



3 Sigonella sailors win sailor of the year competition

By MC3 Jonathan Idle
The Signature Staff

Sailors and members of the Sigonella came out to welcome home competitors returning from the regional sailor of the year competition Jan. 29 at the air terminal on NAS II.

Three Sigonella sailors walked away from the competition at Naval Support Activity Naples carrying the title of "Sailor of the Year."

Master-at-Arms 1st Class Johnny Ortiz, Naval Air Crewman 1st Class Wesley Vinson and Aviation Structural Mechanic 1st Class Francois Rapale all walked away as winners.

Ortiz, Commander, Navy Region Europe, Africa, Southwest Asia (CNREURAF-SWA) Sailor of the Year, felt humbled by the experience of winning sailor of the year for



Sigonella sailors come back to a warm welcome from the Sigonella community Jan. 29 after traveling up to Naval Support Activity Naples for the regional sailor of the year competition.

the region.

"It was tremendous," Ortiz said. "I'm very appreciative. It was one of the highlights of my career."

If winning the competition wasn't enough, Ortiz wasn't quite prepared for the

WINNERS, continued on page 12

New Navy Gateway Inns and Suites facility opens



Capt. Joseph Beadles, Naval Air Station (NAS) Sigonella Executive Officer and Gayle Leblanc, NAS Sigonella Housing Director, cut the ribbon for NAS Sigonella's newest Navy Gateway Inns and Suites new facility on NAS I. The facility is Navy gateway Inns and Suites first on NAS I and allows guests to utilize all of the Morale, Welfare, and Recreation facilities on the base.

By MC3 Whitfield Palmer
NPASE East Det. Sigonella

coffee service and flat screen televisions.

Navy Gateway Inns and Suites marked the opening their new facility on NAS I with a ribbon cutting ceremony and refreshments Wednesday, Jan 27.

The service began with a benediction from U.S. Navy Chaplain Cmdr. Alfonso Concha, a few words from NAS Sigonella's Executive Officer Capt. Joseph Beadles, and a welcome message from Navy Gateway Inns and Suites Transient director, Eric Birmingham.

"This is a great moment for us here at Navy Gateway Inns and Suites," said Birmingham. "With this new addition, guests can utilize all of the Moral, Welfare, and Recreation (MWR) facilities located on NAS I.

Following the ribbon cutting, guests were treated to cake and refreshments and a tour of the rooms which feature kitchens,

"The facilities are the same as finer hotels," said Birmingham. "We have clean rooms, very comfortable beds, and friendly surroundings. It's also a very affordable price. Standard rooms are 50 dollars per night and suites are 60 dollars per night"

The facility, which offers transient and space available (Space-A) quarters, is the first of its kind on NAS I and can be utilized by active duty servicemembers, their dependants and family, retired service members, and Department of Defense civilians. As well, any active duty servicemember passing through Sicily on leave can utilize the facilities on Space A basis.

Navy Gateway Inns and Suites has 500 rooms on NAS 1 and 2. For more information or reservations call 1-800-Navy Beds or go on line to www.dodlodging.mil.

Important COLA survey update

The Cost of Living Allowance (COLA) Living Pattern Survey (LPS) for Aviano, Gaeta, Ghedi, Livorno, Naples, Sigonella and Vicenza (Italy) is now available on-line until 31st March 2010. Here is the link to access the survey: <https://www.defensetravel.dod.mil/oscsla/lps/italy/>

WHAT IS IT? This is a COLA Survey that asks Military Members and their families which local economy outlets they use when they shop for food items, clothing and many other goods and services, such as restaurant meals, hair care, and auto repair. It also asks them how much of their shopping is done on the local economy, and how much is done at the Commissary, Exchange or on the internet.

NAS Sigonella Operations Officer makes final flight



Cmdr. Dennis Shelton, NAS Sigonella Operation Officer, celebrates with family and friends following his "wetdown" after piloting his final flight as a Navy pilot. Shelton is retiring after 20 years of service.

WEATHER UPDATE

February 5	February 6	February 7	February 8	February 9	February 10	February 11
H:61F L:46F	H:64F L:45F	H:59F L:44F	H:61F L:48F	H:64F L:50F	H:65F L:52F	H:68F L:44F

TOP STORIES

When was the last time you took your spouse on a long and romantic trip? Oftentimes trips like these are far too expensive. The upshot of this is that we inadvertently neglect our marital relationship to our own peril.

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KILLICK, Haiti -- The commander of Joint Task Force (JTF) Haiti visited the medical triage and treatment center in Killick, Haiti, Jan. 25 to observe the teamwork of the Sailors, Coast Guardsmen and Haitian volunteers providing care to earthquake victims.

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Family life changes during a deployment. Following treasured rituals and creating new ones can help your family feel close to you throughout your separation. Rituals ground families and give members a sense of security and belonging.

Page 5

As the Italian proverb goes: "A Carnevale ogni scherzo vale!" (At Carnival time, every prank is fair) the Carnival season is all about having fun! Festivities in Acireale have already started with the usual dazzling amazing allegoric floats parade.

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Two major components of cross-cultural differences are time and space. People of other countries who speak other languages and have cultures that are not our own have different systems of beliefs, values and material products.

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TRAFFIC NUMBERS

	Jan. 10- Feb. 10	Jan. 09- Feb. 09
Accidents	31	43
Injuries	4	4
DUIs	1	0
Traffic Deaths	0	0

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The spring Physical Fitness Assessment is right around the corner and everyone should be fine tuning their workouts as the scheduled day approaches. Regular exercise should be a part of everyone's routines and not just something that is thought about twice of year around the biannual PFA.

Master Chief Petty Officer of the Navy (SS/SW) Rick West made an excellent point when he said "Fitness is one of the many elements of readiness. Our Sailors need to be fit to fight." This is becoming truer every day as the Navy

experiences higher op-tempo and increasing IA deployments putting our Sailors in non-traditional roles on the ground. Increased op-tempos and deployments equal higher stress which can wear the body down. Incorporating fitness into your daily activities helps relieve stress while increasing your overall physical fitness and readiness.

The advantages to incorporating regular exercise into your weekly routine extend beyond just passing the PFA, and can include some surprising benefits. According to the Navy and

Marine Corps Public Health Center (NMCPHC), individuals who exercise regularly are less likely to develop certain diseases including heart disease, diabetes, high blood pressure and high cholesterol. Lowering the risk for these diseases translates to lowering your future health care costs, insurance costs and improving and extending your life into your later years. Furthermore, there are some immediate advantages that make it worth the extra effort each day. The NMCPHC states that individuals who exercise regularly are more likely to maintain a healthy body

weight, increase energy levels, decrease fatigue, improve mood, improve ability to focus and concentrate, and ultimately reduce and counter the effects of stress on the body.

Considering the constant and high operations tempo all the services are now maintaining and the constant need to become more efficient and do more with less, job-related stress is a part of the military life. Utilizing the fitness programs and equipment available to service members and their depen-



dants is an excellent way to lower your stress level and improve your quality of life.

Sipping, Snacking and Tooth Decay

Taken from American Dental Association

What children eat and when they eat it may affect not only their general health but also their oral health. Developing good habits at an early age helps children get a good start on a lifetime of healthy teeth and gums. February is the National Children's Dental Health Month, designed to raise awareness about the importance of oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that —junk foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year! Alarming, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to

the tendency toward tooth decay. These include —grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

TEETH, continued on page 12

HEALTH WATCH

NASSIG WORSHIP SERVICES

ROMAN CATHOLIC		PROTESTANT	
<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)	CHURCH OF CHRIST LAY SERVICE	
		<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: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116

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

CHAPLAIN CORNER



Chaplain Kennedy

When was the last time you took your spouse on a long and romantic trip? Oftentimes trips like these are far too expensive. The upshot of this is that we inadvertently neglect our marital relationship to our

Experience a marriage enrichment weekend

own peril. The statistics for divorce in the United States are astonishing. The Americans for Divorce Reform estimates that, "Probably, 40 or possibly even 50 percent of marriages will end in divorce if current trends continue." This research is also alarming, 50% percent of first marriages, 67% of second and 74% of third marriages end in divorce, according to Jennifer Baker of the Forest Institute of Professional Psychology in Springfield, Missouri. Divorce is one of the most painfully devastating experiences for family members to endure. As a minister and chaplain, I've seen

the human wreckage as a result of divorce. Undoubtedly, divorce directly impacts military readiness. The chaplains in Sigonella have a solution to this ubiquitous problem. We are committed to the success of your marriage. Therefore, we are offering a wonderful opportunity to strengthen your relationship in a beautiful location! Last November 20-22 we conducted a first-ever (Sigonella led) Marriage Enrich Weekend at the Emmaus Hotel, located on Mt. Etna. This retreat was an overwhelming success. This MEW is meant to make good

MARRIAGE, continued on page 12

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EMERGENCY MANAGEMENT OFFICE

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

NAVY NEWS

JTF Haiti commander visits Killick, praises progress

By Lt. j.g. Rick Chernitzer
 Operation Unified Response
 Public Affairs

KILLICK, Haiti -- The commander of Joint Task Force (JTF) Haiti visited the medical triage and treatment center in Killick, Haiti, Jan. 25 to observe the teamwork of the Sailors, Coast Guardsmen and Haitian volunteers providing care to earthquake victims.

Army Lt. Gen. Ken Keen, who also serves as the deputy commander of U.S. Southern Command, toured facilities at the Killick Haitian Coast Guard Base and was amazed at the diversity of people from dif-

ferent backgrounds and experiences and the success they had in conducting operations there.

"This is a great example of people getting together," said Keen. "It takes time to get started...but as you go along, as you get more organized, you find we are saving more and more lives every day."

The base has been used as a medical treatment center since shortly after the devastating earthquake in Haiti Jan. 12. The 7.0-magnitude quake killed up to 150,000 people by official estimates. The clinic has become a major part of Operation Unified Response, a coordinated effort to provide

aid to the people of Haiti.

Keen toured the base, guided by USS Gunston Hall (LSD 44) Commanding Officer Cmdr. Fred Wilhelm, JTF Bravo Commander, Army Col. Marie Dominguez, and Africa Partnership Station West Commander, Capt. Cindy Thebaud. Together, they walked through each step in the process of assessing, treating and helping survivors.

Lewis Lucke, the coordinator for relief efforts in Haiti for United States Agency for International Development (USAID), also toured the facility. Lucke said getting to meet the Haitians treated by

the personnel at Killick was all the proof he needed that people were getting the help they needed.

"I just talked to a patient upstairs (in the recovery ward) that said he thanks God every day because he was one of the lucky ones that was able to get to this facility to receive quality care," said Lucke.

Wilhelm appreciated the opportunity to show Keen the facility and explain the work they were doing.

"We knew we were doing some good things out here, but it's always gratifying to hear it from your boss," said Wilhelm. "He had an opportunity to see my Sailors working with not only other

branches of the service through JTF Bravo and the Coast Guard units, but also with Haitians and the Mexican navy medical personnel who have played a large role here."

Gunston Hall is conducting humanitarian assistance and disaster relief operations for Operation Unified Response under control of U.S. Naval Forces Southern Command and U.S. Fourth Fleet (NAVSO/C4F). NAVSO/C4F is directing all Naval assets and personnel in support of Joint Task Force Haiti, the joint command element directing U.S. military capabilities support to USAID and the U.N. Stabilization Mission in Haiti.

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 Kilho Park

100126-N-6003P-043 ATLANTIC OCEAN (Jan. 26, 2010) Sailors combat a simulated fire in a smoke filled environment aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) during general quarters training. Harry S. Truman is underway conducting carrier qualifications.



U.S. Navy photo by MCC Robert Fluegel

A Haitian child uses the hand crank on his multi-purpose self-powered radio. Joint Task Force Haiti is distributing multi-purpose self-powered radios for affected citizens to receive news and important information concerning international relief efforts and food and water distribution.

Calvary Buongustaio

Muscle

COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				5 FEBRUARY Italian Holiday FFSC Arrivederci 8 a.m. - 11:30 a.m. x4291	6 NMCRS Nearly New Shope Open x4212	7
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
8 FFSC Single Parenting & Stress 2 p.m. - 4 p.m. ICR for youth 8 a.m. - 11:30 a.m. x4291	9 FFSC Single Parenting & Stress 2 p.m. - 4 p.m. ICR for youth 8 a.m. - 11:30 a.m. x4291 NMCRS Volunteer Orientation x4212	10 FFSC Men's Group 1:30 p.m. - 3 p.m. x4291 NMCRS Budget for Baby x4212	11 FFSC Raising Financially Fit Kids 1 p.m. - 2 p.m. Ombudsmen Assembly 9a.m. - 11a.m. (@Navy College) Marriage & Money 10 a.m. - 11 a.m. x4212	12 FFSC ICR 12:30 p.m. - 3:30 p.m. x4291	13	14 <i>Valentine's Day</i>
15 American Holiday <i>President's Day</i>	16 FFSC TAP 8 a.m. - 4 p.m. ICR 8 a.m. - 3:30 p.m. x4291	17 FFSC TAP 8 a.m. - 4 p.m. Self Defence Class 5 p.m. - 7 p.m. ICR 8 a.m. - 3:30 p.m. x4291	18 FFSC TAP 8 a.m. - 4 p.m. VA Rep. 1-on1 8 a.m. - 10:30 a.m. 12 p.m. - 4 p.m. Survive & Thrive 8 a.m. - 3 p.m. x4291	19 FFSC TAP 8 a.m. - 4 p.m. VA Rep. 1-on1 12 p.m. - 4 p.m. Arrivederci 8 a.m. - 11:30 a.m. x4291	20 NMCRS Nearly New Shope Open x4212	21

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Navy
Exchange

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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



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

Building family rituals while you're deployed

Edited from Military one Source

Family life changes during a deployment. Following treasured rituals and creating new ones can help your family feel close to you throughout your separation. Rituals ground families and give members a sense of security and belonging. They remind families that they are still a family, even when they are apart.

The importance of rituals
 Family rituals are customs and traditions that your family takes part in together regularly. They can be special, such as celebrating a birthday each year with a chocolate frost-

ed layer cake, or more routine, such as sharing the evening meal.

Rituals are important because they:

- Strengthen family connections.
- Give children a sense of security that comes from knowing what to expect, and when.
- Give a family its own "personality" and sense of being unique and special.
- Reinforce a family's values.
- Help family members cope during challenging times, such as a deployment.

If your family has important rituals, ask them to continue these while you are gone, if possible. But also come up with some new ones to follow during your deployment. Doing so will help bridge the miles that separate you. Look at the following ideas, and pick a few you think would be meaningful to you and your family. Be sure to stick with them throughout your deployment so they will take on the meaning and importance of family rituals.

Before deployment
 • Give your family a scrapbook to hold the letters, drawings, maps, and other souvenirs you send home.

- Hide small gifts or notes throughout your home. Every few weeks during your deployment, send home a treasure map or a clue to lead your family to one of the gifts or notes.

• If you have small children, make tapes of yourself reading their favorite storybooks.

Building Family Rituals While You Are Deployed

• Have your children help you pack, if there is time.

• Mark on a map or globe where you will be as well as the locations of your family and relatives who live in other states or parts of the world

• Ask your children for a special keepsake, such as a drawing or photograph, to bring with you

• Agree on a phrase you will each say before going to sleep.

• Put your name on the prayer list at your place of worship, if this is your custom.

• Think of each other at a regular time each day.

• Surprise your children with lunchbox notes.

• Have an ongoing trivia contest.

When you're home again

Returning home from a long deployment comes with its own set of challenges as

you and family members become reacquainted. The rituals you created and

followed during your separation should make this process easier because it helped

keep the connection between you and your family strong.

• Return to your old family rituals

• Continue some of your deployment rituals.

• Look through your family's scrapbook together.

For the complete story and many more great articles, please visit Military OneSource

This free 24-hour service, provided by the Department of Defense, is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. You can reach the program by telephone at 1-800-342-9647 or through the Web site at www.militaryonesource.com.

marchi

Rosso Scuro



Cold Noses

WARM
 HEARTS



A reminder to the community that feeding feral or wild animals on the installation is prohibited.

Sigonella's Stray Animal Facility (SAWS) has many cats and dogs looking for a warm home and someone to love. Each week, *The Signature* will feature animals in need of adoption.



(Below) Bobby has grown so much in the time that he has been with us. He loves to play with his toys as well as other dogs. Bobby is extremely sportive and would be the perfect addition to any active family.

(Above) Rita is a beautiful girl who would love a home to call her own. She wants someone to take her for walks and give her treats.



Alberto Lunetta
The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Carnival merrymaking kicks off in Acireale

As the Italian proverb goes: "A Carnevale ogni scherzo vale!" (At Carnival time, every prank is fair) the Carnival season is all about having fun! Festivities in Acireale were already started with the usual dazzling amazing allegoric floats parade.

Acireale's Carnival tradition dates back to the

17th century. According to Acesi (Acireale residents) Acireale boasts the "Carnevale più bello di Sicilia!" (The most beautiful Carnival in Sicily!).

The first written record of Carnival celebrations held in Sicily date back to the 17th century.

Sicilians used to celebrate "Carnalivari" through dance festivals named "Slave Dances." Dancers, who were disguised as slaves, performed shows throughout the streets. Drums and trumpets accompanied performers.

Masked revelers from different social classes used Carnival as an excuse to mingle. The "Jardinara," (Gardeners), "Briganti"(Bandits), "Baruni"(Barons) and "Abbati" (Abbots) were among the most popular masks.

During the festivals, aristocrats and politicians were publicly mocked. Revelers also staged "battles" throwing rotten eggs, citrus and vegetables at one another. This practice was popular in 17th century Acireale. In 1612, local authorities forbade it because it caused damages to property and injured people.

By the 18th century, celebrations became less "violent" and turned into comedy plays that were

performed by comedians named "Abbatuzzi." Under the authorization of the Bishop, they made fun of nobles or priests pretending to read jokes from a big book and taking part in prank competitions.

In 19th century, celebrations included the "Cassariata," a parade of flower-decorated carriages, named "landò," that toured the historic center. Local nobles, paraded on the carriages wearing masks and threw colored sugar coated almonds and coins at the crowd.

Today, people throw the "lighter" confetti. Spraying shaving foam and "gently" whacking people on the head with plastic toy hammers is also pretty popular during carnival but it was recently prohibited by the town's authorities. It will also be forbidden to sell alcoholic beverages for take-out purposes during the celebrations.

In the 1930s, Acireale craftsmen started to create majestic allegorical floats with papier-mâché depicting animated figures of politicians, animals and other fantastic subjects that are mounted on a mobile platform and driven in parades. Since then, Carnival carri have become much more elaborate and spectacular.

Parades Schedules

Acireale's Carnival celebrations will run through Tuesday, Feb. 16 which marks this year's "Martedì Grasso" literally meaning "Fat Tuesday" in Italian. Fat Tuesday is the last Carnival celebrations' day before Lent begins on Ash Wednesday.

Highlights will include magnif-



It's That Time of the Year Again! Carnival is back in the enchanting Baroque town of Acireale with dazzling allegoric floats parades and entertainment.

icent papier-mâché allegorical and flower-decorated floats' parades that will be held in the main square, piazza Europa and throughout the historic center on the following days: Sunday, Feb. 7 (noon, 4 p.m.), Thursday, Feb. 11, (4 p.m.), Saturday, Feb. 13 (10 a.m. and 4 p.m.), Sunday, Feb. 14 (11 a.m./ piazza Europa, 3:30 and 4 p.m./piazza Duomo), Tuesday, Feb. 16 (noon, 4 p.m. and grand finale with fireworks and the traditional "King of Carnival" puppet's bonfire /

11:30 p.m. / piazza Duomo). Live p.m.

music will be performed almost every night in piazza Duomo at 9 For more information call Acireale Tourist office at 095-895111

Days Inn

Moroboshi



If you want to indulge your sweet tooth, Carnival is the perfect time to do that. Make sure you browse the local pastry shops to sample the mouthwatering traditional dolci (sweets) including Cannoli, Chiacchere (irregularly shaped pieces of dough, fried and dusted with powdered sugar, Castagnole (fried and sugared dough balls shaped as small chestnuts and filled with either custard mixture, chocolate or ricotta cheese), etc. As for pasta, try "Maccharuna di Zitu che cinqu purtusi" (Five-holed Maccheroni with pork ragu sauce) and "Pasta con le sarde" (pasta with sardines).

Casa Brasil



Rapper '50 Cent' to perform in Acireale Mar. 29



Multi-platinum rapper "50 Cent" will perform at the Palasport (sports arena) in Acireale, Sicily. 50 Cent is known for hit-songs such as "In Da Club," "P.I.M.P" and "Candy Shop." For more information and tickets call ITT at 624-4777.

Dott. Sterla

Magnolia

NEWS BRIEFS

FAMILY BAZAAR featuring I.A. and Community Support Services will take place Friday from 2-5 p.m. in the Midtown Atrium. I encourage all families to stop in and learn what services Sigonella has to offer during a time of family separation. Organizations and NASSIG Departments will be in one convenient location to assist your family to be mission ready. MWR will also provide free activities for the kids (bouncy house and bowling from 2-4 p.m. One of my key components as a SLO is deployment support. We here in Sigonella seem to have a number of people affected by IA deployments and it just doesn't seem like the practice is going away anytime soon. If you're lucky a

family will get a few weeks to prepare, some are gone in a few days. When the news comes down, it's quite a bit to process and prepare for. Fortunately the reality is some of what frustrates families during this arduous time can be avoided with a little knowledge and families coping with this type of separation often feel like they're the only ones going through it as it's quite different from getting underway with an entire crew. Staying occupied in a meaningful manner can make a huge difference in your quality of life. Whether it's taking a class, getting certified as a trainer, volunteering at one of the many organizations, learning a language with one of the programs available through the library or taking a few hours to relax with free childcare. Fleet, Fighter, Family - we complete the triangle. So please take the time to

stop by even if you're not in a deployment situation the event benefit all residents of Sigonella!

School Pictures/Retakes will take place Feb 2 and 3. At this time buddy shots are also available if you'd like to take pictures with your friends. Information will be sent home with your student and all photos must be paid for in advance.

The Sure Start Program is anticipating openings in the near future for

children of sailors and soldiers ranking E4 and below, and Civilian equivalents, however, everyone up to E9 is welcome to apply! This is a free, full day, quality preschool program at Sigonella Elementary School. Note: Your child MUST turn 4 years old by Sept. 1, 2009 to qualify for school year 2009 - 2010. For more information contact the elementary school at 624-4406.

UNI3 visits NAS Sigonella



Last week, NASSIG and the Italian Air Force Public Affairs Offices hosted members of the University of Third Age (UNI3) and their families from Lentini, who had a unique chance to get a closer look at the Sigonella operations activity. It was the first 2010 tour of the PAO-arranged COMREL base tour program which annually brings on base thousands of host nations guests and students who get a firsthand look at life in the Navy and the Italian Air Force.

The VP-26 Tritons of Patron Sigonella gave a guided tour of their P-3C aircraft and NAS II hangar spaces to the Italian visitors who showed great interest in what the Navy does in Sicily. The group's members were able to walk through the P-3C, sit at the flight station controls, don emergency equipment and learn about the aircraft's anti-submarine warfare capabilities.

The tour also included the 41st

Stormo Weather Station as well as a windshield tour of both installations.

"These tours are eye-opening experiences for all of us involved. It's always interesting to see people's reactions when they walk through our plane for the first time and they learn what we can do when we fly," said LT Rick Dorsey, one of several uniformed tour guides.

"It was both an exciting and educational field trip for those non-traditional adult students, coming from Lentini, who attend the University of the Third Age (UNI3). It was also a unique opportunity for Sigonella military community and local nationals to meet and strengthen their long-lasting relationship. It was definitely a learning experience for everyone! I'd like to thank the VP-26 Squadron whose Staff let the group experience the excitement of being aboard a military aircraft," said Giovanna Hansen, a UNI3 representative.

Group tours of NASSIG are typically conducted jointly with the Italian Air Force 41st Stormo. Tours can be arranged in advance by calling the Public Affairs Office's Community Relations Officer at 095-865440.

Protestant Women of the Chapel



ALL WOMEN WELCOME!
Women's Ministries
Tuesdays
9:15 a.m. -
11:30 a.m.
NAS I Chapel
Fellowship Hall
Childcare Provided
For more info.
www.pwocsig.com

Antica Badia

Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY Shrimp salad and shrimp kababs make for a great Sicilian meal

Photos by MC2 Jason Poplin
Navy Public Affairs Support
Element-East Detachment
Sigonella

Shrimp Salad

Ingredients:
shrimp
mayonnaise
paprika
ketchup
salad greens
Method:

1. Boil a package of shrimp in a large pot for 1.5 min.
2. After boiling for 1.5 minutes, the shrimp should float to the top of the water. This is how you know it's time to remove them from the heat.



3. Drain the shrimp in a colander.



4. After draining, immediately put the cooked shrimp in a bowl that's filled with ice to stop the cooking process.



5. After letting the shrimp cool, remove from the ice bath.



7. Begin peeling the outer layer of the shell.



8. Take a big scoop of mayonnaise and place it into a bowl.



9. Squeeze a bit of ketchup into the bowl with the mayonnaise.



6. Move the prepared shrimp to the assembly table, where you'll have the mayo, ketchup and salad greens.

10. Add a dash of paprika. Taste to make sure it's spicy enough for your liking.



11. Mix it all together.



12. Take a bed of salad greens and place them on a plate.



13. On top of the salad greens, place some of the cooked and deshelled shrimp.



14. Top the shrimp with some of the mayonnaise/ketchup dressing.



15. Buon appetito!

Alphio

--AGIP



Shrimp Kababs

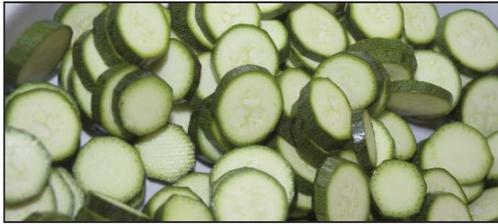
Ingredients:

- King Prawn shrimp
- olive oil
- sesame seeds
- cucumbers
- salad greens (for garnishing)
- quarter of an orange (for garnishing)

Kabab sticks

Method:

1. Begin by pouring the sesame seeds out onto a big 7. Place one slice of cucumber through the kabab stick. Have the shrimp nearby.



13. Lay some salad greens onto a plate and top with the cucumber and shrimp kababs. Garnish with a quarter of an orange.



2. Peel all of the shell off of the shrimp except for the bit by its head.



3. Drizzle olive oil over the top of the peeled shrimp.



9. Sprinkle with any leftover sesame seeds.

8. Push two pieces of shrimp through the kabab stick.



10. Grease a baking dish.



4. Make sure you coat both sides with the olive oil.



5. Dip the oiled shrimp into the sesame seeds, making sure to coat all around it.



11. Lay the cucumber and shrimp kababs on top of the greased sheet and sprinkle with salt.



12. Bake in a 350 degree oven for 40 minutes.



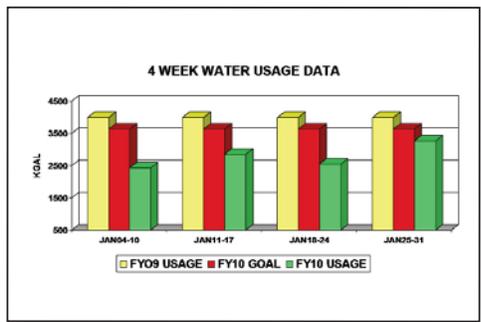
Dott. Milici

P e t H&R Grooming Block

Go Green Sigonella!

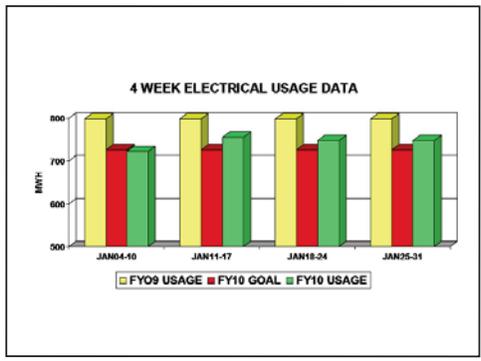
Water Consumption at NASSIG

The following graph charts the last four weeks of water 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.



Electrical Consumption at NASSIG

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



- 5** Lunch: New England Clam Chowder, Lemon Pepper Catfish, Grilled Pork Chops, Steamed Rice, Garlic Roasted Potatoes, Asparagus, Creole Green Beans, Sugar Cookies, Cheese Cake, Vanilla Cream Pudding.
 Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.
 Dinner: Vegetable Supreme Soup, Italian Rice and Beef, Teriyaki Chicken Breast, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding, RIKPAK.
- 6** Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.
 Brunch: Breakfast Items, Logging Soup, Baked Tuna and Noodles, Beef Stirfry, Pork Fried Rice, Cajun Oven Fries, Steamed Broccoli, Glazed Carrots, Almond Cookies, Blueberry Pie.
 Dinner: Cream of Mushroom Soup, Grilled Steaks, Jamaican Rum Chicken, Steamed Rice, Fried Okra, Corn Whole Kernel, Almond Cookies, Blueberry Pie.
- 7** Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Kolaches.
 Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Monte Cristo Sandwich, Cheddar and Chicken Broccoli, Rosemary Potato Wedges, Steamed Brussels Sprouts, Glazed Carrots, Hermits, Velvet Pound Cake.
 Dinner: Pepper Pot Soup, Pasta Alla Sicilliana, Jaegerschnitzel, Rice Pilaf, Cauliflower Polonaise, Seasoned Succotash, Garlic Bread, Hermits, Velvet Pound Cake
- 8** Breakfast: Hominy Grits, Minced Beef w/ Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls.
 Lunch: Beef Noodle Soup, Fish Florentine, Yankee Pot Roast, Southwestern Rice, Parsley Buttered Potatoes, Calico Cabbage, Sprouts Superba, Almond Cake, Peach Crunch, Butterscotch Pudding.
 Speed line: Assorted Pizza, RIKPAK.
 Dinner: Cream of Potato Soup, Salisbury Steak, Turkey Pot Pie, Brown Rice w/ Tomatoes, Collard Greens, Lyonnaise Wax Beans, Almond Cake, Peach Crunch, Butterscotch Pudding, RIKPAK.
- 9** Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Biscuits and Gravy, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Butterfly Rolls.
 Lunch: Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Steamed Rice, Cut Green Beans, Steamed Carrots, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.
 Speed line: Philly Cheese Steak, Onion Rings, RIKPAK.
 Dinner: Manhattan Clam Chowder, Creole Shrimp, Stuffed Green Peppers, Boiled Pasta, Cream Style Corn, Baked Hubbard Squash, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies, RIKPAK.
- 10** Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.
 Lunch: Mulligatawny Soup, Roast Turkey, Meatloaf, Steamed Rice, Mashed Potatoes, Chicken Gravy, Peas & Carrots, Steamed Cauliflower, Sweet Potato Pie, Shortbread Cookies, Peach Gelatin.
 Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
 Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Fishwich, Steamed Rice, Lima Beans, Vegetable Stir Fry, Sweet Potato Pie, Shortbread Cookies, RIKPAK.
- 11** Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Pineapple Carrot Muffin.
 Lunch: Corn Chowder Soup, Pineapple Chicken, Beef Sauerbraten, Orange Rice, Mashed Potatoes, Steamed Asparagus, Summer Squash, Devils Food Cake, Fruit Nut Bar.
 Speed line: Assorted Pizza, RIKPAK.
 Dinner: Beef Noodle Soup, Mumbo Roast Pork, Chicken Parmesan, Steamed Rice, Steamed Broccoli, Seasoned Carrots, Devils Food Cake, Fruit Nut Bar.
- 12** Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Apple Fritters.
 Lunch: New England Clam Chowder, Fried/Baked Fish, Grilled Pork, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.
 Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
 Dinner: Cream of Mushroom Soup, Cantonese Spareribs, Grilled Chicken Breast Sandwich, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding, RIKPAK.

Stampa

Oxidiana

New Place

ON THE GO WITH MWR

MWR February Fitness Schedule

FIT DISTRICT					
FEBRUARY FITNESS SCHEDULE					
	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 7 am		Spin w/ Sarah		Spin w/ Sarah	
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		
	Step w/ Michelle	Pilates w/ Danielle	Step w/ Michelle	Pilates w/ Danielle	
4:30 - 5:30 pm	Spin w/ Lisa		Spin w/ Lisa		
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		Step w/ Michelle		Step w/ Michelle
5:30 - 6:30		Triple Shot w/ Malinda		Triple Shot w/ Malinda

MARANAI COMMUNITY CENTER				
	Monday	Tuesday	Wednesday	Thursday
5 - 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

MWR is sweet on Valentine's Day

MWR is feeling the love this Valentine's Day with special events all weekend long.

Looking for love? Friday, Feb. 13, head to Jox Pub for a Valentine's Dance. DJ Tree is spinning the hottest music and all ladies get a special Valentine's gifts. Searching for a night in? Sunday, Feb. 14, Take 5 is showing a Romantic Comedy movie marathon all day. Sit back and enjoy free popcorn and a movie.



Midtown 2 Theaters is getting into the romantic mood with the "Count the Kiss" contest. Guess the correct number of chocolate kisses in the jar from Feb. 4-11 and win a Valentine's gift basket for two. Winner will be announced Feb. 12. On Valentine's Day, enjoy a date for two for only a small fee.

Love is in the lanes at SpareTime Bowling Center. Sunday, Feb. 14, couples can compete in the Amore Bowl at 6 p.m. There is a special champagne toast, giveaways, and prizes for the highest scoring couple. Space is limited to only 30 couples, so sign up now at SpareTime.

Enjoy a special night out with ITT this Valentine's Day with a trip to Carnevale in Acireale. Grab a mask and confetti and party the night away at one of the best Carnevals in Italy. ITT also invites everyone for a romantic dinner at Agricola Azienda Infantino Valentine's night. Spend the day walking through the hills of Mineo before settling down for a relaxing dinner with loved ones and friends.

For more information on any of these events, grab a Preview or visit MWR's Facebook page at Facebook.com/mwrsigonella.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



AVATAR

Sam Worthington, Zoe Saldana, Sigourney Weaver, Lola Herrera

Avatar takes us to a spectacular world beyond imagination, where a reluctant hero embarks on an epic adventure ultimately fighting to save the alien world he has learned to call home. (156 min.)

SHERLOCK HOLMES

Robert Downey Jr, Jude Law, Rachel McAdams, Mark Strong

Robert Downey Jr. brings the legendary detective to life as he has never been portrayed before. Jude Law stars as Holmes' trusted colleague, Watson, a doctor and war veteran who is a formidable ally for Sherlock Holmes. Rachel McAdams stars as Irene Adler, the only woman ever to have bested Holmes and who has maintained a tempestuous relationship with the detective. Mark Strong stars as their mysterious new adversary, Blackwood. (134 min.)

BROTHERS

Tobey Maguire, Jake Gyllenhaal, Natalie Portman, Sam Sheppard

Thirty-something Captain Sam Cahill and his younger brother Tommy are polar opposites. A Marine about to embark on his fourth tour of duty, Sam is a steadfast family man married to his high school sweetheart, the aptly named Grace, with whom he has two young daughters. Tommy, his charismatic younger brother, is a drifter just out of jail who's always gotten by on wit and charm. He slides easily into his role as family provocateur on his first night out of prison, at Sam's farewell dinner with their parents, Elsie and Hank Cahill, a retired Marine. Shipped out to Afghanistan, Sam is presumed dead when his Black Hawk helicopter is shot down in the mountains. At home in suburbia, the Cahill family suddenly faces a shocking void, and Tommy tries to fill in for his brother by assuming newfound responsibility for himself, Grace, and the children. (110 min.)

ARMORED

Matt Dillon, Jean Reno, Laurence Fishburne, Amaury Nolasco, Fred Ward
A crew of armored truck guards execute a meticulously planned robbery of their own security firm but when their seemingly foolproof plan unravels the men turn against each other as they desperately try to save themselves. (85 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, Wendi 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 the Chipettes. (89 min.)

Movie dates and times are subject to change

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

Friday, February 5

- 2:00pm Cloudy w/ Meatballs PG FREE
- 2:30pm The Princess and the Frog G
- 5:00pm Everybody's Fine PG-13
- 5:30pm Did You Hear About the Morgans PG-13
- 7:30pm Avatar PG-13
- 8:00pm The Book of Eli R

Saturday, February 6

- 2:00pm The Princess and the Frog G
- 2:30pm The Blind Side PG-13
- 5:00pm Avatar PG-13
- 5:30pm Did You Hear About the Morgans PG-13
- 7:30pm The Book of Eli R
- 8:00pm Brothers R

Sunday, February 7

- 2:00pm Avatar PG-13
- 2:30pm Did You Hear About the Morgans PG-13
- 5:00pm Armored PG-13
- 5:30pm Brothers R
- 7:30pm Ninja Assassin R

Tuesday, February 9

- 5:00pm Did You Hear About the Morgans PG-13
- 5:30pm Armored PG-13
- 7:30pm The Book of Eli R
- 8:00pm Brothers R

Wednesday, February 10

- 5:00pm The Princess and the Frog G
- 5:30pm Everybody's Fine PG-13
- 7:30pm The Blind Side PG-13
- 8:00pm Brothers R

Thursday, February 11

- 5:00pm Avatar PG-13
- 5:30pm Old Dogs PG
- 7:30pm The Book of Eli R
- 8:00pm Ninja Assassin R

Friday, February 12

- 3:00pm The Princess and the Frog G
- 5:00pm Alvin and the Chipmunks PG
- 5:30pm Did You Hear About the Morgans PG-13
- 7:30pm The Book of Eli R
- 8:00pm It's Complicated R

MOVIE HOTLINE:
624-4248

Connect at Connections

Want to share this Valentine's Day with someone special? Go from single to swooning in a small amount of time with Speed Dating on Wednesday, Feb. 10, at 5 p.m., at Connections. Meet that special someone over a series of short "dates", lasting from 3 to 8 minutes. At the end of each interval, the organizer rings a bell or clinks a glass to signal the participants to move on to the next date.



Register by Tuesday, Feb. 9, at Connections. Participation is limited to 20 men and 20 women. Open to US ID cardholders only, 18 years or older. For more information, call 624-4264.

Kids, cameras unite

Photographs tell stories; now Sigonella's youth have the chance to tell their stories with the Annual Boys and Girls Clubs of America (BCGA) National Image Makers Photography Contest.



There are four age groups and five categories available for entry (black & white process, color process, alternative process, digital, and photo essay). Photo Essay requires a photograph and a one-page essay addressing the theme "United Through Photography". This theme means to capture images of service projects or activities in the club and/or community that will encourage others to serve.

All photos will be judged at a local, regional, and national level. A photo negative or CD should accompany all entries. Participant must be a BCGA member. Deadline for entry is Friday, February 12. For complete rules and to register visit any CYP Program Center. For more information call the School Age Care Center at 624-3712.

MARRIAGE, continued from page 2

marriages better. It is not designed to fix broken marriages. We had twelve couples in attendance. These are some of the comments from this event, "This weekend was all about having a weekend with my wife, where I didn't have to worry about anything but focusing on my marriage. It was nice, relaxing, and I would recommend it to ANY couple." Another couple wrote candidly, "It was a great 3-day date that included quality time away from the distractions of life. It helped open my heart and eyes to...days when you didn't care what you were doing, just that you were doing it together." Consider this quote from another couple, "This retreat has helped us understand each other better. We discovered new things about our relationship and learned ways to improve our communication. We found that we have individual ways of expressing our love for each other. We are eager to try out the new things we learned. It was like a marriage make-over. The location is nice and the scenery is one of the best we have seen in Sicily." This next couple mentions that fact that this retreat was a real eye-opener, "An unbelievable "EYE" opener concerning the love relationships of a committed marriage. I was opened to the world of thoughtless things that I had forgotten that my partner wanted and needed. I found the answers to help me return to where I need to be. I love my wife and she deserves to be treated like a princess every day!" I sin-

cerely hope that these quotations have had a cumulative effect on you. The couples truly appreciated and appropriated the information discussed during this retreat. I'd like to mention one more quotation for this article. Read the last sentence carefully, "[This Weekend]...brought more intimacy, more closeness to us. Gave us tools to communicate better, actually motivated me to change my ways, made me appreciate my husband and realize all the things he does for me and our family. This is by far the best way the Navy can invest in its people!" I heartedly agree with this last sentence, this is one of the best investments that Navy makes in its Sailors and families. This is a great opportunity. You simply have to show up to the NAS I Chapel. A bus will take all of the couples up to the Emmaus Hotel (all expenses paid). The seminar consists of five sessions. Trust me, there will be plenty of free time to spend with your spouse, I know chaplains like to talk—but really, there is ample free time planned into this weekend. If you'd like to attend this March's MEW, simple call the chapel at 624-3975, and ask to be placed on the list. Please note that active duty service members have priority. Currently, there is room for eleven more couples (one couple has already registered). Call soon! This Marriage Enrichment Weekend will fill up quickly, so don't hesitate. This is a wonderful opportunity to enrich your marriage! Don't risk becoming a painful statistic!

TEETH, continued from page 2

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- Chewing xylitol gum – Chewing gum after eating can increase saliva flow and help wash

out food and decay-producing acid. Xylitol, a natural sugar, reduces plaque formation and bacterial adherence to teeth.

- Monitor beverage consumption – Instead of soft drinks all day, children should also choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

Any questions or concerns please call the Dental Department at 624-4205/3848

You can also visit the American Dental Association online ADA.org

WINNERS, continued from page 1

number of well wishers who came out to congratulate the sailors.

"I was very surprised," said Ortiz. "I knew from the get-go that Sigonella was very supportive, but I didn't know it was going to be this big of turnout coming back."

Ortiz credits his ability to adapt and look for new experiences as the reasons he walked away as the winner.

"I believe it was the willingness to seek new challenges," Ortiz said. "Not just staying in my comfort zone but applying myself and taking care of my sailors."

Master Chief Rosa L. Wilson, NAS Sigonella Command Master Chief, expressed her pride over the

success of the sailors.

"I'm so proud of our sailors for going up to 6th Fleet and Region and compete against some really tough candidates and come out on top," Wilson said. "It's a mirror reflection of the leadership here in Sigonella to accomplish that goal."

Wilson said it's a rare occurrence to see three regional winners all come from the same base.

"It comes down to the mentorship program, and taking care of our sailors," said Wilson. "That to me is the definition of taking care of our sailors."

AW1 Vinson won 6th Fleet (Sea) Sailor of the Year and AM1 Rapale won 6th Fleet (Shore) Sailor of the Year.

Sigonella NJROTC cadets spend time on Navy vessel



Cross-cultural universe: My space, my time

By **Giovanna De Gennaro**
The Signature Volunteer

Two major components of cross-cultural differences are time and space. People of other countries who speak other languages and have cultures that are not our own have different systems of beliefs, values and material products. They also have different conceptions of universals such as time and space. Time and space within cross-cultural contexts start off as hidden ideologies in the minds of people that shape societies and nations and influence the way people behave and conduct business.

Time and space may have unwritten rules but they are the interface of cultural societies. They are crucial points where societies diverge and where they clash. Without even a basic understanding of the value other cultures place on time and space we might well go through life with the idea that there are no other beliefs and values other than our own. Cultural differences are constantly negotiated but they are rarely understood. The perils of cultural ignorance usually lead to cross-cultural conflicts at the micro-level and macro-level.

Personal space and privacy. It was not long ago that the word privacy entered Italian vocabulary and because there has never been an Italian translation for privacy, the English equivalent is currently used and mostly within a juridical context (i.e. law on privacy governing the dissemination of information to third parties, rarely in people's private lives. Italian society is centred on communal life. Activities and functions have are of a public, collective nature. Public areas are meant to be "shared" in every sense with the general public -the word and conception of what is private fits its place within the four walls of people's abodes.

Personal space is not declared as such in Italian culture and making these invisible boundaries known to others in Italy will almost surely seem, strange, at best, disrespectful at worst. It is a common sight to see people "rubbing elbows," invading each other's "personal boundaries" and in any case maintaining close physical contact as they go about their daily business on crowded (or not

crowded) streets. Although visitors to Italy may find it frustrating when they feel that their personal space is being violated, this is surely something that should not be taken personally.

Time is money- Time is a major factor that separates cultures. In the industrialized societies time is carefully measured along with the passing of time and the social, technological and material progress that go along with it. Mapping out time sequences, monitoring present time and planning the future all mark the degree of control we exercise over time. We have been socially conditioned to view time as something that is for the most part controlled by society. Everything in our lives is carried out within strict time frames. The United States has been called a chronocracy – a society in which "there is such reverence for efficiency and the success of economic endeavours that the expression time is money is frequently heard." (Novinger). It should not be taken for granted, however, that all societies are on the same time schedule.

Italy, especially the southern portion, shares many cultural and historical similarities with other Mediterranean cultures as well as the East. In this cultural milieu human activities (social and business) are placed within a different perspective of time where boundaries are not as strict. In these societies there is a prevailing deterministic approach to human fate and time is not always (at times never) under human control. This perspective greatly affects the way business and social activities are carried out. While this may have the advantage of appearing more flexible and tolerant it is often frustrating for those who are accustomed to operating within strict time boundaries. But knowing this beforehand may help plan and map and plan your activities accordingly.

Keeping in mind the cultural value that is placed on time and space in Italy, or other countries for that matter, can be enlightening on the human level. On the practical level you might choose to stick with the familiar and stay within your comfort zone, but we may not always have a choice, this is where a little knowledge about cross-cultural differences can go a long way.

THE SPORTS LINE

PIGSKIN PICKS



Overall Record: 95-57
NFL: 46-33
NCAA: 49-24

MC3 Idle, Exec Admin

MC3 Idle: Colts

This should be a high scoring and entertaining game to watch. The Colts and Saints have two of the most explosive offenses in the league, and two of the best quarterbacks in Peyton Manning and Drew Brees. I think this game is going to come down to which team can make the most stops on defense, and my vote has to go to the Colts.

There are a number of factors which point in favor of the Saints. The Colts have been using a patch-work offensive line for most of the season which has been vulnerable at times. On the other hand, the Saints offensive line has been somewhat underrated this year. That fact that Colt's defensive end Dwight Freeney is banged up doesn't hurt the Saints cause either.

Despite those factors I'm going with gut which tells me not to pick against Peyton Manning. He wants that second ring bad, and he's going

Superbowl: New Orleans Saints vs. Indianapolis Colts

to get it. Colts win by 10.



Overall Record: 81-70
NFL: 40-38
NCAA: 41-32

Chief Payne, Weapons

GMC Payne: Colts

Well, since I have always picked for the underdog, I will go way out and say the Cleveland Browns, lol. Just kidding. I feel that the NFL wants the Saints to win, but Peyton is way younger and tougher, Colts by 13.



Overall Record: 96-56
NFL: 49-30
NCAA: 47-26
D Day

D-Day: Saints

OFFENSE: These two offenses are similar in that both can light up the scoreboard. Everyone knows about Manning, but Brees is a guy who has been underrated for a long time, and he's really been on fire through their two playoff games. The Saints are more balanced, being able to run the ball a little more consistently, but with Manning running Indy's offense no defense has yet been able to make them pay for being one dimensional. Overall I think it's a wash, since both offenses are primed and ready for this game, and both should be

able to score points.

DEFENSE: Defensively both of these teams have had their struggles against the run. Against the pass, however, the Colts were a little more solid. The Saints have been very good at getting turnovers, though, not to mention forcing a load of fumbles. Still, the defensive edge has to go to the Colts.

SPECIAL TEAMS: Special teams edge goes to the Saints, with a dangerous return group led by the recently emerging Reggie Bush. Also, New Orleans regularly limits returns with a deep kicking game that pins opposing returners in their endzone.

OVERALL: The smart choice in this game is the Colts, due to their defense being a little more solid. But, I think this game is going to pivot on key turnovers and special teams, and those are two areas that have been one sided in the Saints' favor. Plus, I think Brees has taken his game to another level, and this is his time. So, I'm going with the Saints in a barn burner that gives the downtrodden New Orleans faithful their moment in the sun, finally.



Overall Record: 94-58
NFL: 53-26
NCAA: 41-32

Capt. Jaeger,
USNH Sigonella

Capt. Jaeger: Saints

I think early on in the season it appeared as though

this may be the matchup, and here it is! I like both teams and quite frankly, I will be happy if either or both win! It would be nice to see the team who has never made it to a Superbowl in the 43 years of existence, let alone never winning two playoff games in a

post-season, win the big game! However, I have to go with Peyton and the Colts. Unless he is totally intimidated by the fact that this was Dad Archie's team, Peyton and his team will adjust to whatever the Saints throw their way, and win it!

However, if Saints do win, yeah for New Orleans!



Overall Record: 91-61
NFL: 48-31
NCAA: 43-30

Joe Cunningham, NCTS

Joe Cunningham: Saints

Two high-powered offenses will play after the obligatory two weeks of hype. But this championship game certainly has the potential of living up to the hype. Brees, Bush and the Saints versus Peyton Manning and crew. Manning and the Colts have a bit of an edge in that they were just in this game three years ago, and know how to deal with all the hoopla. They have also had a wonderful season, winning tight games, winning blowouts, and never being seriously threatened in the playoffs. Other than a mild hiccup at the end of the

regular season, the Saints showed amazing variety and potency on offense, with some huge come-from-behind wins. If I had to pick one game indicative of their season it was their thorough pounding of the Patriots. Let's hope that's the typical game - and not the loss to the Buccaneers! In fact that

variety on offense is what is going to win the Super Bowl for them too. Maybe I'm just engaging in wishful thinking, but I believe the Saints will forever shed the AIN'TS tag in this game and win the championship. New Orleans Super Bowl Champs!



Overall Record: 98-54
NFL: 51-28
NCAA: 47-26

SN Kaminski, PSD

PSSN Kaminski: Colts

Hall of Fame QB Peyton Manning will show up in this game. The Colts offense has just to much fire power. Although the saints have a good pass defense Peyton will still find a way to tear up the saints secondary same goes for Brees as well. The key to this game will depend on which defense decides to go ball out and which defense has the most turnovers. I believe this will be the difference in the game. Colts by 2 scores. A player to watch out for is Colts wide-receiver Pierre Garcon.

Medusa

Congratulations PSSN John Kaminski: Winner of this year's Pigskin Picks



Tamoil

PSSN Kaminski sat alone atop the standings for a large portion of the season on his way to compiling a record of 98-54. He displayed a balanced knowledge of both NFL (51-28) and college football (47-26). Congratulations on a great season John. The Signature would like to thank all of the panelists for helping make this feature a great success.



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