of development.

What are speech and language development milestones?

The development of speech and language varies child to child; however, there is a natural progression for mastery of these skills. The milestones are particular skills that can serve as a guide to normal development and these milestones form the building blocks for growth and continued learning as simple skills are typically reached before more complex skills. For example, parents should typically expect to hear baby's first words between 12 and 18 months of age, for their baby to combine two words by the age of two, and to use short sentences by the age of three.

How can I help my baby reach these milestones?

Respond to your baby's gestures, looks and sounds. For

**TALK, continued on page 12**

### NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

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

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### CHURCH OF CHRIST LAY SERVICE

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

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### OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

**Latter-day Saints:** Please email ldsig@gmail.com or call 624-1671 or 349-197-7119  
**Jewish Services:** Please call 095-86-1205  
**AA Meetings:** Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745



## Out-of-the-box thinking

**Article by Chaplain Al Concha**

Ed Bernacki is an international consultant, speaker and author on innovation. His new book entitled *Wow! That's a great idea!* is a hands-on guide for creating your own idea factories for growing revenues.

"Thinking inside of the box..." Bernacki says "...means accepting the status quo." For example, Charles H. Duell, Director of the U.S. Patent Office said, "Everything that can be invented has been invented." That was in 1899. Clearly he was in the box. In-the-box thinkers find it difficult to recognize the quality of an idea. An idea is an idea. A solution is a solution.

"Thinking outside of the box requires different attribute," Bernacki continues. It may include taking new perspectives to day-to-day work. Openness to do

different things and to do things differently. Focusing on the value of finding new ideas and acting on them. Striving to create value in new ways. Listening to others. Supporting and respecting others when they come up with new ideas.

No matter how long you have been in Sigonella, you may know by now if you are in-the-box or out-of-the-box individual. Since your arrival here, have you had the chance to explore 'new ways' to work, relax and enjoy friends? Have you given yourself the opportunity to develop new skills, abilities never used before? For example, if you have never prepared an Italian meal, have

**THINKING, continued on page 12**

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## EMERGENCY MANAGEMENT OFFICE

*Be prepared to be on your own for at least three days. Seven is better! The BASIC FIVE: Water, Food, Heat, Cash, Radio; Family Communications Plan: Phone Numbers & Rally Points; Public Protection Strategies: Evacuation and Shelter-in-Place; Web info: Ready.gov; Emergency info: AFN 106.0 FM; Questions? Call the EM Office at 624-2630, 8265 or 2621.*

## Traffic Court Results

E1: Negligent driving. Member's driving privileges were suspended until Italian translation can be provided.  
 E3: Negligent backing; operating a vehicle without having a driver's license in possession. Member's driving privileges were suspended until driver's license can be provided.  
 E5: Following too closely. Member was awarded two points and required to attend DIP class.  
 E5: Failure to yield right. Member was awarded two points and required to attend DIP class.  
 E6: Following too closely. Member was awarded two points and required to attend advanced motorcycle class.

# NAVY News

## USS Leyte Gulf participates in 100th anniversary of Italian natural disaster

Article and photo by  
**Jonathan Idle**

*The Signature Staff*

**MESSINA, Sicily-** In 1907, President Theodore Roosevelt deployed 16 battleships on a mission to circumnavigate the globe in an attempt to test naval readiness, establish global presence, generate international goodwill and garner enthusiasm for the U.S. Navy. The group would later be given the moniker of "The Great White Fleet," due to the hulls of the ships which were painted white.

On Dec. 28, 1908, a horrific earthquake - and resulting tsunami - decimated coastal towns including Messina, Sicily. The quake left an estimated 100,000 of the towns 150,000 dead and thousands more homeless.

Approximately 90 percent of the town's buildings were completely destroyed. The fleet was in the Mediterranean area at that time.

Roosevelt rerouted the ships to the affected areas to deliver humanitarian aid and assistance.

The U.S. Congress passed the largest appropriation in history up to that time to fund supplies and materials needed to build temporary shelter and facilities for the thousands of homeless residents left in the area. Sailors were assigned the responsibility to supervise the construction of houses, hospitals and churches in the most badly damaged areas.

Now, 100 years later, USS Leyte Gulf (CG 55), whose namesake ship was one of the original battleships in "The Great White Fleet," has returned to Messina from Jan. 27-28 to participate in the anniversary memorializing the natural disaster.

"We're here to memorialize the events of 100 years ago in a joint effort continuing our very positive relationship with Italy," Capt. Edward J. Lester, Commanding

Officer of the Leyte Gulf, said. "We couldn't do everything we do without the support of the Italian government and people and we're here to support that."

The humanitarian mission was one of the first such missions that the U.S. had embarked on up to that point. It helped set a standard by the government and the armed forces to render aid whenever and wherever it is needed. It's a tradition that can be seen most recently in relief efforts for Hurricane Ike and aid missions to places such as Haiti after it was hit by tropical storms and hurricanes.

Recently in his address commemorating the 100th anniversary of Theodore Roosevelt's Great White Fleet, Secretary of the Navy, the Donald C. Winter, used the relationship between the U.S. and Italy as an example of the importance of humanitarian aid and its use in forging lasting partnerships with nations across

the globe.

"President Roosevelt would be proud of the many other examples of humanitarian relief operations that our Navy and Marine Corps have carried out over the past 100 years, and

he would certainly take great satisfaction in seeing the warm and friendly relationship that has developed between Italy and the United States," Winter said.



Quartermaster 3rd Class Justin Lewis explains to local Italian media how to chart a course for a ship during a community relations event aboard the USS Leyte Gulf (CG 55) Jan. 27-28 in the port of Messina, Sicily. The Leyte Gulf is in Messina, as a representative of "The Great White Fleet," for memorial ceremonies of an earthquake and tsunami which devastated the region 100 years ago. Naval Air Station (NAS) Sigonella provides logistical support for commander, 6th Fleet and North Atlantic Treaty Organization (NATO) forces in the Mediterranean area.

## PHOTO FROM THE FLEET

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



U.S. Navy photo MC2 Gabriel S. Weber

Sailors and Marines aboard the amphibious assault ship USS Essex (LHD 2) react as the Pittsburgh Steelers score against the Arizona Cardinals late in the fourth quarter of Superbowl XLIII.

## NEW Arrivals

Guadalupe and Arcenio Delgado  
Boy

Zahid Eduardo Delgado  
January 23, 2009  
Weight: 7 lbs 3 oz  
Length: 19.7 in

Cecelia and Michael Mastropietro  
Boy

Mario Ash Mastropietro  
January 22, 2009  
Weight: 8 lbs  
Length: 21 in

Misti and Chad Jorge  
Girl

Laurianna Sylvani Jorge  
January 20, 2009  
Weight: 6 lbs 1 oz  
Length: 18.5 in

New Monika  
Hop

Volcano

				FRIDAY	SATURDAY	SUNDAY
<b>COMMUNITY CALENDAR</b>				<b>6 FEBRUARY</b>  Ricotta Cheese Workshop FFSC 9 a.m. - 2 p.m. x4291  Raising Financially Fit Kids FFSC 10 a.m. - 11 a.m. x4291	<b>7</b>	<b>8</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>9</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Home Buying Strategies FFSC 10 a.m. - 1 p.m. x4291 Heart Smart Month Commissary Tour 2 p.m. x4950	<b>10</b> Healthy Pregnancy, Healthy Baby American Red Cross 4:30 p.m. - 7:30 p.m. x4900	<b>11</b> Motta Castle Tour 10 a.m. - 12:30 p.m. FFSC x4291 Career Exploration FFSC 10 a.m. - 12 p.m. x4291 Heart Smart Month 11:30 a.m. - 12 p.m. & 12 p.m. - 12:30 p.m. Take 5 - learn how to eat healthy at the galley x4950	<b>12</b> Ombudsman Assembly 9 a.m. - 11 a.m. FFSC x4291 Effective Resume Writing FFSC 10 a.m. - 12 p.m. x4291 Mutual Fund Investments FFSC 2 p.m. - 4 p.m. x4291	<b>13</b> Retirement Planning FFSC at BETD 9 a.m. - 11:30 a.m. x4291 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Italian Holiday St. Agata	<b>14</b> Heart Smart Month MWR Spin Challenge Midtown Fit District 9 a.m. - 12 p.m. x4950	<b>15</b>
<b>16</b> Heart Smart Month Take 5 - Catania Market Food Shopping & Cooking Lessons with Lunch \$5  American Holiday Presidents' Day	<b>17</b> Healthy Pregnancy, Healthy Baby American Red Cross 4:30 p.m. - 7:30 p.m. x4900	<b>18</b> Heart Smart Month 11:30 a.m. - 12 p.m. & 12 p.m. - 12:30 p.m. Take 5 - Dinner Demo  Survive & Thrive FFSC 8 a.m. - 3 p.m. x4241	<b>19</b> Anger Management FFSC 1 p.m. - 3 p.m. x4291	<b>20</b> Heart Smart Month Catania Market Food Shopping & Cooking Lessons x4950 to sign up Saving & Investing FFSC at BETD 9 a.m. - 11 a.m. x4291 Credit Cards & Security FFSC at BETD 10:30 a.m. - 11:30 a.m. x4291	<b>21</b>	<b>22</b>

Motta

Orange

Marchi

3 Bicchieri

*Did you know that . . .*  
 Volunteering at your local Navy-Marine Corps Relief Office can be a rewarding experience? While helping clients solve their emergency needs, you can enhance your job skills and knowledge of oral and written communications, retail sales, customer service, public speaking, computer software programs, training, personnel management, and family budgeting. Opportunities for personal growth help you increase your self-confidence while you help clients achieve financial self-sufficiency. Contact your Sigonella NMCRS Office today! Call 624-4212 for more information. Office Hours: Monday - Friday 0900 - 1600.  
 NMCRS: Seeking New Volunteers!  
[www.nmcrrs.org](http://www.nmcrrs.org)



# The Fleet & Family Support Center

Fleet and Family Support Center  
Administration Building 319  
NAS I  
Monday-Friday 0730-1630  
DSN 624-4291  
Commercial 095-56-4291

## Coping with the deployment of a spouse or partner

Edited from  
Military One Source Article

Maintaining a family routine and tending to your needs or the needs of family members can be very difficult when a spouse or partner has been deployed. You may experience separation anxiety, fear, anger, loneliness, and other strong emotions during the deployment of your spouse. By knowing what to expect, learning to recognize the signs that you are having trouble coping, and knowing where to turn for help, you may be able to make this difficult time a little easier.

### Coping during a deployment

There are several stages of emotion you may go through when your spouse or partner has been deployed. When they first learn about a deployment, many people begin thinking about what it will be like to

live without their partner, which may cause feelings of confusion, anger, resentment, or depression.

If you experience any of these emotions, you can:

- talk to your spouse about your feelings

- work to create opportunities for lasting memories during the separation

- talk with other people from your military community who are going through the same experience

- involve your entire family in getting ready for the deployment

As the time of departure comes closer, some people may begin to feel detached or withdrawn. Feelings of hopelessness, impatience, and a decrease in emotional or physical closeness are all common reactions to an impending deployment.

When a loved one leaves, family members may go through a difficult adjustment period. On the "up" side, many people feel an increased sense of independence and freedom. The "down" side could include periods of sadness and loneliness.

If you have trouble adjusting to the absence of a spouse or partner, you can:

- Try to find things to look forward to. Take a class, volunteer, or start a project you've always wanted to do. Set some personal goals for yourself during the deployment period and be open to new experiences and friendships.

- Reach out to others who are in the same situation. Remember that you are not alone.

- Plan an event with other families who are coping with a deployment or find a support group through your military community.

### Overview

Ways to cope when a family member has been deployed.

- Coping during a deployment

- Asking for help

- Don't try to hide your feelings. It's normal to feel sad, lonely, or angry when you've been separated from your spouse. You don't have to hide these feelings - that may just make it harder to deal with them. Talk about how you feel with people

DEPLOYMENT, continued  
on page 12

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

**HELO** (right), is a big, mellow dog. He would be the perfect dog for anyone that wants one loyal lap dog to give all their love.



**NIX** (left), is a great girl. She needs a patient family who can show her love, affection and how to belong. She would love a warm bed to snuggle in each night.

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

### 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.

Alberto Lunetta  
 Signature Staff



# Italian NEWS



*Sicilian Culture, Events and Lifestyle*

## Carnival merrymaking begins in Acireale

As the Italian proverb goes: "A Carnevale ogni scherzo vale!" (At Carnival time, every prank is fair), the Carnival season is about having fun! Festivities in Acireale will start tomorrow afternoon with an amazing allegoric floats parade. Acireale's Carnival tradition dates back to the 17th century. At that time, Sicilians used to celebrate "Carnalivari" through dance festivals named "Slave Dances." Dancers, who were disguised as slaves, performed shows throughout the streets and drums and trumpets accompanied performers.

Masked revelers from different social classes used Carnival as an excuse to mingle. The "Jardinara," (Gardeners), "Briganti" (Bandits), "Baruni" (Barons) and "Abbati" (Abbots) were among the most popular masks. During the festivals, aristocrats and politicians were publicly mocked. Revelers also staged "battles," throwing rotten eggs, citrus and vegetables at one another. This practice was popular in 17th century Acireale. However, in 1612, local authorities forbade it because it caused damages to property and

injured people.

By the 18th century, celebrations became less "violent" and turned into comedy plays that were performed by comedians named "Abbatuzzi." Under the authorization of the Bishop, they made fun of nobles or priests pretending to read jokes from a big book and taking part in prank competitions. In 19th century, celebrations included the "Cassariata," a parade of flower-decorated carriages, named "landò," that toured the historic center. Local nobles, paraded on the carriages wearing masks and threw colored sugar coated almonds and coins at the crowd.

Today, people throw the "lighter" confetti (coriandoli). Spraying silly string and gently hitting people on the head with toy hammers is also pretty popular during carnival. So don't get mad if you get hit, it's just a prank!

In the 1930s, Acireale craftsmen started to create majestic allegorical floats with papier-mâché depicting animated figures of politicians, animals and other fantastic

subjects that are mounted on a mobile platform and driven in parades. Since then, Carnival Carri (floats) have become much more elaborate and spectacular.

Acireale's Carnival celebrations will run from Saturday, Feb. 7 through Feb. 24. Highlights will include magnificent papier-mâché allegorical and flower-decorated floats' parades that will be held in piazza Duomo (main square) on the following days: Saturday, Feb. 7 (5 p.m.), Sunday, Feb. 8 (noon and 4 p.m.), Saturday, Feb. 14 (schools' parades, 5 p.m.), Sunday, Feb. 15 (noon and 4 p.m.), Thursday, Feb. 19 (4 p.m.), Saturday, Feb. 21 (4 p.m.), Sunday, Feb. 22 (11 a.m. / piazza Europa and 3:30 p.m. / piazza Duomo), Monday, Feb. 23 (4 p.m.) and Tuesday, Feb. 24 (noon / grand finale at 4 p.m. / 11:30 p.m. fireworks and the traditional "King of Carnival" puppet's bonfire or Rogo del re Carnevale). Live music will be performed almost every night at 9 p.m. For more information and detailed schedules, call Acireale Tourist office at 095-895111.



Make sure you make the most of the upcoming Carnival merrymaking season by seeing the dazzling allegoric floats' parades running from Feb. 7 through 24 in Acireale.



Carnival is a time of traditional food over-indulgence! So make sure you browse the local pastry shops to sample the mouthwatering traditional dolci (sweets) including Cannoli, Chiacchiere (irregularly shaped pieces of dough, fried and dusted with powdered sugar, Castagnole (fried and sugared dough balls shaped as small chestnuts and filled with either custard mixture, chocolate or ricotta cheese), etc. As for pasta, try "Maccaruna di Zitu che cinco purtusi" (Five-holed Maccheroni with pork ragu sauce) and "Pasta con le sarde" (pasta with sardines).



### Bejart Ballet to make Catania debut Feb. 13

The Catania Bellini Opera House will host a not-to-miss performance of the world-renowned Swiss "Bejart Ballet Lausanne" that will make its Catania debut on Friday, Feb. 13. The show will feature four ballets: the first Italian night of "Aria" by choreographer Gil Roman, "Le Chant du compagnon errant," music by Gustav Mahler, "Boléro" music by Maurice Ravel and the legendary "Firebird" by Igor Stravinsky.

The Bejart Ballet was founded in 1987 by the legendary French and Swiss choreographer who ran the B ejart Ballet Lausanne in Switzerland. The opening night performance is at 8:30 p.m. The show will continue through Feb. 22. For more information and tickets visit <http://www.teatromassimobellini.it>

# Days Inn

# Magnolia

## Gela Alumni Association tours Sigonella



Photos by Giuseppe Stimolo

The members of the "Eschilo High School" Alumni Association from Gela recently visited Sigonella as part of the joint ITAF/Navy PAO-sponsored base tour program. The group toured several areas of the base including the NASSIG OPS department where Lt. Chris Hansen gave them a chance to see what life is like in a Navy Flight Operations Department.

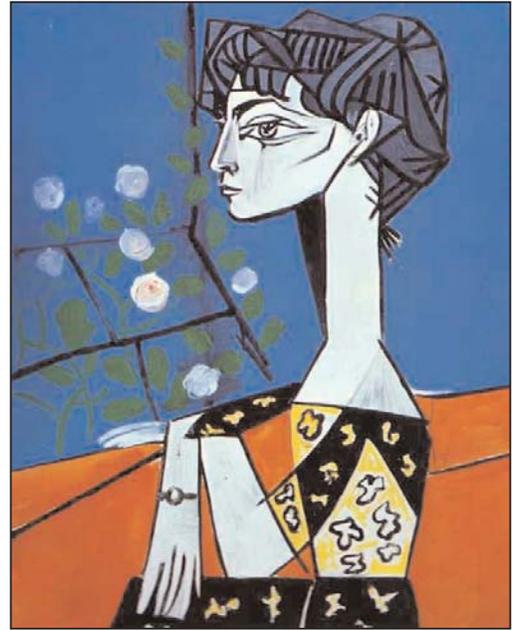
"Showing off our aircraft is an always enjoyable part of our job. I'm sure many of the people living around here drive by the base and see a bunch of strange looking buildings and wonder what goes on behind the gate. Base tours are a great way to

reach out to the public to give them a peek at what exactly we do," Hansen said.

After a short introduction about the C-26 "Metroliner" airplane, the OPS mission, as well as some general questions about the airfield, Lt. Hansen gave them a chance to sit in the cockpit and get a view from a pilot's prospective. "I enjoyed last Sunday's tour because it gave me a chance to not only talk about flying, which I love, but also to interact with a very nice group of men and women from Gela," Hansen added.

The group also visited the 41st Stormo Weather and Radar Stations. "This was a great and interesting way

for us to get a better understanding of what the Navy and the Italian Air Force do in Sicily. The professionalism and courtesy of the American and Italian tour facilitators as well as PAO staff was very much appreciated. I would like to thank everyone who made this tour possible. The base Italian and American Commanding Officers and Dr. Pippo Abbate from the Gela Kiwanis Club, who has built over the years strong friendship relationships between the American and the Gela communities," Association's President and Eschilo High School Principal Corrado Ferro said.



## Picasso exhibit in Palermo

Legendary Spanish artist Pablo Picasso's portrait "Woman with basket" is one of the paintings that is currently on display in Palermo at the Palazzo dei Normanni, the palace which houses the Sicilian Parliament.

The "Fantastic World of Picasso" is a prestigious art exhibition, which runs through March 8

including 66 pieces from the painter's early works.

Open daily - except Sundays - from 8:30 a.m. to noon and 2 to 5 p.m. (holidays: 8:30 a.m. to 12:30 p.m.), Admission is free, Piazza Indipendenza, Palermo. For more information call 091-7051111.

## Lost formula of Sicilian baby mummy found

Evert time I visited the Palermo Capuchin Catacombs (Catacombe dei Cappuccini) I was deeply impressed, almost disturbed, by the huge collection of mummies (over 8,000) which have been preserved there for over 300 years.

Seeing all those mummies lined up and hanging on the wall could definitely give one a creepy feeling. But there was one exception - the mummy of Rosalia Lombardo, a two-year-old Sicilian girl who died of pneumonia on Dec. 6, 1920,



whose embalmed body is displayed, still perfectly intact, inside a casket. Her hair and cheeks are so remarkably well-preserved that she looks like she's just sleeping. No wonder why she's nicknamed "Sleeping Beauty" or "Little Bambina" (as I heard it from a Sigonellan). When she died, her father, devastated by grief, asked Dr. Alfredo Salafia, a famous Sicilian taxidermist and embalmer who preserved the bodies of famous noblemen and intellectuals of the time, to make so that her little corpse would withstand the ravages of corruption. Dr. Salafia did an excellent job but carried the secret embalming formula to the grave. Now, Sicilian biological anthropologist, Dario Piombino-Mascali and Albert Zink, the Director Institute for Mummies and the Iceman in Bolzano (EURAC), have discovered that mysterious formula. After they tracked down the doctor's living relatives, they gained access to the handwritten memoirs which contained the chemicals used to preserve Rosalia's body and so they solved the mystery.

The two EURAC researchers, who are funded by the National Geographic Society, found out that Dr. Salafia used a mixture of formalin, zinc salts, alcohol, salicylic acid, and glycerin. This was a significant and important discovery in the whole history of medicine as it is the first example of use of formaldehyde in embalming. "Now that we know how Rosalia was embalmed we can work on a complete preservation action to arrest further decay," Dr. Zink said.

The Capuchin Convent is located in # 1 piazza Cappuccini in Palermo and is open Monday to Saturday 9 a.m. to noon and 3 to 5 p.m. Admission is free. For more information call 091-212117.

## Gegomotor

## Strike



Attention all good standing Catholic gentlemen!  
Come join the ranks of Sigonella's newest Knights of Columbus Chapter!

We meet the first Sunday of every month at 1000 a.m. (after Catholic Mass) at the NAS 1 Chapel. You may also contact a fellow Knight after the Sunday Mass service in the NAS 1 Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!)  
For more information visit - [www.kofc.org/](http://www.kofc.org/)

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## Castelbuono

Article and photos by  
**Tracie Barnhouse**  
*The Signature Staff*

I love road trips. Not only you and your adventurous companion, great tunes cranked up, varying landscapes, and miles upon miles of open road are just some of the pluses about getting out and exploring. An added bonus is when you get to sit on a comfortable bus and let the fine folks of Information, Travel & Tours (ITT) take the reigns. Here in Sicily, we are fortunate to have many small towns that just beckon to be discovered. One of those towns is Castelbuono, or as its original name, Castello del buon aere, or "Castle of good air," located in the province of Palermo, about three hours away from base. The people of

Castelbuono successfully lobbied the Italian government to make their city an exit point from the new Palermo-Messina highway. Because of their successful persuading, Castelbuono has seen an influx of people coming to their town to see their famed castle, eat their unique 'manna,' which is the sweet sap from a specific tree, and roam their cute, store-lined streets.

**Site: 5 stars**

Driving into Castelbuono, you feel like you're completely out of Sicily. The landscape is rolling, reminiscent of Tuscany, with little farms dotting the mountainside. As the road twists and turns, you get a great view of the various crops that line the town's borders. This time of the year, almonds are in season, and the white

flowers of the blooming almond trees line the road. Reaching the city is quite easy, and it is recommended to find parking outside the town. It's easy: there are plenty of blue-marked 'P' signs that direct you to parking. Don't worry about parking too far away; Castelbuono is a little town that's very walkable. Despite its size, there is plenty to do in the town.

The Ventimiglia castle sits on a little hill called Saint Peter, but is an ominous, towering structure. Once you step inside, you are in what was the original courtyard of the castle.

The castle has been transformed into a civic museum and art dots the walls inside the building. For an entrance fee of 1.50 euro, you can roam the castles grounds, view modern art and get a glimpse of the



**Castelbuono is small and compact, making it ideal to walk around. Everything is simple to find and the town is very easy to navigate. If you do happen to get a little lost, there are maps all over the place to guide you to where you want to go.**



One of the main attractions in Castelbuono is the castle of the Ventimiglia family. The castle has been turned into a civic museum and houses a number of modern art works. It also is home to a Palatine Chapel which is decorated in stucco figurines.

breathtaking Palatine Chapel, whose claim to fame is that it holds the skull of Saint Anne, the mother of Mary. The chapel is stunning. The walls are full of statues made of stucco and it's truly a site to be seen. In addition to the chapel, the castle grounds feature a cylindrical tower that is said to date back to the year 1316.

Once outside the castle, walk toward the town center, where you will find shops, restaurants and cafes. One of the more popular shops is one that sells candy made of manna, which comes from the sap of a certain tree. Manna is said to have therapeutic benefits, from a weight loss aid to serving as a sugar-free sweetener for diabetics. The people of Castelbuono use manna to sweeten bread, almond nougat candy and other delicious dishes. You'll find that the candy shop owners will be more than happy to let you sample their candy and bread before purchasing. The nougat is highly recommended, as it comes in various flavors, from orange and

lemon to dark and milk chocolate. It's delicious.

Another site not to miss in Castelbuono is the main Cathedral, the Chiesa Madre. The cathedral features detailed and ornate artwork on the altar, stone pillars and a gorgeous ceiling. It's also worth the 0.50 euro to see the underground crypt, which does not contain catacombs, but rather intricate paintings of the life of Jesus. The crypt dates back to the 15th century. The Chiesa Madre cathedral was originally consisted of two aisles. At the end of the 16th century, another aisle was added which preserves the prized works, including a painting of The Coronation of the Virgin that was broken into various pieces before being put together, a statue of the Madonna delle Grazie and the Betrothal of the Virgins.

**Family Friendly: 4 stars**

Kids who love candy and sweets will love Castelbuono. The nougat is delicious and will definitely cause a sugar rush, so keep that in

**REVIEW SUMMARY**

**Site:**  
 ★★★★★

**Family Friendly:**  
 ★★★★★

**Accessibility:**  
 ★★★★★

**Travel Time:**  
 ★★★★★

These ratings are out of five stars, and are the opinion of the Signature staff and in no way constitute a professional travel review. If you have comments or questions on this review contact: [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil)

**Send your love through The Signature!**

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

# Alphio

# Palermo

mind before allowing your child to eat too much of it! Older kids will enjoy seeing the castle and main cathedral, but those younger than six or seven may be a bit bored. The streets are lined with shops and restaurants, and it's not hard finding a place for lunch, but free space, such as parks is scarce. But don't let that deter you from exploring this quaint, cute town. As with everywhere you go in Sicily, it is what you make it, so creative and adventurous families are bound to have a good time.

**Accessibility: 3 stars**

The trip to Castelbuono is offered as an ITT trip, so getting there is a cinch. However, if you want to explore on your own, getting there is easy due to the new Palermo-Messina highway. Here's how you get there from NAS II. Take the SS417 toward Catania. Merge onto the A19 toward

Palermo. Merge onto A20 toward Messina/Cefalu. Please note: This is a toll road, so be sure to have some spare change with you. Take the exit toward Pollina/Castelbuono. Turn slightly right onto Galleria Serra Guarnieri (another short toll road). Turn slight right onto SS286. Turn slightly left onto Via Fonti di Camar/Largo Antonio Magavero Pila/SS286. Continue to follow Via Fonti di Camar/SS286. Parking is easy. Just look for the blue 'P' signs.

**Travel Time: 3 stars**

Because it takes anywhere from two to three hours to get there, Castelbuono rates two stars. However, it should be noted that the three hours goes by really fast, as the scenery will take your mind off of the drive. Just make sure the driver keeps his/her eyes on the road!



The Palatine Chapel, which is located inside the Ventimiglia castle features figurines made out of stucco. It also houses the skull of Saint Anne, the mother of Mary.



Castelbuono is a town nestled in the valley of hills. In the winter, you can see snow up on top of the hills, and the town takes on a ski town feeling.

# Oxidiana



In the city, you can find plenty of shops, restaurants and cafes. One of the most popular things to try in the town is the almond nougat. The nougat is covered in white, dark, or milk chocolate and is delicious.



The view from a window in the Ventimiglia castle shows the homes nestled in the hills surrounding Castelbuono. The castle's cylindrical tower dates back to the year 1316 and its Palatine Church is famous.



One of the most popular treats to eat in Castelbuono is manna. It is naturally sweet sap that comes from the trees surrounding the town. The manna is known for being a weight loss aid and has been known to help for digestion.

# Tamoil

## NEWS BRIEFS

**Immediate Job Openings**

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

local job vacancies.

**PWOC Annual Spring Retreat**

Untie yourself from the normal and u-nite with us. Feb. 20 & 21 in Siracusa. 6 p.m. Friday - 12 p.m. Saturday. 50 Euro. All women invited. Bring a friend!

For more information or to register, contact Paula Borsman at [paulaborsman@yahoo.com](mailto:paulaborsman@yahoo.com) or Erin Eves at [erincheeves@gmail.com](mailto:erincheeves@gmail.com). Carpooling available.

**Ombudsman Basic Training (OBT)**

Does your Department of Command Ombudsman need to attend OBT? Is your current Ombudsman PCSing within the next 6 months? Will your new Ombudsman need OBT? The Fleet and Family Support Center is pleased to announce that the Ombudsman Basic Training course will be offered here at Sigonella, February 18-20, 2009. Your ombudsman can now attend this required training without leaving the island.

Anyone interested in the ombudsman program, and all those ombudsmen wishing to attend OBT are invited to participate. Please contact Fleet and Family Support Center at 624-4291 to sign up for this important class.

**Navy College Program**

"Lunch & Learn" and "After Hours Meet & Greet!" Join us for a light lunch and information session followed by a Q&A given by the Navy College school representatives!

Who: Central Texas College, University of Maryland University College Europe, Embry-Riddle Aeronautical University, University of Phoenix

When/Where: Lunch & Learn: NAS I, Navy College classroom. Tuesday, Feb. 10 - 11 a.m. - 1 p.m.

NAS II, Bldg. 407 Base Ed. classroom. Thursday, Feb. 12 11 a.m. - 1 p.m.

After Hours Meet & Greet: Marinar CDC/Recreation Center Wednesday, Feb. 11 - 5:30 p.m. - 6:30 p.m.

For more information, contact 624-4514



# Switch it off Sigonella!

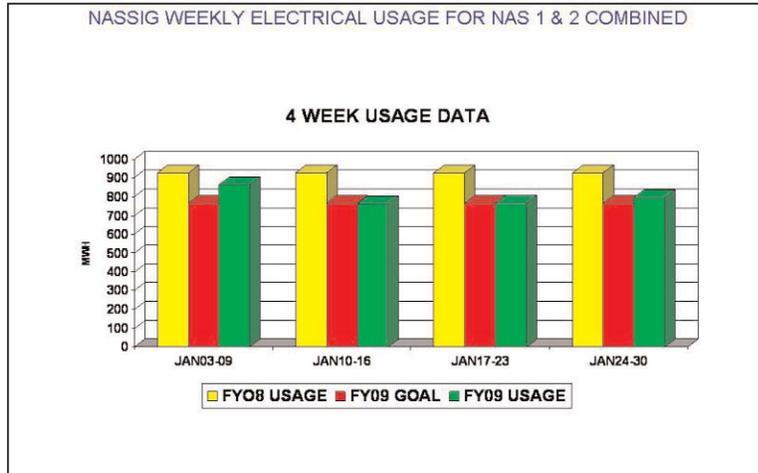
## Energy Conservation Tip of the Week

### The info on baseball field lights

The lights that illuminate the baseball field on NAS II are so bright that you can see them from the autostrada before the Motta exit. Did you know that those lights use about 100 kilowatts per hour? While it's fine to have those lights on to help catch fly balls, leaving them on after leaving is extremely wasteful and costs NAS Sigonella a lot of money. The Public Works Department has set the lights to turn off automatically at midnight, but some people have been going to the panels, taking them off of auto and putting them to manual. Doing this causes the lights to be on all night and sometimes into the day. Base personnel can **NOT** open the light panels for any reason. In addition, vandalizing the panels to get at the controls is a violation of the UCMJ and extremely dangerous. On NAS I, the light panel has an ON/OFF switch located on the outside of the panels, and that is all that can be touched. The PW Department has a duty electrician on hand all night, so if the lights do not come on with the proper switch, then call x5354 and they will come out and turn on/off the lights. Stop the waste, Sigonella!

### Electrical Consumption at NASSIG

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



# Navy Federal



- 6** **Lunch:** Beef Barley Soup, Herbed Baked Fish, Chicken Pasta Primavera, Farfalle Al Pesto Genovese, Roasted Pepper Potatoes, Waxed Beans, Simmered Okra, Spiced Cake w/ Frosting, Lemon Cookies.  
**Speed line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.  
**Dinner:** Old Fashioned Bean Soup, BBQ/Braised Spare ribs, Tossed Green Rice, Cajun Oven fries, Corn on the Cob, Stewed Tomatoes, Spiced Cake w/ Frosting, Lemon Cookies.
- 7** **Breakfast:** Hominy Grits, Baked Sausage Patties, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Kolaches.  
**Brunch:** Breakfast Items, Creole Soup, Beef Stir Fry, Kielbasa w/ Sauerkraut & Apples, Filipino Fried Rice, Steamed Broccoli, Summer Squash, Apple Sauce, Cherry Pie, Abracadabra Bars.  
**Dinner:** Vegetable Soup, Spinach Lasagna, Spaghetti w/ Meat Sauce, Marinara Sauce, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, and Abracadabra Bars.
- 8** **Breakfast:** Rolled Oats, Corn Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Waffles, Asstd Doughnuts, Cinnamon Sweet Rolls.  
**Brunch:** Breakfast Items, Egg Drop Soup, Cheddar Chicken Broccoli, Fried Onion Rings, Eggplant Ratatouille, Club Spinach, Cream Puff, Hermits.  
**Dinner:** Chicken Vegetable Soup, Sauerbraten, Mustard Dill Baked Fish, Steamed Rice, Mashed Potatoes, Natural Pan Gravy, Steamed Cut Green Beans, Seasoned Carrots, Creamed Puff, Hermits
- 9** **Lunch:** Creamed of Broccoli Soup, Beef Pie w/ Biscuit Topping, Lemon Pepper Catfish, Penne Arrabiata, Steamed Rice, Buttered Noodles, Mix Vegetables, Parmesan Eggplant, Yellow Cake w/ Icing, Brownies.  
**Speed line:** Sub Sandwich, Pasta Primavera, Cartoccia.  
**Dinner:** Mulligatawny Soup, Savory Baked Chicken, Wild Rice, O'Brien Potatoes, Chicken Gravy, Peas & Onions, Harvard Beets, Yellow Cake w/ Icing, Brownies.  
**Made to Order:** Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips
- 10** **Lunch:** Egg Drop Soup, Sweet & Sour Pork, Chicken Chop Suey, Penne Boscaiola, Egg Foo Young, Chinese Fried Rice, Chow Mein Noodles, Oriental Fried Cabbage, Simmered Corn, Dinner rolls, Pineapple Upside Down Cake, Blueberry Pie.  
**Speed Line:** Philly Cheese Steak Sandwich, Onion Rings, Pasta Primavera.  
**Dinner:** Chicken Gumbo Soup, Roast Beef, Mashed Potatoes, Orange Rice, Mushroom Gravy, Southern Greens, Seasoned Mix Vegetables, Chocolate Cookies, Apple Pie.
- 11** **Lunch:** Beef Rice Soup, Blackened Fish, Beef Cordon Bleu, Penne Olle Norma, Garlic Cheese Potatoes, Rice Pilaf, Green Beans, Stewed Tomatoes, Brown Gravy, Spice Cake w/ Frosting, Chocolate Pudding, Jello.  
**Speed Line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.  
**Dinner:** Chicken Vegetable Soup, St. Louis BBQ Pork Ribs, Italian Roasted Potatoes, Vegetable Stir Fry, Steamed Green Beans, Spice Cake w/ Frosting, Chocolate Pudding.  
**Made to Order:** Sicilian Submarine, Grilled Cheese, Onion Rings.
- 12** **Lunch:** Corn Chowder Soup, Roast Pork, Chicken Parmesan, Penne Zucchini Melanzane, Steamed Rice, Seasoned Carrots, Asparagus, Brown Gravy, Peanut Butter Cookies, Cherry Pie.  
**Speed Line:** Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredder Cheese, Assorted Pizza.  
**Dinner:** Minestrone Soup, Stuffed Cabbage Rolls, Ginger Rice, Rosemary Roasted Potatoes, Corn, Steamed Broccoli, Cherry Pie Peanut Butter Cookies.  
**Made to Order:** Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.

# ON THE GO WITH MWR

## mwr weekly island life fitness in february

monday	tuesday	wednesday	thursday	friday	saturday
<b>NAS I</b> Spin 7 - 8 am  Cardio Jam 8:30 - 9:30 am  Pilates 9:30 - 10:30 am  Yoga 4:30 - 5:30 pm  Step 5:30 - 6:30 pm  <b>NAS II</b> Spin 7 - 8 am  <b>MINEO</b> Yoga 5:30 - 6:30 pm	<b>NAS I</b> Spin 6 - 7 am  Pump it Up 8:30 - 9:30 am  Spin 9:30 - 10:30 am  Spin Class 5:15 - 6:15 pm  Cardio Jam 5 - 5:45 pm  Pilates 5:45 - 6:15 pm  <b>NAS II</b> Spin 3- 4 pm  Yoga 4:30 - 5:30 pm  <b>MINEO</b> Cardio Instructors' Class 5:30 - 6:30 pm	<b>NAS I</b> Yoga 7 - 8 am  Spin 7 - 8 am  Cardio Jam 8:30 - 9:30 am  Pilates 9:30 - 10:30 pm  Yoga 4:30 - 5:30 pm  Step 5:30 - 6:30 pm  <b>MINEO</b> Yoga 5:30 - 6:30 pm	<b>NAS I</b> Spin 6 - 7 am  Pump it Up 8:30 - 9:30 am  Spin 9:30 - 10:30 am  Spin 5:15 - 6:15 pm  Cardio Jam 4:30 - 5:45 pm  Pilates 5:45 - 6:15 pm  <b>NAS II</b> Spin 3 - 4 pm  Yoga 4:30 - 5:30 pm  <b>MINEO</b> Cardio Instructors' Class 5:30 - 6:30 pm	<b>NAS I</b> Yoga 7 - 8 am  Yoga 8:30 - 9:30 am  <b>NAS II</b> Spin 7- 8 pm	<b>NAS I</b> Kickboxing 9 - 10 am  For list of instructors, stop by either MWR gym or call x4483.



### Climb your way to fitness

On Friday, Feb. 13 Fit District will host its Family Rock Climbing Orientation from 5 to 6:30 p.m. and 6:30 to 8 p.m. at The Cave.

Some of the benefits of rock climbing are developing dynamic muscle strength, flexibility, balance and mental and physical focus.

Advance reservations are required so sign your family up this fun hour and a half orientation class, taught by a certified instructor.

For more information call 624-4483.

### MWR's Auto Skills offers car care classes

MWR's Auto Skills February is the month to love your vehicle. In Sicily, car care has never been more important. Drive with confidence when you know how to change a flat and how to perform a basic fluids check.

Advance reservations are required by calling 624-5244.

#### How to change a flat

Feb. 13 at 2 pm

#### Basic Fluids Check

Feb. 27 at 2 pm

## MIDTOWN MOVIE THEATER

### SCHEDULE & DESCRIPTIONS

<b>Friday, February 6</b>	3:00pm The Boy in the Striped Pajamas PG-13 5:00pm Cadillac Records R 5:30pm Seven Pounds PG-13 7:00pm Yes Man PG-13 8:00pm Punisher: War Zone R 9:00pm Pineapple Express <b>FREE</b>
<b>Saturday, February 7</b>	2:00pm Gran Torino R 3:00pm Seven Pounds PG-13 4:00pm The Day the Earth Stood Still PG-13 5:00pm The Tale of Despereaux G 6:00pm Punisher: War Zone R 7:30pm Cadillac Records R 8:00pm Jumper PG-13 <b>FREE</b>
<b>Sunday, February 8</b>	2:00pm The Tale of Despereaux G 2:30pm The Boy in the Striped Pajamas PG-13 4:30pm Punisher: War Zone R 5:00pm Australia PG-13 7:00pm Yes Man PG-13
<b>Monday, February 9</b>	5:00pm Gran Torino R 5:30pm Yes Man PG-13 7:30pm Punisher: War Zone R 8:00pm Seven Pounds PG-13
<b>Tuesday, February 10</b>	5:00pm The Day the Earth Stood Still PG-13 5:30pm The Tale of Despereaux G 7:30pm The Boy in the Striped Pajamas PG-13 8:00pm Punisher: War Zone R
<b>Wednesday, February 11</b>	5:00pm Australia PG-13 5:30pm Gran Torino R 7:30pm Seven Pounds PG-13 8:00pm Cadillac Records R
<b>Thursday, February 12</b>	12:00pm Journey to the Center of the Earth <b>PG FREE</b> 3:00pm Yes Man PG-13 5:30pm Punisher: War Zone R 7:30pm Cadillac Records R 8:00pm The Dark Knight PG-13 <b>FREE - Throwback Thursday</b>

<b>Cadillac Records (R)</b> The rise and fall of Chess Records, which launched the careers of Muddy Waters, Etta James and Chuck Berry. Leonard Chess scoured the south checking out various blues scenes and selling records from the back of his Cadillac. (108 min.)
<b>Gran Torino (R)</b> Walt Kowalski is a widower, grumpy old man who can't get along with his kids or his neighbors. His prize possession is a 1973 Gran Torino he keeps in mint condition. When the neighbor tries to steal the car, Walt sets out to reform the youth and finds himself protecting the family from the gangs that foul their neighborhood. (117 min.)
<b>Transporter 3 (PG-13)</b> Frank Martin has been pressured into transporting Valentina, the kidnapped daughter of Leonid Vasiley, the head of the Environmental Protection Agency for the Ukraine from the Marseilles through Stuttgart and Budapest until he winds up in Odessa on the Black Sea. Along the way, with the help of Inspector Tarconi, Frank has to contend with the people who strong armed him to take the job, agents sent by Vasiley to intercept him and the general non-cooperation of his passenger. Despite Valentina's cynical disposition and his resistance to get involved, Frank and Valentina fall for each other, while escaping from one life threatening situation after another. (100 min.)
<b>Punisher: War Zone (R)</b> Waging a war on the world of organized crime, ruthless vigilante Frank Castle sets his sights on mob boss, Billy Russo. After Russo is left disfigured by Castle, he sets out for vengeance under his new alias: Jigsaw and Frank must stop him before more of his evil deeds go unpunished. (95 min.)
<b>The Boy in the Striped Pajamas (PG-13)</b> Eight year old Bruno is the sheltered son of a Nazi officer whose promotion takes the family from their home in Berlin to a desolate area where the lonely boy finds nothing to do and no-one to play with until he meets Shmuel. Bruno finds out their friendship comes with devastating consequences. (95 min.)
<b>Yes Man (PG-13)</b> A man signs up for a self-help program based on one simple principle: say yes to everything and anything. He soon discovers that opening up his life to endless possibilities can have its drawbacks. (104 min.)
<b>Soul Men (R)</b> The two remaining members of the popular soul band, The Real Deal, from the 1970's, Floyd Henderson, now a retired business man, and ne'er-do-well, ex-convict, Louis Hinds, take a road trip to the Apollo Theater for a musical tribute to their recently deceased front man, Marcus Hook. As they travel cross country in a series of adventures and misadventures, they air old grievances about thirty year old betrayals and learn the music's still in them. (99 min.)
<b>Seven Pounds (PG-13)</b> Ben Thomas is an IRS agent with a fateful secret who embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers. (124 min.)

**Movie dates and times are subject to change. Call 624- 4248 to confirm.**

SHOWING FRIDAY, FEBRUARY 13

- 3:00pm The Boy in the Striped Pajamas PG-13
- 5:00pm Cadillac Records R
- 5:30pm Bedtime Stories PG
- 7:00pm The Spirit PG-13
- 8:00pm Punisher: War Zone R
- 9:00pm Superbad **FREE**

COMING SOON

Doubt, He's Just Not That Into You



### Virginia Coalition to play Jox Pub on Feb. 12



Virginia Coalition hails from Alexandria, Virginia and have been performing since the late 90s. This trio includes Andy Poliakoff on vocals and guitar, Paul Ottinger on keyboards and percussion and Jarrett Nicolay on bass and banjo. The three-piece band is unique in the fact that all three members can play just about every instrument they collectively use.

Virginia Coalition has released three independent albums, selling some 60,000 albums, mostly from the edge of the stage.

Armed Forces Entertainment bring the band to Jox Pub for an exclusive performance on Thursday, Feb. 12 at 9 p.m.

For more information, call 624-5603. Check out the band at virginia-coalition.com.

### Local band to rock the house for Valentine's Day

Valentine's day is Saturday. Spend the evening with local country band Victor Apaloosa performing live at Jox Pub. This 4-piece cover band complete with line dancers, will kick off their show at 11:30 p.m. and have you boot scooting until 1 a.m.

For more information, call 624-5603.



When you're off duty, MWR is on the job with more than 30 programs and services. MWR is your access point for fun, fitness and travel. For more about MWR's programs and services, hot jobs, and special events, call 624-3968.

**DEPLOYMENT, continued from page 5**

whom you trust.

- Do something special for yourself and your family. Rent a movie or cook a meal that your spouse wouldn't necessarily enjoy. Plan fun outings with children during free time. Make time to read a book you've been wanting to read or visit with a friend.

- Try to concentrate on the things you can control. It's normal to worry about your spouse's safety during a deployment or about when he or she will come home, but this is something that you can't control. Try to focus on things that you can control, like spending time with family and friends or signing up for a class or volunteer opportunity.

- Ignore rumors. The military may not be able to give detailed information about the whereabouts and activities of specific units during a deployment. Without that kind of information, rumors and gossip can get started. It may be difficult to ignore rumors or gossip, but you'll be much better off if you do. Rely on official sources of information when a family member has been deployed.

- Learn some stress management techniques that work for you. The stress of living without your partner can take a toll on the way you feel and think. Try out some different ways to relieve stress, such as an exercise class, keeping a journal of your thoughts and feelings, or practicing meditation or deep breathing.

- Seek support from your faith community. Many people find comfort and solace from their faith communities during difficult times.

- Take care of yourself. Get enough sleep and exercise and eat healthy meals.

**Asking for help**

- Ask for help when you need it. Asking for help isn't a sign of weakness -- it's a sign that you care about yourself and your family. Don't be afraid to ask friends or family to help with the household, child care, elder care, or anything else you need.

- Seek professional counseling. If you're having trouble coping, feel overwhelmed by the job of managing everything on your own, or if you're feeling blue or depressed much of the time, you may benefit from speaking with a professional counselor. Contact your family service center for help finding a counselor.

**THINKING, continued from page 2**

you tried to be a cook for the first time? Perhaps you grew up in a place where there was no religious understanding or practice of any faith. Have you seriously considered searching for a meaning in your personal spiritual life?

I would like to offer you a food for thought. It comes from the Hebrew Scriptures in the story of creation. "The Lord God looked at everything he had made, and he found it very good" Gen 1:31 (NAB). Can I look at things out-of-the-box and see the way the Lord sees them? Can I find everything (created by God) and see them as 'very good'?

Sicily is a 'treasure island' where you can find a lot of opportunities for personal growth. Think for a moment about yourself. All of us are away from families and friends. We come across a different place and people with cultural values and traditions. Can we look beyond ourselves and appreciate the natural beauty of this island and the rich values of our host nation?

Out-of-the-box thinking requires openness to new ways of seeing the world and a willingness to explore. Out-of-the-box thinkers know that new ideas need nurturing

and support. They also know that having an idea is good but acting on it is more important. Results are what count. Get out-of-the-box and enjoy God's blessings in Sigonella. Take your time to meet new friends. Also, look for a place to meet the Lord in prayer or join the Sigonella Chapel communities during worship services.

**TALK, continued from page 2**

example, when he puts his arms out to you, pick him up, kiss him and use simple words. "You want up." When he coos, coo back. When he gazes at you, make eye contact and talk with him. These immediate and familiar responses tell your baby that his communications are important and effective. This will encourage him to continue to develop these skills.

Talk with and listen to your child. When you talk with her, make eye contact on her level and give her time to respond. This will communicate your desire to hear what she has to say. Talking with your child helps her see herself as a good communicator and motivate her to keep developing these skills.

Read together. Let your child choose the books. Encourage your toddler to turn the pages and to point to and/or name what she sees. Ask your older toddler how the characters might be feeling and wonder together what will happen next. And reading with your child teaches more than literacy and language skills.

Narrate what you do as you go through your daily routines. For example, talk about what you're doing as you care for your child during an everyday routine. "Here we go into the bathtub. Your arms, legs and tummy are getting all clean. Rubber Ducky is having a bath, too". Talk as you play together: "You're feeding your dolly. She is hungry. What are you feeding her?" This helps your child connect words with objects and actions.

**One Year Old Milestones**

- Recognizes name
- Babbles with inflection (different tones of voice)
- Babbling with many different sounds including p, b, and m
- Imitates different speech sounds
- Says 2-3 words

**Two Year Old Milestones**

- Recognizes names of familiar people when it is name for him/her
- Uses 10-20 words; says more words every month
- Combines two words such as 'more milk'
- Points to an object when it named for him/her
- Makes sounds of familiar animals
- Follows simple instructions
- Three Year Old Milestones**
- Speaks in sentences of three to four words
- Understands most sentences
- Follows two consecutive requests ('get your cup and put it on the table')
- Names familiar pictures and objects
- Has 300-400 words in his/her vocabulary

Where can I get more information?

There are trained professionals at the U.S. Naval Hospital, Educational Developmental Intervention Services (EDIS) clinic on NAS I ready to answer your questions regarding your child's development. Whether you would like to have your child receive a developmental screening or if you would like to make sure your child is on track, we are here to help! Walk-ins welcome or call 624-4536.

**DOGS, continued from page 1**

means, is standing at the front gates doing random vehicle checks, foot patrols around the base doing building sweeps, and searching mail. Fast forward to what we're doing now with the war on terrorism. I currently have three handlers that are deployed for nine months each."

One of those who has answered the demands of those deployments is Master at Arms 2nd Class David Gutierrez. Deployed to Al Anbar province, Iraq, Gutierrez worked closely with the Marine Corps in the location of improvised explosive devices (IEDs), their manufacturers, weapons and money caches.

Gutierrez described his deployment to the Marines as being a floating asset.

"I belonged to a rifle battalion

in the marine infantry, but occasionally Army special operations guys would come by and ask if they could borrow a handler and I would disappear for days. Same thing with some of the SEAL teams, who had their own dog teams, but sometimes they would come and pick one of us up. You're just going everywhere."

Gutierrez said that the services he performed while assigned to the Marines were varied. He said that he conducted a lot of foot patrols and routinely stood a quick reaction force watch. Some of his accomplishments during his deployment include the detection of two weapons and money caches in addition to several IEDs.

Gutierrez returned from his deployment, but mentioned that the dog he was assigned to is back in the

country at the moment, where he's continuing to succeed at his job; he found a rocket propelled grenade last month.

MAC Groesbeck said that the MWD unit is a very important part of the military and especially Sigonella.

"The biggest thing that I'd like to remind the Sigonella community is that we are actively involved in the day to day operations in Afghanistan and Iraq," he said. "Because of the role that we do play, which is protecting countless lives and millions of dollars worth of military equipment, we all can hold our heads up as a community."

# Chiechio

# Rigattiere

# Stampa



Aron takes a much needed break after a day of training.



The military working dog facility on NAS II offers all of the training equipment needed to teach the dogs how to do their job.

# Bravo Zulu NAS Sigonella Sailors of the Year

Questionnaire and photos by  
**MC3 Jonathan Idle**  
*The Signature Staff*  
**NAS Sigonella**

## Sailor of the Year

Air Traffic Controller 1st Class Francis Beaudoin, NAS Sigonella Command Career Counselor

Q: When did you join the Navy?

A: Sept. 1998

Q: What was your last duty station?

A: NAS Brunswick, Maine

Q: What do you recommend for someone who's interested in becoming Sailor of the Year?

A: Number one, take care of your people. Your success will be measured by the success of your people. It's important to volunteer and continue your education.

Q: What's your favorite memory while you've been stationed here?

A: When I helped a couple get some BAH back pay. Some big BAH back pay. That was nice.

Q: What's one piece of advice you would give a new Sailor coming here to make their tour a success?

A: Get all of your qualifications knocked out, and then start college right away. That way you're accustomed to doing both duty and school. Back when I started they didn't have stuff like they do now. It's a lot easier to get those things done when you have the responsibility of an E-4, E-3 or E-2 than it's when you're E-6 or Chief.



*NAS Sigonella*

## Junior Sailor of the Year

Yeoman 2nd Class Ryan Mahan, NAS Security Department Administration Leading Petty Officer

Q: When did you join the Navy?

A: Sept. 2003

Q: What was your last duty station?

A: USS Ogden, LPD-5, home ported in San Diego, Calif.

Q: What do you recommend for someone who's interested in becoming Junior Sailor of the Year?

A: I don't think there is such a thing as too much. They definitely need to volunteer, do off-duty education and take on diversity in their job. Try and take on things that broaden their amount of tasking.

Q: What's your favorite memory while you've been stationed here?

A: I'd have to say the birth of my son.

Q: What's one piece of advice you would give a new Sailor coming here to make their tour a success?

A: A lot of people who arrive here may not understand how good of a duty station this is. I would pass on the advice to take advantage of the fact we have such a good location and command. Don't take it for granted.



*NAS Sigonella*

## Blue Jacket of the Year

Air Traffic Controller 3rd Class Katie Crossett, NAS Sigonella Air Traffic Controller

Q: When did you join the Navy?

A: Sept. 2006

Q: What was your last duty station?

A: Air Traffic Control A School

Q: What do you recommend for someone who's interested in becoming Blue Jacket of the Year?

A: Take advantage of volunteer opportunities that interest you and constantly work on improving yourself. Involving yourself in college, volunteer work, or collateral duties that you enjoy and can take pride in doing will not only build character and leadership skills, but will also help the base as a whole.

Q: What is your favorite memory while you've been stationed here?

A: It's very difficult to pick a favorite; however I did enjoy all of the trips I was able to take with the Honor Guard and Girl Scouts of Sigonella, through ITT/Liberty, and through my own planning.

Q: What's one piece of advice you would give a new Sailor coming here to make their tour a success?

A: Get off base. The time goes by quickly and in order to make your stay worthwhile, you should enjoy the island and the surrounding countries as much as you can. I also recommend getting involved in both the Italian and Sigonella communities whenever possible.

# Stampa

**Send your love through  
 The Signature!**

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

# Kartodromo

# Days Inn

# Il Mercato

If you are transferring to NAS Sigonella and want to see the paper in its entirety, email us at [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil) from your .mil account to verify your affiliation with the U.S. military.

Senor

Medusa

Tattoo

Delivery

Joes

M o n d o  
Animale



Volcano

Air Force

Casablanca

Colombiano

Classi

# Stampa