

# THE Signature

## SIGONELLA, SICILY



Vol. 27 No. 12

The Signature Online - [www.cnic.navy.mil/sigonella](http://www.cnic.navy.mil/sigonella)

MARCH 26, 2010

### Proper Health Care Management Saves Time; Eases Stress of Transfers

By MC3 Whitfield Palmer  
NPASE East Det. Sigonella

SIGONELLA, Sicily – Most people are not fond of doctor visits. A visit to the doctor, whether it be for a routine check up or for the diagnosis of some aches and pains, is usually wrought with anxiety. However, care providers at the Naval Hospital Sigonella are urging service members and their dependants to be proactive with managing their health care. Particularly, they want service members to make sure all of the information in their medical record is up-to-date. A service member's medical record contains vital information including demographic data, immunization history, lab results, physician encounters, consultations and referrals, injuries, surgeries, and more. Not managing your health care properly can adversely affect many aspects of a service member's job including deployability status and overseas status, and orders can even be cancelled, according to Lt. Christopher Weiss, a health care provider at the hospital. "Service members have an annual requirement for a Physical Health Assessment (PHA)," says Weiss. "This helps to make sure their Individual Medical Readiness (IMR) status is up to date." Weiss adds that all commands are required to maintain a certain percentage of deployable service members and that it is important for everyone to work with their health care providers to make sure their status is current. "We have a continuous auditing process both here at the hospi-

tal and at the Flight Line Clinic, but we can save time when everyone stays on top of their records," says Weiss. Personnel who are transferring also have a particular benefit for staying on top of their records and managing their health care, says Weiss. "The transfer process involves a lot of running around and by having your record up-to-date ensures a smooth transition; get your record in order before transferring and definitely before arriving." Weiss adds. "Also, because people in the military move around so much there tends to be health care from so many different sources. Proper management ensures that we are treating patients properly and not doubling up on treatment." Nicole Williams, the Immunizations and Pediatric Nurse at Naval Hospital Sigonella, adds that family members must keep up with their health management as well, especially with school aged children. "For dependents, the most important time for check ups is when transferring in or out," she says. "Schools keep records as well, and this again ensures smooth transitions." Both Weiss and Williams agree that by making simple and regular visits to a care provider. For women and children, the hospital provides primary care as well as Obstetrics care. The Flight Line Clinic also provides extended ours on Wednesdays for service members seeking to keep their IMR status current. Contact your medical provider for information on better health management.

### Daylight Savings Time March 28, 2010

*It's Time!*  
Remember to "Spring Forward" your clocks starting March 28th



### Catania Elephants Hold Football Clinic for Sigonella's Youth



By MC2 Gary Prill  
NPASE East Det. Sigonella

SIGONELLA, Sicily - Members of the Catania Elephants, Catania's American Football Team, visited Sigonella for a football clinic in the NAS 1 gym with Junior High School students interested in playing football. The clinic, in its second year, was open to Junior High Students and was designed not only to teach different training techniques important to the game of football, but also as a chance for the kids to have fun. "We love helping the kids and getting them into the sport" said Gustavo Bonanno, an Elephants player and events manager. "It's also a great chance for us to build relationships between Italians and the Americans from the Sigonella Community. It's an American sport and what way could be better." During the training the kids were split into two groups, each focusing

on different core fundamentals of the game. "Its fun and I wanted to learn more moves," said Devon Roberts, a Sigonella student. "We practiced throwing, backpedaling, and shuffling with speed and control" The Elephants are a member of the Italian Football League and play four home games at the University of Catania Sports Field (Cittadella Universtaria) during the season. "Our first home game this season is against Bergamo," said Bonanno. "After our home games, we host a tailgate party and provide transportation to and from the base." For more information about attending one of the elephant's games you can visit their facebook page or [www.elephantscatania.it](http://www.elephantscatania.it). Morale Welfare and Recreation (MWR) also has the Elephant's schedule and information about the tailgate parties.

### TOP STORIES

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**Patient Identifiers:** Bob loved spending his golden days of retirement at the same hospital he worked all those years as an executive, but now instead of meetings he makes sure to greet each visitor as a volunteer.

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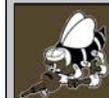
**Presidential Proclamation-** Countless women have steered the course of our history, and their stories are ones of steadfast determination.

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**Italian News:** Sicilian Easter Cakes to Tempt Your Taste Buds: Knowing the importance of food in the Sicilian culture, it should be no surprise that home cooks and pastry chefs get very busy during Easter.

PAGE 8-9



**SEABEE WEEK:** As part of a 68 year old tradition, Seabees and their families gathered for a night of heritage, comradery, and enjoyment with their extended families, for the Seabee ball to commemorate the 143rd birthday of the civil engineer corps, Sunday March 21st.

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**On the Go With MWR**  
\*Midtown Movie Schedule  
\*Handmade in Sigonella  
\*Egg-Citing Things in April  
\*Memorial Day Camping on Lipari

COMING SOON  
@  
CONNECTIONS

TEXAS HOLD'EM POKER - EVERY THURSDAY 5:30PM

Come join Connection's 10 week Texas Hold'em Tournament. Show up by game time to reserve your spot. First and Second places are advanced to

the final table and can receive prizes. For more info call Connections @ 824-4264.

### MONTH OF THE MILITARY CHILD FAIR

SIGONELLA YOUTH ACTIVITY DAY, IN HONOR OF THE MONTH OF THE MILITARY CHILD WILL BE HELD THIS YEAR ON APRIL 9TH FROM 12P.M. TO 6P.M. AT MIDTOWN. A FUN FILLED DAY TO SUPPORT OUR MILITARY CHILDREN

### TRAFFIC NUMBERS

	Feb. 10- Mar. 10	Feb. 09- Mar. 09
Accidents	72	68
Injuries	9	4
DUIs	1	0
Traffic Deaths	0	0

PLEASE,  
DON'T BECOME  
A STATISTIC!

WEATHER UPDATE	March 26	March 27	March 28	March 29	March 30	March 31	April 1
	H:74F L:53F	H:76F L:48F	H:72F L:51F	H:72F L:50F	H:69F L:49F	H:67F L:53F	H:67F L:54F
INSIDE	Direct Line 2	Navy News 3	Community Calendar 4	MWR Corner 11	Il Mercato 14		

# DIRECT LINE NASSIG COMMAND MASTER CHIEF LELAND E. MOORE

Hello Sigonella,

Thank you all for making our base a first rate organization; I found that out first hand through the various people that have helped me get settled in. From the moment I arrived I was impressed – Indoc, housing, personal property, DRMO, security to name a few. If I left anyone out it was not intentional.

That said, even the best organizations, such as ours, have areas of concern and room for improvement. A major component of every CMC's role is to provide input and course correction as necessary to ensure that his or her unit continues to meet its mission while still ensuring the safety and welfare of its personnel.

With that in mind I've noticed since my arrival onboard, that alcohol

related incidents, DUI's and traffic accidents occur a bit too regularly. It's been my observation that it is human nature, when people live and work in the same place for extended periods of time, whether in a dangerous shipboard environment or just cruising around Sicily, to become comfortable within their environment and day-to-day routines. This sort of complacency can lead to problems in other areas, things slipping through the cracks and corners being cut. This lack of attention and vigilance can lead to bigger problems if the situation is not corrected in a timely manner.

The increasing number of accidents has made it apparent that as a base we need to become more vigilant about our driving and overall safety habits. To me one of the first things

to do in any situation is to apply common sense. For instance ask yourself "Is what I'm doing safe? Is this right?" If not, then change what you're doing. This is the first step towards eliminating needless accidents and security incidents, and should be a step which we are already taking. Accidents happen, but most are preventable. Slow down and pay attention at all times. Do not drive distracted or impaired. Ever.

Every Sailor should have knowledge of ORM – Operational Risk Management. It is a good decision making tool. Use it. Most everyone possesses the skills to assess a situation and determine the appropriate action to take. Doing the simple things like securing your vehicle when you leave it, even if it is parked

on base, is the smart way to go. When you're out in town on liberty, travel with a buddy, take care of each other. Using a little practical common sense will go a long way in taking care of all these incidents we have been having.

In response to all the alcohol related incidents I would ask you to find new activities that do not involve alcohol, or if you have to drink, do not drive. Make a plan and a back-up plan for that night and the next day and if both of those fail call someone for help.

A little bit of planning and common sense go a long way in keeping you and your family safe. So pay attention to your surroundings and work together with your friends and family to find ways to keep yourself having trouble-free, incident-free fun.



## Patient Identifiers

By LT Lynn Skinner  
Naval Hospital Sigonella

Bob loved spending his golden days of retirement at the same hospital he worked all those years as an executive, but now instead of meetings he makes sure to greet each visitor as a volunteer. He remembers looking forward to trading in the tweed jacket for Red Cross vest as he rubs his thumb over the blue cotton of a patient gown.

As he prepares for outpatient surgery he becomes concerned he is losing his memory. Why else would each member of his esteemed health care team and many who have known him for years keep asking

to verify his name? He looks to his wife for reassurance and she smiles and nods at him with kindness.

Wow, maybe I am declining. Even Kay is not reacting to these repeated questions, ponders Bob, as he is being wheeled to holding area. His surgeon greets him warmly and says, "Bob can you verify for me your name and why you are here this morning?".....Bob's eyes fill with tears and he says "Doc, forget about the knee replacement, I must be losing my mind!"

Dr. Wright says, "Bob, now why on earth would you think that?!" Worried, Bob replies, "Well I must have forgotten who I am because everyone here who clearly knows me keeps asking for my name."

Dr. Wright chuckles and says, "Bob, you are not losing your mind. You are witnessing our culture of safety by participating in our safeguards to prevent errors and comply with National

Patient Safety guidelines."

"Oh," a relieved Bob replies. "Come to think of it I remember that training."

"Each patient interaction requires two

identifiers such as their full name and date of birth, right?!"

"Yes", says Dr. Wright. "Now then, let's proceed"

Don't fret like Bob about losing your mind. Instead have peace of mind that your health care team has not lost their memory either, but are utilizing safety checks to verify and match the right patient to the right treatment.

For more information ask your health care provider, patient safety representative or check out [www.jointcomission.org](http://www.jointcomission.org)



### NASSIG WORSHIP SERVICES

HOLY WEEK SERVICES SCHEDULE ON PAGE 7

<b>ROMAN CATHOLIC</b>		<b>PROTESTANT</b>	
<b>Sunday</b>		<b>Sunday</b>	
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>		
	<b>Sunday</b> 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)		
<b>Monday - Thursday</b>			
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](mailto: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

"The answer is . . . a popular game show in which contestants are given answers for which they must provide questions."

"What is Jeopardy?"  
"That is correct for one hundred dollars."

Jeopardy – I like the game though I have not actually watched it much in the last twenty years. We played it as a family back in the 70's. Dad always

## Final Wager

won. I noticed two things about the game early on. First, though the questions correspond to the answers provided, they are seldom very satisfying. In other words, when you start with answers rather than questions, you are left with only isolated pieces of data. For instance, if the answer was "He portrayed George Armstrong Custer in the movie The Santa Fe Trail," the corresponding question is "Who is Ronald Reagan?" But if someone were to ask, "Who is Ronald Reagan?" no one would offer that bit of trivia alone and presume they had answered the questioner with any level of adequacy. Second, though I like the game, I could never figure out why it was called Jeopardy. What exactly was at stake? It's a game.

So, in a bold departure from the game show protocol, I would like to begin with some questions and then seek

answers. The questions came to my mind this past week as I thought of the individuals from our community who are currently forward. I also spoke with my Detailer and considered that I will likely be assigned to units deployed where our own are now serving. The answers, well, these specific answers come from a unit with whom I was once affiliated. For the sake of this article, let's call them Task Force One.

What is jeopardy? According to the format above, it is a game show. But I think there is more to it than that. Jeopardy is exposure to or imminence of death, loss or injury. So that you might understand the meaning more precisely, I will provide a clear example. Jeopardy is that state of danger in which an American fighter

*WAGER, continued on page 12*

**Commanding Officer**  
Capt. Thomas J. Quinn

**Public Affairs Officer**  
Lt. Matt Knight

**Deputy Public Affairs Officer**  
Dott. Alberto Lunetta

**Editor**  
Kathryn Prill

**Staff Writers/ Photographers**  
MC1 Christopher Delano  
MC3 Jonathan Idle  
MC2 Gary Prill  
MC3 Whitfield Palmer

**The Signature editorial office is located at:**  
Naval Air Station Sigonella, Sicily  
PSC 812 Box 3020, FPO, AE 09627  
Telephone: 095-86-5440; DSN 624-5440

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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

## Presidential Proclamation- Women's History Month

**A PROCLAMATION**  
 Countless women have steered the course of our history, and their stories are ones of steadfast determination. From reaching for the ballot box to breaking barriers on athletic fields and battlefields, American women have stood resolute in the face of adversity and overcome obstacles to realize their full measure of success. Women's History Month is an opportunity for us to recognize the contributions women have made to our Nation, and to honor those who blazed trails for women's empowerment and equality.

Women from all walks of life have improved their communities and our Nation. Sylvia Mendez and her family stood up for her right to an education and catalyzed the desegregation of our schools. Starting as a case-worker in city government, Dr. Dorothy Height has dedicated her life to building a more just society. One of our young heroes, Caroline Moore, contributed to advances in astronomy by discovering a supernova at age 14.

When women like these reach their potential, our country as a whole prospers. That is the duty of our Government -- not to guarantee success, but to ensure all Americans can achieve it. My Administration is working to fulfill this promise with initiatives like the White House Council on Women and Girls, which promotes the importance of taking women and girls into account in Federal policies and programs. This council is committed to ensuring our Government does all it can to give our daughters the chance to achieve their dreams.

As we move forward, we must correct persisting inequalities. Women comprise over 50 percent of our population but hold fewer than 17 percent of our congressional seats. More than half our college students are female, yet when they graduate, their male classmates still receive higher pay on average for the same work. Women also hold disproportionately fewer science and engineering jobs. That is why my Administration launched our Educate to Innovate campaign, which will inspire young people from all backgrounds to drive America to the forefront of science, technology, engineering, and math. By increasing women's participation in these fields, we will foster a new

generation of innovators to follow in the footsteps of the three American women selected as 2009 Nobel Laureates.

Our Nation's commitment to women's rights must not end at our own borders, and my Administration is making global women's empowerment a core pillar of our foreign policy. My Administration created the first Office for Global Women's Issues and appointed an Ambassador at Large to head it. We are working with the United Nations and other international institutions to support women's equality and to curtail violence against women and girls, especially in situations of war and conflict. We are partnering internationally to improve women's welfare through targeted investments in agriculture, nutrition, and health, as well as programs that empower women to contribute to economic and social progress in their communities. And we are following through on the commitments I made in Cairo to promote access to education, improve literacy, and expand employment opportunities for women and girls.

This month, let us carry forth the legacy of our mothers and grandmothers. As we honor the women who have shaped our Nation, we must remember that we are tasked with writing the next chapter of women's history. Only if we teach our daughters that no obstacle is too great for them, that no ceiling can block their ascent, will we inspire them to reach for their highest aspirations and achieve true equality. NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim March 2010 as Women's History Month. I call upon all our citizens to observe this month with appropriate programs, ceremonies, and activities that honor the history, accomplishments, and contributions of American women.

IN WITNESS WHEREOF, I have hereunto set my hand this second day of March, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

## ALL PUERTO RICAN BIRTH CERTIFICATES INVALID AS OF 1 JULY 2010

By Lt. Jennifer Cragg, Defense Media Activity

Recent changes to Puerto Rican law invalidate all Puerto Rican birth certificates issued prior to 1 July 2010 because of their vulnerability to counterfeiting and use in identity theft and fraud.

Many institutions in Puerto Rico unnecessarily retained and stored birth certificates without adequate protection, making them easy targets for theft. As much as 40 percent of the U.S. Department of State passport fraud cases involve fraudulent birth certificates from Puerto Rico. As a result, in addition to invalidating Puerto Rican birth certificates, this law makes it illegal for any institution to retain a copy of a birth certificate.

Starting on 1 July 2010, Puerto-Rican born individuals may apply for a new birth certificate from the Puerto Rican Vital Statistics Record Office, which will incorporate technology to limit document forgery. The Puerto Rican government can issue a temporary, 15-day certificate for individuals requiring a birth certificate in an emergency. The fee for a new birth certificate is \$5, which is waived for people over 60 years of age and for veterans. There is no deadline for getting a new birth certificate.

This invalidation of Puerto Rican birth certificates could have the unintended consequences of interfering with Puerto Rican-born Servicemembers' security clearance investigations and enlistments. Servicemembers are encouraged to visit the website of the Puerto Rican Federal Affairs Administration to get more information on the new law, and for links to the birth certificate application. <http://www.prfaa.com/birthcertificates>

Citizens born in Puerto Rico but residing elsewhere may obtain a copy of the new birth certificate by filling out a Birth Certificate Application form from the Puerto Rico Vital Statistics Record office on or after July 1, 2010. Application forms can be obtained at: <http://www.salud.gov.pr/Programas/RegistroDemografico/Pages/RequisitosparasolicituddeNacimiento.aspx>

If you have any questions regarding the above, please contact the U.S. Naval Legal Service office (BLDG 564), located on NAS II, Comm: 095-865258 /DSN 624-5258.

## PHOTO FROM THE FLEET

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



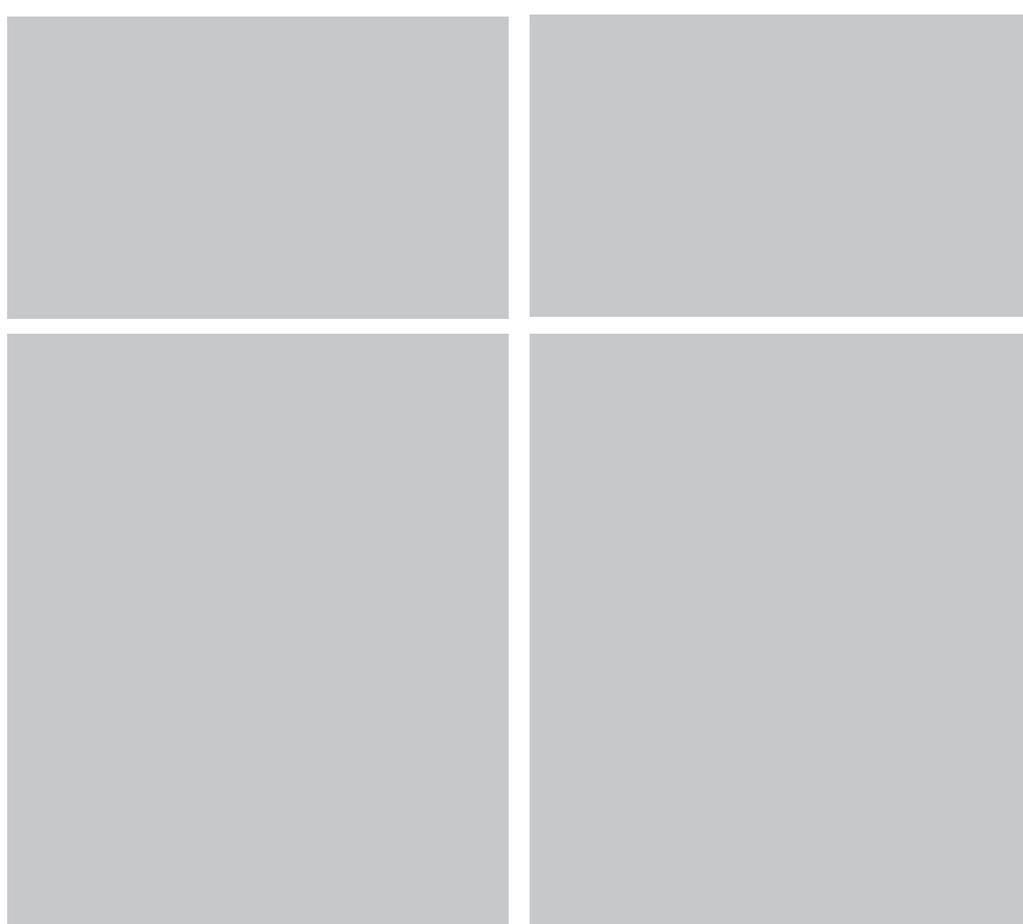
U.S. Navy photo by MC2 Gary B. Granger Jr

100317-N-8590G-004 MAYPORT, Fla. (March 17, 2010) Lt. Peter Bras reunites with his daughters during a homecoming celebration for Detachment 5, the Spider Pigs, of Helicopter Anti-Submarine Squadron Light (HSL) 46 at Naval Station Mayport. The Spider Pigs are returning from a six-month deployment with the guided-missile frigate USS De Wert (FFG 40) supporting counter piracy operations in the Horn of Africa. .

# COMMUNITY CALENDAR

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <b>FFSC</b> ICR 8am-3:30pm	2 <b>FFSC</b> Anger Management 1pm-3pm	3 <b>NMCRS</b> Nearly New Shop OPEN x-4212  <b>FFSC</b> Playgroup 1-4 years old 9:30am-11:00am	4 <b>FFSC</b> Anger Management 1pm-3pm  <b>Arrivederci</b> 8am-11:30am x-4291	5 <b>FFSC</b> Anger Management 1pm-3pm  <b>Arrivederci</b> 8am-11:30am x-4291	6 <b>NMCRS</b> Nearly New Shop OPEN x-4212	7
8 <b>FFSC</b> Single Parenting Stress 2pm-4pm  Nurturing Program 9:30am-11am x-4291	9 <b>NMCRS</b> Volunteer Orientation x-4212  <b>FFSC</b> Sponsor Training 9:00am-10:30am x-4291	10 <b>NMCRS</b> Budget for Baby x-4212  <b>FFSC</b> Playgroup 1-4 years old 9:30am-11am	11 <b>FFSC</b> Playgroup 0-12 months 10am-11am  Ricotta Cheese Workshop 9am-2pm	12 <b>FFSC</b> Don't Bet Your Life Gambling Awareness 9am-11am	13	14
15 <b>NMCRS</b> Budget for Baby x-4212  <b>FFSC</b> Playgroup 1-4 years old 9:30am-11:00am	16 <b>NMCRS</b> Budget for Baby x-4212  <b>FFSC</b> Playgroup 1-4 years old 9:30am-11:00am	17 <b>FFSC</b> TAP (PRE-RETIREMENT) 8am-4pm	18 <b>FFSC</b> Playgroup 0-12 months 10am-11am Survive & Thrive 8am-3pm TAP (PRE-RETIREMENT)	19 <b>FFSC</b> Arrivederci 8am-1130	20 <b>NMCRS</b> Nearly New Shop OPEN x-4212	21
22 <b>FFSC</b> IA Social Luncheon 11:30am-1pm ICR for Youth Topolino 8am-11:30am	23 <b>FFSC</b> 10 Steps to a Federal Job 8am-12pm  Seminar on Easter 10am-12pm	24 <b>FFSC</b> Men's Group 1:30pm-3pm  <b>DoDDS School</b> CSI Inservice- 1/2 day of school.	25 <b>FFSC</b> ICR for Youth Benvenuti 8am-11:30am  Cooking Class 9:30am-3:30pm	26 <b>FFSC</b> ICR 12:30pm-3:30pm	27	28
29 <b>FFSC</b> ICR 8am-3:30pm	30 <b>NMCRS</b> STAP for Term IV Begins  Effective Communication 10am-11:30am	31	<b>1 APRIL</b> <b>NMCRS</b> Breast Feeding Class 9am-11am	<b>2</b> <b>NMCRS</b> Budget for Baby x-4212	<b>3</b> Sigonella MS/HS Soccer vs Aviano @ home	<b>4</b> <b>NMCRS</b> Budget for Baby x-4212





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

**SEXUAL ASSAULT PREVENTION AND RESPONSE**

*SAPR offers a Sexual Assault Hotline staffed with trained advocates who man the SAPR Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.*



Fleet and Family  
Support Center  
Administration  
Building 319  
NAS 1

Monday-Friday 0730-1630  
DSN 624-4291  
Commercial 095-56-4291

## It's Never Too Late To Save For Retirement

**Article by  
Jonathan Hefner, M.A., L.P.**  
*Manager of Legal and Financial  
Services at Ceridian Corporation*

If you have reached midlife and haven't saved much for your retirement, you aren't alone. A study by the American Council for Savings Education found that more than half of all baby boomers have saved less than \$50,000 toward retirement and 15 percent have saved nothing.

No matter how much you have saved, you can take steps to build a more secure future. These range from reducing your expenses to taking advantage of changes in tax laws that allow people over 50 to catch up on saving by putting extra money into Individual Retirement Accounts (IRAs) or 401(k) savings programs.

Knowing how much you will need for retirement

Many people underestimate how much money they will need for retirement. For this reason, building a more secure financial future begins with understanding the income and expenses that you will have after you stop working.

Start by estimating how much money you will need in retirement. As a general rule of thumb, your goal should be to put aside enough savings to match two-thirds to 70 percent of your current income. But the amount you'll actually need will depend on your personal circumstances, spending habits, and lifestyle.

Know how much you can gain by saving. You may think that saving a small amount per week won't make much difference to your retirement. But consider a few numbers. Let's say that starting at age 50, you put \$25 a week into a savings account that pays 4 percent interest and you don't touch the money. You would have \$16,232 at age 60; \$40,260 at age 70; and \$75,827 at age 80. You can learn

how much you would earn if you saved other amounts by using free online interest calculators.

Understand your Social Security benefits. Every year the Social Security Administration mails a statement of projected benefits to everybody over 25 who is not yet receiving benefits. You can also get a copy by going to <http://www.ssa.gov/mystatement>.

Tips on catching up with your savings

You'll need a come-from-behind plan if you have saved little or nothing until now. Here are some tips.

Pay yourself first. Save some money from every paycheck, even if it's a very small amount. This will help you adopt a habit of saving.

Put more into your employer-sponsored retirement plan if your organization offers one. If you're putting 5 percent of your income into an employer-sponsored retirement plan, such as a 401(k) or a 403(b) plan, increase it to 10 percent or more if possible. The money you put into a 401(k) or 403(b) plan reduces the amount of taxes taken out of your paycheck, and you don't have to pay taxes on the income you earn until you withdraw the money at retirement. The military's Thrift Savings Plan is an example of a 401(k) plan.

Use an automatic savings plan. Your organization may have a payroll savings plan that lets you have money deducted from each paycheck deposited in a savings account at a bank or credit union. If so, start using this plan or increasing the amount you save through it. DFAS allows service members and civilian employees to allot a portion of your pay to a bank account. You can also look into the options at your bank. You may be able to have money transferred automatically from a checking to a savings account.

Try to save at least 20 percent of your income. Many

experts recommend that people save at least 20 percent of their income between the ages of 40 and 60, because most workers reach the peak of their earning power then. If you can't save 20 percent now, work out a plan for reaching that goal.

Have an emergency fund. Make sure you have enough money to pay for an emergency such as a dental emergency or car-repair bill. Most financial professionals suggest having an emergency fund that consists of 3-6 months of basic living expenses.

Take advantage of tax breaks for late savers. If you participate in a 401(k) or 403(b) plan at work, you can save extra money in an Individual Retirement Account (IRA). If you're over 50, you can contribute additional amounts

Getting help with saving for retirement

As you think about the best way to step up your savings, you may want to get help from your bank, your accountant or tax preparer, financial planners, budget or debt counsellors or financial planning guides. Take advantage of budget planning services and financial planning classes offered by the Fleet & Family Support Center.

Finally, remember that it's never too late to start saving. By taking the steps now, you'll be on your way to a more secure future.

Alberto Lunetta  
 The Signature Staff



# Italian NEWS

*Sicilian Culture, Events and Lifestyle*

## Sicilian Easter Cakes to Tempt Your Taste Buds

Knowing the importance of food in the Sicilian culture, it should be no surprise that home cooks and pastry chefs get very busy during Easter. As the Sicilian saying goes "Aviri chiu' chiffari di lu furnu di Pasqua," (being more busy than an oven during Easter), during the Easter Sicilians bake a lot of scrumptious pastries that are still prepared according to secret ancient

recipes handed down from Sicilian nuns and Moorish bakers. There is wide variety of Sicilian treats, which are basically made with eggs, flour, almonds, candied fruits and ricotta cheese. Although chocolate Easter eggs, which come in assorted sizes, are big sellers in Sicily, traditional dolci (treats) are still very popular in the island. Among the most famous treats there is the



(photo by Batticuore.it)

**In Sicily, Easter is a perfect time to sample really scrumptious pastries and cakes such as the mouthwatering marzipan Easter Lamb.**

"Cuddura ccu l'ovu" that is a cookie with hard-boiled eggs placed in the middle.

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

placed in the back. The banner is a small reproduction of the medieval symbol of the French kings who ruled Sicily. The tantalizing "Agneddu di Pasta di Zuccaru e Jarofulu," which is still made by hand with sugar and clove paste is a pretty traditional variety of Easter lambs. The most valuable lambs are indeed the "Agneddi di Pasta Riali," or marzipan lambs, made with ground almonds and sugar, covered with icing and painted like the Martorana fruit. These particular lambs are often filled with citron jam and are a specialty of the towns of Erice and Acireale, where they're made close to life size. Pasta Riali in Sicilian means royal paste because it was made in the kitchens of the great nobles and nuns of the Martorana Convent in Palermo. Another essential Easter cake is "Cassata," (photo above), one of the world's most famous Sicilian pastries. It is made with ricotta, coated with icing and decorated with candied fruit. Cassata is also available in smaller and differently shaped versions named "Cassateddi." Eating Cassata is a must for any good Sicilian as the saying tells, "Tintu cu nun mancia cassati la matina ri Pasqua," which in Sicilian means:

"Bad is the one who doesn't eat Cassate on Easter morning."

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

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

According to scholars, the first prototype of modern Cassata, which included sophisticated decorations with candied fruits, was prepared in the second half of the 16th century by the nuns of the Valverde Monastery in Palermo. "Viscotta di casa," is another type of Sicilian Easter cookies worth mentioning. They are traditional home baked biscuits that are still prepared according to ancient recipes.

### Italian Students Learn To Eat Healthy The Navy Way



A group of students and their teachers from the Catania Cannizzaro vocational High School got a chance to learn how to stay healthy and the importance of nutrition from the American military perspective.

The Catania students visited NAS 1, where they met with the NASSIG Hospital Dietitian CDR Alice Whitley, on Friday, March 12. CDR Whitley made an interesting comparison between Italian and American food habits and highlighted the benefits of eating healthy and fresh food.

### Gela Rotary Clubs Visit Sigonella

Sigonella V-26 OPS Officer LCDR Greg Smith talks about the PATRON SIG mission to a group of about 50 members from the Gela Rotary, Inner Wheel and Rotaract Clubs.

Group members had a chance to meet with VP-26 crews who answered their questions concerning the P-3 Orion aircraft.

The group also toured the Italian Air Force Weather and Radar Stations as well as the Air Traffic Control Tower. "Sigonella is like a city. We appreciated its perfect organization," said Carlo Napoli, President of the Gela Rotary Club.

The tour is part of an ongoing COMREL activity that is organized jointly by the NASSIG and ITAF 41st Stormo Public Affairs Offices.



Photo by Carlo Napoli

## Giving Sailors a Hand...In Style

For over 106 years, the Navy-Marine Corps Relief Society (NMCRS) has been the first resource for Sailors, Marines and their dependents through such programs as budget counseling, Spouse Tuition Aid Program (STAP), Budget for Baby and the Nearly New Shop. With the recent economic downturn NMCRS has not been immune; popular programs that once provided an invaluable service have been eliminated or greatly reduced. As an example, the grant based STAP has now become an interest free loan in order for us to continue serving our military community.

Once a year, the Navy conducts an Active Duty Fund Drive on behalf of NMCRS with 100% of the money raised going directly to aid Sailors, Marines and their dependents in need.

Would you give \$5.00 to help a Shipmate? Could you donate to give a Sailor a hand?

The goal of Active Duty Fund Drive here in Sigonella is 100% percent contact. The importance of giving every active duty person the opportunity to give back to active duty personnel is an act of immeasurable proportions. One can never forecast for a crisis, and your \$5.00 donation today can mean the difference in a shipmate being able to make it



*The Navy-Marine Corps Relief Society  
Active Duty Fund Drive*

*Fashion Week  
is coming to Sigonella!*

**Monday April 5th, 2010**  
Fashion Show Press Conference  
11:30am at the NEX food court

**Tuesday April 6th, 2010**  
Evening Shop: A Salute to our Active Duty!  
Present your ID card and enjoy a dollar baz with coupon  
from the Signature  
5pm to 7pm  
(thrifit shop is across from NAS1 post office)

**Wednesday April 7th, 2010**  
\$5.50 Baz Extravaganza!  
11:00 am to 12:00 pm at the thrifit shop  
(across from NAS1 post office)

**Thursday April 8th, 2010**  
Active Duty Fund Drive Fashion Show!  
Thrifit Shop Boutique - high end fashion at barsain basement prices!  
5pm - 6pm at the Mid-town Piazza

others, who has been able to get your car fixed so you can make it to work, or you who received budget counseling in order to save for the down payment for a house or it was your spouse who was able to graduate from college and is now able to contribute financially to the family. Donations take on many forms and you can give a Sailor (or a Sailor's family) a hand just by giving the sweater that's no longer your favorite color, or those jeans you've managed to diet out of or the coveralls your toddler has outgrown.

The Nearly New Shop offers a cost-effective alternative to shopping on the economy or at the Navy Exchange. The Thrift Store is a vital resource to members of the Sigonella community, but it cannot operate without your help. To provide the clothing, shoes and other household items at little expense to our patrons, we depend entirely on donations from our Sigonellan community.

As life gets busy, donations often dwindle and those who rely on your generosity go without. But you can make a difference without spending a dime. Give a fellow sailor a hand and donate your gently used clothing and household goods to the Nearly New Shop. It takes all hands to make this community, our community, a strong and thriving one.



For More Information Call 624-3975

### Catholic Services

<b>Sunday</b> <b>28 March</b>	<b>Palm Sunday Mass</b> Mineo Community Bldg. NASII Chapel	8:30 a.m. 12:00 p.m. & 4:00 p.m.
<b>Thursday</b> <b>1 April</b>	<b>Holy Thursday,</b> Mass of the Lord's Supper - NAS I Chapel	6:00 p.m.
<b>Friday</b> <b>2 April</b>	<b>Good Friday Service,</b> Communion - NAS I Chapel	12:00 p.m.
<b>Saturday</b> <b>3 April</b>	<b>Easter Vigil Mass - NAS I</b>	10:00 p.m.
<b>Sunday</b> <b>4 April</b>	<b>Easter Sunday Mass</b> NAS I Chapel Mineo Community Bldg. NAS II Chapel	8:30a.m. 12:00 p.m. No Mass

### Protestant Services

<b>Friday</b> <b>2 April</b>	<b>Good Friday Protestant</b> Service - NAS I Chapel	6:00 p.m.
<b>Sunday</b> <b>4 April</b>	<b>Traditional Protestant</b> Services - NAS I Chapel <b>Contemporary</b> Protestant Services - NAS I Chapel	10:00 a.m. 11:30 a.m.



# SEABEES

"CONSTRUIMUS, BATH"

"WE BUILD, WE"



As part of a 68 year old tradition, Seabees and their families gathered for a night of heritage, comradery, and enjoyment to commemorate the 143rd birthday of the civil engineer on March 21st.

Though the official birthday of the Seabees is March 21st, the ball was postponed to accommodate the ball's guest speaker, the Commanding Officer, NAVFAC Europe.

The Evening commemorated the prior service of many Seabee engineers and men of the construction battalions at the ball with a ceremony celebrating their history.

As a precursor to the ball, NAS Sigonella Seabees held a series of activities, involving different sports activities, to include soccer, pool, darts, bowling, and even a strong-man competition.

# THE WEEK "TRUIMUS, BATUIMUS" "OLD, WE FIGHT"

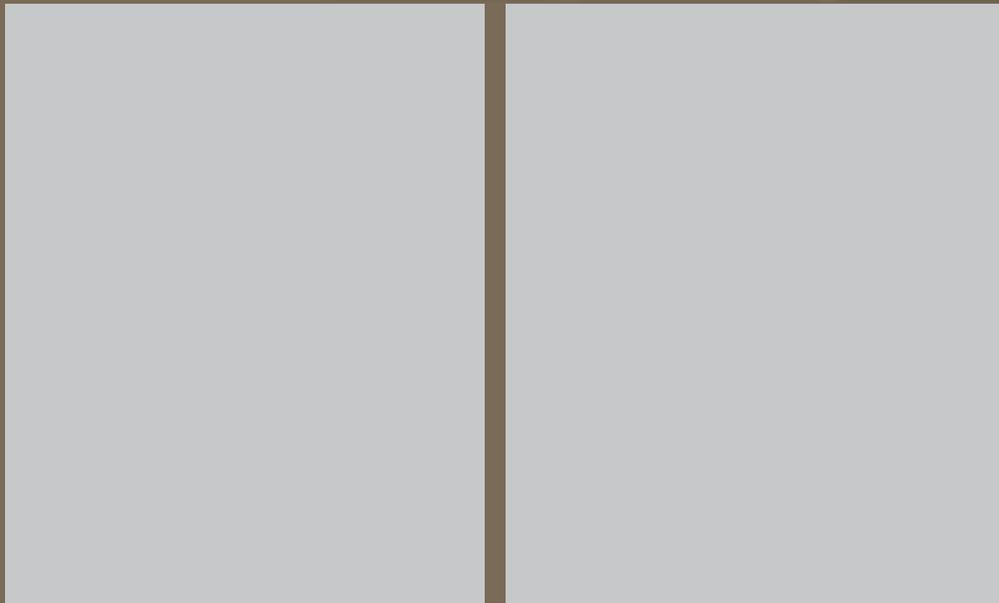


old tradition, Seabees and their families gathered for comradery, and enjoyment for the Seabee ball to celebrate the 43rd birthday of the civil engineer corps, Sunday

birthday of the Seabees is March 5th the event was hosted by the ball's guest speaker Capt. Jeff Borowy, USN, NAVFAC Europe.

The event commemorated the prior service of NAS Sigonella's civil engineer battalions around the world with a focus on celebrating their history.

During the ball, NAS Sigonella Seabees had a week of complimentary sports activities, to include a softball tournament, and even a strong-man competition.



# Go Green Sigonella!

By: Brian Scott

## Reduce Your Carbon Footprint at Work:

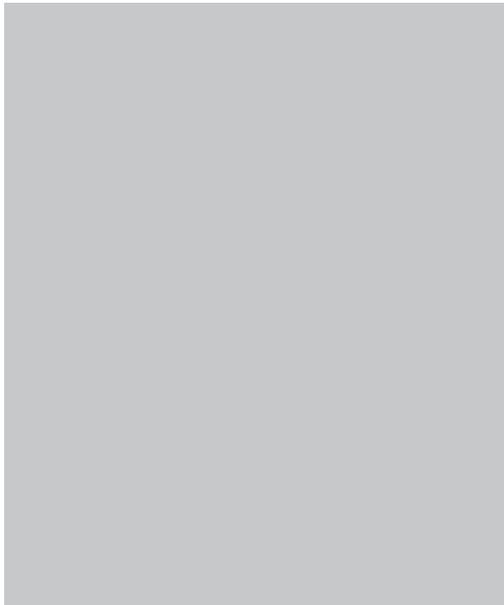
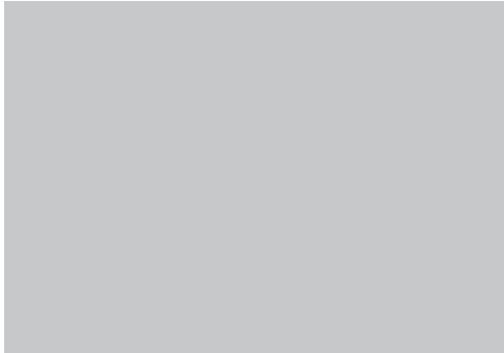
We spend a lot of time at work so it's important to bring greener habits from home into the workplace. There are a surprising number of things that can be done to help reduce our nine to five carbon footprints. And don't forget to spread the word with your colleagues, so they're reducing theirs too. We shouldn't just leave the energy efficient habits we adopt at home when we go to work. Being sensible with the



energy we use in the workplace can help to reduce carbon emissions created needlessly there every day. It's usually everyone's favorite time of the day – logging off and going home time. But before we finish for the day, there are things we can do to minimize energy wasted overnight. If we turn our machines off at night, it can save 10 per cent of our total energy consumption. And it's not just computers that need switching off – lights and other gadgets should also be turned off at the end of each working day.

## Ristorante Bella Etna

<b>26</b>	<p>*Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.                      *Lunch: Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Baked Fish, Steamed Rice, Calico Cabbage, Herbed Broccoli, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin.                      Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.                      *Dinner: Egg Drop Soup, Chicken Cacciatore, Roast Beef, Rice Pilaf, Southern Green Beans, Savory Squash, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin, RIKPAK</p>
<b>27</b>	<p>*Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.                      *Brunch: Breakfast Items, Chicken Gumbo Soup, Roast Pork, Cottage Fried Potatoes, Tossed Green Rice, Peas w/ Carrots, Cauliflower Au Gratin, Brown Gravy, Velvet Pound Cake, Vanilla Cream Pie.                      *Dinner: Egg Drop Soup, Baked Italian Sausage, Veal Steak, Steamed Rice, Home Fried Potatoes, Glazed Carrots, Savory Style Beans, Chicken Gravy, Velvet Pound Cake, Vanilla Cream Pie.</p>
<b>28</b>	<p>*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, Knickerbockers Soup, Chili Macaroni, Islander Rice, Corn O'Brien, Green Beans, Marble Cake, Sugar Cookies.                      *Dinner: Nutty Split Pea Soup, Roast Beef, Baked Fish, Mashed Potatoes, Steamed Rice, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Marble Cake, Sugar Cookies.</p>
<b>29</b>	<p>*Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.                      *Lunch: Chicken Gumbo Soup, Beef Yakisoba, Veal Parmesan, Steamed Rice, Oven Browned Potatoes, Green Peas, Seasoned Summer Squash, Spice Cake w/ Frosting, Vanilla Cookies, Fruit Gelatin..                      *Speed line: Assorted Pizza, RIKPAK.                      *Dinner: Minestrone Soup, Cantonese Spareribs, Cranberry Glazed Chicken, Pork Fried Rice, Lima Beans, Broccoli Parmesan, Spice Sake w/ Frosting, Vanilla Cookies, Fruit Gelatin, RIKPAK.</p>
<b>30</b>	<p>*Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Blueberry Muffins.                      *Lunch: Egg Drop Soup, Sweet &amp; Sour Pork, Chicken Chopsuey, Egg Foo Young, Chinese Fried Rice, Chow Mein Noodles, Oriental Fried Cabbage, Corn Kernel, Fruit Cocktail Upside Down Cake, Blueberry Pie.                      *Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni &amp; Cheese, RIKPAK.                      Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Fried Fish Portion, Seasoned Boiled Pasta, Spanish Style Beans, Carrots Slices, Fruit Cocktail Upside Down Cake, Blueberry Pie, RIKPAK.</p>
<b>31</b>	<p>*Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Biscuits, Asstd Doughnuts, Bear Claw.                      *Lunch: Beef Noodle Soup, Pepper Steak, Fish w/ Cherry Tomato Sauce, Bruschetta, Steamed Rice, Franconia Potatoes, Cream Style Corn, Eggplant Parmesan, Almond Cookies, Carrot Cake.                      *Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.                      *Dinner: French Onion Soup, Corned Beef &amp; Cabbage, Chicken Cordon Bleu, Steamed Rice, Potatoes Au Gratin, Club Spinach, Steamed Peas &amp; Carrots, Almond Cookies, Carrot Cake, Chocolate Pudding, RIKPAK.</p>
<b>1</b>	<p>*Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.                      *Lunch: Vegetable Supreme Soup, Roast Porkloin, Honey Glazed Chicken, Steamed Rice, Roasted Garlic Potatoes, Seasoned Mix Vegetables, Club Spinach, Oatmeal Raisin Cookies, Cherry Cobbler.                      Speedline: Assorted Pizza, RIKPAK.                      *Dinner: Tomato Bouillon Soup, Roast Turkey, Swedish Meatballs, Red Beans w/ Rice, Mashed Potatoes, Natural Pan Gravy, Creole Green Beans, Corn Kernel, Oatmeal Raisin Cookies, Cherry Cobbler, RIKPAK.</p>
<b>2</b>	<p>*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 &amp; 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.</p>



# ON THE GO WITH MWR

Fit District	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 7 am		Spin w/ Jill		Spin w/ Angelica	
8:30 - 9:30 am	Kickboxing w/ Jill B	Spin w/ Jill	Kickboxing w/ Jill B	Spin w/ Jill	Yoga w/ Danielle
9:30 - 10 am		Core & More w/ Jill		Core & More w/ Jill	
9:30 - 10:30 am	Pilates w/ Danielle		Pilates w/ Danielle		
4:30 - 5:30 pm	Spin w/ Lisa	Pilates w/ Danielle	Spin w/ Lisa	Pilates w/ Danielle	
5:15 - 6:15 pm		Spin w/ Lisa		Spin w/ Lisa	
5:30 - 6:30 pm	Yoga w/ Luisa	20/20/20 w/ Angelica	Yoga w/ Luisa	Zumba w/ Angelica	

Flight Line Fitness Center	Monday	Tuesday	Wednesday	Thursday
5:15 - 6:15 pm	Pump It Up w/ Angelica		Pump It Up w/ Angelica	

Mineo Community Center	Monday	Tuesday	Wednesday	Thursday
8:30 am - 9:30 am	Pump It Up w/ Michelle	Step w/ Michelle	Pump It Up w/ Michelle	Step w/ Michelle
5:30 - 6:30		Triple Shot w/ Melinda		Triple Shot w/ Melinda

Maranal Community Center	Monday	Tuesday	Wednesday	Thursday
5 - 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

## Memorial Day Camping on Lipari



Spend Memorial Day camping on the Aeolian Island of Lipari with ITT Gear-n-Go Friday, May 28 through Monday, May 31. Stop by the near by town to visit museums and shops or catch a ferry and tour any of the other Aeolian Islands.

Explore the Mediterranean scuba diving, snorkeling, or kayaking through the crystal blue waters or simply relax and catch some sun on one of the black volcanic beaches.

The trip includes transportation, camping gear, ferry and camping fees, and a campsite BBQ. ITT also provides bikes and kayaks for enjoying this tour.

Adult and Children prices are available for both tents and bungalows. Reserve a spot today with a deposit at ITT. Please reserve camping gear at time of sign up. Final payment is due Monday, May 3.

For more info call 624-4777.

## MIDTOWN MOVIE THEATERS

### SCHEDULE & DESCRIPTIONS



**ALICE IN WONDERLAND-** Mia Wasikowska, Johnny Depp, Helena Binham Carter, Anne Hathaway

19-year-old Alice returns to the whimsical world she first encountered as a young girl, reuniting with her childhood friends: the White Rabbit, Tweedledee and Tweedledum, the Dormouse, the Caterpillar, the Cheshire Cat, and of course, the Mad Hatter. Alice embarks on a fantastical journey to find her true destiny and end the Red Queen's reign of terror. (109 min.)

**EXTRAORDINARY MEASURES-** Brendan Fraser, Harrison Ford, Keri Russell, Jared Harris, Meredith Droeger

From his working class roots, John Crowley has finally begun to taste success in corporate America. Supported by his beautiful wife Aileen and their three children, John is on the fast track. But just as his career is taking off, Crowley walks away from it all when his two youngest children, Megan and Patrick, are diagnosed with a fatal disease. With Aileen by his side, harnessing all of his skill and determination, Crowley teams up with a brilliant, but unappreciated and unconventional scientist, Dr. Robert Stonehill. Together they form a bio-tech company focused on developing a life-saving drug. But when it appears that a solution has been found, the relationship between the two men faces a final test - the outcome of which will affect the fate of John's children. (109 min.)

**DEAR JOHN-** Channing Tatum, Amanda Seyfried, Richard Jenkins, Henry Thomas, DJ Cotrona

A soldier home on leave falls for a conservative college girl. Instead of returning home to her, he reenlists after the attacks on September 11th, 2001. Time and distance begin to take a toll on the young lovers. (109 min.)

**FROM PARIS WITH LOVE-** John Travolta, Jonathan Rhys Meyers, Kasia Smutniak, Richard Durden

A low-ranking intelligence operative take on more than he bargained for when he partners up with a wisecracking U.S. agent who's been sent to Paris to stop a terrorist attack. (95 min.)

**PERCY JACKSON & THE OLYMPIANS-** Logan Lerman, Brandon Jackson, 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.)

**PRECIOUS-** Mo'Nique, Paula Patton, Mariah Carey, Gabourey Sidibe, Sherri Shepherd

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.)

**THE TOOTH FAIRY-** Dwayne Johnson, Ashley Judd, Stephen Merchant, Ryan Sheklder, Seth MacFarlane

"The Tooth Fairy," also known as Derek Thompson, is a hard-charging hockey player whose nickname comes from his habit of separating opposing players from their bicuspids. When Derek discourages a youngster's dreams, he's sentenced to one week's hard labor as a real tooth fairy, complete with the requisite tutu, wings and magic wand. At first, Derek "can't handle the tooth" - stumbling and stumbling as he tries to furtively wing his way through strangers' homes, doing what tooth fairies do. But as Derek slowly adapts to his new position, he begins to rediscover his own forgotten dreams. (102 min.)

**WHEN IN ROME-** Kristen Bell, Jon Heder, Dax Shepard, Josh Duhamel, Anjelica Huston

After stealing coins from an Italian fountain, a young American woman receives visits from numerous strangers who, having previously thrown coins into the fountain, are now in love with her. (91 min.)

**Friday, March 26**  
5:00pm Alice in Wonderland PG  
5:30pm Dear John PG-13  
\*PREMIERE\*  
7:30pm From Paris with Love R  
\*PREMIERE\*  
8:00pm Edge of Darkness

**Saturday, March 27**  
2:00pm Extraordinary Measures PG  
\*PREMIERE\*  
2:30pm Tooth Fairy PG  
5:00pm Dear John PG-13  
5:30pm When in Rome PG-13  
7:30pm From Paris with Love R  
8:00pm Daybreakers R

**Sunday, March 28**  
2:00pm Alice in Wonderland PG  
2:30pm Extraordinary Measures PG  
5:00pm Dear John PG-13  
5:30pm The Lovely Bones PG-13  
7:30pm From Paris with Love R

**Tuesday, March 30**  
5:00pm Extraordinary Measures PG  
5:30pm When in Rome PG-13  
7:30pm From Paris with Love R  
8:00pm Daybreakers R

**Wednesday, March 31**  
5:00pm The Spy Next Door PG  
5:30pm Dear John PG-13  
7:30pm The Lovely Bones PG-13  
8:00pm Edge of Darkness R

**Thursday, April 1**  
5:00pm Tooth Fairy PG  
5:30pm Dear John PG-13  
7:30pm Legion R  
8:00pm Daybreakers R  
\*LAST SHOWING\*

**Friday April 2**  
5:00pm Alice in Wonderland PG  
5:30pm Dear John PG-13  
7:30pm From Paris with Love R  
8:00pm The Wolfman R

SCHEDULE IS SUBJECT TO CHANGE.  
PLEASE CALL TO CONFIRM MOVIE  
SHOWINGS.

MOVIE HOTLINE:  
624-4248

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

## Egg-citing things in April



Signonella has been visited by a certain rascally rabbit! Hop on down to the Easter Eggstravaganza Saturday, April 3, from 10 a.m. to Noon at the NAS I Land Annex Baseball field. Youths of all ages can enjoy bunny and spring crafts throughout the event. Kids can search for eggs in our giant egg hunt. Plus, parents don't forget to bring the camera because there'll be a special visit by the Easter Bunny and Mrs. Bunny. Age groups for the egg hunt will be announced at the event. For more information call 624-3736.

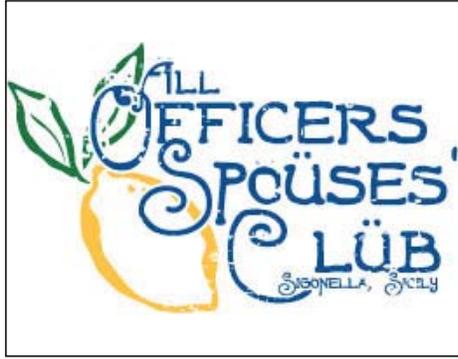
## Handmade in Signonella

Calling all of Signonella's crafters, scrap bookers, bakers, and art enthusiasts: Be a part of the MWR Community Craft Fair, Saturday, April 17, from 10 a.m. to 2 p.m. in the Midtown Atrium on NAS I.

Ring in the spring with a celebration of Signonella's uniquely crafted handiworks, yummy treats and seasonal delights. There is a fee per table due at registration (20 tables available on a first-come, first-



served basis). Register at ITT Gear-n-Go by Friday, April 16. For pricing and more info call 624-4941.



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

**WAGER, continued from page 2**

willingly places himself and his troops when conducting an infiltration into a portion of a city teeming with enemy insurgents. You would know the name of this town.

What is Double Jeopardy? Well, 'double jeopardy' is a legal term regarding two adjudications for one offense. But that's not important right now.

Very funny, let's try again. What is Double Jeopardy? Double Jeopardy is going into this same area willingly bound by Rules of Engagement that stem from a national ethic absolutely committed to protecting the innocent if at all possible.

Does the Doctrine of Double Effect apply? Absolutely! Some actions that cause serious harm, even if foreseen, are still ethically permissible so long as they are truly an unintended side effect, and not the means, of promoting some good end. But make no mistake, no one mourns collateral damage more than we do.

Is there anything beyond Double Jeopardy? Yes, I will refer to it as Jeopardy squared. When already in a situation of Double Jeopardy, malicious individuals take actions that maim and kill those innocents our troops faithfully endeavored to protect through disciplined restraint even when in harm's way.

Is there such a thing as Jeopardy cubed? Yes. This occurs when the rogues responsible for the bloodshed spread gross lies impugning your dignity and virtue.

Jeopardy to the power of four? Again, yes. It occurs when those whose freedom you defend by placing your very life in jeopardy believe, publish and widely disseminate the propaganda of those attempting to take your life.

Do such warriors continue to serve faithfully? Yes. They do not fight in order to win correct perceptions of the masses though that would be nice. They carry on in the midst of self-imposed disadvantages, malice, lies, and disinformation. Sometimes it makes the fight a little lonely. They fight anyway. As to why, well, I guess because they are not in it for themselves. They do it for the good of others.

Yes, I think I do. I'll go with One. Just one more question. Do you want to make a wager for Final Jeopardy?

**Alcoholics Anonymous**

Alcoholic Anonymous meeting will be held on Monday evenings from 5:30 p.m. to 6:30 p.m. at the NASII Chapel.  
If addicted meetings are needed or for more information please call x3267

**FISC Sigonella Sailor Selected as COMFISCS' Junior Sailor of the Year**

**Provided by FISC Sigonella**

A Fleet and Industrial Supply Center Sigonella Sailor has been named Junior Sailor of the Year (JSOY) for 2009 by Commander, Fleet and Industrial Supply Centers (COMFISCS).

Logistics Specialist 3rd Class Nancy S. Cid was recognized by Rear. Adm. Mark Heinrich, COMFISCS, for her outstanding achievement as postal finance clerk and section leader for FISC Sigonella.

"LS3 Cid is a motivated, involved and focused Sailor whose efforts have made a resounding positive impact on her command and the larger Sigonella community," said Heinrich. "Her performance has been truly outstanding and easily comparable to a more seasoned petty officer."

Petty Officer Cid is highly praised for her professionalism and integrity by her chain of command. "LS3 is one of the brightest and most caring Sailors I have been associated with," said LSCS Victor Gonzalez, FISC Sigonella's Senior Enlisted Advisor. "What impresses me the most is that she's a very selfless person who always puts others first. That is a trait of a great leader. She's the ultimate shipmate. Her performance in 2009 is just a small sample of what this Sailor has been doing throughout her whole career. Lucky for me and our command, we have many other great Sailors just like Cid."

LS3 Cid is currently on a volunteer 5-month TAD assignment to Seychelles. "If she was here, I guarantee she would tell you that she could not have done it without the support of her shipmates," said Gonzalez.

According to FISC Sigonella's Commanding Officer, Capt. Dana

Weiner, Cid excelled in delivering services to Naval Air Station Sigonella's 5,000 postal customers. She skillfully managed the movement of more than one and a half million pounds of mail to 5th and 6th Fleet units.

"Petty Officer Cid is simply a superb Sailor and person," said Weiner. "She currently serves downrange supporting operational forces in the Seychelles and, when I called her to share the news of her selection as COMFISCS' Junior Sailor of the Year, she was very excited but seemed more interested in discussing how we are supporting the warfighter. That's just another example of her outstanding dedication and teamwork."

Off duty Cid volunteered more than 200 hours to the NAS Sigonella DEFY program and nearly 65 hours combined to the Sigonella Booster Club and fundraisers for various community causes last year.

The Long Beach, Calif., native also received two Navy Achievement Medals in 2009 while assigned to FISC Yokosuka, Japan.

"Petty Officer Cid's commitment to excellence, proactive engagement in community service and her desire to further her education and technical skills has made a lasting impression," said Weiner.

Also competing at the COMFISCS level from FISC Site Sigonella were LS2 Jason Judson and LSSN Justin Stafford for Sailor of the Year and Blue Jacket of the Year respectively. Both should be commended for their selection at the local level and the FISC Sigonella Regional level, which includes all FISC Sigonella locations throughout Europe, Africa and Southwest Asia.

**NEWS BRIEFS**

**JOB OPPORTUNITIES**

FISC Sigonella, is soliciting for one full-time "Dental Assistant" and one full-time "Certified Medical Assistant" personalized service contracts for the US Naval Hospital Sigonella. Sources must be eligible for US employment. Solicitation packages are available at the FISC Department, NAS II, or at the Material Management Department, Hospital, NAS I. Point of contract are Mr. Giuffrida, at 095-865725 (DSN 624-5725) or Ms. Randazzo, at 095-563792 (DSN 624-3792).



# 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)

