

## AIMD celebrates milestone of 24 months with no DUIs

By MC3 Whitfield Palmer  
NPASE East Det. Sigonella

Personnel from Aircraft Intermediate Maintenance Department (AIMD) Sigonella celebrated 24 months without a single DUI Wednesday, Feb. 17 with a day off of fun and entertainment at Naval Air Station (NAS) Sigonella's Midtown complex.

The celebration, sponsored by Moral, Welfare, and Recreation (MWR), began with a cake cutting ceremony and words from AIMD Sigonella's Officer-in-Charge Lt. Cmdr. Michael Marrero.

"AIMD has demonstrated great zeal in the fight against DUIs," said Marrero. "It's great to be part of a command that has taken the Navy's policy of no drinking and driving



Photo by MC3 Jonathan Idle

Members of Aircraft Intermediate Maintenance Department (AIMD) Sigonella's leadership cut a cake in celebration of the command going two years without a DUI Feb. 17 at the Midtown Complex on NAS I.

to heart." related incident and will mark that milestone in April, on the path to being 12 months without an alcohol  
*AIMD, continued on page 12*

## Sigonella sailors participate in FIDAPA COMREL



Capt. Kathy Creighton, NCTS Commanding Officer, receives a flower and a ceremonial banner from Cettina Mongelli, the Niscemi FIDAPA President, Feb. 19 in Niscemi, Sicily.

By Lt. William Knight  
NAS Sigonella  
Public Affairs Officer

Seven female Officers and Sailors stationed at NAS Sigonella participated in a community relations event hosted 19 February by the Niscemi Federazione Italiana Donne Arti Professioni Affari (FIDAPA) chapter for professional women in Niscemi, Sicily.

"The event was planned by the NAS Sigonella Public Affairs Office and designed to bring together professional women from both Italy and the United States in a way where they could share their common experiences," said Alberto Lunetta, NAS Sigonella community relations specialist.

The evening long event consisted of a tour of the town of Niscemi including several historic and cultural sites and ended with a conference on the changing role of women in the U.S. and Italian military and police forces. Guest speakers at the event included several professional Italian women from Niscemi, Master Sgt. Pino Stimolo, the senior enlisted advisor for the 41st Stormo, Capt. Kathy Creighton, Naval Computer and Telecommunications Station Commanding Officer, CMDCM Rosa Wilson, the former NAS Sigonella Command Master Chief, and Lt. Cmdr Lisa Peterson, a pediatrician at the Sigonella

*FIDAPA, continued on page 12*

## Black History Month continues with 'Empowering' presentation

By MC3 Whitfield Palmer  
NPASE East Det. Sigonella

Naval Air Station (NAS) Sigonella continued its month long observance of Black History Month with a presentation at the Midtown Theater on the History of Black Economic Empowerment Feb. 19.

The multimedia presentation began with a parading of the colors, the singing of the Italian and American National Anthems, and included songs and poetry.

Capt. Rowland McCoy, Dental Department Head at the Flight Line Clinic at NAS Sigonella, was the guest speaker for the presentation and detailed the economic struggles of African Americans since the abolishment of slavery after the American



(NAS) Sigonella Heritage Committee closes a presentation on Black Economic Empowerment with a choral rendition of the Black National Anthem.

Civil War, from the early days of the Reconstruction through the Gilded Age where many African American first found prosperity, particularly in  
*BHM, continued on page 12*

### WEATHER UPDATE

February 26  
H:72F  
L:53F



February 27  
H:76F  
L:57F



February 28  
H:77F  
L:48F



March 1  
H:72F  
L:48F



March 2  
H:69F  
L:54F



March 3  
H:72F  
L:51F



March 4  
H:75F  
L:57F



### TOP STORIES

Throughout college, I worked at Donnell-Wiegand Funeral Home in Greenville, IL. I wore a suit for the mid-day funeral services and did not have time to change prior to a late afternoon class.

Page 2

Suicide prevention continues to be one of the highest priorities for Navy leadership according to the most recent suicide prevention update released Feb. 18.

Page 3

As an individual and as a member of your community, you have the power to prevent child abuse and neglect. Here are some ways to contribute your ounce—or more—of effort to prevention.

Page 5

The keys of the Sicilian villa where the notorious Mafia godfather Toto "the Beast" Riina spent his final months as a fugitive have been handed over to the local branch of the Italian journalists' guild, several of whose members died under his bloody rein.

Page 6

It seems like Mother Nature has been playing a trick on us Sigonellans lately. One day it's sunny with a warm breeze blowing, and on other days, it's dark, gloomy and windy.

Page 8

### TRAFFIC NUMBERS

	Jan. 10- Feb. 10	Jan. 09- Feb. 09
Accidents	47	43
Injuries	5	4
DUIs	1	0
Traffic Deaths	0	0

PLEASE,  
DON'T BECOME  
A STATISTIC!

### INSIDE

Direct Line  
2

Navy News  
3

Community Calendar  
4

MWR Corner  
11

Il Mercato  
14

# DIRECT LINE NASSIG COMMAND MASTER CHIEF ROSA L. WILSON

All of us know that when we move to a command there will eventually be a time to move on again. Well it's that time for me, time to move on to a different place with a new set of challenges. Each time I arrive to a command I like to set my goals for what I would like to achieve during my tour. As I walk around interacting with Sailors, I make note of changes that I think are necessary and changes that will smooth out a certain rough patch in the current operations. I firmly believe that as a command we have pulled together and achieved many of those initial goals.

I've said before don't make change just for the sake of change and I firmly believe that NAS Sigonella as a whole has been and continues to be firmly rooted in that belief. Some of our great accomplishments as a team within the last few years are;

- 1st SIG Firefighter of the Navy, ABHI Jones.
- 1st SIG NEY Award.
- 1st SOY to make CNIC finalists, MAI Ortiz.
- Back to back Retention Excellence Award, 2008 and 2009. Set the benchmark for the Region.
- Best Sponsorship/INDOC Program in the Region.
- Completed 700 CDBs on all pay grades.
- 2007 American Petroleum Institute Award, Best Retail Fuel Activity in the Navy and DOD.
- SIG received a 98% passed, 550 Sailors with 1/3 scored excellent low or better. 100% of all enlisted enrolled in the FEP were successfully removed from the program due to the great intrusive leadership by all CFLs and ACFLs.

Speaking of team, since we in the

Navy embrace acronyms. I share with you the following:

- T: Together
- E: Everyone
- A: Achieves
- M: More

It has been my pleasure to watch the mentorship and career development boards grow a life of their own and watch as Sailors grew from those experiences gained through these programs.

I've been there as many of you have grown and I can say that many of you have turned into fine leaders and I expect you to carry on that tradition long after I'm gone. Continue to develop your Sailors both professionally and personally. As American Ambassadors continue to volunteer in the community, make an impact and strengthen our Host

Nation and U.S. relationship. On a final note thank you very much to the Ward Room, Chief's Mess, command Sailors and all of the support activities to include MWR, NEX, Housing and FFSC. I have learned a lot and have become a better leader. You have made me a better person and I will always cherish the times that we've had here. I can honestly say that coming here to Sigonella, I truly have learned something, I've gained a lot of experience, and I've made some very valuable and memorable friends that I will keep with me always. I hope I have left a legacy here for you all to be proud of. I leave you with a quote from Mark Twain "Twenty years from now you will be more disappointed by the things that you didn't do than



by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

## New Year's resolutions: Got one?

By Lt. Lynn Skinner  
Naval Hospital Sigonella

Statistics show most American's chose resolutions that involve their health.

Most centers on losing weight, exercising more, eating healthier or getting more sleep.

Which one did you make?

If you chose to lose weight you have a lot of company, but did you set realistic goals for yourself?

Unsure, well come see your health care provider or health promotions representative at NH Sigonella to ensure your headed in the healthiest direction.

In the mean time one way to lose weight is check out what you are drinking. Many of us do not realize the calories of our favorite beverage; read the labels and consider water to shave unnecessary calories.

Don't like water; think about always to spruce it up with lemon/lime, fresh fruit, mint or

adding carbonation to enhance flavor and texture. Be creative and save calorie for the items you chew!

Another sure fire way to lose weight is do not skip breakfast. Eat sensibly to start the metabolism rather than clamp it down by skipping meals.

There are no rules to breakfast. So if you turn your nose up to common breakfast selections break out of the mold with yogurt fresh fruit smoothie, left over's or sandwich.

Why not a BLT for breakfast or pizza with cream cheese for sauce and fresh fruit for toppings?

The gym hours may have changed but the outdoors never close. Walk, hike, bike ride or try horseback riding. Don't forget safety gear but get out there and enjoy. Take a friend. Studies show we do better with support and someone who shares common goal.

Getting more rest comes from establishing a healthy bed time routine.

**RESOLUTION, continued on page 12**

## HEALTH WATCH

### NASSIG WORSHIP SERVICES

<b>ROMAN CATHOLIC</b>		<b>PROTESTANT</b>	
<u>Sunday</u>		<u>Sunday</u>	
0830	Catholic Mass (NAS I Chapel)	1000	Traditional Protestant (NAS I Chapel)
1200	Catholic Mass (Mineo Community Center)	1130	Contemporary Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	<b>CHURCH OF CHRIST LAY SERVICE</b>	
		<u>Sunday</u> 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)	
<u>Monday - Thursday</u>			
1130	Catholic Mass (NAS II Chapel)		

**JEWISH SERVICES:** Please call 095-86-1205

**OTHER SERVICES/ACTIVITIES POINTS OF CONTACT**

**Latter-day Saints:** Sunday 1300 Catania Chapel, Please email jarreb@yahoo.com or call 624-1393 or 095-705-6108

**AA Meetings:** Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

## CHAPLAIN CORNER



Chaplain Coates

Throughout college, I worked at Donnell-Wiegand Funeral Home in Greenville, IL. I wore a suit for the mid-day funeral services and did not have time to change prior to a late afternoon class. To

# Well done

show up at a college classroom wearing a suit was decidedly noticeable. In an attempt at humor, one professor said, "Wow. Nice threads. Who died?" When I stated the name of the individual, he was embarrassed and the class enjoyed the unintended humor. Actually, I have many funny stories from the funeral home and there is nothing inappropriate about them. The directors were extremely respectful in every regard. Still, when you assemble a mixture of employees and set them working

together over a long period of time, humorous scenarios will arise from the chemistry. Obviously, the business had its sober side - more so than most industries. The contrast in responses to death can not be overstated. Those who experience hope and peace in the midst of grief differ markedly from those who know only utter despair. I saw many examples of each.

I witnessed gatherings on behalf of deceased individuals who were of very modest

**DONE, continued on page 12**

<p><b>Commanding Officer</b> Capt. Thomas J. Quinn</p> <p><b>Public Affairs Officer</b> Lt. Matt Knight</p> <p><b>Deputy Public Affairs Officer</b> Dott. Alberto Lunetta</p> <p><b>Editor</b> MC1 Christopher Delano MC3 Jonathan Idle</p> <p><b>Staff Writers/ Photographers</b> MC2 Gary Prill MC3 Whitfield Palmer</p> <p><b>The Signature editorial office is located at:</b> Naval Air Station Sigonella, Sicily PSC 812 Box 3020, FPO, AE 09627 Telephone: 095-86-5440; DSN 624-5440</p> <p>This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or</p>	<p>Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@eu.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.</p>
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### EMERGENCY MANAGEMENT OFFICE

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

# NAVY NEWS

## Suicide prevention remains a top focus for 2010

### By Navy Personnel Command Public Affairs

MILLINGTON, Tenn. – Suicide prevention continues to be one of the highest priorities for Navy leadership according to the most recent suicide prevention update released Feb. 18.

"Every single suicide loss is a tragedy with far reaching impact to the health and readiness of our entire Navy community," said Chief of Navy Personnel, Vice Adm. Mark Ferguson in NAVADMIN 054/10.

Suicide can be prevented, however, and the Navy's suicide prevention efforts have begun to make a difference, according to Lt. Cmdr. Bonnie Chavez, director of the Navy's Behavioral Health Program.

"Our most effective suicide preven-

tion ultimately occurs at the local level – person to person. Awareness, skills and resources at the deckplates save lives," said Chavez. "Any one of us can have an opportunity to save a life."

According to Chavez suicide is the result of a complex combination of factors that lead an individual to experience pain and suffering.

"They feel ineffective and start to think they don't belong or that they have become a burden to others. One-on-one communication and support is critical if we are to recognize a problem. We know that early intervention works," said Chavez.

Chavez reminds Sailors and families to remember the acronym and ACT if they suspect a person may be feeling sui-

dal.

"Ask if the person is suicidal. Care by listening and offering hope. Treat – stay with the person and get them to professional help," said Chavez.

According to the 2009 Behavioral Health Quick Poll many Sailors expect negative career consequences for getting help for stress reactions or suicidal ideas and expect to lose a security clearance, but Chavez points out that family, and deployment-related counseling does not need to be mentioned on security clearance forms.

"Self referral for mental health is widely seen by professionals conducting clearance evaluations as demonstrating good judgment and reliability. Most often, only when failure to get assistance leads to substance abuse, disciplinary infractions or

substantial debt are clearances in jeopardy," said Chavez.

Navy officials are examining ways to eliminate other potential barriers to using needed psychological services and removing obstacles that hinder successful reintegration of Sailors in to the command, according to the NAVADMIN.

Education and training of Sailors, leaders and family members is a focus for 2010. According to the message, the Navy's Operational Stress Control program is becoming the cornerstone for all Behavior Health and Readiness efforts, including suicide prevention. Efforts this year will focus on improving family outreach, optimizing the interface between command leadership and medical treatment providers, and continue to build a

network of trained suicide prevention coordinators. The training will highlight the tools and techniques needed to build psychologically resilient Sailors, which can help them, their families, and commands successfully navigate through stressful times.

"Reaching out to families is important, said Chavez, because family members are often the first to notice a concern. We must educate our families on warning signs, risk factors for suicide and how to access helpful resources. We also need to develop the relationships and a connection between commands and families before a crisis occurs," said Chavez.

For more information read NAVADMIN 054/10 or visit [www.suicide.navy.mil](http://www.suicide.navy.mil).

## PHOTO FROM THE FLEET

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



U.S. Navy photo by MC1 Richard Doolin

100220-N-8335D-022 SIHANOUKVILLE, Cambodia (Feb. 20, 2010) Mineman 3rd Class Jmyle Koretz, assigned to the mine counter-measures ship USS Patriot (MCM 7), gives a child his "Dixie Cup" cap during a community service project at Village D'Enfants Orphanage No. 2 in Sihanoukville. The Sailors distributed backpacks, mosquito nets and soccer balls for Operation Handclasp.

**Warning signs of suicide are not always this obvious...**

**ACT.**

**ASK - CARE - TREAT**

**ASK** if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATment**) as soon as possible.

**Life counts.**

[www.suicide.navy.mil](http://www.suicide.navy.mil)

U.S. Navy photo illustration

Calvary Nero di Cenere

Muscle

COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				<b>26 FEBRUARY</b>	<b>27</b>	<b>28</b>
				<b>FFSC</b> 10 Steps to a Federal Job 8 a.m. - 12 p.m.  ICR 12:30 p.m. - 3:30 p.m. x4291		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>1 MARCH</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>FFSC</b> Nurturing Program 9:30 a.m. - 11 a.m.  ICR 6 a.m. - 3:30 p.m. x4291  <b>NMCRS</b> Active Duty Fund Drive x4212	<b>FFSC</b> ICR 8 a.m. - 3:30 p.m. x4291	<b>FFSC</b> Playgroup 1-4 yrs. old 9:30 a.m. - 11 a.m.  ICR 12:30 p.m. - 3:30 p.m. x4291	<b>FFSC</b> Resume Writing 1 p.m. - 3 p.m.  Survive & Thrive 8 a.m. - 3 p.m. x4291	<b>FFSC</b> Anger Management 1 p.m. - 3 p.m.  Arrivederci 8 a.m. - 11:30 a.m. x4291	<b>NMCRS</b> Nearly New Shop Open x4212	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>FFSC</b> Single Parenting/Stress 2 p.m. - 4 p.m.  Nurturing Program 9:30 a.m. - 11:00 a.m. x4291	<b>NMCRS</b> Volunteer Orientation x4212  Breast Feeding Orientation x4212  <b>FFSC</b> Sponsor Training 9:00 a.m. - 10:30 a.m. x4291	<b>NMCRS</b> Budget for Baby x4212  <b>FFSC</b> Playgroup 1-4 yrs. old 9:30 a.m. - 11 a.m.  Men's Group 1:30 p.m. - 3 p.m. x4291	<b>FFSC</b> Playgroup 0-12 months 10 a.m. - 11 a.m.  Ombudsmen Assembly 3 p.m. - 5 p.m.  Ricotta Cheese Workshop 9 a.m. - 3 p.m. x4291	<b>FFSC</b> ICR 12:30 p.m. - 3:30 p.m. x4291		

Eno

Kartodromo

Waxy

Motta

*Did you know that . . .*

The Navy-Marine Corps Relief Society has a Vision? "We are a private, non-profit, Volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Service - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs."

Located at approximately 250 offices ashore and afloat throughout the world, the Society's work is accomplished mainly by its 3,600 dedicated, trained and caring Volunteers who are supported by a small cadre of employees.

**NMCRS: A Helping Hand!**  
[www.nmcrs.org](http://www.nmcrs.org)



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

## You have the power to prevent child abuse and neglect

Courtesy of the National Clearinghouse on Child Abuse and Neglect Information

As an individual and as a member of your community, you have the power to prevent child abuse and neglect. Here are some ways to contribute your ounce—or more—of effort to prevention.

Understand the problem. Child abuse and neglect affect children of all ages, races, and incomes. According to the National Child Abuse and Neglect Data System, in 2001, an estimated 903,000 children nationwide were victims of maltreatment. Most experts believe that actual incidents of abuse and neglect are more numerous than statistics

indicate.

Understand the terms. Child abuse and neglect take more than one form. Federal and State laws address four main types of child maltreatment: physical abuse, physical or emotional neglect, sexual abuse, and emotional abuse. Often more than one type of abuse or neglect occurs within families. Some types of maltreatment, such as emotional abuse, are much harder to substantiate than others, such as physical abuse.

Understand the causes. Most parents don't hurt or neglect their

children intentionally. Many were themselves abused or neglected. Very young or inexperienced parents might not know how to take care of their babies or what they can reasonably expect from children at different stages of development. Circumstances that place families under extraordinary stress—for instance, poverty, divorce, sickness, disability—sometimes take their toll in child maltreatment. Parents who abuse alcohol or other drugs are more likely to abuse or neglect their children.

Support programs that support families. Parent education, community centers, respite care services, and substance abuse treatment programs help to protect children by addressing circumstances that place families at risk for child abuse and neglect. Donate your time or money, if you can.

Report suspected abuse and neglect. Some states require everyone to report suspected abuse or neglect; others specify members of certain professions, such as educators and doctors. But whether or not you are mandated by law to report child abuse and neglect, doing so may save a child—and a family. If you suspect a child is being abused or neglected, call the police or your

local child welfare agency.

Spread the word. Help educate others in your community about child abuse and neglect. See the list below for sources of free materials. Ask if you can leave a stack of brochures at your local public library, recreation or community center, government center, or other public place. You also might make material available at your church, synagogue, mosque, temple, or other faith institutions. Even grocery stores usually have places to distribute community materials.

Strengthen the fabric of your community. Know your neighbors' names and the names of their children, and make sure they know yours. Give stressed parents a break by offering to watch their children. Volunteer. If you like interacting with children, great, but you do not have to volunteer directly with kids to contribute to prevention. All activities that strengthen communities, such as service to civic clubs and participation on boards and committees, ultimately contribute to the well-being of children.

Be ready in an emergency. We've all witnessed the screaming-child-in-the-supermarket scenario. If we are parents, at least once that screaming child has been ours. Most parents take the typical tantrum in stride. But what if you witness a scene—in the supermarket or anywhere else—where you believe a child is being, or is about to be, physically or verbally abused? Responding in these circumstances technically moves beyond prevention to intervention, and intervention is best handled by professionals. Still, if you find yourself in a situa-

tion where you believe a child is being or will be abused at that moment, there are steps you can take. Prevent Child Abuse America suggests the following:

Talk to the adult to get their attention away from the child. Be friendly.

Say something like, "Children can really wear you out, can't they?" or "My child has done the same thing."

Ask if you can help in any way—could you carry some packages? Play with an older child so the baby can be fed or changed? Call someone on your cell phone?

If you see a child alone in a public place—for example, unattended in a grocery cart—stay with the child until the parent returns.

Finally—and most important if you are a parent—remember that prevention, like most positive things, begins at home. Take time to re-evaluate your parenting skills. Be honest with yourself—are you yelling at your children a lot or hitting them? Do you enjoy being a parent at least most of the time? If you could benefit from some help with parenting, seek it—getting help when you need it is an essential part of being a good parent. Talk to a professional that you trust; take a parenting class; read a book about child development. To locate places that parents can get help, please visit <http://www.parentsanonymous.org> or <http://preventchildabuse.org>.

marchi

L'Orso Scuro



Pietros

Alberto Lunetta  
The Signature Staff



# Italian NEWS

Sicilian Culture, Events and Lifestyle

## Mobster's Sicily villa handed to the media

By Michael Day  
Milan/ Independent.co.uk

The keys of the Sicilian villa where the notorious Mafia godfather Toto "the Beast" Riina spent his final months as a fugitive have been handed over to the local branch of the Italian journalists' guild, several of whose members died under his bloody rein.

The gift is the latest from the national agency that confiscates mob assets and hands them over to deserving causes. Sicilian journalist leaders immediately dedicated their new headquarters to colleagues who were killed for exposing the activities of the mob.

"This will become our home," said the head of the Sicilian branch of the national journalists' guild, Franco Nicastro. "It will be an outpost of legality and a memorial to slain journalists."

The Italian state has been steadily seizing and redistributing the assets of jailed mafiosi for many years. Under law introduced in 1996, the state automatically assumes ownership of goods and property of those convicted of serious mafia-related



crime. The state then allows assets such as property to be used by other groups, as with the Sicilian journalists, or sometimes the assets are sold off at auction.

The process was stepped up recently when ministers launched a new agency to coordinate confiscations. The organization is based in Reggio Calabria, in Calabria, a region with a powerful crime syndicate of its own, the 'Ndrangheta.

Riina, the architect of a bombing campaign that killed 20 people

including anti-mafia judges Giovanni Falcone and Paolo Borsellino in 1992-1993, was arrested outside the Palermo villa in 1993 after 23 years on the run.

One of his associates' properties was handed over to the Addiopizzo movement, which campaigns against mafia extortion rackets in Sicily.

Addiopizzo spokeswoman Veronica Chisari said: "Giving the villa to the journalists' guild is an important sign, because many lost their lives doing their job here."



Photos by Fucarini

A villa in Palermo where bloody Cosa Nostra boss of bosses Toto Riina spent his last months on the run was handed over to the Sicilian branch of the Italian journalists guild Tuesday.

"Taking assets from the Mafia has a dual significance: a symbolic one because it shows the State is determined to root out the phenomenon; and a concrete one because it strips the clans of the economic resources they need to rule their anti-State," said Interior Minister Roberto Maroni during the ribbon-cut ceremony.

## Bible of jailed mafia boss appears on Internet

By Aki Press Agency

Palermo - Pages from the Bible seized from jailed mafia 'boss of bosses' Bernardo Provenzano, complete with his coded hand-written notes, were posted last week on the Internet. Police found the bible in the remote Sicilian farmhouse where Provenzano was arrested in April 2006 after 40 years on the run.

The 20 Bible pages published on the Internet include passages from Genesis and other Old Testament books marked in yellow and blue highlighter pen. A series of arrows and notes flag various passages.

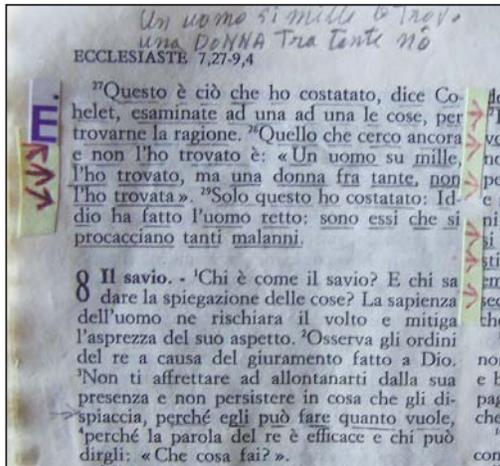
Various letters, symbols and numbers are written in the margins of the Bible pages.

Investigators said these were similar to the famous hand-written notes on small scraps of paper or 'pizzini' which Provenzano used to communicate with other mafia members during his decades in hiding.

Provenzano underlined from the book of Numbers: "May God bless you and protect you", a phrase he is said to have used to sign every one of his hand-written messages sent to his associates.

"I found one upright man among a thousand, but not one upright woman among them all," is copied in capital letters in the margin above a passage from Ecclesiastes, showing an apparent misogynist streak.

Sicilian investigative journalist and author Salvo Palazzolo posted the pages on his blog. He wrote the book 'The missing pieces - a journey into the mysteries of the mafia'.



A Sicilian journalist published last week pages from a Bible belonging to Mafia super boss Bernardo Provenzano, in the hope of getting help in deciphering its secret code. Provenzano, 73, was captured in Sicily last year after 43 years on the run. The Bible that was found in his isolated farmhouse contains dots, arrows and notations which led investigators to suspect that a code might unlock other messages.

Top police investigators from Italy and the US Federal Bureau of Investigation have examined Provenzano's Bible.

Prosecutors in the Sicilian capital, Palermo, have also sought help from a theologian, a mathematician and an information technology expert to help them decipher the annotations.

Palazzolo invites his readers to

lend investigators a hand.

"This is a small but positive attempt to re-focus attention on the tricky fight against the mafia," he says, explaining why he has posted the pages to his blog.

"It cannot fall to the prosecutors alone to establish the truth. The whole of civil society needs to lend a hand."

## Palermo mobili

## Alphios

Photos by Fucarini

## Italians observe Women's Day

Mimosa flowers are the symbol of the March 8 "Festa della donna" (Women's Day), a day which is commemorated in Italy and all over the world to promote equal rights for women and celebrate their achievements in the field of art and science. In Italy, it is a popular custom to bring mimosa flowers to wives and girlfriends. Vendors sell those perfumed yellow flowers at every street corner. According to a tradition, the origin of this celebration dates back to the tragic events which occurred in 1911 in New York, when 145 immigrant female workers, who worked there under terrible conditions, died during a fire in the sweatshop, where they were kept locked. This doomed tragedy sparked strong public outcry and, therefore, strikes were held to protest against inhumane working conditions and low wages. A few years later, during the Conference of Socialist Women in Copenhagen, Clara Zetkin, a German socialist

leader, suggested that an International Day should be held each year to commemorate that ill-fated strike and assist in achieving universal suffrage for women.

Representatives from 17 countries supported the proposal. Today, Women's Day is commemorated all over the world to draw attention to gender issues. Mimosa flower replaced red carnations as a symbol of feminist groups in the post WWII era. It was officially presented in 1946 during the first Women's Day in Rome, that was organized by a group of members from Italian Women's Trade Union League organized the first Women's Day in Rome. Women's Day is also a big commercial event just like Valentine's Day. Florists annually make big profits from selling mimosa bunches. Restaurants are all booked by crowds of women who go out to girls-only dinners.

## Dott. Sterla

## Antica Badia

## Nova Auto

## Celebrity chef Beppe Bigazzi upsets viewers with his cat casserole

By Richard Owen  
Timesonline.co.uk

A top Italian food writer has been suspended indefinitely from the country's version of the television program Ready Steady Cook for recommending stewed cat to viewers as a "succulent dish".

RAI, the public broadcasting network, said that it had dropped Beppe Bigazzi, 77, for offering the recipe on La Prova del Cuoco, which is broadcast at midday on the main channel. Its switchboard was inundated with complaints from viewers and animal rights groups. Bigazzi said that casserole of cat was a famous dish in his home region of Valdarno, Tuscany.

"I've eaten it myself and it's a lot better than many other animals," he told viewers. "Better than chicken, rabbit or pigeon." He said that for optimum flavour the meat should be "soaked in spring water for three days" before being stewed.

Elisa Isoardi, the program's presenter — who has a cat called Othello — tried to steer Bigazzi off the subject. Reports said that during the commercial break she and the show's producers tried to persuade him to apologize to viewers but he refused.

Carla Rocchi, the head of ENPA, the Italian society for the protection of animals, said that killing cats was illegal. Francesca Martini, the Deputy Health Minister, said it was "absolutely unheard of for a public service broadcaster to tell people how delicious cats are to eat". She called for



Italian chef and food writer Beppe Bigazzi has been suspended indefinitely from appearances on Italian cooking show "La Prova del Cuoco" for his unexpected and shocking comments on eating and cooking cats.

the producers to be investigated for criminal offences involving incitement to mistreat animals.

Bigazzi, a consumer affairs journalist and author of Cooking with Common Sense, has been one of the stars of La Prova del Cuoco for the past ten years. He is noted for his exuberant style and previously caused uproar by boiling lobsters live on the show. Yesterday he said that he had only been joking about the recipe, and he had been misunderstood.

He added: "Mind you, I wasn't joking all that much. In the 1930s and 1940s, when I was a boy, people certainly did eat cat in the countryside around Arezzo." Food historians said that Italians in cities such as Vicenza devised cat recipes in times of economic hardship. Inhabitants of Vicenza are still nicknamed "magnagati" (cat eaters), and in some butchers' shops rabbits are sold with their heads to assure buyers that they are not cats.

## School NEWS

### FISC Sigonella postal workers host DoD kindergarten students

Provided by FISC Sigonella

The NAS I Post Office hosted Stephen Decatur Elementary kindergartners on Wednesday February 10th. Mr. Atkinson, Mrs. Davis, and Mrs. Flevotomas' classes, totaling over 50 students, were able to learn key points from FISC Sigonella Sailors of how mail goes from the customer to its final destination.

Each brought a Valentine's Day card written for parents or loved ones, which they were able to personally stamp and send out via the Military Postal Service. For the students, more was gained than just increased postal knowledge.

"Our study trip to the post office was a wonderful way to blend an understanding of community helpers with literacy," said Teacher Harry Atkinson. "One of our school goals is to improve writing skills. At the kindergarten level, students are just discovering why writing is so important. The experience of writing a Valentine's Day card to a family member is very personal; therefore, the student has more personal investment in it."

The kids were treated to snacks and also given the opportunity to ask



Chief Logistics Specialist Eugene Barto, Postal Division Leading Chief Petty Officer, shows Stephen Decatur kindergarten students how the post office on NAS I operates.

questions. LSC Eugene Barto, Postal Division Leading Chief Petty Officer, did his best to field tough inquiries like "What happens if the bag tears and the letters fall out?" and "Do you use dogs to carry the mail?"

It turned out to be worthwhile for all. "The military service members at the post office were helpful

and informative. Their kindness made this a very memorable experience for our kindergartners," said Atkinson.

Postal personnel enjoyed hosting the students, knowing they may have inspired a few to become future Logistics Specialists.

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## Visit Mt. Etna's Rifugio



Some of the vendors up on Mt. Etna sell items such as jewelry. The jewelry is locally made and you can even find necklaces and earrings made of lava rock. This is a great place to find a souvenir for friends or family.

**By Tracie Barnthouse**

It seems like Mother Nature has been playing a trick on us Sigonellans lately. One day it's sunny with a warm breeze blowing, and on other days, it's dark, gloomy and windy. The good news about this weather is that it has prolonged the 'snow life' on top of Mt. Etna, making it still possible to visit the Rifugio (or refuge) and play around in the snow. Skiing might not be an option anymore, but you can definitely still find enough snow to build a snowman, throw some snow balls, and get one last glimpse of winter on Sicily before it all turns to slush.

**Site:**

The Rifugio is an ideal place for Sicilians to go to escape. Because of this, the Rifugio rates four out of five

stars. One star was deducted because the weather at the Rifugio is fairly temperamental. Even though the weather may look great from base, it could be cold, windy and fairly miserable up on the mountain. The only way to find out what the weather's like up there is to actually go - and you definitely should. Every weekend you'll find a stream of cars either going up or down Mt. Etna and stopping at the Rifugio for some hot chocolate and to take in the views. Situated at the bottom of the ski lift, the Rifugio is a large area where people can wander about, and if the weather is right, provides great views of the surrounding island. Some options are to walk around the various craters and take some pictures, grab a bite to eat or a café in the bar,

or shop in some of the mom & pop shops located in the area. There are even a couple hotels located in the area, so if you want, you could make it a weekend getaway and spend your days exploring Mt. Etna's southern side.

**Family Friendly:**

The family friendliness factor rates four out of five stars because of the weather. Although it might be difficult to visit the Rifugio right now with a stroller due to the snow, toddlers and younger children will enjoy running free on a volcano. As mentioned, in the winter, kids will enjoy the thick hot chocolate available at the various bars located on the mountain. In the summer, enjoy some freshly squeezed orange juice. It's amazing. There are a lot of shops at



While you're at the Rifugio, walk and explore the various craters and past lava flows. When there's not snow covering it, notice the different color in the different lava. The darker the lava, the more recent the eruption. Mt. Etna's last major eruption was in May 2008, although it is constantly venting lava and steam.



As you drive down off the mountain, the view of Sicily is amazing, if the weather is right. On clear days, you can get a great panoramic view of the island, including the beaches, small Italian towns and the beautiful landscape.

# Magnolia

# Days Inn



the Rifugio, too, that cater toward children by selling fun souvenirs. You could make it an educational day for the kids by stopping by the Volcano Museum in Nicolosi either before or after driving up the mountain. The museum provides historical information about Mt. Etna's past eruptions, how lava is diverted using explosives, and more.

**Accessibility:**

This rates five out of five stars, as the community has made getting to the Rifugio very simple. As with most locations in Sicily, there are dozens of ways to get to them, but if you don't own a GPS unit, the easiest way to get to the Rifugio is this: get on the A19 toward Catania, merge onto A18 toward Messina and take the exit toward SP10/Gravina/Etna. From here, just simply follow the brown Etna signs. You'll head up through Gravina, Mascalucia, Nicolosi and finally up the side of Mt. Etna. Parking at the Rifugio is also very easy, although the parking lot is a pay lot. There is typically a vendor selling honey and other consumables parked in the lot that you pay your two Euro to. He'll hand you a ticket and just place that in your windshield. The area is very easily walk-able, and you won't need to drive from place to place, so your car and stay in the same spot the whole time.

**Travel Time:**

This rates three out of five stars because it is relatively close to base. It takes approximately an hour from NAS I to the Rifugio.

**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



Inside one of the bars up at the Rifugio, you can get an Italian espresso, or indulge in hot chocolate, which is different than typical American hot chocolate. This hot chocolate is eaten with a spoon because it is so thick. In the summer, get some of the freshly squeezed orange juice.



(Above) There are many 'mom & pop' shops at the base of the ski lift at the Rifugio. The stores sell ceramics, t-shirts, and other Sicilian souvenirs. Some stores sell special Mt. Etna honey and liquor as well. (Below) There are many bars and restaurants to choose from at the Rifugio.



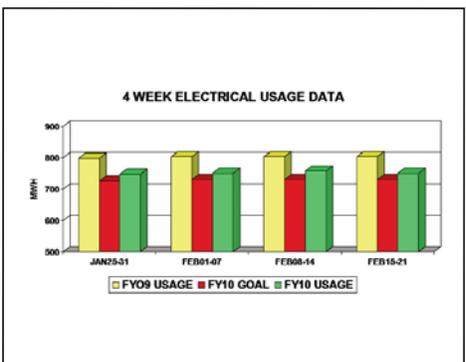
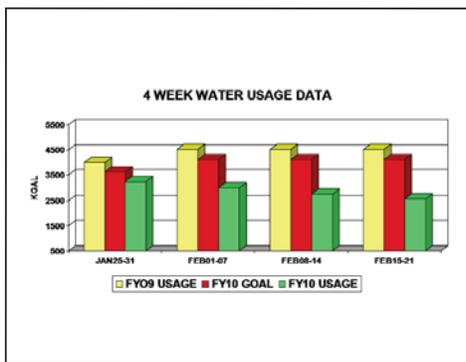
# Moroboshi

Casa Brasil      H & R  
Block

# Go Green Sigonella!

## Water/Energy Consumption at NASSIG

The following graph charts the last four weeks of water/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.



# Dott. Milici

# Agip

## Ristorante Bella Etna

- 26 Breakfast: Rolled Oats, Grilled Sausage Patties, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.  
Lunch: Chicken Corn Chowder, Tempura Fish, Beef & Broccoli, Paprika Buttered Potatoes, Glazed Carrots, Fried Okra, Spiced Cake w/ Frosting, Crisp Drop Cookies.  
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.  
Dinner: Chicken Noodle Soup, Baked Fish, Grilled Steaks, Tossed Green Rice, Corn O'Brien, Lima Beans, Spiced Cake w/ Frosting, Crisp Drop Cookies, RIKPAK.
- 27 Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.  
Brunch: Breakfast Items, Creole Soup, Teriyaki Chicken, Fried Rice, Steamed Broccoli, Calico Corn, Cherry Pie, Abracadabra Bars.  
Dinner: Vegetable Soup, Baked Lasagna, Jaegerschnitzel, Steamed Rice, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, and Abracadabra Bars.
- 28 Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant.  
Brunch: Breakfast Items, Puree Mongole Soup, Cheddar Chicken Broccoli, Fishwich Sandwich, Onion Rings, Eggplant Ratatouille, Southwestern Rice, Club Spinach, Almond Cake, Crisp Toffee Bars.  
Dinner: Chicken Vegetable Soup, Sauerbraten, Mustard Dill Baked Fish, Spring Garden Rice, Mashed Potatoes, Natural Pan Gravy, Steamed Cut Green Beans, Seasoned Carrots, Almond Cake, Crisp Toffee Bars.
- 1 Breakfast: Hot Hominy Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Streusel Coffee Cake.  
Lunch: Creamed of Broccoli Soup, Roast Beef, Lemon Baked Catfish, Steamed Rice, Mixed Vegetables, Eggplant Parmesan, Yellow Cake w/ Icing, Fruit Ambrosia.  
Speed line: Assorted Pizza, RIKPAK  
Dinner: Mulligatawny Soup, Cajun Meatloaf, Grilled Chicken Breast, Rice Pilaf, Brown Gravy, Peas & Onions, Corn on the Cob, Yellow Cake w/ Icing, Fruit Ambrosia, RIKPAK.
- 2 Breakfast: Hot Farina, Oven Fried Bacon, Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Streusel Coffee Cake.  
Lunch: Chicken Vegetable Soup, Roast Turkey, Braised Beef Cubes, Steamed Rice, Mashed Potatoes, Turkey Gravy, Carrots and Orange Amandine, Club Spinach, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.  
Speed Line: Assorted Pizza, RIKPAK.  
Dinner: Zesty Bean Soup, Baked Stuffed Fish, Baked Lasagna, Orange Rice, Southern Greens, Seasoned Mixed Vegetables, Fruit Cocktail Upside Down Cake, Oatmeal Cookies, RIKPAK.
- 3 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 Fish, Honey Ginger Chicken, Garlic Cheese Potatoes, Rice Pilaf, Eggplant Parmesan, Brussels Sprouts Polonaise, Cheese Cake, Chocolate Pudding.  
Speed Line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.  
Dinner: Cream of Chicken Soup, St. Louis BBQ Pork Ribs, Tortellini, Macaroni and Cheese, Greens Beans Nicoise, Steamed Peas, Cheese Cake, Chocolate Pudding, RIKPAK.
- 4 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, Brown Gravy, Steamed Rice, Seasoned Carrots, Asparagus, Peanut Butter Cookies, Cherry Pie.  
Speed Line: Assorted Pizza, RIKPAK.  
Dinner: Minestrone Soup, Salisbury Steak, Baked Fish, Ginger Rice, Mexican Corn, Steamed Broccoli, Cherry Pie, Peanut Butter Cookies, RIKPAK.
- 5 Breakfast: Hot Oatmeal, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.  
Lunch: Cream of Potato Soup, Beef with Broccoli, Baked Fish, Tempura Fish, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding.  
Speed Line: Grilled Hamburger/ Cheeseburger, French Fried Potatoes, Baked Beans, RIKPAK.  
Dinner: French Onion Soup, Oriental Pepper Steak, Grilled Chicken Breast, Steamed Rice, Spinach, Cauliflower Polonaise, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding, RIKPAK.

**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/](http://www.kofc.org/)

## THE Signature SIGONELLA, SICILY

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.

# Eno

# ON THE GO WITH MWR

## The Base to Base is the place to be

Grab those sneaker and sweatbands and sign up now for the biggest fitness event of the year! The 2010 Base to Base Run is Saturday, March 13, at Flight Line Fitness Center.

Join the entire Sigonella community in a 7.3 mile run/walk from NAS II to NAS I. Walkers start at 10 am, runners start at 10:30 am. This year there are two new age categories just for kids (11 and under and ages 12 - 17) so the entire family can participate.

After the race enjoy awards, live entertainment, and a pasta meal for all participants. Register now at Fit District of Flight Line Fitness Center before March 1 for a reduced price. Registration fee includes shirt and pasta meal. Sign up hours are Monday- Friday from 6 am to 4 pm. For more info and pricing call x4483.



## MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



### Friday, February 26

5:00pm Sherlock Holmes PG-13  
5:30pm Nine PG-13  
7:30pm Up in the Air R  
8:00pm Youth in Revolt R

### Saturday, February 27

2:00pm Percy Jackson & the Olympians PG  
2:30pm Leap Year PG  
5:00pm Avatar PG-13  
5:30pm The Wolfman R  
7:30pm Up in the Air R  
8:00pm Youth Revolt R

### Sunday, February 28

2:00pm Percy Jackson & the Olympians PG  
2:30pm Sherlock Holmes PG-13  
5:00pm Nine PG-13  
5:30pm The Wolfman R  
7:30pm Precious R

### Tuesday, March 2

5:00pm Percy Jackson & the Olympians PG  
5:30pm Valentine's Day PG-13  
7:30pm Precious R  
8:00pm Youth in Revolt R

### Wednesday, March 3

5:00pm Avatar PG-13  
5:30pm Leap Year PG  
7:30pm The Wolfman R  
8:00pm Up in the Air R

### Thursday, March 4

5:00pm Percy Jackson & the Olympians PG  
5:30pm Did You Hear About the Morgans? PG-13  
7:30pm Invictus PG-13  
8:00pm Precious R

### Friday, March 5

5:00pm Leap Year PG  
5:30pm Valentine's Day PG-13  
7:30pm Daybreakers R  
8:00pm Youth in Revolt R

MOVIE HOTLINE:  
624-4248

### PRECIOUS

**Mo'Nique, Paula Patton, Mariah Carey, Gabourey Sidibe**  
Clareece "Precious" Jones is an overweight, illiterate, African-American teen in Harlem. Just as she's about to give birth to her second child, Jones is accepted into an alternative school where a teacher helps her find a new path in her life. (109 min.)

### INVICTUS

**Matt Damon, Morgan Freeman, Bonnie Henna**  
The true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team, Francois Pienaar, to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's underdog rugby team as they make an unlikely run to the 1995 World Cup Championship match. (133 min.)

### ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL

**Jason Lee, Zachery Levi, Anjelah Johnson, Wendie Malick**  
Get ready for the world's first Squeakquel in which superstar Munks Alvin, Simon and Theodore finally meet their match in a newly arrived female trio of the Chipettes. (89 min.)

### UP IN THE AIR

**George Clooney, Vera Farmiga, Jason Bateman, Danny McBride**  
Ryan Bingham is a corporate downsizing expert whose cherished life on the road is threatened just as he is on the cusp of reaching ten million frequent flyer miles and just after he's met the frequent traveler woman of his dreams. (109 min.)

### NINE

**Daniel Day-Lewis, Penelope Cruz, Marion Cotillard, Nicole Kidman**  
Film director Guido Contini reaches a creative and personal crisis of epic proportion while balancing the numerous women in his life. (110 min.)

### YOUTH IN REVOLT

**Michael Cera, Portia Doubleday, Jean Smart, Zach Galifianakis**  
The journal of Nick Twisp, an 18 year old high school student who goes on a quest to lose his virginity after his parents break up. (90 min.)

### THE BOOK OF ELI

**Denzel Washington, Gary Oldman, Mila Kunis, Ray Stevenson**  
A lone hero must fight his way across the wasteland of post-apocalyptic America to protect a sacred book that holds the key to saving the future of humanity. (118 min.)

### PERCY JACKSON & THE OLYMPIANS

**Logan Lerman, Uma Thurman, Pierce Brosnan**  
In a modern world where twelve gods of Mount Olympus are alive, Percy Jackson, the son of Poseidon, is suspected by Zeus of stealing his lightning bolt, the universe's most powerful weapon. Percy must prove his innocence, save his mother, and avoid a devastating war among the gods. (120 min.)

Movie dates and times are subject to change

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

## Create a postcard contest

MWR Library celebrates the enjoyment of travel with the Create a Postcard Contest!

Come to the Library and pick up a blank postcard. On one side of the postcard, describe your best vacation or dream destination. On the other side, paint, draw, or cut out images from print media showing your favorite vacation hotspot or dream destination.

Prizes will be awarded to the winners. Entry deadline is Friday, Apr. 30. For more information call 624-3875.



## Swing for the fences with youth sports

Kids can make spring a home run because Youth Baseball is back.

For ages 5 to 13, Parents can register for baseball beginning Wednesday, March 3 to Wednesday, March 19. There is a registration fee is \$30 per child. Sign-ups are taken Monday through Friday from 8 a.m. to 4:30 p.m. at Fit District.

There is a skills assessment day for participants Tuesday, March 23, at the NAS I Land Annex Baseball Field. This skills assessment is mandatory for all participants ages 7 to 13.

For more information on Youth Baseball, call 624-4945.



## Hit a grand slam! coach youth baseball

Want to coach youth sports? You don't have to be a professional, just someone who wants to help kids learn, play and have fun. As a bonus, Youth Baseball coaches will have one child's registration fee waived.

For those interested in coaching baseball, there is a coaches meeting

Tuesday, March 2, at 5 p.m. in the Midtown Classroom. This meeting is mandatory and will include discussion on rules, skills assessment, equipment, and more.

For more information on Youth Sports programs and volunteer opportunities, call 624-3785.

## Work from home as a CDH

Becoming a Child Development Home (CDH) is a great opportunity for anyone who loves working with children or has ever wanted to start their own business.

The CDH program provides a warm family setting while letting children participate in developmentally appropriate learning activities as well as home-life experience. Children are able to build a trusting relationship with a provider who will foster their curiosity and creativity, provide guidance and give them the hugs they need.

CDH providers are given extensive training prior to starting including CPR, First Aid, Fire Safety, Creative Curriculum and much more. Additionally, providers attend monthly trainings and complete learning modules worth college credit.

"The learning modules can be put towards a CDA credential or college degree in child development and as long as you are a CDH provider, the Navy will cover the cost," said Lisa Gasporra, CDH coordinator. "This is a great first step toward a career in the teaching field, and gives much the opportunity for employment at their next duty station."

Being a CDH provider is perfect for anyone with small children of their own; providers not only run their own business but save the cost of their own child care. CDH providers can set their own hours or coordinate with parents who do shift work or need night care. A provider selects the age group that fits them best; there can be up to six children in a CDH or up to three infants in an infant-only home. The Child Development Center provides the toys and equipment as well as on-site assistance and advice.

For more information on becoming a CDH call Lisa Gasporra at 624-4005.



**RESOLUTION, continued from page 2**

tine. Evaluate how you use your bedroom; if it is more than sleeping you may be sabotaging your rest without realizing it. Use your bed for resting not reading or watching television. Set a bedtime and try to stick to it. Avoid stimulants such as alcohol, exercise or caffeine before bed.

Hopefully this helps you put the right foot forward, good luck with your resolutions and do not hesitate to seek out the many resources NH Sigonella has for you and your family.

Health Promotions 624-4950/4710 Check out MyPyramid.gov for more information.



**Sigonella sailors meet with members of the Nisicemi FIDAPA chapter Feb. 19.**

**FIDAPA, continued from page 1**

Naval Hospital.

The guest speakers each described how the professional role of women had changed during their careers. "When I first joined the navy women were restricted. They could only serve in a limited way and they

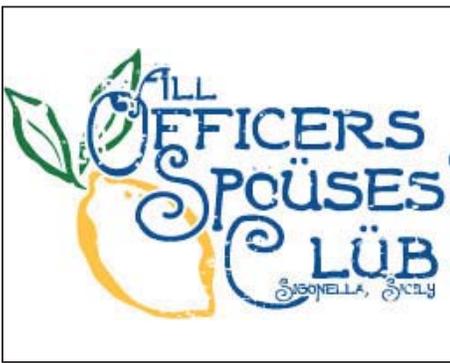
weren't allowed on warships." Said Creighton "Now I've had jobs where I've served on an aircraft carrier two different times and been on several deployments."

The Nisicemi FIDAPA event marks the fourth event of this kind NAS Sigonella has participated in with local women's professional associations.

**DONE, continued from page 2**

means. In many of these cases, the network of friendships was vast and the family was supported by literally hundreds of people who drove for hours to comfort them. In contrast, one of my brothers worked at a highly esteemed funeral home in a well-known, metropolitan area. Most of the decedents served by this funeral home were very wealthy and enjoyed celebrity status throughout their adult lives. My brother noted that these visitations and services were often scarcely attended and marked by empty hopelessness. The privilege of working in such an environment afforded me the opportunity to consider mortality – my own as well as that of others. It's not easy – this coming to terms with our own mortality; it certainly is not automatic. Despite the undeniable universality of this end we all face, we struggle to

make sense of it all, to grasp the grand picture, the greater meaning when our hearts are aching at the loss of loved ones or when our spirits are in fear for our own lives. I have noticed this: When a person dies, people often express the value of the individual's life by making pronouncements about his or her goodness. I have heard, "He was a good man" spoken about an individual who demonstrated nothing in life other than patterns of selfishness, irresponsibility and abuse. What they intended to communicate was the inherent worth of the man in spite of his incessant, wretched actions. Indeed, all persons are of inestimable value. That doesn't necessarily make them good. So now there are two problems and they are not just potential; they are actual. The first is death and that stings because all persons are valuable. But the second is equally troubling – it is the recognition that I am



Sigonella All Officer's Spouse's Club would like to support the wonderful organizations that contribute to our community. AOSC is now accepting written requests for funds from any NASSIG sanctioned group or DODDS organization. Written requests outlining the need for funds must be received no later than March 31st, 2010. The requests will then be reviewed by the AOSC Board and funds will be earmarked by April 15th, 2010.

Please send requests to: Sigonella All Officer's Spouse's Club PSC 812 Box AOSC FPO, AE 09627 If you have any questions or if you would like more information, please contact AOSC at the following email address: aoscsgigonella@yahoo.com

**AIMD, continued from page 1**

according to Marrero.

The command, motivated by the base DUI and alcohol related incident statistics, was able to achieve the period without a single DUI by promoting the idea that there are other things to do besides drinking. The command also kept its Sailors up to date of all policies regarding alcohol use both in the Navy and at NAS Sigonella, according to Chief Logistics Specialist Louie De La Vega, the command's former Drug and Alcohol Program Advisor (DAPA).

"This milestone says a lot about our leadership and how proactive we are with engaging our Sailors and reminding them every day and every week about the alternatives to drinking," said De La Vega. "We make sure our Sailors have plans and promote the right spirit. We tell them it's OK not to drink, encourage sports and we've created our own sort of DUI contract for those that have plans that involve drinking"

The DUI Contract is made between Sailors in the command when weekend plans include drinking. Sailors in the command must report their plans,

including who is in charge, who is the designated driver, and backup plans should anything change, according to De La Vega.

The command has also utilized their Drug and Alcohol Program Advisor, said De La Vega.

"As the DAPA representative, I want to make sure we have no DUIs and no alcohol related incidents," said De La Vega. "Back in the day, when a Sailor was seeing the DAPA, he was already in trouble. I wanted use my position to actually prevent these things. We don't have to wait until it's too late."

# Oxidiana

# Agip

not good. Regardless of what others may say at my graveside, I know the truth: I am not good. When people conduct themselves in manners that are not good, valuable people (who are living!) suffer harm. My entire being longs for a word of higher affirmation than what well-intentioned humans can provide. At the end of the day, "He was a good man" spoken from the lips of a mere mortal does not satisfy. I want to hear the voice of one with a far greater perspective say these unlikely words, "Well done, good and faithful servant." Can you imagine? One familiar with all my failings and weaknesses calling me good? Both problems solved. Sounds to me like it says more about His goodness than mine. So at my funeral, I hope people will not say, "He was a good man." Instead, I hope they will speak the truth and say, "Wow! God is good. God is good."

**BHM, continued from page 1**

the North.

He also shared examples of what economic empowerment can be for the Black community.

"Economic empowerment. What does it mean to you?" asked McCoy "It can be many things to many people. From an initiative of an entire country such as South Africa to improve their economy to the simple act of giving your child their first allowance, it is the creation of power. It is power to transform lives, to improve living conditions, to give freedom."

Another portion of the presenta-

tion featured a narration by Logistics Specialist Seaman Michelle Gails and Logistics Specialist 3rd Class Danyelle Andrews of a slide show of African Americans that have contributed to the community.

"To participate in this event was enlightening," said Andrews. "It gives us as African Americans the ability to reflect on the accomplishments and progress that our community has made thus far."

Other guest speakers included Cmdr. Dennis Shelton of NAS Sigonella Safety Department who reflected on a speech by Mohammed Ali and Command Master Chief Rosa Wilson.

"When I think of different eth-

nic groups, I look at the diversity within my own race," said Wilson. "We all come from different parts of the country and when we can get together like today and bring something to the table, I see this as the positive aspect of diversity."

The presentation closed with a choral rendition of the Black National Anthem sung by the NAS Sigonella Heritage Committee.

Black History Month is celebrated in the United States during the month of February and is a remembrance of important people and events in the history of the African Diaspora.

# THE SPORTS LINE

## Swordfish place 2nd at EFSL Championship

Provided by  
The Sigonella Swordfish

The Sigonella Swordfish traveled to Eindhoven in the Netherlands for the European Forces Swim League (EFSL) Championships. The two day meet took place on February 13th and 14th at the national training center in Holland. Nearly 500 youth swimmers from American, NATO bases and NATO schools competed in the league's flagship two day event.

Sigonella had its best showing ever! Sigonella Swordfish swimmers came home with the second place tro-

phy for overall points and medals. This was the best Swordfish finish in 8 years in the league. For Sigonella swimmers and families the strong finish was bitter sweet. For the Swordfish founder and Head Coach, Rich McKeown, this was his last EFSL event as coach of the Swordfish.

The EFSL was formed in 1987 and now has 22 teams from Italy, Spain, England, Belgium, Germany and Portugal. Sigonella joined the league 8 years ago when Rich McKeown started the Sigonella Swordfish. Despite being outnum-

bered in every meet this year, the Swordfish won both their home meets, came in second in the Southern Division Championships in Catania and finished an amazing second at the League Championships in Eindhoven.

In the time the Swordfish have been a team, nearly 500 swimmers have been through this stand-out youth sports program. Swordfish swimmers have moved back to the U.S. and continued to enjoy success in swimming and water polo thanks to a successful swimming program in Sigonella.

Swordfish swimmers have claimed league records through the years. The team does not keep its own records. It measures success in league records and accomplishments. Past EFSL league record holders from Sigonella include, Garrett McKeown, Akasha Trisler, Diane Comstock and Joey Thibodeau. Three current swimmers have added their names to the list of EFSL record holders, Brian Burke set two new records this season in the 200 meter freestyle and 100 meter freestyle (SCM short course meters). Greta Kinsey set a new league record in the 1500 meter freestyle and Halladay Kinsey broke all 17 records in her age group – records are kept for 25 meter pools (SCM) and 50 meter pools (LCM).

Brian Burke, Jack Luna and Halladay Kinsey scored a lot of points all season for the Swordfish and they were helped with top performances by Garrett McKeown, Greta Kinsey, Beatrice Greeson, and Cal Dermody. These swimmers are all swimming top times in the US Swimming rankings (times are ranked for each age group B, BB, A through AAAA). It's no wonder that the kids scoring most of our points this season were our "A" swimmers.

The success of the team was only achieved with help from virtually every swimmer on the Swordfish. Other swimmers had stand out seasons that were measured in different ways. Wylie Greeson joined Halladay and Brian as pentathlon winners. Season best times are added for the strongest swimmer in each age group in the 5 events that test a swimmer's overall ability; butterfly, backstroke, breaststroke, freestyle and individual medley (one race with all 4 strokes). Swimmers in the top 6 for the season pentathlon for Sigonella were numerous; Francesca Clark, Greta Kinsey, Beatrice Greeson, Jacob King, Joe Beadles, Cal Dermody, Jack Luna and Garrett McKeown.

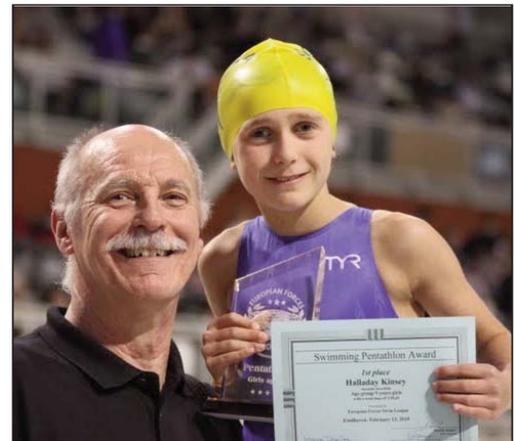
The Swordfish sent 21 swimmers to Eindhoven and most came home with medals. The Bigby brothers, Jacob and Ryan improved and won medals, Annika Kinsey won a medal, Belle Ritter (two 5th) and Amelia Cho (2nd). Joe Beadles and Ariana Lewis both had stand out meets and rounded out two 10&Under gold medal relays with Halladay Kinsey and Jacob King. The Sigonella 10&Under relays won both relays by 15-20 meters – a hug margin in a sprint relay. The 11/12 year old relays of Greta Kinsey, Beatrice Greeson, Cal Dermody and



The Sigonella Swordfish have during the opening of the EFSL Championships in Eindhoven, Germany.



The Sigonella Swordfish hold up their trophy for taking 2nd place at the EFSL Championships.



Sigonella Swordfish practicing in January for the February EFSL Championships.

Brian Burke came home with gold and silver. And, Jack Luna is now nicknamed the "Silver Bullet" thanks to his main competitor a swimmer from Lakenheath poised to make the British National team.

Wylie Greeson, Brian Burke and Halladay Kinsey came home with the high point award for their age groups. 20 points are awarded for first place, 17 for second, 16 for third and so on. Wylie won his age group with 120 points, Brian's swims totaled 140 points and Halladay racked up 160 points. The most of any swimmer in the EFSL.

The Swordfish had swimmers who competed in 3, 4 or 5 meets this season and dropped time every time they raced. Swimmers like, Katie Knoell, Katherine Stiegler, Sarah

LaConte, China McGiveny, Breann Barnes and Nicholas Beadles had such vast improvements in their times that the Swordfish coaches have high expectations for those swimmers next season.

The Swordfish are thankful for all the swimming families and parents who volunteer at every meet. The Swordfish are a private organization who rely on the hard working families of our swimmers. The Swordfish will have tryouts for the 2010/2011 season after spring break. We are looking for good athletes who want to work hard and listen and we will teach them most of what they need to know.

Go to [www.sigonellaswordfish.com](http://www.sigonellaswordfish.com) for more information.

## 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 or 095-86-5440. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884. Send Il Mercato advertisements to [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil)

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