



Commander, Naval Safety Center visits NAS Sigonella

Article and photos by
MC3 Jonathan Idle
The Signature Staff

Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center, held an all-hands call May 13 to discuss safety issues facing the Navy and to prepare Sailors for the "101 critical days of summer" at Naval Air Station (NAS) Sigonella.

The "101 critical days of summer" is a period that begins on Memorial Day weekend and goes through Labor Day weekend which has historically been a time when the number of accidents and deaths rise among servicemembers.

Over the course of his speech Rear Adm. Johnson covered topics ranging from motorcycle to water safety, with particular emphasis on curbing the usually spike in accidents

JOHNSON, continued on page 12



Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center, addresses Naval Air Station (NAS) Sigonella Sailors during an all hands call May 13 on NAS II. Rear Adm. Johnson discussed safety issues facing today's Navy, as well as the importance of the upcoming "101 critical days of summer."

Command Fitness Challenge bolsters friendly competition in Sigonella

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

Naval Air Station (NAS) Sigonella hosted the annual Command Fitness Challenge May 15 at the NAS II Softball Field in observance of Armed Forces Day.

Teams spent the day competing in various fun activities such as the slip-n-slide, tricycle race, and obstacle course. In addition, an award was given for overall good sportsmanship.

The challenge commenced with an impromptu parade with floats set up by various commands and brought in by its team members enthusiastically honking car horns.

The purpose of the challenge was to highlight Armed Forces Day and promoted esprit de corps, team

CHALLENGE, continued on page 13



Machinist's Mate 2nd Class Will Read dives down the slip-n-slide during the Command Fitness Challenge May 15 on NAS II.

Important Updates

*Naval Air Station Sigonella will be officially changing uniform from service and dress blues to service and dress whites as of May 25 at 7 a.m. Check the Basic Military Requirements ch.10 for all uniform regulations.

*June 2009 marks the 50th anniversary of Sigonella. To commemorate the event, special 50th anniversary books will be available in early June. The books features timelines detailing the history of the base, historical photos of the area, world events from the late fifties and profiles of the personalities that have shaped the base. They will be free-of-charge.

Italian students visit for Earth Day barbeque

Members of NAS Sigonella's First Class Petty Officer's Association serve food to local Italian students at a barbeque May 15 on NAS I.

Article and photo by
MC3 Jonathan Idle
The Signature Staff

Students from Stephen Decatur Elementary School, at Naval Air Station (NAS) Sigonella, and the Istituto Comprensivo Statale, in Motta Sant'Anastasia, Sicily, came together for a barbeque to celebrate Earth Day May 15 at the Land Annex on the support side of Sigonella.

Prior to the barbeque, the students had been collecting recyclable materials for a week-long competition to teach them the importance of

reducing waste and reusing recyclable material.

Capt. Thomas J. Quinn, NAS Sigonella Commanding Officer, kicked off the event by congratulating all of the children for the hard work they put in.

"The results were just outstanding," Capt. Quinn said. "The Istituto Comprensivo Statale recycled 124 kilograms, and the Stephen Decatur School recycled 64 kilograms. What I think is important to remember is

BARBEQUE, continued on page 12

WEATHER UPDATE

May 22
H:85F
L:65F



May 23
H:87F
L:64F



May 24
H:89F
L:68F



May 25
H:90F
L:69F



May 26
H:90F
L:69F



May 27
H:90F
L:60F



May 28
H:83F
L:65F



TOP STORIES

Do you know the name Hugh Thompson? He was an Army helicopter pilot who stood up to his fellow soldiers and demanded they stop the My Lai Massacre in Vietnam. In fact, it would have been easier to either join in or to do nothing.

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Navy Personnel Command released the results of the 2009 Navy Financial Health Quick Poll, May 13, which shows more Sailors than not are safely riding out the nation's current economic environment.

Page 3

As a military spouse you are likely to be on the move -- and often. Permanent Change of Station (PCS) moves come on a regular basis as you're likely to know. Along with the adventure and excitement of anticipating something new in your life, you probably face a few challenges with your PCS move.

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If you want to travel back in time, make sure you check the annual "Tatarata and Holy Cross Festival" which kicks off today in Casteltermeni, a beautiful town in the Agrigento province.

Page 6

Cefalu is a picturesque city lying on the northern coast of Sicily in the province of Palermo. The city's coastline of lava rock and sandy beaches lies on the clear turquoise waters of the Tyrrhenian Sea.

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TRAFFIC NUMBERS

Jan. 09- Jan. 08-
May 09 May 08

Accidents	87	143
Injuries	9	22
DUIs	0	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

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

The 14 May Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote the 22 and 29 May Direct Lines to answer them. Please keep sending the questions via email or phone and I will do my best to answer them.

Additionally, has someone in Housing, the Exchange or Commissary provided you Great Service? Are you excited about a base sponsored program or service? Feedback Live is the perfect opportunity to share with the community about your positive experience. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Question 1. Why must commands that have a personnel shortage augment security as ASF, when the schedule of security watch teams are 4 days on, 4 days off with 8 hour shifts?

Answer 1. Within the last three months, Security has been supporting regional mission requirements outside the island of Sicily with up to 50 personnel, 41 of which will remain TAD for months to come. These taskings along with other program requirements/ constraints have made the secu-

city mission here in Sicily challenging from a manpower perspective. We requested and received an ASF augment of 16 personnel from the installation and tenant commands to ease the strain. We greatly appreciate the assistance from the installation and tenant commands in ensuring the security of our base.

Question 2. On several different instances, at both AGIPs on SS417 the attendant(s) have tried to "con" my wife and myself IRT fuel. They will pull the "it's full a couple liters short of what you request" by purposely clicking the pump handle to sound as if it's cutting off and full. We NEVER fill our van to capacity and hate the fact that they feel they can take advantage of us like this. Is there anything NASSIG can do?

Answer 2. While there is no local avenue for MVRO to control the single dealerships, I will be having a conversation with the gas station owner to try and stop this practice. I find it a good habit to get out of my car and actually watch the gas going into the vehicle. It seems to have helped the honesty of the gas station attendants. It is possible to report cases of problems with gas stations to the Tax-Free Products

Administrator at NAS-SUPPACT Naples. Contact their office at DSN 626-5439 for procedures.

Question 3. The biggest concern on most peoples mind right now has to do with the people moving out in town. One of the concerns a lot of the junior sailors have has to do with finance and the cost of moving and having to furnish a home. Is there anything that can be done to help?

Answer 3. MWR is in the process of planning a trip to the IKEA in Naples through our Liberty program. Please watch for the information to be out soon. Also, our great Housing department is trying to set up a DRMO sale of furniture.



Health WATCH

A walk a day...

Article provided by the Navy-Marine Corps Public Health Center

The popularity of walking as a fitness activity is growing by leaps and bounds.

Low risk and easy to start, walking has proved its health benefits in numerous studies. An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

GET READY

A walking program is simple to

start. All you need are comfortable clothes and shoes. Layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are best. Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable as well as more effective.

GET MOVING

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep in mind the following:

1. Walk short distances. Begin

WALK, continued on page 12

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NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC

Sunday
0830 Catholic Mass (NAS I Chapel)
1200 Catholic Mass (Mineo Community Center)
1600 Catholic Mass (NAS II Chapel)

Monday - Wednesday, Friday

1130 Catholic Mass (NAS II Chapel)

PROTESTANT

Sunday
0900 General Protestant (Mineo Community Center)
1000 Traditional Protestant (NAS I Chapel)
1130 Contemporary Protestant (NAS I Chapel)

Wednesday (NAS I 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



The extreme middle

Article by Chaplain Stephen Coates

Do you know the name Hugh Thompson? He was an Army helicopter pilot who stood up to his fellow soldiers and demanded they stop the My Lai Massacre in Vietnam. It was not an easy decision. In fact, it would have been easier to either join in or to do nothing.

Instead, Hugh Thompson chose the most difficult path. He chose the

middle ground between active participation and turning a blind eye. He went way beyond stating "This is not right." He put his helicopter down between the soldiers and the Vietnamese civilians, ordering his crew to fire on their fellow Americans if they did not stop killing innocents. That's amazing. Mr. Thompson died in January 2006 with his door-gunner, Lawrence Colburn, at his side.

Why did he do it? Over the last couple articles, I have explored decision making through two very different lenses: result-based thinking and rule-based thinking. The former asks, "What will produce the greatest good for the greatest number?" The latter asks, "What is the right thing to do regardless of the results?" Both

CHAPLAIN, continued on page 12

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.

NAVY News

Poll shows most Sailors able to navigate through strained economy

Article by MCC Maria Yager
Navy Personnel
Command Public Affairs

Navy Personnel Command released the results of the 2009 Navy Financial Health Quick Poll, May 13, which shows more Sailors than not are safely riding out the nation's current economic environment.

"The chief of naval operations directed the 2009 Financial Health Quick Poll to reassess financial

stresses as a result of the recent economic downturn," said Kathy Wells, policy manager for the Navy's Personal Financial Management (PFM) program.

"The poll was a follow-up to the May 2008 Financial Health Quick Poll. The main areas of focus were financial condition, residence and PCS [permanent change of station] moves, both Navywide and by Navy region."

According to the poll, more

than 85 percent of officers and 60 percent of enlisted Sailors continue to describe their financial condition as "very comfortable" or "able to make ends meet." About one-third of enlisted Sailors indicate they "occasionally have some difficulty", and about 9 percent are "keeping their heads above water", and 1 percent are "in over their heads."

Help is available for Sailors feeling financial strain.

The Navy's PFM program pro-

vides classes, education and assistance through the Fleet and Family Support Centers (FFSCs) on sound financial management including classes about the wise use of credit and home buying strategies.

FFSCs offer a new course entitled Million Dollar Sailor which is a personal wealth-building program for Sailors and their families. Designed as a two-day training course, Million Dollar Sailor assists Sailors and their families to navigate successfully through the transitions of Navy life and the financial challenges that accompany them.

According to the poll, more than 40 percent of enlisted Sailors have had financial advice counseling during the past 12 months, most commonly from their command financial specialists (CFS).

Although the poll shows Sailors are weathering the current economic storm, it also indicates that Sailors are not unaffected.

Of the participants, 63 percent of enlisted Sailors reported that they are contributing less to a savings account to pay for necessities, compared to 59 percent of enlisted in May 2008.

Fifty-three percent of enlisted Sailors are saving less to make credit card payments, compared with 48

percent of enlisted in May 2008.

Similarly, 28 percent of enlisted and 19 percent of officer Sailors regretted a decision to take on more debt, compared with 22 percent and 13 percent, respectively in May 2008.

Financial health is important in the Navy because poor finances can impact readiness. Poor financial management is the leading cause of Navy security clearance denials and revocations.

Financial problems can also lead to a loss of job assignment, inability to pass overseas screening or other special duty screenings, increase in alcohol consumption, increase in domestic violence, increase in stress causing negative affects on health and could result in an unaccompanied tour.

Sailors should notify their chain of command if they are suffering from financial stress. Leaders say supervisors should ensure the individual receives financial counseling and follows through with the recommendations of that counseling. The chain of command can also provide the individual with information on the availability of legal and financial remedies if they are required.

Sailors can read the poll summary at <http://quick-polling.nprst.navy.mil/results.htm>.

PHOTO FROM THE FLEET

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



Photo by MC1 Julie R. Matyascik

Sailors test their skills at pipe patching during the Damage Control Marathon at the Farrier Fire Fighting compound during Surface Line Week 2009. Surface Line Week is a weeklong series of competitive events for Hampton Roads-area surface Sailors to compete in professional and athletic events.



Photo by MC2 LaTunya Howard

A Naval Support Activity Mid-South Sailor takes a moment to decide which credit card to use to complete his purchase at the local commissary. According to results of the 2008 Financial Health Quick Poll, most Sailors agree that they are able to pay the bills and meet their financial obligations.

Calvary Monika

Volcano

				FRIDAY	SATURDAY	SUNDAY
				22 MAY	23	24
				Arrivederci FFSC 8 a.m. - 11:30 a.m. x4291		
COMMUNITY CALENDAR						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
25	26	27	28	29	30	31
Memorial Day AAA Dip Class Safety Office 8 a.m. - 4 p.m. x2301	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 IA Deployment Readiness FFSC 10 a.m. - 11 a.m. x4291 Motorcycle Training Sport Bike - Bldg. 407 8 a.m. - 4 p.m. x2301	Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Anger Management FFSC 9 a.m. - 11 a.m. x4291 Motorcycle Training Experienced Rider Bldg. 407 8 a.m. - 4 p.m. x2301	Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291 Daddy Boot Camp FFSC 6 p.m. - 8 p.m. x4291 Motorcycle Training Basic Rider - Bldg. 407 8 a.m. - 4 p.m. x2301	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 10 Steps to a Federal Job FFSC 8 a.m. - 12 p.m. x4291 Motorcycle Training Basic Rider - Bldg. 407 8 a.m. - 4 p.m. x2301	Latin Night JOX 10 p.m. - 2 a.m.	
1 JUNE	2	3	4	5	6	7
	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710					

Motta

Baseball

Alphio

Did you know?

The Fair Credit Reporting Act gives you the right to access information in your credit report? Credit reports contain information about your payment history on loans, charge accounts, and credit cards. Within 30 days of being turned down by a lender because of a credit report, you are entitled to receive, upon request, a free copy of the report. If you feel the information in your credit history is inaccurate, the responsibility to correct any errors rests with you! Request a copy of your credit report by contacting one or all of the three major credit reporting companies Equifax, Experian and TransUnion.

Financial Tidbit Brought to You By:
 Navy-Marine Corps Relief Society Sigonella
 Phone: 624-4212
 Office Hours: Mon - Fri 0900 - 1600.

NMCRS: Your First Resource...
 Not Your Last Resort!
www.nmcrs.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

Military Spouse Employment: Work That Travels Well

Article courtesy of militaryonesource.com

As a military spouse you are likely to be on the move -- and often. Permanent Change of Station (PCS) moves come on a regular basis as you're likely to know.

Along with the adventure and excitement of anticipating something new in your life, you probably face a few challenges with your PCS move.

Pursuing your own career while supporting your spouse's military career can be one of those challenges. But with resilience and creativity -- two of the hallmark qualities of the military spouse -- you can identify and build a "portable career" that brings you income and satisfaction even when your life is on the go.

Traditional employment

In the past, military spouses who wanted careers were often encouraged to take up teaching or nursing. The rationale was that you could be a teacher or a nurse anywhere. These tried-and-true occupations still work in terms of portability.

However, seniority that often

translates to increased pay and benefits may be sacrificed with each move. Nontransferable licensing and certification for these professions can also be an issue.

Government service

If you work for the government, you might be able to transfer from your present position to a position at your spouse's new duty station. You could be eligible for priority placement and/or military spouse preference. For information about Military Spouse Preference (MSP), go to <http://www.donhr.navy.mil>. You can download a job kit there as well as find the phone number for the contact person for your region. Also see the DoD Civilian Personnel Management Service's site at <http://www.cpms.osd.mil/>.

Use resources specially designed for military spouses. You might consider the following:

The Military Spouse Career Network. military.com, monster.com, and the Office of the Secretary of Defense (OSD) have developed a

military spouse employment Web site, <http://www.military.com/spouse>. You will find jobs posted on this site. You can also submit your resume and apply for jobs online.

The Military Spouse Corporate Career Network (MSCCN). The MSCCN is a nonprofit organization dedicated to placing military spouses in jobs. Corporate members of their network post jobs that are available for military spouses.

You can apply for those jobs and submit your resume online. When you know you are moving, you can contact the MSCCN, and they will try to put you in touch with job opportunities in your new location. See <http://www.msccn.org>.

Milspouse.org. This Web site, sponsored by the Department of Defense and the Department of Labor, is dedicated to the topic of military spouse employment. See <http://www.milspouse.org>.

Be creative. Almost anything you are skilled at can be turned into a job or a career. You can use these skills working for a corporation or other organization, or you may choose to work for yourself as an independent contractor or consultant.

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.

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



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.



SKEET (right) is one of our newer dogs. He is kind and well-behaved. He is one of our larger dogs and would be a great addition to an outdoorsy family.

SAWS will be having a dog wash at the Marinai CDC (weather permitting) on Saturday, May 2 from 12 p.m. to 3 p.m.

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

Tataratà and Holy Cross Festival this weekend in Casteltermini



Photo by F.Lopiano

The spectacular "Tataratà and Holy Cross Festival" returns to Casteltermini through May 24 featuring thrilling sword duels, religious celebrations, arts and crafts and folklore shows.

If you want to travel back in time, make sure you check the annual "Tataratà and Holy Cross Festival" which kicks off today in Casteltermini, a beautiful town in the Agrigento province. Exciting sword duels replicating the medieval lifestyle will be staged during a unique ancient dance, whose origins are lost in time. The festival has been delighting crowds for centuries for its combination of religious and pagan traditions. There are about 60 trainees who learn the sword art since they are children. Performers are highly motivated and put a lot of effort in becoming skilled in this discipline. This year, the festival will run through May 24.

Festival Origin

The word Tataratà describes the obsessive rhythm of beating drums and clanging swords which characterize this dance. There are several theories about the origins of this festival. Some believe that it represents a fertility rite because it takes place in May during springtime. Historians maintain that the original ancestral fertility celebration gradually became a competition-like dance which symbolizes the fight between the greatest opposites in life, such as good and evil, life and death, and winter and summer. Other historians claim that Tataratà represents a legacy of the Arab rule in medieval Sicily as it has handed down to the modern generations the traditions of the ancient Berber peasants and shepherds, who used to live peacefully in the area along with the local Christian settlers. The traditional Arabic costumes worn by the re-enactors during the dance seems to support this theory, as they indicate that the Moors have strongly influenced the local culture with their traditions.

Believing that Tataratà is the

only attraction of the festival would actually mean diminishing its essence. Indeed, this elaborate folk dance complements the Santa Croce or Holy Cross Feast. A religious celebration, the Holy Cross Feast commemorates the accidental discovery of a wooden cross which occurred before the town's foundation in the 17th century. Casteltermini became a town in 1629 and was founded by baron Gian Vincenzo Maria Termini. According to legend, a local shepherd noticed that some cows would flee the herd to go to an area called Chiuddia where they would kneel down for hours. So, he decided to dig to see what was buried underground. Surprisingly, he discovered an ancient twelve foot-tall wooden cross. Legend has it that he tried to pull the cross out from the rock again and again, but he was unsuccessful. The village elders then decided to erect a sanctuary on that holy site. In 1984, a local historian decided to investigate the age of the cross and sent it International Institute for Geothermal Research in Pisa. Based on the results of the Carbon 14 test, the analysis showed that the cross dates back to 12 AD, which means that it is probably one of the most ancient crosses of the Christianity. In 1967, Casteltermini community decided to celebrate an official festa to honor this precious relic. However, a country fair festival used to be held since the 17th century. Tradition also holds that during these ancient celebrations, devotees carved Latin inscriptions on the cross.

Festivalgoers willing to see the original cross should pay a visit to the Eremo di Santa Croce (Hermitage of the Holy Cross), the sanctuary that is located about three kilometers from the city.

If you don't go to the sanctuary,

you can see a copy of the cross that is taken in procession throughout the historic center during the festival. Over the past four centuries, the four city confraternities, (Real Maestranza, Pecorai, Borghesi and Celibi) named Ceti, have been involved in organizing and participating through a spectacular horseback parade at this amazing three-day festival.

Festival Schedule

This afternoon (Friday, May 22) the festa kicks off with the gathering of the four city confraternities in piazza Madonna del Rosario at 5:30 p.m. Later, a procession leaving from via Verdi and heading towards piazza Duomo, (the main square) begins at 6:30 p.m.

This spectacular historic parade, which is accompanied by the town bands, features the Holy Cross that is carried on an ox-drawn cart and escorted by brotherhood members. It lasts through late evening and also includes a wreath laying ceremony at the Tomb of the Unknown Soldier.

At the end of the parade, the first Tataratà dance is staged in piazza Duomo.

Tomorrow (Saturday, May 24), the festival opens at 9 a.m. with bands playing music throughout the city. In the afternoon at 4 p.m., the period costume parade of Termini and Ferreri Princes is held throughout the historic center.

Later, the Real Maestranza Brotherhood's horse parade, which is accompanied by flag wavers, begins at 6 p.m. Half an hour later, a 30-minute Tataratà dance is staged in piazza Duomo. The show is then replicated at 9:30 p.m. In the evening, a second parade still featuring the Real Maestranza fraternity kicks off at 10:30 p.m. and continues through

late night. The last day of the festa (Sunday, May 25) begins with the early morning traditional cattle and local produce fair at 5 a.m. in piazza N. Bixio. Later, the historic and religious parades take place at 10:30 a.m. and are followed by a Holy Mass 11 a.m. during which the benediction of the brotherhood's banners is given. At the end of the Mass, Tataratà is held in the main square at 12:30 p.m. The show will be staged again at 6 p.m. Several horses and religious parades will continue to tour the town through late night.

For those with a sweet tooth, Casteltermini offers some mouthwatering sweets. Try the delicious Cubbaita torrone (nougat with sesame seeds, honey and toasted almonds). Typical specialties also

include ricotta cheese, lamb, pasta with fresh broad beans and "pitirri" (thick porridge made with rice, flour, cabbage, onion, cauliflower, prickly lettuce and fennel). Make sure you also bring home one of traditional weaved basket! Take a tour of the town during the festival and enjoy the beautiful Baroque buildings and churches (Cathedral, Saint Joseph and Saint Anthony) architecture.

Casteltermini is about two hours from Sigonella. Exit Caltanissetta on the Catania-Palermo highway (A19). Follow directions for Agrigento, exit at the junction for Palermo/Aragona and then drive until you see the signs for Casteltermini.

For more info and detailed schedules, call the Casteltermini Tourist Office at 0922-929005.

Kartodromo

Medusa

Summer of Love Ballet debuts at the Catania Opera House



Photo by Bellini Opera House Press Office

Last night, New York-based American choreographer and artistic director Karole Armitage presented her official premiere of her latest work "Summer of Love" at the Catania Bellini Opera House.

This amazing performance, which was enthusiastically welcomed by the audience, blends music by Burkina Electric that combines "burkinabé" West African music of Burkina Faso with Western club electronic rhythms. Peter Speliopoulos's colorful costumes' style is influenced by the work of Malian photographer Malick Cidbé and the hippie movement in the West.

The ballet was commissioned by the Bellini Opera House and co-commissioned by Lincoln Center Out of Doors. Ms. Armitage said her show is inspired by the Spanish Renaissance "Ensalada" music style which combines holy and profane images, as well as ethnic dance and different rhythms and languages.

Here is what the Los Angeles Times wrote about Ms. Armitage: "Armitage, who first came to the dance world's attention as a member of the Merce Cunningham Dance Company from 1976 to 1981, was a high-profile, cutting-edge figure on the New York dance scene during the 1980s. "Drastic-Classicism," a fierce and at the same time playful work set to a painfully loud punk-rock score by Rhys Chatham (one of the works on the Kitchen program), toyed with and extended the possibilities of the classical vocabulary, making it relevant and exciting for a new audience. Her daring, high-tech dancing -- she cut an edgy, sly figure with her spiky blond hair, long legs and pointed shoes -- anchored a string of works that generated audience excitement and lots of glossy press coverage."

The ballet will be staged through May 27. Prices for ballet tickets range from € 16 to € 84. For more information call 095- 7150921 or visit www.teatromassimobellini.it

Gegomotor

500-foot long Salami Festival in Gagliano Castelferrato



If you don't believe that someone has actually made a 500-foot long salami or salame, go to the Gagliano Castelferrato festival. It runs this weekend Gagliano Castelferrato, a beautiful medieval town in the Enna province.

This festival, which celebrates the popular Italian cured sausage, will feature salami, ricotta cheese and mostarda tasting that will be held in piazza Piano Puleo, starting tomorrow at 5 p.m. On Sunday, May 24, the festival will begin with a guided tour of the local medieval castle (Castelferrato) that was carved into a rock. There will also be entertainment and folklore shows.

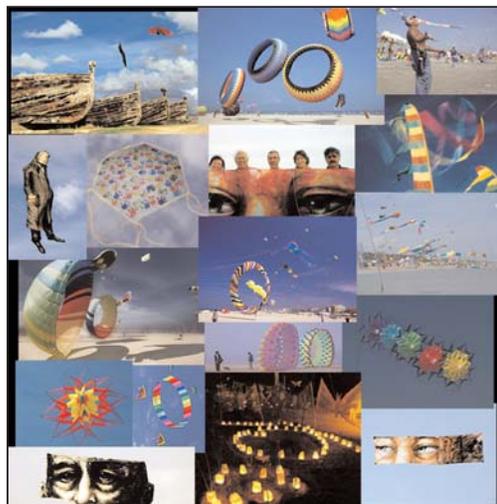
Gagliano Castelferrato is fairly easy to reach. Exit Agrigoro (A19) Catania Palermo and follow signs for Gagliano Castelferrato. For more information call 0935-693219.

Simple Minds to perform in Taormina in July



The July 27 concert of the legendary Scottish rock band Simple Minds is another highlight of the upcoming Taormina Arte Festival that will be hosted by the enchanting Taormina Greek Theatre.

In their thirty-year-career, Simple Minds produced several successful albums and toured the entire world. They are best known for their hits "Don't You (Forget About Me)" (from the soundtrack of "The Breakfast Club" 1980s movie starring Molly Ringwald and Ally Sheedy, and directed by John Hughes), "Alive and Kicking", "Waterfront", "Mandela Day" (which showed their political commitment against apartheid), "Belfast Child" and "Promised You A Miracle." Simple Minds previously performed at the Greek Theatre in 2006. For more information and tickets contact Box Office (095-7225340 /www.ctbox.it) or Ticket One (892-101 / www.ticketone.it).



Bring your friends and family to the first exciting International Kite Festival running from May 23 through May 31 in San Vito Lo Capo, an enchanting coastal town, located about 25 miles from Trapani, which boasts crystal-clear waters and pure white shores. For more information visit <http://www.festivalaquiloni.it>



KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

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 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

Cefalu: the ideal summer day

Article and photos by
MCSN Jonathan Idle
Signature Staff

Cefalu is a picturesque city lying on the northern coast of Sicily in the province of Palermo. The city's coastline of lava rock and sandy beaches lies on the clear turquoise waters of the Tyrrhenian Sea.

The skyline of the city is dominated by a large mountain called the "Rocca" which is topped by the remains of a medieval castle.

The heart of the city was built into the lower slope of the rock. Cobble stone streets line the town center leading to the Piazza Duomo where the 11th century Norman Cathedral of Cefalu stands.

Site: For things to see and do,

Cefalu gets a rating of four stars. What the city may lack in historical ruins and museums compared to other places like Agrigento, it makes up for with its beautiful beaches, shopping and scenic views. That is why only one star was removed from this category.

That is not to say the city is without historical sites or significance. The cathedral is definitely worth visiting. The architecture, stone work and intricate painting inside make for great photo opportunities.

The view from the castle atop the summit is worth the walk up. It allows for expansive views of the entire town and coastline below.

However, the real attractions



(Above) Umbrellas line the beaches of Cefalu.
 (Below) Old fishermen's dwellings line the water with the "Rocca" in the background.



(Above) The rocky coastline of Cefalu with a lighthouse over looking the old harbor.
 (Below) Smaller beaches can be found separate from the main stretch of beach.



PCS Brasil

Chiechio

Marchi



(Above) The popular beaches of Cefalu stretch along a large portion of the city. The town is almost entirely built around the beaches. (Left) The Cathedral of Cefalu in the shadow of the moantain known as the "Rocca."

are the beaches and shops. There are several "lidos," or beaches, to choose from which are very popular spots.

If you feel like venturing off the beaten path, you can find stairways leading down to more secluded sections of coastline consisting of lava rock. Either way, the water is very temperate and makes for very enjoyable swimming. There are many shops to choose from throughout the town. Intricate Roman and Greek style potteries are common in the

shops and make for nice souvenirs.

Family Friendly: Cefalu only rates three stars in this category for the simple reason that the town is not very handicap or stroller accessible. The sloping streets, limited handicap access to the beaches and the climb up the mountain to get to the castle make it difficult for anyone with small children or a disability to get around.

With that said, there is plenty to do for families with children. The

beaches are clean and safe. The traffic in the streets is very light and mostly consists of scooters. There are family friendly restaurants along the beach with outdoor seating and there are plenty of cafes with cool drinks and gelato to fight the heat during the hot summer months.

Accessibility: The trip to Cefalu gets five stars for ease of travel because the trip was offered through ITT. ITT hosts regular trips to Cefalu and busses passengers there in the morning and returns them to base in the evening.

It is not difficult to reach the town by a privately owned vehicle. The route is mostly along main roads with very little twists and turns.

To get to Cefalu take A-19 (Catania to Messina). Followed by A-20 (Messina to Palermo). Take the Cefalu Cefalu exit.

Travel Time: For travel time, this trip rates two stars because it take close to three hours by bus.

Traveling by a privately owned vehicle will take anywhere from two to three hours.

Alphio

Casale della rosa

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.

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

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

Go Green Sigonella!

Free oily rags and pads recycling program



Did you know that if your shop needs rags or pads for cleaning up oily equipment or drips from maintenance work that the Environmental Office can provide clean rags and/or pads to your shop or nearby area?

Most shops are already aware of this, but some are not taking advantage of this free program.

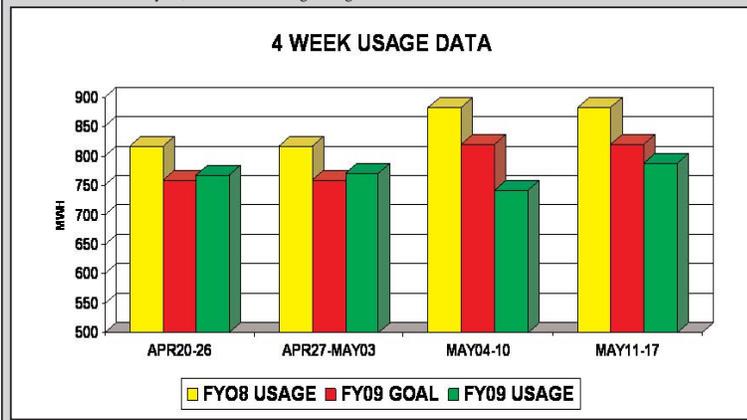
If you are not using the Oily Rags and Pads Recycling Program please call Victor Gasso in the Environmental Office at 624-2721, or Mauro Cacia at 624-2719 for assistance.

This will help Naval Air Station Sigonella meet the waste reduction requirement, save the government money, and save local landfill space. It will also be much more efficient for your shop personnel.



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

22 **Lunch:** Chicken Corn Chowder, Tempura Fish, Beef & Broccoli, Penne All Norma, Steamed Rice, Paprika Buttered Potatoes, Fried Okra, Glazed Carrots, Tartar Sauce, Spice Cake W/ Icing, Crisp Drop Cookies.
Speed line: Grilled Hamburger & Cheeseburger, Turkey Burger, French Fried Potatoes, Beans, White W/ Tomatoes.
Dinner: Chicken Noodle Soup, Baked Fish, Grilled Steaks, Tossed Green Rice, French Fried Potatoes Corn, Lima Beans, Spice Cake W/ Icing, Crisp Drop Cookies.

23 **Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Crumb Cake.
Brunch: Asstd Breakfast Items, Creole Soup, Hot Pastrami Sandwich, Teriyaki Chicken, Beef Fried Rice, Steamed Broccoli, Calico Corn, Cherry Pie, Abracadabra Bars.
Dinner: Vegetable Soup, Baked Lasagna, Roast Veal W/ Herb, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, Abracadabra Bars.

24 **Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Italian Crossant.
Brunch: Asstd Breakfast Items, Pure Mongole Soup, Cheddar Chicken Broccoli, Fishwich Sandwich, French Fried Onion Rings, Southwestern Rice, Club Spinach, Ratatouille, Almond Cake, Crisp Toffee Bars.
Dinner: Chicken Vegetable Soup, Beef Saurbraten, Mustard Dill Baked Fish, Spring Garden Rice, Mashed Potatoes, Natural Pan Gravy, Steamed Cut Green Beans, Seasoned Carrots, Almond Cake, Crisp Toffee Bars.

25 **Breakfast:** Hominy Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Roasted Potatoes, Waffles, Asstd Doughnuts, Streusel Coffee Cake.
Lunch: Cream of Broccoli Soup, Roast Beef, Lemon Baked Catfish, Steamed Rice, Farfalle Tomato Sauce, Eggplant Parmesan, Mixed Vegetables, Brownies, Yellow Cake W/ Icing, Fruit Ambrosia.
Speed line: Grilled Deli Dar Sandwich, Pasta Primavera and Cartocciaata.
Dinner: Vegetable Soup, Cajun Meatloaf, Grilled Chicken Breast, Rice Pilaf, Peas & Onions, Corn on the Cob, Brownies, Yellow Cake W/ Icing, Fruit Ambrosia.

26 **Breakfast:** Hot Farina, Oven Fried Bacon, Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Streusel Coffee Cake.
Lunch: Chicken Vegetable Soup, Roast Turkey, Braised Beef Cubes, Steamed Rice, Mashed Potatoes, Turkey Gravy, Penne Amatriciana, Carrots and Orange Amandine, Club Spinach, Fruit Cocktail Upside Down Cake, Oatmeal Cookies.
Speed Line: Philly Cheese Steak Sandwich, Onion Rings, Pasta Primavera.
Dinner: Zesty Bean Soup, Baked Stuffed Fish, Baked Lasagna, Orange Rice, Southern Greens, Seasoned Mixed Vegetables, Fruit Cocktail Upside Down Cake, Oatmeal Cookies.

27 **Breakfast:** Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Bear Claws.
Lunch: Beef Rice Soup, Blackened Catfish, Chicken Cordon Bleu, Farfalle Alfredo, Garlic Cheese Potatoes, Rice Pilaf, Eggplant Parmesan, Brussels Sprouts Polonaise, Cheese Cake, Chocolate Pudding.
Speed Line: Grilled Cheese/Hamburger, Turkey burger, Baked Beans, French Fried Potatoes.
Dinner: Cream of Chicken Soup, St. Louis BBQ Pork Ribs, Sicilian Submarine, Macaroni and Cheese, Greens Beans Nicoise, Steamed Peas, Cheese Cake, Chocolate Pudding.

28 **Breakfast:** Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffins.
Lunch: Corn Chowder Soup, Roast Pork, Chinese Five Spice Chicken, Mashed Potatoes, Rigatoni Alla Boscaiola, Brown Gravy, Steamed Rice, Seasoned Carrots, Asparagus, Peanut Butter Cookies, Cherry Pie.
Speed Line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredder Cheese, Assorted Pizza, Chili Dog, Baked Italian Sausage, Sautéed Pepper and Onions.
Dinner: Minestrone Soup, Stuffed Cabbage Rolls, French Fried Shrimp, Ginger Rice, Mexican Corn, Steamed Broccoli, Cherry Pie, Peanut Butter Cookies.

Stampa

RMED

ON THE GO WITH MWR

Aeolian Island getaway for Independence Day

Enjoy a long weekend break to the beautiful Aeolian Island of Stromboli from Thursday, July 2 to Sunday, July 5.

A destination frequented by the rich and famous such as Madonna, Dolce & Gabbana and Naomi Campbell, Stromboli provides the perfect island getaway.

This island offers wonderful beaches of black sand and beautiful natural surroundings. The deep clear blue sea is renowned for snorkeling and scuba diving.

Stromboli, one of the eight Aeolian Islands, is situated in the Tyrrhenian Sea, off the north coast of Sicily, and contains one of the three active volcanoes in Italy.

A deposit secures your spot and full payment is due by Monday, June 5. The price includes roundtrip bus and ferry transportation, 3 nights at a 4-star hotel, all breakfasts and dinners, and an ITT escort for entire trip.

For more information call ITT Gear-n-Go at 624-4777.

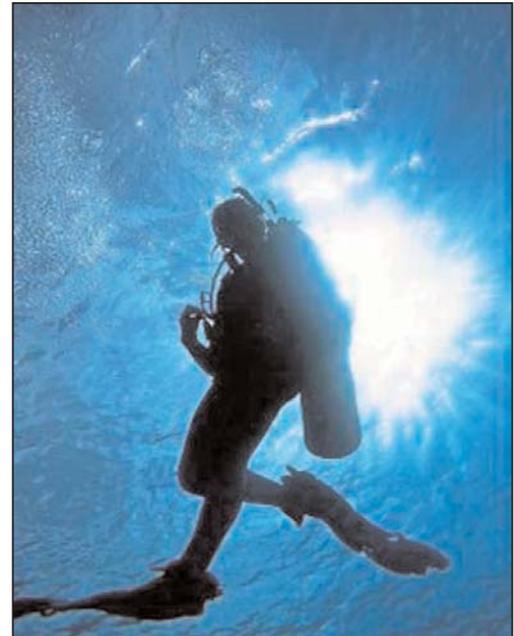


Let the rhythm take you to Latin Quarters

Jox Pub and the Latin American Association invite you to dance the night away on Saturday, May 30 with the return of Latin Quarters. Welcome the warm weather

and get set to turn up the heat to the sounds of the hottest Latin music from 9 p.m. to 3 a.m. For more information call Jox Pub at 624-5604.

Dive into Sicily's deep blue



With summer approaching, there has never been a better time to get your diver certification.

ITT Gear-n-Go is offering a PADI Open Water Diver course from April 3, 6, 10, 13, 17, 20, 24, to 27, and includes 3 one-hour classroom sessions, 3 one-hour pool sessions and five open water checkout boat dives.

The minimum age is 10 for junior divers and 15 for open water divers. The Advanced (Level II) classes, Nitrox and Rescue Classes will be held every month with the date to be announced.

PADI Open Water Diver Course Registration is \$310 per person. For more information call ITT Gear-n-Go at 624-4777.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



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 epically 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.)

Knowing (PG-13)

In 1958, as part of the dedication ceremony for a new elementary school, a group of students is asked to draw pictures to be stored in a time capsule. But one mysterious girl fills her sheet of paper with rows of apparently random numbers instead. Fifty years later, a new generation of students examine the capsule's contents and the girl's cryptic message ends up in the hands of young Caleb Koestler. But it is Caleb's father, professor John Koestler, who makes the startling discovery that the encoded message predicts with pinpoint accuracy the dates, death tolls and coordinates of every major disaster of the past 50 years. As John further unravels the document's chilling secrets, he realizes the document foretells three additional events - the last of which hints at destruction on a global scale and seems to somehow involve John and his son. When John's attempts to alert the authorities fall on deaf ears, he takes it upon himself to try to prevent more destruction from taking place. With the reluctant help of Diana Wayland and Abby Wayland, the daughter and granddaughter of the now-deceased author of prophecies, John's increasingly desperate efforts take him on a heart-pounding race against time until he finds himself facing the ultimate disaster - and the ultimate sacrifice. (121 min.)

Star Trek (PG-13)

The fate of the galaxy rests in the hands of bitter rivals. One, James Kirk, is a delinquent, thrill-seeking Iowa farm boy. The other, Spock, was raised in a logic-based society that rejects all emotion. As fiery instinct clashes with calm reason, their unlikely but powerful partnership is the only thing capable of leading their crew through unimaginable danger, boldly going where no one has gone before.

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 no 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 29

3:00pm Hannah Montana The Movie G
 5:00pm Fast and Furious 4 PG-13
 5:30pm Star Trek PG-13
 7:00pm Sunshine Cleaning R
 8:00pm Observe and Report R
 9:00pm Good Luck Chuck R FREE

COMING SOON

Up; 17 Again; State of Play;
 Terminator Salvation; Night at the Museum 2

Friday, May 22
 3:00pm Monsters vs. Aliens PG
 5:00pm Fast and Furious 4 PG-13
 5:30pm Dragonball Evolution PG
 7:00pm The Haunting in Connecticut PG-13
 8:00pm Angels and Demons PG-13
 9:15pm Black Hawk Down R FREE

Saturday, May 23
 2:00pm Dragonball Evolution PG
 2:30pm Fast and Furious 4 PG-13
 4:15pm I Love You, Man R
 5:00pm X-Men: Wolverine PG-13
 6:15pm Adventureland R
 7:00pm The Haunting in Connecticut PG-13
 8:15pm Broken Arrow R FREE

Sunday, May 24
 2:00pm Fast and Furious 4 PG-13
 2:30pm Angels and Demons PG-13
 4:30pm Dragonball Evolution PG
 5:00pm Knowing PG-13
 7:00pm The Last House on the Left R

Monday, May 25
 12:00pm Inkheart PG FREE
 1:00pm Knowing PG-13
 3:00pm Dragonball Evolution PG
 5:00pm 12 Rounds PG-13
 5:30pm Duplicity PG-13
 7:00pm Star Trek PG-13
 7:30pm Adventureland R

Tuesday, May 26
 5:00pm Fast and Furious 4 PG-13
 5:30pm The Haunting in Connecticut PG-13
 7:30pm Knowing PG-13
 8:00pm X-Men: Wolverine PG-13

Wednesday, May 27
 5:00pm Street Fighter PG-13
 5:30pm Angels and Demons PG-13
 7:00pm Adventureland R
 7:30pm Fast and Furious 4 PG-13

Thursday, May 28
 3:00pm Monsters vs. Aliens PG
 5:00pm The Last House on the Left R
 5:30pm X-Men: Wolverine PG-13
 7:00pm Angels and Demons PG-13
 7:30pm Jaws PG

FREE- Throwback Thursday

MOVIE HOTLINE:
 624-4248

4-H Cooking Clubs blossom in the kitchen

The 4-H Cooking Clubs of Sigonella's youth programs offer kids ages 6 and up an opportunity to sharpen their cooking skills with the development of newer, healthier and tastier recipes.

The purpose of the clubs is to provide a fun way for youth to learn how to cook and explore healthy meal and snack options. The clubs have also participated in several community service projects, providing

over 150 tasty treats for the Thanksgiving party for single sailors, side dishes for the Native American Harvest dinner and cookies for a variety of community events.

All youth can join the 4-H Cooking Club at the Mineo Youth Clubhouse, the Teen Center or at the Youth Center on NAS 1.

For more information, stop by any of the centers today or call 624-3712.

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.

WALK, continued from page 2

with a five-minute stroll and gradually increase your distance.

2. Forget about speed. Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.

3. Swing your arms naturally, and breathe deeply. If you can't catch your breath, slow down or avoid hills.

4. Be sure you can talk while walking. If you can't converse, you are walking too fast.

GET FIT!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity. Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 20 minutes a day. But there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean two 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit!

CHAPLAIN, continued from page 2

have their merit and, often, they lead to the same conclusion.

Did Hugh Thompson use either of these to make his tough call? Or did he simply do the right thing because he had trained his will to do the right thing? In short, was he just a good person and this is what good people do? Was his decision the outworking of his character?

Aristotle died significantly more than three years ago. Although Vizzini (The Princess Bride) thought him a moron, we still have much to learn from him. He encouraged virtue-based ethics. Aristotle was not interested in following rules or predicting consequences. He was interested in developing character. He assumed everyone was seeking happiness or making some attempt to live a satisfying life. Some do this by indulging in pleasure while others deny themselves any activity considered a vice. Aristotle thought virtue was found in the middle, the golden mean, between excess and deficiency.

Which is better – gluttony or anorexia? Foolhardiness or cowardice? Reckless spending/giving or stinginess? None of these are even good let alone better. Rather, virtue is found in between the extremes – in qualities like temperance, courage and responsible benevolence.

So how does a person become virtuous? Aristotle taught that you become a person of character by developing virtuous habits – practicing virtues until they become a part of who you are. Therefore, the greatest asset in becoming virtuous is your will. You decide to do the right things until you become right by habit.

Aristotle reasoned that a virtuous person knows what virtue is and lives accordingly. In contrast, a weak-willed person knows what virtue is and wants to live accordingly but fails to control his/her

appetites. A truly wicked person commits to either excess or deficiency and makes no effort to follow the path of virtue.

Thomas a Kempis wrote, "Occasions make not a man fail but they show rather what a man is." You will experience situations in life where the stakes are high. Like Hugh Thompson, you may not have time to run a series of ethics tests to determine the right thing to do. In those cases, you will act according to who you are.

Hard to believe – you forge your character through daily decisions here at NAS Sigonella. At some point, whether here or elsewhere, you may be forced to take action that could affect the lives of hundreds. In our world today, it could easily be many more. Of course, you could do absolutely nothing.

Do nothing at the Hub of the Med? No. Let's don't . . . not here, not on our watch.

BARBEQUE, continued from page 1

approximately 60 percent of our trash that we throw away can be recycled."

It's important for the children to take the lessons they learned during the competition and apply it in their everyday lives from now on, Capt. Quinn said.

"If you take the numbers we use and expanded that out over a year, the schools alone could recycle 10,000 kilograms of material, saving 238 trees, 18,620 liters of oil, 56,000 kilowatts of energy or 343,000 liters of water," said Capt. Quinn.

Kristen Prentiss, a 4th grade teacher at Stephen Decatur, believes that her students really have taken the lesson to heart.

"Every time they have to throw away paper or a water bottle they ask where they have to go to recycle it," Prentiss said. "I think it's had a good impact on them."

Giovanna Cavallaro, an instructor from the Istituto Comprensivo Statale, said her students worked extremely hard on the project and they were excited to meet their American counterparts.

"They worked diligently for a week, because they wanted to hit their goal and compete with the American students," Cavallaro said. "They were really focused and they were really excited to get to come here and meet the other kids."

Also in attendance was Giacomo Marzullo, a representative for Motta Sant'Anastasia, who accepted a certificate of appreciation from Capt. Quinn on behalf of Dr. Antonino Santagati, the mayor of Motta.

"We appreciate the base initiating this event between Motta and Sigonella to educate the children on the importance of recycling," Marzullo said. "It's important for the future to reduce waste and help preserve our planet. These children are the future, and they must carry these lessons on with them."

The students were able to meet and share a tradition American lunch thanks to the NAS Sigonella First Class Petty Officer's Association. The First Class Association provided the food, drinks and cooking for the event.

The recycling competition was organized by the NAS Sigonella Environmental Office and members of the respective schools.



Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center, addresses members of NAS Sigonella during an all-hands call about safety and the upcoming summer months.

JOHNSON, continued from page 1

during the summer months.

"Overall, the Department of the Navy and the Navy in particular is doing pretty well in regard to our primary goals of preventing mishaps and conserving our resources, our equipment, our people, our finances, etc." Rear Adm. Johnson said. "The Navy tracks about 16 different categories, and probably in 11 or 12 of them we're fairly well. We're below last years statistics, and we're below our historical norms."

He highlighted several areas which have been major concerns for the Navy historically.

"In our four-wheel arena we're doing well below 50 percent off last years pace," said Rear Adm. Johnson. "Another area that's really important to us is in the two-wheel arena, talking about motorcycles. We're pretty happy with the progress you're making in the two-wheel arena. This year we've experienced only six fatalities on motorcycles, and that's compared to 14 this same time last year."

Rear Adm. Johnson credits changes to the training program and leadership engagement for the dip in motorcycle accidents.

Next, he addressed concerns over the consumption of alcohol.

"People have taken the message onboard and there's a lot less drinking and driving going on, but there's still a fair amount of over-consumption of alcohol," Rear Adm. Johnson said. "I want you to take that to your attention, and as you plan your summer activities, your beach outings or what have you, make sure you put in enough planning to help people be successful so they don't end up being an ARI statistic."

Last summer, the Navy lost a total of 32 Sailors, 15 to motorcycle accidents and seven to water related incidents, which are trends the Navy cannot afford to continue, Rear Adm. Johnson said.

"That's 32 individuals that are no longer here to contribute to our mission, to help carry the workload or to help make us successful," Rear Adm. Johnson said.

While the number of accidents, DUIs and deaths in the Navy have all decreased this year Rear Adm. Johnson is not satisfied with the current numbers.

"Even though we're doing significantly better we are still concerned about those few losses we have experienced," said Rear Adm Johnson. "Every individual that we lose is a loss to our mission, it's a mission degrader. So we're not satisfied until we work our way to eliminating all of those preventable mishaps."



Marricru

Oxidiana



A participant in the Command Fitness Challenge attempts to shoot an oversized basketball into an oversized hoop May 15 on NAS II.

Stampa

CHALLENGE, continue from page 1

building, and to provide an opportunity for commands to come together to compete for MWR bucks, funding that would go directly into their commands recreation funds, according to Jenni James, Morale Welfare and Recreation marketing coordinator.

Observed by various nations throughout the year, Armed Forces Day allows them to properly recognize, venerate, and honor their military forces.

"This has been a big team builder for the community and the largest turnout we've had yet for the Armed Forces Command Challenge," said James. "We have seventeen teams out here with at least ten people per team. It's been a great day to get people out, meet each other and have a little friendly competition."

NAS Sigonella Security Department won the overall challenge which netted them \$500 towards their command's MWR fund. Second and third place winners were Operations and Naval Facilities Engineering Command respectively, with Naval Hospital Sigonella picking up the award for team spirit.



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.

Stand Down kicks off Summer Safety

Article by Lt. j.g. Matt Knight
Sigonella Public Affairs Officer

Naval Air Station Sigonella held its annual summer safety stand down May 14, 15 and 18 in the NAS I theater in order to promote safe practices throughout the summer.

Each day consisted of two sessions and featured a range of topics including: electrical safety, fire safety, driving and motorcycle safety, anti-terrorism best practices, and general medical tips. NASSIG or Naval Hospital command leadership opened each session to reinforce the importance of safe practices over the summer.

"We are doing extremely well this year with only 82 accidents as of 1 May, zero DUI's and zero near misses where the person was between .01 and .05 BAC," said Capt. Thomas J. Quinn, NASSIG Commanding Officer during the Friday morning session. "We need to continue to drive safely and slow down. My biggest concern in the coming months is an increase in DUI's as people move out in town and are no longer afraid of the Alcoblow at the gate." He continued saying that Italy has increased their penalties for DUI's and that Carabinieri are now administering Alcoblow tests at the

scene of accidents.

The briefers stressed key points that would help ensure NASSIG personnel had a fun, but safe summer. Fire and Emergency Services reminded everyone to be careful with hot coals, to always use approved accelerants and never spray lighter fluid on lit coals. Public Works focused on electrical safety stressing that electrical and mechanical cabinets are not storage areas and should always have clear access to ensure that they don't catch fire or cause injury. Safety brought in a specialist who spoke on motorcycle safety and showed a video of professional motorcycle riders touting the benefits of training and quality safety gear. Antiterrorism reminded everyone that a region specific brief was required if traveling outside of Sicily and Preventative Medicine wrapped up the stand down by plugging the virtues of good hand washing in light of the recent H1N1 Flu.

"It is really about common sense things... things you learn in kindergarten like washing your hands and not playing with fire," Capt. Quinn said. He explained that the simple things we all learned when we were young are really the key to staying safe this summer.

Carnival comes to town

Come out for the 6th annual Stephen Decatur Elementary School spring carnival, held Friday, May 29 from 4 p.m. until 7 p.m. at the elementary school playground. In case of rain, the carnival will be moved to Knight's Hall. Join in on all of the fun,

sponsored by the Stephen Decatur Elementary School PTO, with food, games, prizes and over 20 activities.

Tickets will be on sale at the event and cost \$0.25 each.

For more information, contact the school at 624-1476.



Medusa

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 in the future and would like to see the Il Mercato section in its entirety, 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.

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