

NIACS and what it means for you

Article by **Tracie Barnthouse**,
The Signature Editor

You've surely heard the acronym NIACS thrown around by now. But what is it and how does it affect you?

NIACS, or the Navy Installation Access Control System, is a program that will be implemented at bases within the Commander Navy Regions Europe, Africa, and Southwest Asia (CNREURAFSWA) scope. The program is a personnel access verification system that validates the authorization of an individual to enter an installation. In other, less technical words, it's a way to verify you are who you say you are, and grants you permission to drive or walk through the front gate of Naval Air Station (NAS) Sigonella.

Why is CNREURAFSWA implementing this system? In one word: security. According to a CNREURAFSWA press release, the program is being introduced to "modernize and improve the security procedures associated with accessing CNREURAFSWA installations." The system will use advanced technology that will authenticate an individual's authorization to enter a base, as the current system (use of a DoD ID card) can be easily forgeable. The CNREURAFSWA press release says, "...we can better ensure that those who are supposed to have access to an installation do have access, while

preventing those who should not have access from gaining entrance."

At a glance:

Who: All DoD ID-card holders including active duty military personnel, dependents (10 years of age and older) retirees, civilian employees, contractors, local national employees, and Italian Air Force (ITAF) personnel.

What: Registration in NIACS, a system designed to improve security at gates in the CNREURAFSWA region.

When: April 27-May 9 - active duty military personnel; May 11-May 23, dependents (age 10 or older) and retirees; May 25-June 6, civilian employees, contractors, local national employees and ITAF personnel. Registration hours are Monday-Friday 9 a.m. - 5 p.m. and Saturday, 8 a.m. - 12 p.m.

Where: Marinal Community Center

How: Bring your DoD ID-card and PRD documentation, get your picture taken and fingerprinted and you'll be registered. The process should take five minutes.

For more information, contact MAC William Gray at 335-193-8804 or william.a.gray@eu.navy.mil

All DoD ID-card holders at Sigonella must register in NIACS to be given access to the base.

So what do you do? NAS Sigonella community began registration for NIACS on April 27 at the Marinal Community Center for active duty military personnel. If you're active duty, you have until tomorrow, May 9 to register for NIACS. From May 11 until May 23, dependents (ages 10 and older) and retirees can register, and from May 25 until June 6, civilian employees, contractors, local national employees and ITAF personnel can register. Registration is Monday through Friday from 9 a.m. until 5 p.m. and Saturday from 8 a.m. until 12 p.m.

During the registration process, DoD ID-card holders simply need to bring their DoD ID-card and documentation of their Projected Rotation Date (PRD) to the Marinal Community Center. Someone will verify the information, you will get your photo taken, and if necessary, will have two fingerprints scanned. Upon completion of this, the ID will be registered in NIACS. Registration should take around five minutes, provided the sponsor and applicant have filled out the application accurately. Incomplete or inaccurate applications, continued on page 12

Sigonella firefighter wins Navy firefighter of the year

Article and photo by **MC3 Jonathan Idle**,
The Signature Staff

Aviation Boatswain's Mate (Handling) 2nd Class Quinton Jones, a crash captain at the Naval Air Station (NAS) Sigonella Fire Station, was officially named the U.S. Navy Military Fire Fighter of the Year Apr. 30 at the fire station on NAS II.

Jones was recently named Military Firefighter of the Year for the European Region and was subsequently entered in the Navy-wide competition.

Nothing over his 12 year career in the Navy prepared Jones for the surprise of getting the award.

"I don't think any words can explain it," Jones said. "I was speechless. I didn't know what it was for at the moment until after it was presented to me. I was excited."

Jones credits the unity of his military and civilian co-workers as the reason he has been so successful.

"Teamwork, nothing can be done without teamwork," said Jones. "As far as I see it everyone in the department actually won that award. It should be presented to everyone at one time, because I couldn't do it by



Aviation Boatswain's Mate 2nd Class Quinton Jones recently won U.S. Navy Military Firefighter of the Year. Jones won the title after he won for the European Region and was then entered into the competition for Navy-wide firefighters.

myself honestly."

The every day challenges that his job presents something that Jones enjoys.

"My job here at the fire department is broad," Jones said. "There are a lot of aspects about it that I enjoy and there are a lot of areas I like. It's really hard to pick one specific thing. Navy-wide I like being able to have

this opportunity to help people and save lives, if needed."

James Laconte, NAS Sigonella Fire Chief, expressed his gratitude and appreciation for everything Jones has done for the fire station in his time here.

"Petty Officer Jones epitomizes

AWARD, continued on page 13

Navy routes Pol Ali'Terme 31-0

Article and photo by **MC3 Jonathan Idle**,
The Signature Staff



Navy pitcher Trenton McKibben threw seven innings of shut out baseball and struck out 15 batters at a baseball game on Saturday, May 2 at the Land Annex on NAS I. McKibben also had three home runs and seven RBIs in Navy's 31-0 victory over Pol Ali-Terme, an Italian baseball team.

Navy pitcher Trenton McKibben threw seven innings of shutout baseball to lead the Naval Air Station (NAS) Sigonella Navy baseball team to a 31-0 victory over the Italian Pol Ali'Terme baseball team Sat. May 2 at the Land Annex on the support side of Sigonella.

McKibben struck out 15 batters while going 4-4 at the plate with three home runs, seven RBIs and four runs scored before the game was called in the seventh inning due to the "Mercy Rule."

After McKibben struck-out the side in the top of the first inning Navy jumped out to an early lead. Outfielder Roy Davis leadoff the game with a walk and then stole second and third base. Davis scored on a

BASEBALL, continued on page 12

WEATHER UPDATE

May 8
H:78F
L:59F



May 9
H:79F
L:59F



May 10
H:80F
L:58F



May 11
H:81F
L:58F



May 12
H:83F
L:61F



May 13
H:83F
L:60F



May 14
H:82F
L:62F



TOP STORIES

How do we build a healthy America? Nurses do it daily; one patient at a time, with each nursing interaction and each nurse that takes the pledge and makes the commitment.

Page 2

Acting Secretary of the Navy B.J. Penn said May 1 that motorcycle safety is a priority for the Department of the Navy and that he looks forward to a time when motorcycle safety is so instilled in the nation's culture, that never again does the Navy have to grieve another man killed or lost to motorcycle accidents.

Page 3

Moving can bring exciting opportunities, but it can also bring stress. Learning to deal with relocation stress is an important part of a successful move. The challenges of relocation rarely end when the moving van pulls away.

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There is no better way to understand the Sicilian culture than to attend a religious feast. Those celebrations blend religion, history culture and folklore. Every year, the community of Tracastagni hosts a lively festival honoring the "Three Martyred Brothers."

Page 6

An array of colors, scents and sounds greet you. The excited chatter of deal making resounds. These are the street markets of Catania, a feast for the senses. Every morning from Monday to Saturday the Pescheria, or fish market, comes alive in the shadows of Piazza Duomo.

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TRAFFIC NUMBERS

	Jan. 09- May 09	Jan. 08- May 08
Accidents	79	116
Injuries	9	12
DUIs	0	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

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

The last few weeks, the media has been filled with coverage of the H1N1 Influenza outbreak which has shown up in Mexico, the U.S. and several other countries. This new strain of virus is a cause for concern, but also a reminder that we as a community must always be ready for emergencies. No matter if it is new virus, Mt. Etna erupting, or heavy rains causing flooding through the region, our strategy is the same; plan early, prepare for the possibilities, and put the plan in action once the time comes.

As with any flu strain the best way to prepare is to simply make cleanliness and good hygiene a priority. Capt. Bloom, the NAS Sigonella Hospital CO assures me that the virus cannot penetrate the skin and must come in contact with the moist linings of the nose, mouth or eyes in order for a person to be infected. This means that simple measures like washing your hands with soap or waterless hand sanitizer and not rubbing your eyes or mouth with your hands will go a long way. Also, taking a few extra minutes and cleaning commonly used surfaces will keep the flu from spreading through contact.

Even though a flu virus is drastically different than a flood, the one thing that doesn't change is the fact that every

family should have an NEO and emergency supply kit. These kits, while originally designed for evacuations or emergencies where supplies are not readily available, provide an important buffer of supplies. Your NEO Kit should have your valuable information pre-staged and readily available. Emergency supplies should consist of food, drinking and flushing water, toiletries including soap and or waterless hand sanitizer, and supplies for your pets to last at least three days in the event of an emergency. Other key items that should be on hand are flashlights, a radio and a first aid kit.

NAS Sigonella is actively planning and preparing to deal with the H1N1 flu if it turns up here in Sicily. The Naval Hospital has been on the leading edge of the efforts to stay ahead of this and be ready for anything that happens. They have a stock of the medication being used in the states and they have set up a hotline at DSN 624-4562 ready to answer questions our community may have. Additional information can also be found online at <http://cdc.gov/h1n1flu>.

As with any emergency, it is vital that we carefully plan for any possibility, monitor the situation as it unfolds, and calmly put our plan into action, not allowing the media hype

to effect to our actions. If there is reason to put our plans into action we will be putting out information via all means at our disposal. These include "All Hands" emails, messages on AFN FM 106, TV scroller on AFN Atlantic, and for immediate timely info, the gate guards will be informing vehicles as they enter base. As long as we follow this, NAS Sigonella will once again come through a difficult situation as a community ensuring each and every member is taken care of.



Health WATCH

American Nurses Association: Building a healthy America

Article by Lt. L. Skinner
Naval Hospital Sigonella

How do we build a healthy America? Nurses do it daily; one patient at a time, with each nursing interaction and each nurse that takes the pledge and makes the commitment.

Many know of Florence Nightingale, Clara Barton and other famous nurses that have made a lasting impact in the profession, but who do you recall as a nurse that has made an impact in your life?

Could it be a nurse from your childhood, or a health crisis, or maybe the nurse that stayed at a family member's bedside so that you could finally take a break or make a phone call.

I have been in the nursing field since 1986 and one thing that never changes is the intent to be present for our patients and their families. The heart of nursing beats on as our roles

continue to change.

Even our uniforms change. When I received my white nursing cap, I never thought I would wear combat boots and camouflage! Yet, here I am almost four years, proud to say a nurse in the United States Navy.

It has been a privilege to watch a newborn take its first breath and to comfort those that take their last. Thank you, for allowing me to be there in your time of need, accepting my counsel and skill as well as living and working among you.

Did you know that there are 2.9 million registered nurses in the United States alone and that approximately 2.4 million are still working hard to build a healthier America?

Let us all take a moment to reflect and honor them during National Nurse's Week, especially our deployed members.

There is a thank you box in the **NURSES, 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 (Mineo Community Center)
1200	Catholic Mass (Mineo Community Center)	1000	Traditional Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	1130	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

CHURCH OF CHRIST LAY SERVICE
Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT
Latter-day Saints: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745



Article by Chaplain Ron Kennedy

The above quotation is one of the most memorable lines in history, uttered by the courageous Indigo Montoya.

In the movie "The Princess Bride," a 1987 classic, Indigo Montoya was confused about the usage of the word "inconceivable." Indigo didn't really understand the meaning of this word. Vizzini, the Sicilian mastermind, used the

word frequently in the movie. Indigo finally surmised the word didn't match Vizzini's usage - it was incongruent.

We're not going to discuss the word "inconceivable" here today. I'm continuing my series on leadership. I've already written about navigational leadership, being with your people and charting a clearly defined course. I've also written about authentic leadership. It can be defined as influence in juxtaposition

"You keep using that word. I don't think it means, what you think it means..."

to position. Leaders have followers; they lead by influence.

In my last article, I wrote about the importance of setting priorities. In this article, I'm going to discuss a moral characteristic of leadership, one of the most important traits of leadership. The trait is integrity. The word is overused in our venacular, in my opinion. So when the word is used to apply to someone that lacks authentic integrity, we are puzzled (like our good friend, Indigo).

LEADERSHIP, continued on page 12

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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.

NAVY News

Motorcycle safety month gets kick-started

Article by Darren Harrison, Naval District Washington Public Affairs

ARLINGTON, Va. (NNS) -- Acting Secretary of the Navy B.J. Penn said May 1 that motorcycle safety is a priority for the Department of the Navy and that he looks forward to a time when motorcycle safety is so instilled in the nation's culture, that never again does the Navy have to grieve another man killed or lost to motorcycle accidents.

Penn made his comments at the third annual National Capitol Region Joint Service Motorcycle Safety Event in the north parking lot of the Pentagon.

"When average Americans think about the dangers that go into waging war they think of threats in lands far, far away," Penn said. "But when a year goes by and we lose more Sailors and Marines on motorcycles, than in support of the war, we are in many ways referring to a battle

being fought at home in our own backyard -- and our Marine Corps last year lost more people on motorcycles than we did in combat."

Celebrities such as the reigning Miss USA, Kristen Dalton, mingled with service members and military officials at the event that featured booths with safety information, three motorcycle simulators and demonstrations by the Pentagon Police and world racing champion Kevin Schwartz.

Also featured was a motorcycle rodeo, a Le Mans Start Skill Challenge, food by the Grill Sergeant, Personal Protection Equipment (PPE) demonstrations and a group ride.

"I think the event is going very well; I am very pleased with the amount of non-DoD support we have here," said Rear Adm. Arthur J. Johnson of the Naval Safety Center. "This is a great way to kick off the start of May as Motorcycle

Awareness Month."

Motorcycle trainer Rusty Reynolds, who trains the Navy SEALs, was on hand to discuss motorcycle protective gear, as well as demonstrate the differences, in quality, between a \$70 helmet and a \$300 helmet.

"In motorcycles you get what you pay for," Reynolds said. "If you buy a cheap helmet there's a reason it's cheap."

Reynolds said helmets can run as expensive as \$700 and that those that have a "crush zone" have a greater ability to absorb the impact of a crash.

"I like to say stupid hurts," said Reynolds, mentioning that some states do not require a rider to wear a helmet.

One of the most popular exhibits at the safety event was the motorcycle simulators provided by Tulsa-based Simulator Systems International. The simulators taught the basic procedures of

motorcycle riding and gave more experienced riders a chance to try their skills on a simulated sports bike.

"You have to be on your game, [the sports bike] is very touchy. I had to bond with that bike," said Peaches Hainline, who has been riding motorcycles for 25 years. "I like to say that riding a motorcycle is like tap dancing on a land mine. You have to know what you are doing and be careful."

For fiscal year 2008, sports bikes were in 88 percent of Navy and Marine Corps fatalities.

According to figures on the Naval Safety Center Web site, as of March 15 the Navy had experienced 14 deaths in fiscal 2009 from motorcycle-related accidents and the U.S. Marine Corps (USMC) had experienced 22.

In fiscal 2008 the U.S. Navy experienced a total of 33 fatalities and the USMC had experienced 25. In the three years, fiscal 2006 to fiscal 2008, there were a total of 139 deaths across the Navy and Marine Corps.

"Three years ago a motorcycle accident took the life of a friend of mine, a friend named Richard Dawson. Richard was not just a member of the Navy family he was also one of my best friends," said Penn. "A purple heart recipient, Richard survived extreme combat conditions in Vietnam but he could not survive an extreme motorcycle collision in Virginia."

Penn said the best way to honor Dawson and the other Navy personnel who have died as a result of motorcycle accidents is to make motorcycle safety a priority.

"Just last year the services stepped up their efforts to reverse that disturbing trend," Penn said. "Statistics are showing that your efforts are working, which is encouraging, but you don't work such long hours and make so many sacrifices [just] to improve statistics."

For more news from Naval District Washington, visit www.navy.mil/local/ndw/.

PHOTO FROM THE FLEET

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



U.S. Navy photo by Jesse B. Awalt

A Marine Corps CH-53E Super Stallion helicopter assigned to Marine Heavy Helicopter Squadron (HMH) 461 approaches an Air Force C-130P aircraft from the 81st Rescue Squadron during a helicopter air refueling mission. 13,800 pounds of fuel was delivered to the helicopter during the 45-minute mission. Both aircraft are assigned to the Combined Joint Task Force-Horn of Africa area of responsibility.



U.S. Navy photo by MC2 Kevin S. O'Brien

Acting Secretary of the Navy the Honorable B.J. Penn watches a motorcycle simulator demonstration by Lt. Kim Thompson during a Joint Service Motorcycle Safety Event held at the Pentagon.

NEW Arrivals

Kristina and Jhumar Barredo
Boy
Marcus Krum Barredo
April 26, 2009
Weight: 6.7 lbs
Length: 20.1 in

Maxine and Peter Johns
Boy
Baylian Isaiah Johns
April 29, 2009
Weight: 7 lbs 15 oz
Length: 20 3/4 in

New Monika
Hope

Volcano



COMMUNITY CALENDAR

				FRIDAY	SATURDAY	SUNDAY
				8 May Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	9	10 Mother's Day
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
11 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Stress Management FFSC 1 p.m. - 3 p.m. x4291	12 Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 Volunteer Orientation NMCRS 10 a.m. x4212	13 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Budget for Baby NMCRS 5 p.m. x4212	14 Ombudsman Assembly FFSC 3 p.m. - 5 p.m. x4291 Car Buying Strategies FFSC 1 p.m. - 3 p.m. x4291 Ricotta Workshop FFSC 9 a.m. - 2 p.m. x4291	15 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Thrift Saving Plan FFSC 10 a.m. - 11:30 a.m. x4291	16 Nearly New Shop Open NMCRS 10 a.m. - 1 p.m.	17
18 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Developing a Spending Plan FFSC 2 p.m. - 3:30 p.m. x4291	19 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	20 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Motta Castle Tour FFSC 10:30 a.m. - 1 p.m. x4291	21 Return & Reunion FFSC 2 p.m. - 3 p.m. x4291	22 Arrivederci FFSC 8 a.m. - 11:30 a.m. x4291	23	24

Motta

Days Inn

Magnolia

Medusa

Did you know that . . .

Remembering Navy-Marine Corps Relief Society in your will (or living trust) is one of the easiest and best ways to ensure that the Society's crucial work will continue for generations to come?

Including the Society as a beneficiary of your will can be as simple as adding an amendment (or codicil) to your existing document. NMCRS can provide sample bequest wording and a codicil form.

Please contact the Society for further information! Let them know how they can be of assistance.

NMCRS: Your First Resource
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

Relocation stress

Article edited from
www.navyonesource.com

Moving can bring exciting opportunities to enjoy a new job, home, and friends. It can also bring stress. Learning to deal with relocation stress is an important part of a successful move. The challenges of relocation rarely end when the moving van pulls away. Learning how to handle relocation stress can help you adjust to and make the most of your new surroundings.

What is relocation stress?
 The stress associated with moving can be mild or severe. Some people enjoy their new jobs or friends so much that they experience only minor symptoms of stress during a move. In other cases, the stress can be severe enough that experts consider it equal to that of a divorce or death in the family. The physical signs of relocation stress can include backaches, headaches, stomachaches, high blood pressure, and greater susceptibility to disease and infection.

The emotional symptoms of relocation stress are varied. Some people feel irritable or impatient. Others may become moody, depressed, or withdrawn. They may

have nightmares, lose interest in sex, cry frequently, or experience feelings of panic. Stress can also show up in a wide range of behavioral symptoms. These can include nail biting, grinding or gnashing teeth, or abusing drugs or alcohol.

Gaining a sense of control
 Gaining a sense of control over your move can help ease daily stresses. Here are some good ways to gain control:

Make lists. Write down what you need to do as the first step toward accomplishing your many tasks.

Plan ahead. Avoid last-minute anxiety by organizing as much as you can in advance.

Prioritize. Rather than trying to do it all, identify and work on what is most important.

Break tasks down into manageable parts. Start with small jobs, such as arranging for mail to be forwarded or finding referrals to doctors in the new community. After taking care of these things, you'll feel freer to pursue more time-consuming activities, such as building new friendships or fixing up a house.

The importance of taking care of yourself

You can minimize relocation stress by taking good care of yourself. It's important not to abandon the good health habits that you had before you moved. Here are some ways to take care of yourself in new surroundings:

Get physical exercise. Let off steam by running, walking, swimming, gardening, or taking a class like dance or woodworking. To increase physical stamina, an aerobic workout -- one that gets the heart pumping -- should last at least 20 minutes and should be performed a minimum of three times a week.

Minimize other stresses. Stress in other areas of your life may compound the effects of relocation stress. In the months just before and after a move, it's a good idea to avoid starting a diet or beginning a big, emotionally consuming project.

Take breaks. Unplug the phone, turn off the lights, and enjoy a little quiet time.

Helping children handle stress
 Although children can experience physical stress in much the same

RELOCATION, continued on page 12

Strike

Mondo Animale

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.



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



BO (right) is another one of our newest dogs. He would make a great companion to a more active family. He is also in foster care and would love to go home with you.

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

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
The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Three Patron Saints begins in Trecastagni



Photo by Isolainfesta



Photo by Jacquelyn LeBlanc

The benediction of the children is one of the most touching moments of the annual May 10 Trecastagni Three Saints (Alfio, Filadelfo and Cirino) Festival that features religious processions, folklore parades, arts and crafts and garlic fair.

There is no better way to understand the Sicilian culture than to attend a festa religiosa (religious feast). Those celebrations blend religion, history culture and folklore. Every year, the community of Trecastagni hosts a lively festival honoring the "Three Martyred Brothers" i.e. Alfio, Filadelfo and Cirino (St. Alphius, St. Philadelphus, and St. Cyrinus).

The festival revolves around the saints' Santuario (sanctuary) which was founded in 1928 thanks to an authorization granted by Cardinal Franca Nava. Just like it happens with all the saints of the Catholic tradition, the Three Saints are regarded as powerful intercessors and advocates in heaven. Believers undertake long and tiring barefoot pilgrimages, lasting several hours, from local towns surrounding to the Sanctuary of St. Alfio just to thank them for having survived a crash, misfortune or a natural disaster or healed from an illness. Devotees gratitude for a miracle granted can take the artistic form of "Ex Votos," small paintings depicting the incident, occurred to the devotees, which are donated to the sanctuary in fulfillment of a vow (voto) or pledge. Ex votos also include artificial limbs representing the healed part of the body as well as orthopedic corsets, canes and crutches which supplicants donate, after their healing, to the sanctuary.

Trecastagni has a must-see impressive collection of hundreds of these small icons, which are authentic works of art mainly made by Aci Sant'Antonio back to the 19th century. These art pieces tell about the hopes, joys and sorrows of thousands of people who have been turning to the brother

saints for assistance for centuries. Women suffering from difficult pregnancies, young men who survived a car crash or a deadly illness, all people who, for different reasons, found themselves in need for help.

The origin of the festival dates back to the 16th century, feature religious processions and dramas as well as spectacular Sicilian cart parade, town band shows and the traditional garlic fair, which celebrates springtime. In Trecastagni, Garlic is the symbol of the devotees' participation in the festival and is traditionally believed to keep evil away and grant health and protection from illness. The festival coincides with the harvest of garlic.

The Three Saints are also celebrated in other parts of Sicily (St. Alfio, St. Fratello and Lentini), Italy (Vaste near Lecce), and the world (Lawrence, Massachusetts (USA) and Sydney (Australia)).

According to tradition, the name of Trecastagni is linked to the Three Saints. Some believe that the Three Saints ate "Castagne" or chestnuts during their visit to the town. There is a legend which tells that three chestnut trees, which are very common in the area, would miraculously sprout from the empty shells dropped by the brothers. Other traditions maintain that Trecastagni comes by the Latin words "Tres Casti Agni" (Three Chaste Lambs), a name which remembers the tragic sacrifice of these three young heroes of Catholicism.

Life of the Three Saints

The first historical sources telling about the three saints could be found in a manuscript by a monk who lived in the 11th century and in a book, dating back to

1691, written by priest Filadelfo Mauro. Both lived in Lentini. The Three Saints were born in Vaste (Lecce) in the III century. During the persecutions made by the Romans against the Christians, they were arrested and forced to leave Sicily to go to Rome where they were convicted and tortured.

Historic chronicles tell of miracles worked by the saints, for instance the fact that every place they visited became a Catholic community. Since they belonged to a noble family, Romans feared that they could influence other aristocrats therefore they used them as scapegoats to convince the others to stay away from the Catholic religion. After being tortured in Pozzuoli and then back in Sicily, they were eventually martyred in Lentini on May 10, 253 AD. Although the festival was meant to celebrate all three saints, the devotion of St. Alfio somehow darkened the memory of the other two saints. This is probably due to the fact that Alfio was the elder brother and consequently was the one who always spoke on behalf of his family.

During the centuries, people tended to ask St. Alfio rather than to his brothers intercession for healing from serious illnesses and injuries. Once the miracle is granted, devotees feel obligated to thank the saint. That is why today the Nudi still perform with spectacular processions carrying heavy wax candles that can weigh up to 220 pounds. Around the candle a red ribbon with a picture of the saints is tied.

Festival Highlights

Today (May 8), the festival starts with the procession of the

three Candelore, (heavy wooden floats, about six meters in height, with a big main wax candle surrounded by sculptures representing the martyrdom of the three saints) leaving from the Saint Alfio's sanctuary at 8:30 a.m. Those beautiful decorated floats are carried in procession during the entire festival throughout the city historic center through May 11. Tonight at 8 p.m. the relics of the Saints, accompanied by the candelore, are brought in procession from the main church to the Saint Alfio Sanctuary. The proces-

sion lasts until late evening. During the tour of the relics, the city band performs in piazza dei Bianchi, throughout the night. On Saturday, May 9, festival goes can enjoy spectacular fireworks that are performed at 9:15 p.m. in piazza Marconi (the main square). The Nudi barefoot pilgrimage which is performed on the night between May 9 and 10, (during which devotees wearing white shorts and a red band on the chest also walk (some barefoot) from Catania and other Etna towns to

Chiechio

Kartodromo

Schedule



Photo by Jacquelyn LeBlanc

The traditional garlic and onion fair is a tasteful complement to the annual Three Saints Festival in Trecastagni.

the Sanctuary of St. Alfio) is a must-see. The actual festival's day is Sunday, May 10. It starts with the unveiling of the Three Saints' Statues that is performed by a capuchin monk in front of a huge crowd of devotees at 9:15 a.m. The ceremony takes place at the Saint Alfio's Sanctuary, located in piazza St. Alfio, where the statues are usually kept. The statues are placed on the "fercolo" (float) to be ready for the procession. Later on, the first solemn procession touring the historic center begins at 1 p.m. among screaming devotees and paper stripes with the phrase "Long Live St. Alfio," written on them, filling the air. After the stop at the main church (Chiesa madre di San Nicola) the procession is repeated after the 6

p.m. holy mass at around 7 p.m. and lasts until late night.

The last day of the festival (May 11) features a solemn Holy Mass to be held at 6:30 p.m. at the main church. The mass will be celebrated by the Catania Archbishop and will be attended by all the town civilian and military authorities.

On Saturday, May 16th a religious drama depicting the life of the saints is staged in piazza del Santuario at 9 p.m.

As the schedule might be subject to changes, call the St. Alfio Sanctuary at 095-7806502 for updates. You can also check the updated schedule by visiting: www.santuariotrecastagni.it

Gegomotor

Symphonic Concert at the Catania Opera House



German conductor Will Humburg will enchant the Bellini Theater audience on Friday, May 15 (9 p.m.) and Saturday, May 16 (5:30 p.m.) with Anton Bruckner music. The concert program will include Symphony No. 4 in E-flat major (WAB 104), one of Bruckner's most popular works that will be performed by the Catania Bellini Opera Orchestra.

Humburg began his studies under Horst Stein and Christoph von Dohnanyi in Hamburg. He has led the Muenster Opera Theatre, and the Muenster Symphony Orchestra where he created, between 1992 and 2004, several top-quality productions

for which he received an award for "best concert series of the season" by the German Union of Music Publishers. Highlights of his work in Muenster also include Wagner's Ring cycle (1999/2001), world premieres of Azio Corghi's Divara - Wasser und Blut (1993) and Sen'ja (2003), as well as critically-acclaimed productions of Le Grand Macabre (Ligeti), Don Carlo, Tristan and Isolde and Die Meistersaenger von Nuernberg.

Humburg boasts an impressive repertoire of over 80 operas and interpretations of both classic and contemporary music which earned him a reputation as one of world's most distinguished conductors. He has per-

formed at the following prestigious concert venues: Teatro alla Scala, Maggio Musicale Fiorentino, the Dresden Semperoper, the Hamburg State Opera, the Stuttgart State Theatre, Deutsche Oper Berlin, Teatro Sao Carlos, Deutsche Oper am Rhein (Duesseldorf), Teatro Bellini (Catania), the Teatro Lirico (Cagliari), Teatro Massimo (Palermo), Teatro Verdi (Trieste), the Megaron (Athens), the Academy of St. Cecilia (Rome), the Sydney Symphony Orchestra and to Japan and Spain. For more information and tickets visit www.teatromassimobellini.it

THE
Signature
SIGONELLA, SICILY

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

Stampa



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 10:00 a.m. (after Catholic Mass) at the NAS I Chapel. You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!) For more information visit - www.kofc.org/

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Catania's Markets - the sights, the sounds

Article and Photos by
Lt j.g. Glen Sanders
The Signature Staff

An array of colors, scents and sounds greet you. The excited chatter of deal making resounds. These are the street markets of Catania, a feast for the senses. Every morning from Monday to Saturday the Pescheria, or fish market, comes alive in the shadows of Piazza Duomo. The market's center, just below the Fontana dell'Amenano, is full of the day's catch. An abundance of fish, from

mussels to swordfish, is offered. The fish is only the beginning, as the market winds its way through serpentine streets to offer fruits, vegetables, nuts, poultry and meats. Piazza Carlo Alberto houses a larger market located between Via Umberto and Corso Sicilia, not far off Via Etna. This market exudes produce. A wide variety of dry goods, clothing and small household wares, are also offered. The Carlo Alberto market is open mornings, Monday through Saturday.
Site: Five stars
The markets get 5 out of 5 stars

for the experience, the sights and sounds of people and products all vying for attention. The experience of shopping in the open air is a chance to see culture in action. Come to the market not only to shop but to see the people of Catania. This is the everyday; this is where culture can be found in the busy, noisy bustle of the street.

Here are a few tips to keep in mind. If you plan on buying, wait until about an hour before the market closes. At this point vendors may start to drop prices to encourage

sales. If you know enough Italian, haggle a bit for better prices. Mind your handbags and wallets as crowded markets are always susceptible to pick-pocketing.

Family Friendly: Four stars

One star was detracted because small children may tire of a busy market. If children are older, this likely won't prove an issue. When visiting the fish market, a family could find a break from the crowds at an Italian bar in or near Piazza Duomo.

Accessibility: Four stars

The markets get 4 out of 5 stars in this category. One star was detracted because driving and parking in Catania requires vigilance and patience in equal parts. Parking by the city's arches, which are near the port, will place you very close to Piazza Duomo and the Pescheria. Take Via Etna to Via Pacini to find the market in Piazza Carlo Alberto.

Travel Time: Five stars

Catania rates 5 out of 5 stars because the travel time is only 20 minutes by car making the markets easy to reach.



The market is full of products; everything from fruits and vegetables to meats and cheeses.



REVIEW SUMMARY

Site:
★★★★★

Family Friendly:
★★★★★

Accessibility:
★★★★★

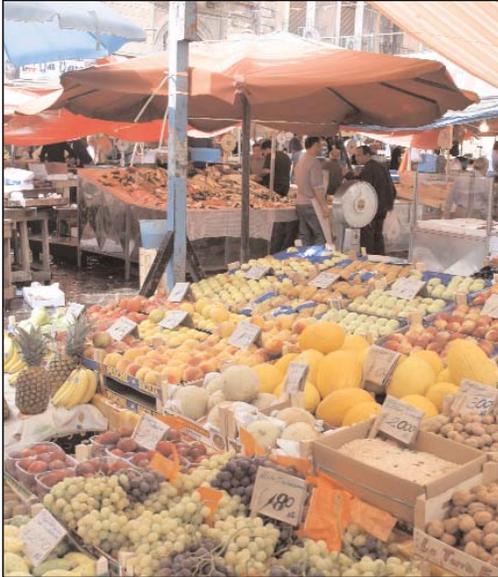
Travel Time:
★★★★★

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



Brasil

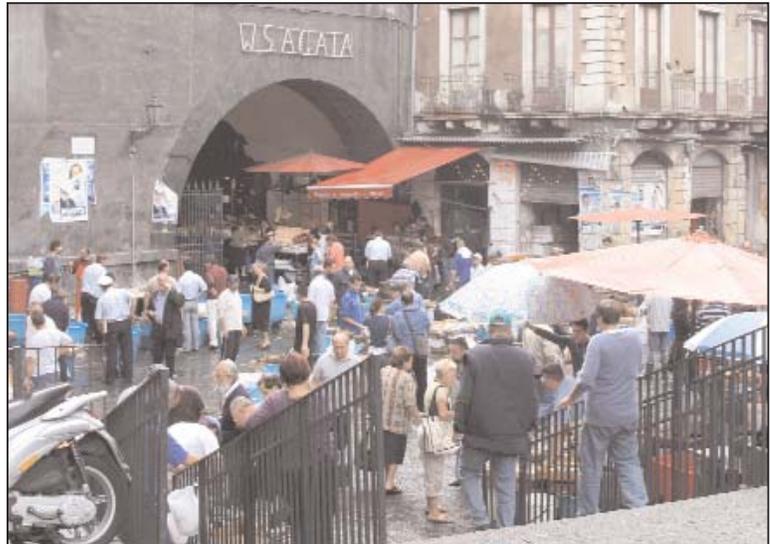
Sushi



Vivid colors add to the market experience; freshness is the order of the day and quality products can be purchased at a good price.



Fish is not the only item to be found at the fish market. Varied food items line the streets that wind out from the market's center.



The center of the fish market is full of activity; from this central point the market coils out along several streets in the shadow of Piazza Duomo.

Alphio

Protestant Women of the Chapel



Protestant Women of the Chapel Summer Program
June 23-July 28
10 a.m. - 11:30 a.m.
NAS I Chapel
Childcare Provided to age 12!
www.pwocsig.com

NEWS BRIEFS

Job Opportunities
Naval Hospital
Sigonella

U.S. Naval Hospital Sigonella is seeking applicants for a full-time Mail and File Clerk. Applicant must be a U.S. citizen For inquiries concerning job applications, please call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: <http://www.sicily.navy.mil/positions/hro/>.

NCTS Sicily
Computer technician needed!!!

NCTS Sicily has an opening for a Command Sponsored Dependent to support the computer systems in Sigonella. If you have computer skills and want to put them to work, please submit your application @ the local HRO office. If you have any questions, please call Agatina @ 624-4177.

Parco della Rocca

Go Green Sigonella!

More go green tips

GROW YOUR OWN GARDEN In 1826, J. C. Loudon wrote in An Encyclopaedia of Gardening, "For all things produced in a garden, whether salads or fruits, a poor man that has one of his own will eat better than a rich man that has none." To start a vegetable garden costs nothing but a few packs of seeds and rudimentary garden implements, and it saves enormous amounts of money, to say nothing of the food miles and the packaging that go into supplying you with fresh fruits and vegetables. Of course, a vegetable garden is only productive for part of the year, but it is amazing how long that growing season lasts and how much you can

produce from one small patch.

BUY RECYCLED PRODUCTS There has to be a market for products made with recycled goods. Support this movement by purchasing recycled goods—you will save virgin materials, conserve energy, and reduce landfill waste. Recycled paper products include toilet paper (which is no longer scratchy, like it used to be), copy paper, paper towels, and tissues. Look for garbage bags and bin liners labeled "recycled plastic," and buy recycled toner cartridges for your fax machines and printers.

STANDBY NO LONGER Electricity "leaks" are no laughing

matter.

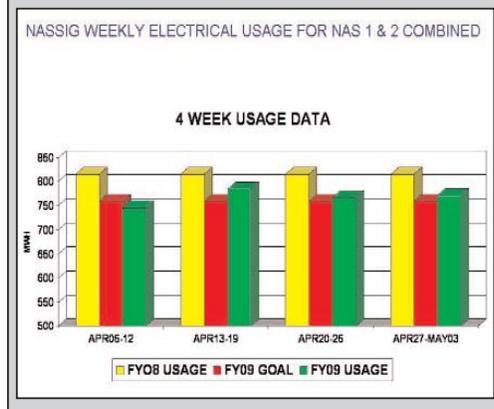


Televisions, video and DVD players, cable boxes, and other electronic equipment found in nearly every American home are wasting huge amounts of energy. When these devices are left on standby (the equivalent of "sleep" mode for computers) they use about 40 percent of their full running power. Every year, the energy wasted in this way is the equivalent of the annual output of 26 power plants. To avoid the drain of these "energy vampires," plug them into a power strip and turn it off when they are not in use.

TURN OFF YOUR CHARGERS Most cell-phone chargers continue to draw electricity even when the phone isn't plugged into it. If your cell-phone charger averages five watts per hour and is plugged in all the time, that means a total of more than 40 kilowatt-hours every year, or about 93 pounds of CO2. The same problem applies to your other electronic equipment—your laptop, iPod, digital camera, and BlackBerry. Unplug all your chargers when they are not in use.

TURN OFF YOUR COMPUTER WHEN YOU LEAVE AT NIGHT While computers do require a power surge when you first turn them on, they don't need enormous amounts of electricity to function for lengthy periods. Also, you can set your computer on "sleep" mode, which uses about three watts per hour, if you are going to be away from your desk for more than 15 minutes.

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



Ristorante Bella Etna

8

Lunch: New England Clam Chowder, Fried/Baked Fish, Grilled Pork Chops, Penne Ala Norma, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.
Speed line: Grilled Cheese/Hamburger, Turkey Burger, Pork and Beans, French Fried Potatoes.
Dinner: Cream Of Mushroom Soup, Cantonese Spareribs, Grilled Chicken Breast Sandwich, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.

9

Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.
Brunch: Breakfast Items, Beef Vegetable Soup, BBQ Beef Sandwich, Chicken Nuggets, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.
Dinner: Manhattan Clam Chowder, El Rancho Stew, Southern Fried Chicken, Mashed Potatoes, Chicken Gravy, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.

10

Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Kolaches.
Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Chili Conquistador, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.
Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.

11

Lunch: Chicken Noodle Soup, Rosemary Roast Turkey, Baked Ham, Shrimp Farfalle w/ Tomato Sauce, Mashed Potatoes, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.
Speed line: Sub Sandwich, Cartoccia, Pasta Primavera.
Dinner: Pepper Pot Soup, Steak w/ Onions, Grilled Chicken Breast Sandwich, Baked Potatoes, Collard Greens, Calico Cabbage, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.

12

Lunch: Cream of Asparagus Soup, BBQ Spareribs, Southern Fried Chicken, Spaghetti Carbonata, Chicken Gravy, Mashed Potatoes, Hopping John, Corn on the Cob, Southern Style Greens, Jalapeno Corn Bread, German Chocolate Cake, Cherry Pie.
Speed line: Philly Cheese Steak Sandwich, Hotdogs, Onion Rings, Macaroni & Cheese.
Dinner: Beef Rice Soup, Roast Veal w/ Herbs, Spaghetti w/ Meatballs, Lyonnaise Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, German Chocolate Cake, Cherry Pie.

13

Lunch: Beef Vegetable Soup, Breaded Pork Steaks, Savory Baked Chicken, Rigatoni Zucchini Eggplant, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Tangy Spinach, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.
Speed line: Grilled Cheese/Hamburger, Turkey burger, Baked Beans, French Fried Potatoes.
Dinner: Minestrone Soup, Salisbury Steak, Sicilian Submarine, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.

14

Breakfast: Hominy Grits, Oven Fried Bacon, Corned Beef Hash, Asst Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.
Lunch: Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, Farfalle Pesto, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.
Speedline: Hotdogs, Assorted Pizza, Baked Potatoes, Sautéed Mushrooms, Bacon Bits, Shredded Cheese, Fishwich.
Dinner: Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken Breast, Oven Browned Potatoes, Corn O' Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake.

Exchange New Car Sales

ON THE GO WITH MWR

mwr weekly island life fitness in MAY

monday	tuesday	wednesday	thursday	friday	saturday
NAS I Spin w/ Anna 7 - 8 am Kickboxing 8:30 - 9:30 am Pilates w/ Danielle 9:30 - 10:30 am Yoga w/ Luisa 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm	NAS I Spin w/ Sarah 6 - 7 am Pump it Up w/ Zoe 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Lisa 5:15 - 6:15 pm Cardio Jam w/ Danielle 5 - 5:45 pm Pilates w/ Danielle 5:45 - 6:15 pm NAS II Yoga w/ Luisa 5 - 6 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Spin w/ Anna 7 - 8 am Kickboxing 8:30 - 9:30 am Pilates w/ Danielle 9:30 - 10:30 am Yoga w/ Luisa 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm	NAS I Spin w/ Sarah 6 - 7 am Pump it Up w/ Zoe 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Anna 5:15 - 6:15 pm Cardio Jam w/ Danielle 5 - 5:45 pm Pilates w/ Danielle 5:45 - 6:15 pm NAS II Yoga w/ Luisa 5 - 6 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Yoga 8:30 - 9:30 am NAS II Spin w/ Lorrie 7 - 8 am	NAS I Kickboxing w/ Angelica 9 - 10 am



MWR secures on-base taxi providers

The Sigonella 24-hour taxi service is a sure fire way to have a good night out and arrive home safely. Pick-up and drop-off is available at NAS I, NAS II, and both Marinai and Mineo housing. The taxi service also provides coverage to Catania Fontarossa Airport, the towns of Motta S. Anastasia, Catania, Taormina and more with set rates negotiated by MWR.

Some sobering statistics on drunk driving call for everybody's attention. In America, someone is killed by a drunk driver every 40 minutes and about 3 in 10 Americans will be involved in an alcohol-related crash in their life. In our host country of Sicily, drunk driving laws are very strict and taken very seriously and can incur heavy fines or even prison sentences.

Therefore utilizing the taxi service, in addition to the highly valued designated drivers we have in Sigonella, have saved thousands of lives and spared many people from suffering injury due to drunk driving.

Jox Pub on NAS II provides special incentives for designated drivers: free non-alcoholic beverages and enter to win free NEX phone cards.

Plan your next night out safely and take advantage of the MWR taxi service and the many designated drivers that are on base for your safety.

For more information on the taxi service, call the following providers:

Rosario at 349-822-5261, Massimo at 339-629-1191 or Tony at 339-498-6032.

Catania Elephants plays Parma Panthers May 10



In John Grisham's book *Playing for Pizza*, an American quarterback signs for the Parma Panthers after being blamed for the defeat of the Cleveland Browns in the AFC Championship.

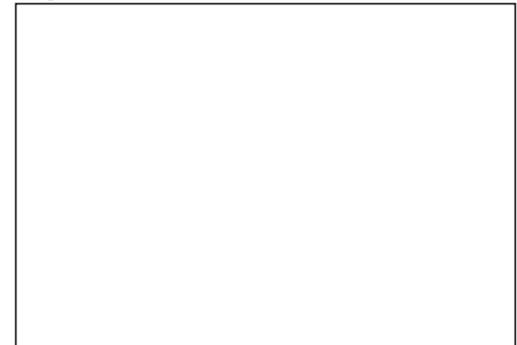
On May 10 Catania Elephants goes head to head with the Parma Panthers and MWR will get you to the game and tailgate party. MWR

provides the grills and Sigonellans bring their own food and drinks for the party.

The final game of the season is May 31 as the Elephants play Marines Lazio.

Call ITT at 624-4777 to reserve your spot on the bus for \$5 transportation from Marinai, Mineo, NAS I and NAS II. Games are free.

Motta Uphill draws 45 Sigonellans



The Motta Uphill Challenge on Saturday, April 18, brought together 45 of Sigonella's runners and power walkers to conquer a 1.5 mile ascent in Motta S. Anastasia.

The event was a great success and participants received event shirts from MWR and pizza from the event sponsor.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Race to Witch Mountain (PG)

A taxi driver gets more than he bargained for when he picks up two teen run-aways. Not only does the pair possess supernatural powers, but they're also trying desperately to escape people who have made them their targets. (99 min.)

The Last House on the Left (R)

The night she arrives at the remote Collingwood Lakehouse, Mari and her friend are kidnapped by a prison escapee and his crew. Terrified and left for dead, Mari's only hope is to make it back to parents John and Emma. Unfortunately, her attackers unknowingly seek shelter at the one place she could be safe and when her family learns the horrifying story, they will make three strangers curse the day they came to the Last House on the Left. (110 min.)

Street Fighter: Legend of Chun Li (PG-13)

Warriors converge on the streets of Bangkok, preparing for the ultimate battle of terror versus beauty, light versus darkness and good versus evil. (97 min.)

X-Men Origins: Wolverine (PG-13)

X-Men Origins tells the story of Wolverine's especially violent and romantic past. Along the way, Wolverine encounters many mutants both familiar and new, including surprise appearances by several legends of the X-Men universe. (107 min.)

Coraline (PG-13)

Coraline Jones is an 11 year old girl who is feisty, curious, and adventurous beyond her years. She and her parents have just relocated from Michigan to Oregon. Missing her friends and finding her parents to be distracted by their work, Coraline tries to find some excitement in her new environment. She uncovers a secret door in the house discovering a "new family" and has to muster all of her resourcefulness, determination and bravery to get back home and save her real family. (101 min.)

The International (R)

Interpol Agent Louis Salinger and Manhattan Assistant District Attorney Eleanor Whitman are determined to bring justice to one of the world's most powerful banks. Uncovering a myriad and reprehensible illegal activities, Salinger and Whitman follow the money from Berlin to Milan to New York to Istanbul. Finding themselves in a high-stakes chase across the globe, their relentless tenacity puts their own lives at risk as their targets will stop at nothing - even murder - to continue financing terror and war. (118 min.)

I Love You, Man (R)

Peter Klaven is a successful real estate agent who, upon getting engaged to the woman of his dream, Zooey, discovers, to his dismay and chagrin, that he has no male friend close enough to serve as his Best Man. Peter immediately sets out to rectify the situation, embarking on a series of bizarre and awkward "man-dates," before meeting Sydney Fife, a charming, opinionated man with whom he instantly bonds. But the closer the two men get, the more Peter's relationship with Zooey suffers, ultimately forcing him to choose between his fiancée and his new found "bro," in a story that comically expresses what it truly means to be a "friend."

Movie dates and times are subject to change.

SHOWING FRIDAY, MAY 15

- 3:00pm Monsters vs. Aliens PG
- 5:00pm Race to Witch Mountain PG
- 5:30pm Knowing PG-13
- 7:00pm Star Trek PG-13
- 8:00pm Adventureland R
- 9:15pm In Good company PG-13 FREE

COMING SOON

Dragonball Evolution, The Haunting in Connecticut

- Friday, May 8**
- 3:00pm Hannah Montana The Movie G
 - 5:00pm Fired Up PG-13
 - 5:30pm 12 Rounds PG-13
 - 7:00pm Duplicity PG-13
 - 8:00pm I Love You, Man R
 - 9:00pm You Me and Dupree PG-13 FREE

- Saturday, May 9**
- 2:00pm Fast and Furious PG-13
 - 2:30pm Duplicity PG-13
 - 4:00pm The Last House on the Left R
 - 5:00pm Race to Witch Mountain PG
 - 6:00pm I Love You, Man R
 - 7:30pm Street Fighter: Chun Li PG-13
 - 8:00pm Vacancy R FREE

- Sunday, May 10**
- 2:00pm Race to Witch Mountain PG
 - 2:30pm Coraline PG
 - 4:30pm 12 Rounds PG-13
 - 5:00pm Street Fighter: Chun Li PG-13
 - 7:00pm The International R

- Monday, May 11**
- 3:00pm Coraline PG
 - 5:00pm Street Fighter: Chun Li PG-13
 - 5:30pm X-Men Origins: Wolverine PG-13
 - 7:00pm I Love You, Man R
 - 7:30pm The International R

- Tuesday, May 12**
- 5:00pm Watchmen R
 - 5:30pm 12 Rounds PG-13
 - 7:30pm X-Men Origins: Wolverine PG-13
 - 8:00pm The Last House on the Left R

- Wednesday, May 13**
- 3:00pm Duplicity PG-13
 - 5:00pm Race to Witch Mountain PG
 - 5:30pm The Last House on the Left R
 - 7:00pm Fast and Furious 4 PG-13
 - 7:30pm Street Fighter: Chun Li PG-13

- Thursday, May 14**
- 12:00pm Hotel for Dogs PG FREE
 - 1:00pm Fast and Furious 4 PG-13
 - 3:00pm X-Men: Wolverine PG-13
 - 5:00pm 12 Rounds PG-13
 - 5:30pm Fired Up PG-13
 - 7:00pm The International R
 - 7:30pm Hitch PG-13

FREE - Throwback Thursday

MOVIE HOTLINE:
624-4248

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

NURSES, continued from page 2

hospital lobby you can use or email me at lmskinner@navy.med.mil. These will be displayed during the month of May.

NIACS, continued from page 1

tions will result in a delay in your registration.

If you have specific questions about the NIACS system at Sigonella, contact Master at Arms Chief William Gray at 335-193-8804 or William.a.gray@eu.navy.mil

FAQ's as provided by CNREURAFSWA:

How do I gain access to a CNREURAFSWA base which has NIACS implemented?

Personnel may obtain authorized access to CNREURAFSWA bases by one of the following methods:

1. Have a valid DoD ID-card and be registered in NIACS
2. Have a CNREURAFSWA Installation Pass or a Temporary Installation Pass
3. Be signed in by an individual with sign-in privileges.
4. Be on an approved access roster and present a personal photo ID issued by the country of citizenship (i.e., Passport, Italian Carta d'Identita) or a Military ID card issued by one of the NATO sending states
5. Enter for a transiting U.S. military sea-faring vessel or airplane for a port visit, while awaiting transportation, for crew rest, and other temporary delays
6. Have a valid, host-nation Military/Police identification in accordance with local base policy and host nation laws, SOFA, and any other applicable agreements between the host nation and the U.S.

Who needs a CNREURAFSWA Installation Pass?

Any person who requires recurring, unescorted access to a CNREURAFSWA installation and does not possess a valid DoD ID-card.

What's the difference between the CNREURAFSWA Installation Pass and the CNREURAFSWA Temporary Installation Pass?

Generally, the Installation Pass is for personnel who will require access to an installation for a period longer than 90 days. For those who will only require access to an installation for 90 days or fewer, a Temporary Installation Pass may be appropriate.

Who has sponsoring authority?

Base Commanders designate which units have sponsoring authority. Each command/organization that has sponsoring authority will appoint personnel in its command/organization who are its sponsoring officials. The sponsoring official is the one who coordinates all of the efforts necessary to get personnel who need access to base the appropriate installation pass.

Who is authorized sign-in privileges?

DoD ID-card holders, NATO Member ID-card holders, and Department of State and U.S. Embassy personnel who are 18-years or older or a military members may have sign-in privileges. DoD ID-card holders not registered in NIACS are no authorized sign-in privileges. Installation Pass holders will only be granted sign-in privileges if the sponsoring official justifies the need for that authorization.

How does the sign-in process work?

The sponsor with sign-in privileges must accompany the individual to be signed in to the local registration center. Individuals to be signed

in must then show a photo ID (for example, Italian Carta d'Identita, U.S. drivers' license, etc.) at which point they will be issued a Visitor's Pass. The visitor must be escorted by the sponsor at all times while on base. The sponsor shall be responsible for the conduct of all individuals they sign in.

I am a U.S. Dependent and my friend from the U.S. is coming to visit me. Can he/she get onto base?

Yes. You can sign your friend on each day that you would like him/her to have access to an installation. If you sign in an individual, you must accompany him/her at all times and are responsible for his/her conduct. You can also apply for your friend to get a Temporary Installation Pass, provided that you are 18 years of age or older. Accompanied by you, your friend must bring his/her passport to NIACS Registration Center on your base where s/he will be registered into the database. Upon receipt of the Temporary Installation Pass, your friend will be able to enter and exit base as he/she pleases, unaccompanied by you. However, as the requestor of the Temporary Installation Pass, you are responsible for the conduct of your friend.

If I register in NIACS on one CNREURAFSWA base, will I be able to get onto another CNREURAFSWA base automatically?

All DoD ID-card holders that register in NIACS will automatically be granted access to other CNREURAFSWA bases unless the privilege is rescinded. Most non-DoD ID-card holders will only be granted access to other CNREURAFSWA bases if a valid need is justified by the sponsor on the registration application. In most cases, access for non-DoD ID-card holders will be limited to the minimum number of installations as dictated by their need.

Do I need a Common Access Card to get registered?

No, you do not necessarily need a Common Access Card to get registered. DoD Dependent and DoD Retired ID cards can be registered into NIACS.

I have multiple DoD ID Cards (e.g. DoD Dependent ID and a CAC). Do I need to register both cards?

You can only register one DoD ID-card in NIACS. The card that you register should be the card that corresponds to the orders that brought you to Europe. This is the only ID card you will be able to use for base access.

Will I have to give a fingerprint when I register in NIACS?

In general, everyone who registers in NIACS will have two fingerprints scanned, the information from which will be stored on the server. This fingerprint can be used to help verify identity. Certain people (e.g. local national employees) may be exempt from this requirement when prohibited by statutes or law.

If I am not a DoD ID-card holder, do I need to get a Resident and/or a Work Permit to get an Installation Pass?

In most cases, non-DoD ID-card holders who are not citizens of an EU nation and need regular access to a base for a period of time longer than 90 days will be required to provide Resident and Work Permits in order to complete the application process and receive an Installation Pass.

RELOCATION, continued from page 5

way as adults, they lack the ability to put problems in perspective. Here are some ways to help your child handle the challenges of moving:

Let your child know that it's OK

to feel anxious. Reassure your child that it's natural to miss old friends or his old school. Make sure your child understands that the frustrations of moving are usually temporary.

Be alert for signs of stress, such as a rapid heart beat, trouble falling asleep, or an upset stomach. Help your child get through these symptoms, and seek medical help if the symptoms persist. Let your child know that sometimes you have trouble falling asleep too, or get tension headaches from stress. Talking about the problem will help your child feel less worried.

Take practical steps to ease worries. Try to figure out what aspect of moving worries your child the most. Some children become very anxious because they don't know the way to a new school. You might walk the route together or rehearse boarding the school bus.

Be a role model with a positive attitude. Try to convey to your child that, although moving can be hard, it's also an adventure. Focus on the good things about relocating. Encourage your child to help plan new activities that you can enjoy together, and take time to have fun.

The FFSC's Relocation Assistance Program can help make your next PCS a breeze! Stop by Building 319 on NAS I or call DSN 624-4291 (Commercial 095-56-4291).

LEADERSHIP, continued from page 2

I wholeheartedly believe this trait is the most significant moral trait in a leader.

When you hear the word integrity, what image appears in your mind? Is it someone with high moral standards? Is it someone who's honest? We probably use some sort of mental scale in evaluating a leader's level of integrity. Etymologically, the word derives from the Latin word *integritas*, meaning "whole" or "complete." In modern English, the word denotes, "the quality or state of being complete or undivided. The connotation is a person that lives consistently (undivided) with his/her beliefs.

Hence, an authentic leader's words will match their actions. They mean what they say, and say what they mean. A person of integrity can be fully trusted. When an authentic leaders says, "I care about you," the words are not meaningless. In his book *Developing the Leader Within*, John Maxwell poignantly states, "When I have integrity, my words and my deeds match up. I am who I am, no matter where I am or who I am with."

One cartoon illustrates the lack of integrity has plagued our postmodern culture. The cartoon shows two middle-aged businessmen sitting together in a prison cell. One of the men laments, "All along, I thought our level of corruption fell within community standards."

A leader with integrity has the ability to build trust. That kind of leader can be identified by their single-mindedness. They don't have divided loyalties, for that is duplicity. They are not mere pretenders, because that is hypocrisy. These type of leaders are often called authentic or genuine.

People of integrity are guided by a set of core values that determine who they are. Maxwell eloquently says, "Our system of values is so much a part of us we cannot separate it from ourselves. It becomes the navigating system that guides us. It establishes priorities in our lives and judges what we will accept or reject."

Now, we are all faced with conflicting desires; this ongoing battle is part of being human. Integrity is what guides us through our journey in this

life. No human is perfect. We know that from experience. However, our integrity defines who we are. When a person of integrity blows it, they own it! They don't immediately start looking for the nearest scapegoat. The more credible you are the more confidence people will place in you. This opens up an opportunity to influence their lives. This is leadership. Integrity is probably the most significant trait in leadership. If influence defines leadership. Integrity describes the leader.

BASEBALL, continued from page 1

fielder's choice hit by second baseman Joshua Rahberger. Third baseman Anthony Neff reached on an error and scored on a two-run home run by first baseman Lance Voss to give Navy a 3-0 lead going into the second inning.

In the top of the second inning, Pol Ali Terme got a runner into scoring position for the first and only time of game, but the threat was ended by a routine ground out to first base.

Outfielder John O'Weger walked to start off what would be a big inning for Navy. O'Weger scored on the first of McKibbens three home runs. Later, Neff singled in a run and came around to score on a hit by outfielder Michael Armstrong. Shortstop Dale Tyson followed that up with an RBI double to right field which scored Armstrong. Tyson scored on single by catcher Charles Sabella. After another walk to O'Weger, McKibben would bring in Sabella with an RBI single to cap off a seven run second inning for Navy, bringing the score to 10-0.

The third inning saw more of the same from the Navy team. After consecutive singles by Rahberger and Neff, Voss singled in Rahberger.

Armstrong followed suit with an RBI single to score Neff. Then Tyson cleared the bases with a three-run home run. After a single by O'Weger, McKibben put an exclamation point on the inning with another two-run home run to make it 17-0 Navy.

Navy turned the field into a launching pad in the fourth inning with three two-run homeruns by Voss, Tyson and McKibben. They were not done in the inning though. Davis and Neff would both reach base and come around on a two run triple by Voss. Giving Voss four RBIs in the fourth inning alone and bringing the score to 25-0.

With the game firmly in hand, Navy began pulling some their starters in the fifth inning. Consecutive walks to O'Weger and McKibben put runners on first and second before a wild pitch advanced the runners. O'Weger scored the only run of the fifth inning on a fielder's choice hit by outfielder Jeremy Velasquez to make it 26-0.

First baseman Sexton Pacer was hit by a pitch to start off the bottom of the sixth inning. Armstrong and Sabella hit consecutive singles to load the bases. Pacer came in on a fielder's choice hit by O'Weger advanced the runners. McKibben was hit by a pitch to load the bases once again. All three men would come in to score on singles by Velasquez, second baseman Michael Witham and third baseman Brian Bergen. At the end of the sixth inning the score was 31-0 Navy.

The win brings the Navy team's record to 2-0 in their inaugural season of play in the Campionato Nazionale Baseball League.

Navy's next game will be a road game Sat. May 9 in Palermo.

Camping

Tamoil

Days Inn

AWARD, continued from page 1

everything that's great in today's sailor," Laconte said. "He embraces challenges, seeks out opportunities for excellence and consistently demonstrates outstanding leadership. We're extremely fortunate to have someone of his caliber assigned to NAS Sigonella."



Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature is looking for you! We are seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

Operation Safeguard Sigonella

Article provided by Naval Hospital Sigonella Public Affairs Office

Working together we can keep our community healthy. The hospital opened a flu hot-line, if you think you or a family member is sick with the flu or H1N1, please call: 624-4562.

You can practice everyday habits to stay healthy and prevent the spread of flu. These simple actions are listed below.

Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away. If you do not have a tissue, use your shoulder or sleeve to block the cough and sneeze droplets.

Wash your hands often with soap and warm water; rub with soap for 20 seconds to dislodge and remove germs. Wash hands especially after you cough or sneeze.

When soap and water are not readily available, alcohol-based hands sanitizers are also effective.

If skin is dry and cracked, consider occasionally using a light moisturizer, this may help improve hand washing frequency.

Avoid touching your eyes, nose or mouth.

Stay home if you are sick and check with a healthcare provider when needed.

If you have not already received a flu vaccine, please get one.

Keeping your distance from others may protect them from getting sick. Consider avoiding large crowds where there is a higher potential for coming in contact

with people who are ill.

Flu can live on surfaces for hours, such as door handles, hand rails, telephones, counters, desks, light switches, and faucets. Such surfaces need to be disinfected often to prevent the spread of disease. If commercial disinfectants are not available, use a bleach solution made by adding 1 tablespoon of bleach to a quart (4 cups) of water; use a cloth to apply on surfaces and let stand for 3 - 5 minutes before rinsing with clean water. For a larger supply of disinfectant, add ¼ cup of bleach to a gallon (16 cups) of water. Wear gloves to protect your hands when working with strong bleach solutions.

As always, Sigonella's success depends on each and every one of us to make good choices. Our collective efforts will have a positive impact on our community's health. The precautionary measures are easy to accomplish and proven to be extremely effective. Please practice them at home, school, work, and throughout the community...help make Operation Safeguard Sigonella a Success!!

Stay informed with local news and recommendations. Listed below are links to websites which contain valuable information, such as family planning guides, checklists, and other preventive measures to stay healthy.

http://www.cdc.gov/swine-flu/swineflu_you.html

<http://www.pandemicflu.gov/plan/individual/index.html>

Navy Gateway Inns & Suites Sigonella receives Four Star Accreditation



Photo by MC3 Jonathan Idle, The Signature Staff

Navy Gateway Inns & Suites staff at NAS Sigonella pose for a photo to celebrate their first time four-star accreditation.

Article provided by Sarah Guadiano Naval Air Station Sigonella Housing Department

Every two years, Navy Gateway Inns & Suites (NGIS) Programs across the globe are part of an unannounced accreditation process. This surprise accreditation provides an avenue for Commander, Navy Installations Command (CNIC) to evaluate its Lodging Programs, and also provides a way to recognize those operations that meet set standards for amenities, facilities, and customer satisfaction.

Using a detailed checklist and point system, the accreditation team members assess the Lodging Programs and give points accordingly. Once all areas (Administration, Facilities, Financials, Front Desk Operations, Housekeeping, and Customer Service) have been evaluated, points are tallied and added to a "Score Card." The number of points determines whether the Lodging Program is accredited, and whether

the operation receives a Three, Four, or Five Star accreditation.

From April 22-23, the NGIS Accreditation team was here in Sigonella to evaluate our lodging operation. The team viewed guestrooms in all of our facilities, and spent time with staff members to determine technical expertise and proficiencies. After the two day visit, the team shared the results with the Housing Director and Lodging Manager. Both were very excited to learn that Sigonella received accreditation for the first time ever. The Accreditation Team members recognized the hard work and efforts that the Sigonella Navy Gateway Inns team put forth over the past two years, to bring the program up to a Four Star level of quality and service. Great job Navy Gateway team Sigonella. Now everyone will be gearing up to win the Five Star and coveted Admiral Elmo R. Zumwalt award (presented to those Five Star Lodging Operations) in 2011.

Stampa

Oxidiana

Orange

Grande Cina

Il Mercato

All classified ads are free to the community. Their intent is for advertising personal property for sale, trade or giveaway. No commercial ads will be accepted. Ads run for two weeks. Classified ads are due no later than 5 p.m. of the Friday before the week of publication. For more information, call 624-5440, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Send Il Mercato advertisements to thesig@eu.navy.mil

If you are transferring to Sigonella and would like to see the Il Mercato in its entirety, please email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the U.S. Military.

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@eu.navy.mil. Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in *The Signature*, call Stampa Generale @ 081-568-7884.

Centro Joe

Marios

Delivery

Tattoo

Hi Tech

Armed Forces

Calvary

Volcano

Classified

AFC