



NMCRS Fashion Show & Auction Raise Money for Active Duty Fund Drive

By MC3 Jonathan Idle
The Signature Staff

The Navy & Marine Corps Relief Society (NMCRS) held their annual fashion show and auction Apr. 8 on NAS I to raise money for the NMCRS Active Duty Fund Drive.

The fashion show consisted of service members modeling clothes from the NMCRS Nearly New Shop, while community members had the chance to bid on a number of items such as wine, jewelry and other crafts during the silent auction.

Lt. David Gilmore is serving as the active duty head of this year's fund drive.

"The Navy & Marine Corps Relief Society is sponsored by the Department of the Navy and receives no direct government funding," Gilmore said. "Once a year, the society has authorized the Navy to raise money for the Navy & Marine Corps Relief Society through an active duty fund drive. One hundred percent of the funds collected in this fund drive go directly to aid sailors, Marines and their dependents in times of need."

Gilmore feels this year's fund drive has been a huge success for NMCRS and the Sigonella community as a whole.

"It's been a momentous undertaking, from baseball games, shopping passes at the exchange, car washes and this fashion show here tonight," said Gilmore. "With still a week to go until the fund drive is officially over, Naval Air Station Sigonella has raised more than \$80,000. This is over \$7,000 more than last year's contributions already."

Gilmore believes the success of the fund drive is due in large part to volunteer service members who have met the goal of making contact with 100 percent of active duty service members in Sigonella to allow them the opportunity to give. "Sigonella you have given generously and proven that it truly takes

all hands to make the Navy, the Navy & Marine Corps Relief Society, and this community, our community, a strong and thriving one," Gilmore said.



Capt. Joseph W. Beadles, NAS Sigonella Executive Officer, models some of the clothes available at the NMCRS Nearly New Shop while serenading Capt. Thomas J. Quinn, NAS Sigonella Commanding Officer, during the annual NMCRS Fashion Show Apr. 8 on NAS I.



Aviation Structural Mechanic 2nd Class Justin Rodriguez models some of the clothes available at the NMCRS Nearly New Shop during the annual NMCRS Fashion Show Apr. 8 on NAS I.

NAS Sigonella Honors Kids During Month of the Military Child

By MCSN Whitfield M. Palmer
NPASE Det East

Naval Air Station (NAS) Sigonella celebrated the Month of the Military Child with the first annual Youth Activity Day held at Midtown Plaza Friday, April 9.

Fleet and Family Services, who partnered with commands and tenant commands, sponsored the community-wide event which included bomb diffusing robotics from Explosive Ordnance Disposal Mobile Unit (EODMU) 8 and fire extinguishing techniques from NAS Sigonella Fire and Emergency Services. There were also Double Dutch jump roping demonstrations and lessons along with several other games for kids to play.

"We want to show kids from the community that we care about them," said Katie Salinas, the New Parents Support Specialist at Fleet and Family Services. "This is a day to let them know they are special and have our support."

"The baby is a little young to enjoy today," said Kim Calabro, a military spouse who attended with her one-year-old daughter, Julietta. "It is really great to see all the stuff going on for kids, and it's

CHLD, continued on page 12



Sigonella Youth learn about robots from Explosive Ordnance Disposal Mobile Unit (EODMU) 8 during Child Activity Day at Midtown Plaza.

UPDATED NAS SIGONELLA SHUTTLE BUS SCHEDULE

The shuttle bus service which runs between NAS I and NAS II has been changed to better suit our needs while staying within our available resources. Effective Monday 12 April 2010, the number of bus runs on weekdays will increase from six to eight. The number of runs on weekends and US holidays will remain at five per day. As anyone who has ridden the bus midday can tell you, the number of riders does not require the typical 55 passenger bus that has been used. As a result, the bus used for most weekday runs and all weekend/holiday runs will now be a 19 passenger bus. For the main morning and evening workday runs (runs #1 and #7 on the posted schedule), the 55 passenger bus will continue to be used. Until such time that the contractor has the 19 passenger buses available for service, the 55 passenger buses will continue to be used. However, expect them to soon be phased out for all runs other than #1 and #7 on weekdays.

WEEKLY NAS I - NAS II SHUTTLE BUS SCHEDULE (MONDAY - FRIDAY)

NEX	0615	0745	0915	1100	1230	1415	1600	2100
Front Gate NAS I	0617	0747	0917	1102	1232	1417	1602	2102
Marinai	0637	0807	0937	1122	1252	1437	1622	2122
NAS II Front Gate	0638	0808	0938	1123	1253	1438	1623	2123
Air Terminal	0639	0809	0939	1124	1254	1439	1624	2124
Hangers/NAVFAC Building	0641	0811	0941	1126	1256	1441	1626	2126
Flight Line/Gym/Minimart	0643	0813	0943	1128	1258	1443	1628	2128
Galley	0646	0816	0946	1131	1301	1446	1631	2131
Fire and Emergency Services	0648	0818	0948	1133	1303	1448	1633	2133
COMSTA	0652	0822	0952	1137	1307	1452	1637	2137
Fire and Emergency Services	0656	0826	0956	1141	1311	1456	1641	2141
Flight Line/Gym/Minimart	0658	0828	0958	1143	1313	1458	1643	2143
Hangers/NAVFAC Building	0700	0830	1000	1145	1315	1500	1645	2145
Air Terminal	0702	0832	1002	1147	1317	1502	1647	2147
NAS II Front Gate	0703	0833	1003	1148	1318	1503	1648	2148
Marinai	0704	0834	1004	1149	1319	1504	1649	2149
Front Gate NAS I	0724	0854	1024	1210	1339	1524	1709	2209
NEX	0728	0858	1028	1214	1343	1528	1713	2213

WEEKEND & HOLIDAYS NAS I - NAS II SHUTTLE BUS SCHEDULE

NEX	1100	1230	1500	1900	2300
Front Gate NAS I	1102	1232	1502	1902	2302
Marinai	1122	1252	1522	1922	2322
NAS II Front Gate	1123	1253	1523	1923	2323
Air Terminal	1124	1254	1524	1924	2324
Hangers/NAVFAC Building	1126	1256	1526	1926	2326
Flight Line/Gym/Minimart	1128	1258	1528	1928	2328
Galley	1131	1301	1531	1931	2331
Fire and Emergency Services	1133	1303	1533	1933	2333
COMSTA	1137	1307	1537	1937	2337
Fire and Emergency Services	1141	1311	1541	1941	2341
Flight Line/Gym/Minimart	1143	1313	1543	1943	2343
Hangers/NAVFAC Building	1145	1315	1545	1945	2345
Air Terminal	1147	1317	1547	1947	2347
NAS II Front Gate	1148	1318	1548	1948	2348
Marinai	1149	1319	1549	1949	2349
Front Gate NAS I	1210	1339	1609	2009	0009
NEX	1214	1343	1613	2013	0013

WEATHER UPDATE

April 16	April 17	April 18	April 19	April 20	April 21	April 22
H:77F L:60F	H:70F L:58F	H:71F L:59F	H:69F L:59F	H:73F L:57F	H:75F L:53F	H:77F L:58F

TOP STORIES

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DIRECT LINE

In the Navy, change is a way of life and is always good for a naval career. It gives you the opportunity to learn new things and gain different experiences.

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NAVY NEWS

Tuition Assistance Transactions Shift to 100% WebTA
All Navy Tuition Assistance (TA) transactions will soon shift to an entirely online process accessible through the Navy College Program Web site's WebTA portal.

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Caesar's Favorite Wine May Return to Sicily

Mamertino, the wine drunk by the Roman emperor Julius Caesar in the first century B.C. may soon become a reality, if Planeta winery succeeds in their efforts to grow vine in a vineyard they have just leased in the North of Sicily.

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CIN CIN:

There's no doubt about it, the artichoke is one weird vegetable. Its origins come from Northern Africa where it can still be found growing in the wild. Artichokes were cultivated in Sicily during the Greek occupation, and the Greeks called them katos

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On the Go With MWR

*Midtown Movie Schedule
*Coming Soon @ Connections
*Learn Italian
*Dive Into New Waters
*Sigonella County Fair

TRAFFIC NUMBERS

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

PLEASE, DON'T BECOME A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

In the Navy, change is a way of life and is always good for a naval career. It gives you the opportunity to learn new things and gain different experiences. As Spring rolls into full swing, it is nearly time for some of you to change jobs and move on. We are quickly approaching the summer PCS period that indicates the major turnover time here at NAS Sigonella. With each PCS move, there are numerous things you and your family can do to make it go smoothly. Base Education and Training strongly recommends all members at or within four-to-six months of their PRD or EAOS sign up for their Arrivederci class. This class is mandatory for all service members leaving the island and is only a half-a-day out of the office; orders are not required to attend class. It is held

several times a month and provides you with a wealth of insights on what to do next. Topics that are covered during this class include selling your car, checking out of housing, arranging household goods, shipment of pets, and more. It is also great if your spouse can attend with you. Call 624-4291 to sign up. Transferring can be stressful for not only the service member and their spouse but also for military kids. Military kids have the added stress of changing schools, friends and environments which are stresses most people don't encounter till much later in life. If you have a child who is asking questions about the upcoming move or you feel he or she needs someone to talk with, please contact the Chaplain's Office at 624-3804 or the counselors at Fleet Family

Support Center at 624-4291. These departments are here to help make your transition go smoothly and help your kids begin the adjustments needed to PCS. One of the most important things PCSing service members need to do is to contact Personal Property Shipping Office to arrange your shipment of household goods. The personal property staff are eager to help you get things ready for a smooth transition back to the states or to your next station and can be reached at 624-4123. Sailors can prepare for shortfalls and unforeseen changes in their move plans by being informed, planning ahead, remaining flexible and using the SMART WebMove online moving tool. You can access SMART WebMove at www.smartwebmove.navy.mil.

For those parents who are not PCSing don't forget to register your children for next year's term. Registration for ALL children who will be attending Sigonella Elementary, Middle, or High School will be held April 27-30 from 10 a.m. - 3 p.m. Registration has been divided up by last names with those beginning with A-F on the 27th, G-M on the 28th, N-Z on the 29th and open registration on the 30th. The Middle/High School and Elementary School registrars, DoDDS' Transportation Department, Sure Start, and the Elementary School nurse will have stations set up to assist in registering your students for the next school year. For any questions or concerns call the Elementary School Registrar, Kendra Mullen at DSN 624-3002 or Middle/High



School Registrar Laurie Brand at 624-4284. Proper planning is the key to a successful and uneventful PCS move. Plan now and reap the rewards later.

Preparing for the PRT

Provided By:

Naval Hospital Sigonella

General Training Guidelines 3 - 4 Weeks prior to the PRT:

Two major principles of training related to the improvement of cardiovascular function are overload and specificity. For optimal results, it is recommended to practice these principles at least 4 to 6 weeks prior to the PRT.

Overload Principle: If a muscle is caused to work against a load to which it is not accustomed, instead of wearing out and becoming weaker, it becomes stronger. For example, if you are preparing for the PRT run and you are interested in improving your run time, you will need to exercise at a higher exercise intensity. Push yourself a little harder than you normally run. I.e., don't expect

to improve your PRT run time by walking. NOTE: For injury prevention purposes, if you have done very little to prepare for the PRT, don't do too much too soon. Pace yourself.

Specificity of Training: Specificity of training is one of the "golden rules" in exercise science. For an individual to become proficient at any given movement, that movement itself must be trained and practiced. In other words, if you want to improve your PRT run time, you need to run. Though activities such as cycling and swimming are other examples of aerobic activities, these exercises will not be as effective as running to prepare you for the PRT. The same "specificity" concept applies toward the muscular and flexi-

bility components of the PRT.

The best way to prepare for push-up testing is to practice push-ups. There are several different types of sit-ups that can be performed, but for the purpose of preparing for the PRT curl-up test, it is important to perform the curl-up exercise - using correct form that will be required of you during the PRT.

After the PRT (until approx. 6 weeks before next PRT test date):

Have some fun! Enjoy selecting and performing the exercises you most enjoy.

You can include a variety of aerobic and muscular activities into your weekly exercise schedule. In fact, participating in a variety of exercise activities decreases your chances of injury and

improves exercise adherence (prevents boredom). Exercise variety also reduces the chances of exercise plateaus. What is an exercise program plateau? The body is constantly accommodating to the stresses that you place on it. Physical activity is a stress, so if you perform the same mode of activity repeatedly, the body will "accommodate" to this stress...thus causing the exercise progression to plateau. The activity actually may even become more difficult to perform if the exact same mode and intensity is

PRT, continued on page 12



NASSIG WORSHIP SERVICES

A SERIES OF GOSPEL LESSONS INFORMATION ON PAGE 12

ROMAN CATHOLIC		PROTESTANT	
	Sunday		Sunday
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)		
	Monday - Thursday		
1130	Catholic Mass (NAS II Chapel)		

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

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

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

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

CHAPLAIN CORNER



Chaplain Concha

Easter, Passover, school break, Springtime, month of the military child, PCS, plans to use the "rotator", etc, are events that have something in common. They get our attention. Of course, a lot of stress goes along with that. Can we have some peace and quiet during these times? Yes, we can find a sense of peace no matter what we have to face in life.

True Peace

In the Holy Scripture, the word for Peace is "Shalom". The peace given by the Lord is not just the absence of discord. It is the presence of harmony and wholeness. This is what it means when the Lord said: "Peace be with you" (John 20:20 NAB). It is not just resolving the disharmony. He is bringing his disciples, and in a way to all of us, the gift of wholeness of life. Deep down inside, we all want to be fully and completely the person God created us to be. We want true peace.

Every event in life brings some kind of adjustment. Looking back on everyday experiences we can see something new that is happening all the time. For example, the Easter event - you can add any other situation in your life- transforms the

whole of the Lord's creation. It actually changes our whole way of looking at the Almighty one and at life's meaning and purpose.

Of course, if we let it. We need to be honest with the Holy one and with ourselves about the need for change in our lives. We need to admit it.

We can't lie and pretense and make excuses like the four young High school students I heard about. They cut classes one morning and didn't get to school until noon. They said to the teacher, "We had a flat tire; that is why we're so late". And they were so relieved when they saw the teacher smiled and heard her say, "Okay, I understand boys. You did miss the test, but you can make it up right now on your lunch time".

The teacher seated them in four corners of the room, away from one another. Then she said, "Now you will answer just one question: Which tire was flat?" And the boys were caught red-handed. They lied about having had a tire that needed changing. What we do often is just the opposite to that. We refuse to acknowledge that there are flat tires that need changing. We are not willing to acknowledge defects in our life that are blocking out the genuine peace the Lord gives us.

Whatever event comes to your life, it needs to be handled in a simple way. Probably you know the best way to do it. Some things need to change. Some others do not. Yet, the true sense of peace comes inside of us. The Almighty will take care of each one of us at all time. Can we put our trust in the Holy One and fully support one another in successful or challenging times? Shalom!

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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

Tuition Assistance Transactions Shift to 100% WebTA

By Susan Lawson, Center for Personal and Professional Development Public Affairs

All Navy Tuition Assistance (TA) transactions will soon shift to an entirely online process accessible through the Navy College Program Web site's WebTA portal. Sailors applying for tuition assistance will be required to use WebTA to process all applications beginning April 15.

"WebTA allows Sailors to complete all steps in the tuition assistance and education planning process online," said Mary Redd-Clary, the Navy's Voluntary Education (VOLED) program director.

"In the past, Sailors could start the TA application process, but were then required to circulate a printed copy for review and approval through the chain of command. Now, Sailors and Marines can complete the entire process virtually, and the final step is the paper-based submission, in person or via fax, to one of the Navy's 52 Navy College Offices (NCO) for delivery to the school," said Redd-Clary.

The WebTA application must be approved by the commanding officer or authorized command delegate.

"We recommend developing an

internal command review process, as that process will ensure all management controls for Sailors TA requirements are met. These requirements, such as completion of warfare qualifications, should all be reviewed prior to the commanding officer's final approval," said Redd-Clary.

In addition to TA application processing through WebTA, the NCP site includes tools required for Sailors to develop an interactive education plan with direct support from NCO counselors. The site also provides Sailors and counselors access to Sailor/Marine Ace Registry Transcript (SMART) records.

Sailors can also search degree plans based on their ratings. These degree plans are offered through partner schools from the Navy College Program Distance Learning Partnership (NCPDLP).

"WebTA also offers commands an opportunity to provide more timely and interactive support of their Sailors as they work to identify their professional and academic pursuits," said Redd-Clary.

For more information about the Navy College Program, visit <https://www.navycollege.navy.mil/>

For more news from Center for Personal and Professional Development, visit www.navy.mil/local/voledpao/.

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 Jason R. Zalasky

A suspected pirate skiff burns after being destroyed by the amphibious dock landing ship USS Ashland (LSD 48). Ashland while operating approximately 330 nautical miles off the coast of Djibouti, was fired upon from a skiff manned by suspected pirates. Ashland returned fire and disabled the skiff. USS Ashland is part of the Nassau Amphibious Ready Group and 24th Marine Expeditionary Unit, currently supporting Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) Operations in the U.S. 5th Fleet area of operations.

Missing PRIMS Data Can Slow Your Promotion

By MCC (SW) Maria Yager,

Navy Personnel Command Public Affairs

Navy officials reminded Sailors April 7 to include a review of their physical fitness assessment data in their selection board preparations.

"When the promotion list comes out, we scrub those names against PRIMS (Physical Readiness Information Management System). The vast majority of candidates have no problems," said Capt. Leo Falardeau, assistant commander, Navy Personnel Command (NPC) for career progression, referring to the Navy policy that requires Sailors to meet physical readiness standards in order to be promoted.

"As long as members have taken their PRT and passed it then the promotion process can continue," said Falardeau. "If it is anything other than that -- PRIMS is blank, the member is over body fat or failed the PRT -- then we have a discrepancy." Last year, the Chief of Naval Personnel announced in NAVADMIN 073/09 that PRIMS data would be reviewed as part of the promotion and advancement process beginning

with fiscal year 2010 boards. Falardeau's team reviews post-selection board results against the PRIMS database for all officers slated for promotion. As result a small number of promotions have been delayed in cases where a discrepancy has been found.

"In most cases, their PRIMS data is blank and just needs to be updated. The discrepancy can be resolved fairly quickly," said Falardeau. "In other cases the member must pass the PFA or if the error is in the fitness report, the fitness report must be corrected before the Sailor may be promoted. In cases where the data cannot be immediately fixed the promotion is delayed."

"We send a formal letter informing the member that they are delayed," said Falardeau. "And the small numbers that have been withheld have been trending downward, which we attribute to the word getting out."

To date, this process has only applied to officers, but the FY-11 E8/E9 Selection Boards for Navy Reserve personnel, which convened March 1, will be the first enlisted selection boards to undergo the same PRIMS

review.

While command fitness leaders (CFL) are responsible for inputting PRIMS data after each cycle, Sailors are ultimately responsible for reviewing the information.

"It is very important that Sailors review their PRIMS account for accuracy," said Bill Moore, director for the Navy's Physical Readiness Program.

If a Sailor finds an error in PRIMS, the first step should be to contact their CFL. The command that input the data is responsible for correcting the record.

"The first course of recommended action is for that command to send the PRIMS program manager a correction request along with supporting documentation. If the command can't assist with the records correction, then the member can always submit to the Board for Corrections of Naval Records," said Moore.

Sailors can review their PRIMS data through BUPERS Online at <https://www.bo1.navy.mil>. For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.



U.S. Navy photo by MC2 Class Toni Burton

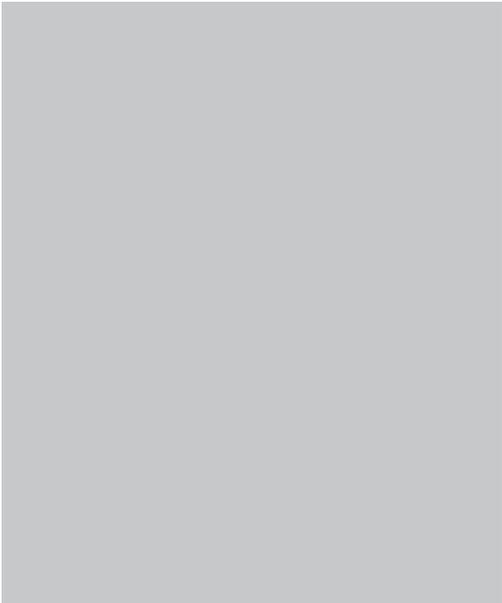
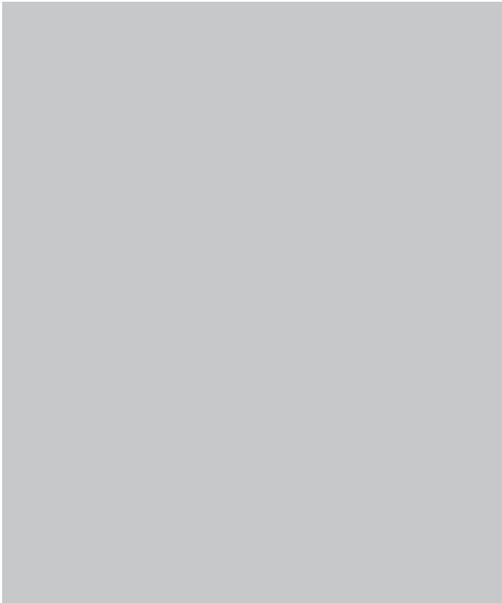
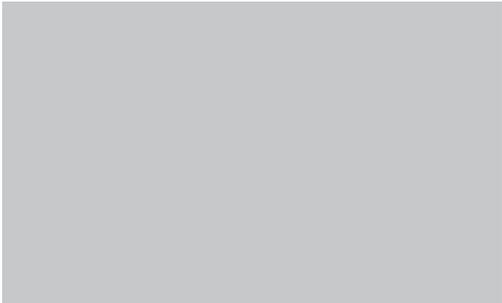
Engineman Fireman Apprentice Sherrille Herrera, assigned to the Transient Personnel Unit, Naval Station Norfolk, talks with Cristy Stamenkouich, an education advisor for Navy College at Naval Station Norfolk. Navy College offers assistance to Sailors and Marines seeking to further their education.

Community Calendar



APRIL

FRIDAY				SATURDAY		SUNDAY	
16				17		18	
FFSC Arrivederci Class 8am-11:30am				FFSC Infant Massage Marinai Community Center 10am-11:30am NMCRS Nearly New Shop Open			
SPRING BREAK - NO SCHOOL							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
19		20		21		22	
FFSC CONSEP 8am-4pm ICR For Youth Topolino 8am-11:30am IA Social Luncheon 11:30am-1pm		FFSC CONSEP 8am-4pm Infant Massage Marinai Community Center 10am-11:30am		FFSC CONSEP 8am-4pm Men's Group 1:30pm-3pm Playgroup 1-4 years old 9:30am-11am		FFSC CONSEP 8am-4pm Playgroup 0-12 Months 10am-11am ICR For Youth Benvenuti 8am-12pm Daddy Bootcamp 4:30pm-6pm	
26		27		28		29	
FFSC ICR 8am-3:30pm		FFSC ICR 8am-3:30pm Infant Massage Marinai Community Center 10am-11:30am		FFSC Men's Group 1:30pm-3pm TSP 2pm-3pm ICR 8am-3:30pm		FFSC Survive & Thrive 8am-3pm 10 Steps to a Federal Job 12pm-4pm Cooking Class 9:30am-3:30pm	
				30		MAY 1 2	
				LABOR DAY FFSC Infant Massage Marinai Community Center 10am-11:30am Sigonella MS/HS School SAT Testing Soccer vs Florence ((at home) Track @ Naples			
ALL STUDENTS - FALL REGISTRATION 2010							



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 I

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

Sexual Assault: Ask! Act! Intervene!

Article edited from US DOD Sexual Assault Prevention and Response at www.sapr.mil.

Sexual Assault is a crime. Each April, the Department of Defense and other organizations across the nation observe Sexual Assault Awareness Month. This annual event provides the opportunity to highlight the efforts that the DOD and Military Services are taking to combat the crime and promote prevention. This year's theme is Prevent Sexual Assault: Ask! Act! Intervene! The theme was chosen as a reminder that our actions can make a difference in someone's life. Lack of action puts our friends, families and co-workers in jeopardy. When you see someone who looks like they could use assistance, ask them if they need help. When they ask for help, be sure to step in and assist. If someone doesn't recognize trouble, do something to intervene and prevent the situation from becoming worse. Within the last three years, the DOD and military services have created new policies to address sexual assault prevention. There are several goals in this new approach. First, sexual assault and the attitudes that promote it will not be tolerated. Victims of sexual assault will receive the care and support they need and offenders will be held accountable for their actions.

A crucial part of sexual assault prevention is the bystander's role.

A sexual assault has consequences for the victim, their Command, and family/friends long after the incident. In some cases, sexual assault can be avoided when people take responsibility for each other and get involved when a fellow human being is at risk. A bystander who does nothing doesn't protect the values of safety, trust, and honor that are central to our community. Researchers conducted an experiment in which a student pretended to have a seizure. The experimenters recorded how often others stopped to help. When only one bystander was watching the scene,

the student was helped 85% of the time. However, if there were five bystanders, the student was only helped 31% of the time. Does this make sense? Shouldn't having more people present increase the chances that someone will get help? Amazingly, this is not the case. We all take cues from those around us about how to act in different situations. In emergency situations, many things prohibit bystanders from intervening. If no one else is acting, it is hard to go against the crowd. People may feel that they are risking embarrassment. (What if I'm wrong and they don't need help?) They may think there is someone else in the group who is more qualified to help. They may think that the situation does not call for help since no one else is doing anything. With each person taking cues from people around them, a common result is that no one does anything to help.

What can we do about this problem? As members of the military community we all have a responsibility to help each other. Avoid being a bystander! Intervene regardless of what others are doing and don't be worried about being wrong; it is better to be wrong than to have done nothing at all. "Sexual assault can be prevented by individuals, both male and female, who stay aware of potentially dangerous situations and elect to intervene before a sexual assault takes place. Stopping sexual assault in the military community requires everyone to help. If they need help, act when they do, and intervene when you see trouble. Be a leader, not a bystander!

Want to be a leader? Learn how to recognize indications of potentially dangerous situations. Here are some examples of "red flag" behaviors related to sexual assault: Inappropriate touching or disregarding set boundaries, suggestive remarks, inappropriate intimacy, attempts to isolate someone, pressuring someone to drink, violent behaviors and targeting someone

who is visibly impaired. If a situation makes us uncomfortable, we may try to dismiss it as not being a problem. We may tell ourselves that the other person will be fine, that he or she is not as intoxicated as we think, or that they are able to defend him/herself. This is not a solution! That person may need our help more than we think! When in doubt, TRUST YOUR GUT. Instincts are there for a reason. When a situation makes us feel uncomfortable, it is generally a good indicator that something is not right. It is better to be wrong about the situation than do nothing. Many people feel reluctant to intervene in a situation because they are afraid of making a scene or feel as though a person would ask for help if it were needed. We have a responsibility to intervene. When we fail to act, we condone the bad behavior. We may be thinking: No one else is helping; it must not be a problem, Jim's really responsible and he's not intervening...why should I? Many people do not intervene in a potentially dangerous situation because they are looking to others for cues on how to act or they believe someone else will intervene. BUT IT IS OUR RESPONSIBILITY to act as a member of the military community. You would not abandon a fellow warrior on the battlefield. Would you not assist off the battlefield, too? You have the skills to act!

- Watch out for other members of the military community
- Come up with a plan beforehand
- Talk to your friends about how they would want you to intervene if they are in an uncomfortable situation.
- Choose the intervention strategy that is best for the situation
- Take a breath and make your move
- Get support from someone in charge, when possible

Adapted with permission from Sexual Assault Resources and Education Office, College of William and Mary

Signonella Community Scholarship Fund: Deadline May 14, 2010

Provided by YNC Robert Frye

It is springtime; a time of new beginning, a time for the birds to chirp, the time for flowers to blossom and the time for the sun to shine longer. It is also the time for the annual "Signonella Scholarship Fund". The Signonella Community Scholarship Council (SCSC) invites you to apply for a scholarship to help defray the cost of post-secondary education. The SCSC provides scholarships to Signonella community members from funds donated by commands, organizations, and individuals in the NAS Signonella community. The amount of the awards will be determined by available funds. Awards may be used in payment of tuition, fees, books, etc., and will be sent directly to the educational institution. The Scholarship is open to seniors in high school, family members who desire to continue their education, and active duty personnel. Scholarships will be awarded in the following 5 categories: Academic, Athletics, Leadership, Arts

& Music, and General. You may apply in one or more categories, but you can win in only one category.

The application process is pretty easy. A grade point average of 3.0 is the first criteria that you should have achieved. A copy of your high school transcripts with an acceptance letter from an accredited university if you are currently a senior in high school. If you are continuing your education, you will need to have a current college transcript (if you have attended school in the past). Everyone will have to complete an essay which needs to be 250 and 500 words, double-spaced, and typewritten or printed. The topic for the essay is: "What is your most outstanding personal quality? How do you plan to utilize and develop that quality in the future?" and have two letters of recommendation that are part of the package. Signonella Community Scholarship Applications on NAS I can be picked up at the School's Liaison office located at the Signonella Elementary School, room 102a, at the Signonella Middle/High

School Front Office or the Community Bank. On NAS II, Chief Frye will have applications available for pickup at the Command Building 476 located across the street from the air terminal and with Mr. Michael Boyle at the Community Bank. Please complete the application forms and attach it to the materials you submit. Your completed application package must be submitted no later than May 14, 2010 in a sealed envelope in two areas. The School Liaison Office w/Mrs. Miki Gilbert and on NAS II with YNC(AW) Frye at the Command building 476 in Admin located across the street from the air terminal. Congratulations on applying for the Signonella Community Scholarship. The Signonella Community Scholarship Council wishes you continued success as you continue your education. If you have any questions about the application or selection process, please contact Lieutenant Commander John Montinola, at 624-5975/5711 or john.montinola@eu.navy.mil.

Alberto Lunetta
The Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Caesar's Favorite Wine May Return to Sicily

(Story by Indianwineacademy.com)
Mamertino, the wine drunk by the Roman emperor Julius Caesar in the first century B.C. may soon become a reality, if Planeta winery succeeds in their efforts to grow vine in a vineyard they have just leased in the North of Sicily.

During a visit to the winery, Francesca Planeta, daughter of Diego Planeta, who looks after marketing, had hinted that big news could be announced in a week's time but would not speculate any further. Apparently, the winery has sealed the deal with all the stakeholders.

Planeta continues its journey through the island's enology, and after Sambuca, Menfi, Noto and Castiglione di Sicilia where it has its vineyards, is now trying to bring back Mamertino which, according to historical sources, represented the jewel in the crown of Sicilian viticulture during Roman times, together with Taormino.

The area of the 'archaico-enology' is Capo Milazzo (Messina), a high ridge of land running into water and almost an island, pointing north from Sicily and, apart from the Aeolian wines, the most northern point of the island for viticulture.

Mamertino is the wine of warriors and remembered as such for its particular characteristics.

It was considered as one of the four best wines of Italy during the time of Julius Caesar who chose it to celebrate at the feast for his third Consulate, together with Falerno. He was considered the guardian of the vine, because he held it to be a way of linking man to the soil and an instrument of military defense, as the vine growers bitterly opposed any invaders who threatened their vines.

The Baronía of Capo Milazzo, a plateau of about 30 hA and owned by the Lucifero Foundation has leased the 9 hectares planted with vines to Planeta, with the rest covered with ancient olive trees and where cultivation has been abandoned almost completely for many years.

Planeta plans to retrace the history of this vine with the help of Professor Attilio Scienza who is considered one of the world's greatest experts in viticulture. This should help to produce the wine that delighted Julius Caesar immensely.

It is expected to be red wine of the sea, based on the great

indigenous grapes from the north of Sicily. The first vintage is expected to be ready in five years.

'We believe and hope, just as much today when we look back to the other places in Sicily where we have produced

wines that are now a tangible reality and which speak for us, that we will be able to say one day that it was worth the trouble,' says Francesca who is quite excited about the discovery and the prospect of producing the antique, historical wine.

Sicily is Italy's largest region in terms of area (25,708 square kms) and fourth in population (5.1 million). Divided into 9 provinces - Agrigento, Caltanissetta, Catania, Enna, Messina, Palermo, Ragusa, Siracusa and Trapani, it has the highest acreage of vineyards, covering 164,500 hA of which only 21,000 hA are registered as DOC.

Annual wine production of 11,000,000 hL, second to Puglia, includes only 1.5 per cent or 277,000 hL of DOC wines- out of which more than 95 per cent is white. Around 220,000 hL of this wine is DOC Marsala, a fortified wine which had lost a following in the last few decades but is making a comeback as

dry wine. However, this does indicate that the quantity of DOC wine produced is very small. There is only one DOCG for red wine, Cerasuolo di Vittoria which got upgraded in 2005. It is made from the most popular Sicilian red grape Nero d'Avola and Frappato, an indigenous grape from the Sangiovese family, the blend of almost equal proportion.

The most visible wine in the bottle is IGT Sicily, besides VINO d'Tavola. It may be produced from any Sicilian grown grapes- both international and indigenous varieties. This gives them a great flexibility, according to many producers who feel that Sicily is the 'New World' of the Old World. The Sicilian IGT wines must declare the year of harvest and generally also indicate the grape varietal on the label, making it easier for drinkers in choosing their wine, like the New World wines. 'We love to break rules and experiment as much as we want,' say most producers.



Photo by Bellini Opera House Press Office

One of most popular Sicily's wineries is working on developing abandoned vineyards to recreate ancient Roman wine Mamertino.

Above shown is Roman god of wine Bacchus in Italian Baroque artist Caravaggio's famous painting.

Educational Programs & Activities at the Catania Botanical Garden

The Catania Botanical Garden will host a variety of gardening information conferences through the end of the year. The schedule is as follows: Sunday, April 25- lecturer: Marco Avolio - theme: "Euphorbia xjubae-phylla from Tenerife" / Sunday, May, 16 lecturer: Alessandro Marletta: "Pseudolithos and Whitesloanea, living rocks" / Sunday, Oct. 10 -lecturers: Ada Damiani and Santina Buttafi - theme: "Our dolomites plants". All events will begin at 10 a.m.

Guided tours of the Gardens and other activities will also be available to visitors.

For more information and detailed schedules events call Mr. Marco Avolio at 340-2335262 or send an email to avoliomarco@tiscali.it CWO3 Shirley Johnson and former NASSIG CMDCM Rosa Wilson participated in the annual "Candle Lighting Ceremony" recently hosted by the Catania FIDAPA, a local chapter of BPW International, the International Federation of Business and Professional Women which "develops the professional, leadership and business potential of women on all levels through advocacy, mentoring, networking, skill building and economic empowerment programs and projects around the world." The ceremony was attended by FIDAPA and Catania and provincial civilian and military authorities, including Catania Mayor Raffaele Stancanelli.

FIDAPA and the Navy enjoy a long standing friendship as they both share a common interest in supporting equal opportunities for women and community relations between Italy and the US.



Francesco and Giulia Most Popular Names for Italian Newborns

(Story by ANSA)

Rome - Francesco for boys and Giulia for girls were the two most popular names chosen for newborns in Italy in 2008, according to a recent report from national statistics bureau Istat.

After Francesco, the top ten most popular boys names were, respectively, Alessandro, Andrea, Matteo, Lorenzo, Gabriele, Mattia, Riccardo, Davide and Luca.

The other top ten girls' names were Sofia, Martina, Sara, Giorgia, Aurora, Alessia, Francesca and Alice.

From a geographic point of view, Francesco was the top choice for newborns in five of Italy's 20 regions while Alessandro was the most popular in six, with Matteo the parents' choice in three regions.

Giulia, on the other hand, was the most popular name in nine regions, followed by Sofia with five and Francesca with two regions.

The only regions where Francesco and Giulia together were the top names were Lazio, of which Rome is the capital, and the island of Sardinia. The most popular foreign name was Cristian, in 24th place, which is very common among Romanians, who make up Italy's biggest immigrant community.

Giuseppe and Sofia retain the title as the most common newborns name in Sicily.

Italy has the second lowest birthrate in the European Union after Germany, with 9.6 newborns per 1,000 residents a year.

"Artichoke Festival in Niscemi this Weekend"

Mark your calendar for the annual "Sagra del Carciofo" or Artichoke Festival in Niscemi! The "Violetto di Niscemi" is a delicious variety of artichoke that has been grown in town for over two centuries. This mouthwatering sagra, which will be set up in historic center, runs this weekend (April 16-18) celebrating the Niscemi artichoke industry, which represents the 45% of the whole Italian artichoke production. Food stalls will sell delicious artichoke-based dishes. The festival kicks off this afternoon at 4p.m. featuring food booths, folklore parades, entertainment as well as arts and crafts stands. For more information and detailed schedule visit <http://www.sagracarciofoniscemi.it>



Michelangelo: The Inventor of Obscenities

Article by Giovanna De Gennaro

Born Michelangelo di Ludovico Buonarroti Simone, the maestro was a tormented soul - an unabashed perfectionist who was eternally unhappy with his work - a recluse whose only consolation was creating masterpieces - a modest man whose romantic sonnets are for the most part unknown to the lay mass. Mostly acclaimed for his notorious paintings, Michelangelo was mainly a sculptor, architect and engineer- he considered painting a lower form of artistic representation and thus felt humiliated when pope Julius II (who died shortly after) commissioned him with painting the Sistine Chapel ceiling in Saint Peter's Basilica. Although he was competing with Renaissance art moguls (whose works already adorned a number of Vatican walls) like Botticelli, Raphael, Perugino, and Bramante, he nevertheless single-handedly undertook the massive work, without the assistance of apprentices, as was the custom for large works. The fresco spans the entire wall, 12,000 square feet (1,100 m2), behind the altar of the Sistine Chapel which comprises some three hundred figures illustrating narrative scenes embodying the doctrine of the Catholic Church, from the Book of Genesis (Creation of Adam) to the Last Judgment.

He worked incessantly from 1508 to 1512 spending endless hours lying on a scaffold he constructed himself, suspended in the air with burning candles for light, and wet paint constantly dripping on his face. The fresco on the altar of the Sistine Chapel, The Last Judgment, was commissioned by pope Clement VII (who also died shortly after and was succeeded by Paul III who oversaw that the work was begun and completed) and Michelangelo worked on it from 1534 to 1541.

What should have been the highlight of his career - his shining moment - was probably his darkest: indeed the spotlight was on Michelangelo, but for the wrong reasons. When the work was unveiled Church officials were scandalized. The Sistine chapel ceiling had lost its decorum - hundreds of unclothed saints, martyrs and sinners were now scattered across it.

His work mirrored the Humanist ideals of the time concerning religion and the Church. Europe was at the height of the religious Reformation and the Church struggled to regain its status by announcing a Counter Reformation. Michelangelo's fresco was an unorthodox adventure into un-chartered waters - the figures he had painted resembled the pagan gods of classical, mythological Greece rather than the biblical and Christian figures that otherwise graced the Vatican walls. The work of a heretic must be effaced or at the very least modified. Several Vatican higher authorities wanted the work censored or removed altogether, but the pontiff was reluctant to do so: a

papal master of ceremonies deemed the work, "Better suited to a bath-room or roadside wine shop than to a chapel of the Pope." Paul III, that its nudes were "better suited to a bath-room or roadside wine shop than to a chapel of the Pope."

But censorship loomed large and the Vatican-sponsored Index of Prohibited Books was not limited to the written medium - its power and influence found its way through all

image is doomed to its final fate in the Last Judgment as his face is painted over the flayed skin carried by Saint Bartholomew: still in another self-portrait Michelangelo is portrayed as the head of Holofernes being carried away after being beheaded by Judith, the Old Testament widow who decapitates him while is overcome with drink. It took four centuries for the winds of trends and attitudes to blow the fig leaves in the opposite direction - away from the centuries-old censorship. The Sistine Chapel ceiling has been given a makeover and layers of grime, candle smoke and...the fig leaves were finally removed. The fig-clad figures were "undressed" and brought back to their original state during one of the most important works restoration in the 20th century between 1980 and 1999. While this last restoration, "...gave the fresco back a previous beauty without causing any harm," said restorer Simone Lagi, a new battle ensued among art buffs, scholars and critics.

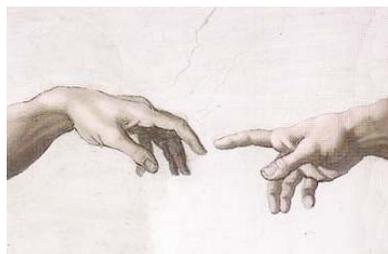
Many felt that the removal of the coverings created by Volterra revealed a new light and details that had not been seen for centuries, thus bringing back Michelangelo's true work the way he envisioned it: others have been critical about the restoration project- the fresco should not have been touched. James Beck, a Columbia University professor of Italian Renaissance painting and sculpture, and founder of ArtWatch International said that the promoters of the restoration project do not realize, "the true intentions of the artist." But censorship and debate are not limited to Renaissance religious and cultural fervor. In 1933 a New York court declared several scenes from Michelangelo's fresco obscene. Fifty years later a New York Times article



areas of the arts, trades, political and private life. It was essentially an investment in the future of the Church within the European theater. Michelangelo's work remained unaltered until his death in 1564 but the battle for "decency" went on and Michelangelo's apprentice, Daniele da Volterra was commissioned with modifying the fresco shortly after Michelangelo's death. He was tasked with covering the exposed parts; this earned him the nickname "undergarment-maker" (il Braghettone), as contemporaries and historians aptly named him.

Many of the offending parts were covered with rags painted over them- other figures sported the infamous fig leaves (historically known as the Fig-Leaf Campaign), and still other figures, depending on the degree of sainthood and status, received full clothing. But there was no peace in Michelangelo's heaven. Two saints,

written during the Sistine Chapel restoration project in 1987 titled The Great Fig-Leaf Debate reminded readers that the centuries-old battle is still on as there are still a number of marble statues in Italy donning the infamous leaf. And so the heated debate goes on. Attitudes towards nudity and decency in art are a matter of cultural, religious, and even political controversy - they may or may not change over time. What has not changed over time is the unanimous



Saint Biagio and Saint Catherine, happened to find themselves in what Vatican ecclesiasts thought to be an "equivocal position" on the fresco: da Volterra's paintbrush once again came to the rescue by repositioning the saints - their reciprocal gaze to one another was diverted so that Saint Biagio's head was turned away from Saint Catherine and engaged in a pious gaze at God and they were both fully clothed.

Michelangelo had been a Humanist in thought and upbringing and his inspiration for the narrative scenes in the fresco came from reading the Old Testament infinite times rather than

from the established representations of sacral art. The nudity in Michelangelo's work was neither a gratuity nor the result of an exhibitionist - it carried an ontological symbolic theme. Only earthly mortals attached importance to clothing and the final fate of humankind was naked as the naked truth itself - there were no garments in Heaven or Hell - the loss of innocence and innocence itself were bared for the final judgment - the fate of the damned was revealed in the modified and contorted bodies. Michelangelo even included a self-portrait among the damned - his own pathetic



Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY

Article and photos by
MC1 Chris Delano
The Signature Staff

The owner of a local restaurant in motta, Mr. Giuseppe Sergi and his head chef, Elisa Aleo demonstrate three different methods of using artichokes: boiling artichokes, baking artichokes on hot coals, and making artichoke and fennel salad.

There are many recipes that can be found on the web describing different ways to prepare an artichoke. So find the one you like and buon appetito.
To find out more about the next cooking class, contact Fleet and Family Support Center at x4291.



The Mysterious Artichoke

There's no doubt about it, the artichoke is one weird vegetable. Its origins come from Northern Africa where it can still be found growing in the wild. Artichokes were cultivated in Sicily during the Greek occupation, and the Greeks called them katos.

An artichoke, boiled and salted, contains only 50 calories. It also provides plenty of folate, Vitamin C, and Magnesium. Although the preparation can seem quite daunting, taking the time to cook the vegetable will provide you with quite a healthy snack.



Part of the preparation for artichokes is chopping up garlic and parsley and stuffing it in between the artichoke leaves.

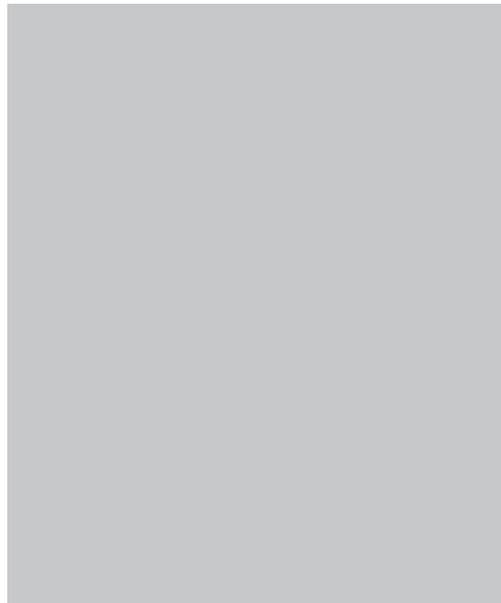
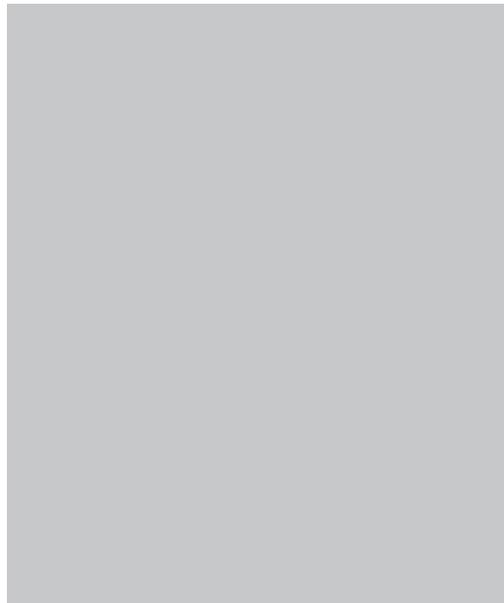
Cooking Artichokes over a bed of coals

Directions:

1. Tap the top of the fresh artichokes on the counter.
2. Then gently pry them open using your fingers
3. After opening, sprinkle a little bit of salt inside the artichoke.
4. Next, chop up some garlic and parsley and stuffed them in between the artichoke leaves.
5. Pour olive oil into the artichoke. (it is recommended to use extra virgin olive oil)
6. Place on a bed of hot charcoal for 35-45 minutes. (Keep the artichoke out of any flames as much as possible.)
7. Remove from charcoal and began removing the blackened leaves.
8. Once the blackened leaves are removed you are ready to eat the artichoke.
9. Once you are ready to eat the artichoke, pull a leaf away from artichoke, it should separate from the plant easily. Place the leaf in you mouth and as you pull it out, drag your teeth along the inside edge of the leaf to get the "meat". The closer to the center of the plant you are the more "meat" you'll get.



The staff at Donna Fortunata set out all of the ingredients for the would-be artichoke chefs. This included fresh garlic, olive oil and parsley.

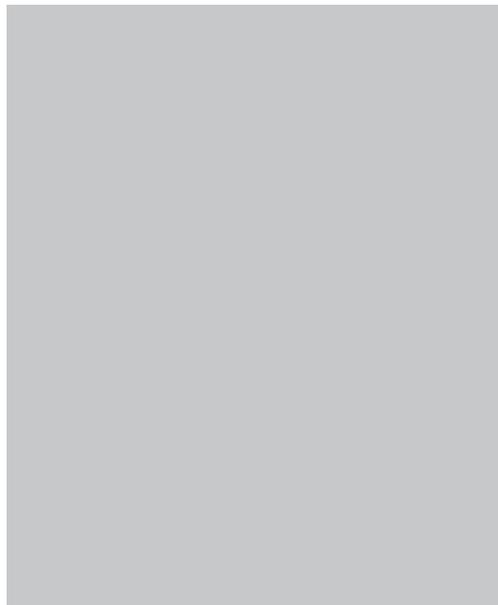
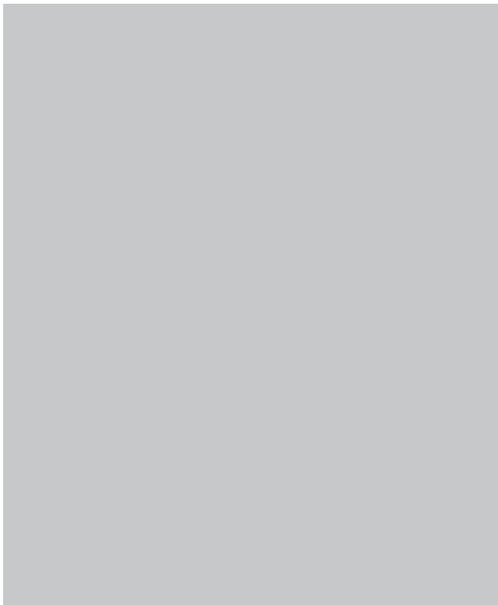




(Above, above right, and below) During the cooking demonstration at Donna Fortunata, the chef showed participants how to cook artichokes over an open flame. If you're doing this at home, be sure to avoid burning the artichokes.



The cooking class students demonstrate how to eat an artichoke. Though it may appear confusing, it's as easy as putting the leaf between your teeth and pulling the pulp, or meat, out.



Go Green Sigonella!

Energy Smart: Paying the Ultimate Cost for Energy

By: Brian Scott
Sigonella Resource Efficiency Manager

The recent loss of 29 coal miners in the West Virginia mine reminds me of the high cost we pay for freedom, and the high cost for energy. Why are we still mining coal in an age where we have alternative fuels such as natural gas, and nuclear energy?

It may surprise you that Coal is used to create almost half of all electricity generated in the United States. Power plants burn coal to make steam. The steam turns turbines (machines for generating rotary mechanical power) that generate electricity. In addition to companies in the electric power sector, industries and businesses with their own power plants use coal to generate electricity. A variety of industries use coal's heat and by-products. Separated ingredients of coal (such as methanol and ethylene) are used in making plastics, tar, synthetic fibers, fertilizers, and medicines.

Coal is also used to make steel. Coal is baked in hot furnaces to make coke, which is used to smelt iron ore into iron needed for making steel. It is the very high temperatures created from the use of coke that gives steel the strength and flexibility for things like bridges, buildings, and automobiles. The concrete and paper industries also use large amounts of coal.

How much coal is there? Based on U.S. coal consumption for 2008, the U.S. recoverable coal reserves represent enough coal to last 234 years. However, EIA projects in the most recent Annual Energy Outlook (April 2009) that U.S. coal consumption will increase at about 0.6% per year for the period 2007-2030. If that growth rate continues into the future, U.S. recoverable coal reserves would be exhausted in about 146 years if no new reserves are added.

So we expect to be mining coal for years to come. As you serve your country to keep it free, remember the coal miners who do the same for us back home. Saving a watt, may save a life.



Ristorante Bella Etna	
16	*Breakfast: Rolled Oats, Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Apple Fritters. *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.
17	*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 Cauliflower, Corn Whole Kernel, Almond Cookies, Blueberry Pie.
18	*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.
19	*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.
20	*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.
21	*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.
22	*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.
23	*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 Porkchops, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Cauliflower, 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.

ON THE GO WITH MWR

COMING SOON @ CONNECTIONS

GRILL YOUR OWN STEAK NIGHT

APRIL 19 @ 5PM

A VARIETY OF SIDE DISHES & TABLEWARE PROVIDED

FOR MORE INFO CALL X4264



LEARN HOW TO MAKE SUSHI

APRIL 21 @ 5PM

LIMITED SPACE SO SIGN UP EARLY



Learn Italian with us!

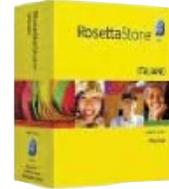
Morale, Welfare and Recreation (MWR) offers monthly language courses from Basic to Conversational through ITT Gear-n-Go as well as free accounts for Rosetta Stone® language PC software available at the MWR Library.

Basic Italian: Mondays from April 19 to May 10, from 9 a.m. to Noon and 5 to 8 p.m. in the Midtown Classroom.

Conversational II: Tuesdays from April 20 to May 11, from 9 a.m. to Noon and 5 to 8 p.m. in the Midtown Classroom. Sign up at ITT Gear-n-Go. For pricing and more information call 624-4777.

How about learning with Rosetta Stone® for free? The MWR Library has Rosetta Stone® accounts available in many languages for you to learn at

home. Simply stop by the MWR Library to receive an account and get the software for free and the opportunity to learn on your own schedule. For Rosetta Stone® information call MWR Library at 624-3875.



MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



BROOKLYN'S FINEST- Richard Gere, Don Cheadle, Ethan Hawke, Wesley Snipes, Ellen Barkin

With personal and work pressures bearing down on them, three police officers face daily tests of judgment and honor in one of the world's most difficult jobs. (133 min.)

CLASH OF THE TITANS- Sam Worthington, Gemma Arterton, Mads Mikkelsen, Alexa Davalos, Jason Flemyng

Born of a god but raised as a man, Perseus volunteers to lead a dangerous mission to defeat Hades before he can seize power from Zeus and unleash hell on earth. (110 min.)

THE CRAZIES- Timothy Olyphant, Radha Mitchell, Danielle Panabaker, Joe Anderson, Joe Reegan

Something is infecting the citizens of Ogden Marsh with insanity. Now complete anarchy reigns as one by one the townfolk succumb to an unknown toxin and turn sadistically violent. (100 min.)

DATE NIGHT- Steve Carell, Tina Fey, Mark Wahlberg, Taraji Henson, Jimmi Simpson

Phil and Claire Foster are a sensible, loving couple with two kids and a house in suburban New Jersey. The Fosters have their weekly date night an attempt at re-experiencing the spice of the dates of yesteryear, involving the same weekly night out at the local Teaneck Tavern. Their conversations quickly drift from barely-date talk to the same chore-chat they have at the dinner table at home. Exhausted from their jobs and kids, their dates rarely end in fore- or any other kind of play, let alone romance. After seeing two of their best friends, another married couple with kids in suburban New Jersey, split apart from living the same life they themselves lead, Phil and Claire begin to fear what may lie ahead: a state of bland indifference and eventual separation. In an attempt to take date night off auto-pilot, and hopefully inject a little spice into their lives, Phil decides a change of plans is in order, take Claire into Manhattan to the city's hottest new restaurant. The Fosters, however, don't have reservations. Hoping to be seated sometime before the clock strikes twelve, they steal a no-show couple's reservations. What could it hurt? Phil and Claire are now the Tripplehornes. The real Tripplehornes, however, it turns out, are a thieving couple who are being hunted down by a pair of corrupt cops for having stolen property from some very dangerous people. Forced on the run before they've even finished their risotto, Phil and Claire soon realize that their play-date-for-parents has gone awry, as they embark on a wild and dangerous series of crazy adventures to save their lives--and their marriage. (88 min.)

BROOKLYN'S FINEST- Richard Gere, Don Cheadle, Ethan Hawke, Wesley Snipes, Ellen Barkin

With personal and work pressures bearing down on them, three police officers face daily tests of judgment and honor in one of the world's most difficult jobs. (133 min.)

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

A soldier home on leave falls for a conservative collage 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 takes on more than he bargained for when he partners with a wisecracking U.S. agent who's been sent to Paris to stop a terrorist attack. (95 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 biotech company focused on developing a life-saving drug. One driven to prove himself and his theories, the other by a chance to save his children, this unlikely alliance eventually develops into mutual respect as they battle the medical and business establishments in a fight against the system A₂ and time. 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.)

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.

Friday, April 16

- 2:00pm Planet 51 PG
FREE
- 2:30pm The Princess and the Frog G
FREE
- 5:00pm How to Train Your Dragon PG
- 5:30pm Clash of the Titans PG-13
PREMIERE
- 7:30pm The Craziest R
PREMIERE
- 8:00pm From Paris With Love R

Saturday, April 17

- 2:00pm How to Train Your Dragon PG
- 2:30pm Percy Jackson & The Olympians PG
- 5:00pm Clash of the Titans PG-13
- 5:30pm Dear John PG-13
- 7:30pm The Craziest R
- 8:00pm Edge of Darkness R

Sunday, April 18

- 2:00pm Tooth Fairy PG
- 2:30pm Percy Jackson & The Olympians PG
- 5:00pm Extraordinary Measures PG
- 5:30pm When in Rome PG-13
- 7:30pm The Wolfman R

Tuesday, April 20

- 5:00pm The Last Song PG
- 5:30pm Date Night PG-13
PREMIERE
- 7:30pm Shutter Island R
- 8:00pm From Paris with Love R

Wednesday, April 21

- 5:00pm Extraordinary Measures PG
LAST SHOWING
- 5:30pm Date Night PG-13
- 7:30pm Cop Out R
- 8:00pm The Wolfman R

Thursday, April 22

- 5:00pm How to Train Your Dragon PG
- 5:30pm Dear John PG-13
LAST SHOWING
- 7:30pm The Craziest R
- 8:00pm From Paris with Love R
LAST SHOWING

Friday, April 23

- 2:00pm Cloudy with a Chance of Meatballs PG *FREE*
- 5:00pm Date Night PG-13
- 5:30pm Brooklyn's Finest R
PREMIERE
- 7:30pm Shutter Island R
- 8:30pm Cop Out R

Dive in to new waters! Get PADI-diver certified.



Dives in Acitrezza (only certified divers). Dive every morning until April 25 at 9:30 a.m. off the shores of Acitrezza.

For those wandering if there is an interest: Discovery Dive! Thinking about becoming certified but still unsure? Try Discovery Dive. Available every morning until April 25 at 9:30 a.m. off the shores of Acitrezza.

There will a 10% discount off next month's class for those who participate in this month's Discovery Dive! For more information please call Adventures Unlimited at 624-4777.

PADI Open Water Diver Course is your first step. Classes held every month. Open Dives on Sat & Sun morning. This certification allows recreation divers to reach depths of 66 feet. Buy your mask - snorkel - fins and boots from the NAS I Dive Second Step after receiving Open Water Diver Certification: Open

Multi-Cultural Dinner and Talent Show

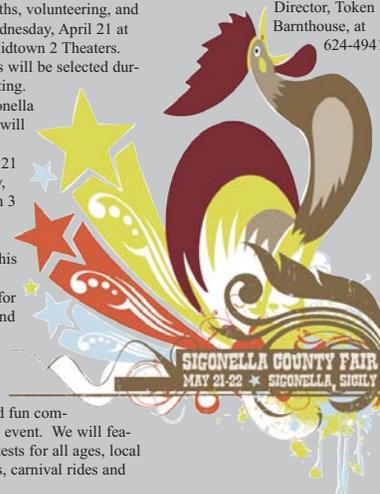


Enjoy an evening celebration of culture on Thursday, April 22, at 6 p.m. at NAS I Fitness District Gymnasium! Kids are requested to come in attire that reflects their heritage. Bring a dish native to your ethnicity. For info call 624-3736.

MWR's Sigonella County Fair is Coming!

The second command and private organization informational session for food booths, volunteering, and games is Wednesday, April 21 at 10 a.m. at Midtown 2 Theaters. Game booths will be selected during this meeting. MWR's Sigonella County Fair will be held on Friday, May 21 and Saturday, May 22 from 3 p.m. to Midnight both days. This is a great opportunity for commands and private organizations to be a party of an energetic and fun community-wide event. We will feature fun contests for all ages, local craft vendors, carnival rides and much more!

For more information contact MWR Community Activities Director, Token Barnhouse, at 624-4941.



CHILD, continued from page 1

nice to see all the fun and support she'll have as she gets older." This event was one of many scheduled during April, a children's parade was also held earlier in the month to observe Month of the Military Child. The month of April was designated Month of the Military Child in 1986 and is observed by all branches of the military. Bases around the world honor the sacrifices made by military children. At any given time, there are 1.7 million youth under the age of 18 with a parent serving in the armed forces and about 900,000 with one or both parents on multiple deployments.

PRT, continued from page 2

performed repeatedly. Add variety into your exercise routine. Try something new. Have fun!!! For further information, contact CPPD: Center for Personal and Professional Development Senior Advisor, Health and Fitness Phone: 757-492-7617 E-mail: diana.settles@navy.mil NH Sigonella POC for PRT is HMC Taeza 624-4683 You may also check out <http://www.navy-prt.com/>

COMMAND RELIGIOUS MINISTRIES PRESENTS . . .

A SERIES OF GOSPEL LESSONS

SPONSORED BY THE NAS SIGONELLA CHURCH OF CHRIST UPLIFTING MESSAGES FROM GOD'S WORD

OPEN TO EVERYONE!

JOIN US FOR CONGREGATIONAL SINGING CHRISTIAN FELLOWSHIP SOUND SCRIPTURAL TEACHING

GUEST SPEAKERS: STEVE SCHLOSSER FROM CHESAPEAKE, VA TERRY SUMERLIN FROM SAN ANTONIO, TX

FOUR CONSECUTIVE NIGHTS APRIL 22-25, 1800-1900 NAS I CHAPEL

FOR MORE INFORMATION, CONTACT JEFF MULLEN AT 624-5128 OR 095-705-6086

Executive Transport Detachment is Recipient of the James M. Holcombe Award

Article submitted by AZC(AW/SW) Christopher Solis

On March 8, 2010, Executive Transport Detachment, Sigonella was recognized by Commander, Fleet Logistics Support Wing for their outstanding maintenance performance.

Commodore Petersen presented the ETD Maintenance Monitoring Team and Contractor Logistics Support team with the James M. Holcombe "Golden Wrench" Award. This award is given to the air wing's squadron with the highest aircraft systems readiness, and the highest sortie completion rate.

Although a full Contractor Logistics Support (CLS) site,

ETD Sigonella is manned with a Maintenance Monitoring Team (MMT) consisting of AMCS Michael Albert, AZC Chris Solis, AT1 Reeve, AWF1 Rudisill, PR2 Glaser, and LS2 Johnson. In FY-09 the MMT demonstrated outstanding performance and exceeded standards in every measurable category.

Their efforts directly led to "Outstanding" results in three major FY-09 inspections.

This success is despite last years 60% pilot turnover and 40% command wide personnel turnover.

CATBIRD, as the C-20 is affectionately known, is dedicated to the executive transport of Commander, U.S. Naval Forces Europe Commander, U.S. Naval Forces Africa Commander,

Allied Joint Force Command Naples (CNE/CNA/COM JFC Naples), and maintains a permanent four-hour alert posture. In the past FY, ETD flew CNE to destinations in 27 European countries, 9 African countries, and 2 Asian countries, as well as Canada and the United States and averaged 22 days a month away from Sigonella.

OIC, Cmdr. Andy Wegman was quoted at the award ceremony as saying, "ETD and the CLS team have managed to provide the continued and stellar support required by CNE. This is a direct reflection of the competence, professionalism, and dedication that ETD Sailors and Contractors possess. I am proud to be accepting this award on their behalf."



BRAIN TEASERS

Sudoku Rules

Rows
There are 9 rows in a traditional Sudoku puzzle. Every row must contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. There may not be any duplicate numbers in any row. In other words, there can not be any rows that are identical.

Columns
Sudoku Rule For Columns There are 9 columns in a traditional Sudoku puzzle. Like the Sudoku rule for rows, every column must also contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. Again, there may not be any duplicate numbers in any column. Each column will be unique as a result.

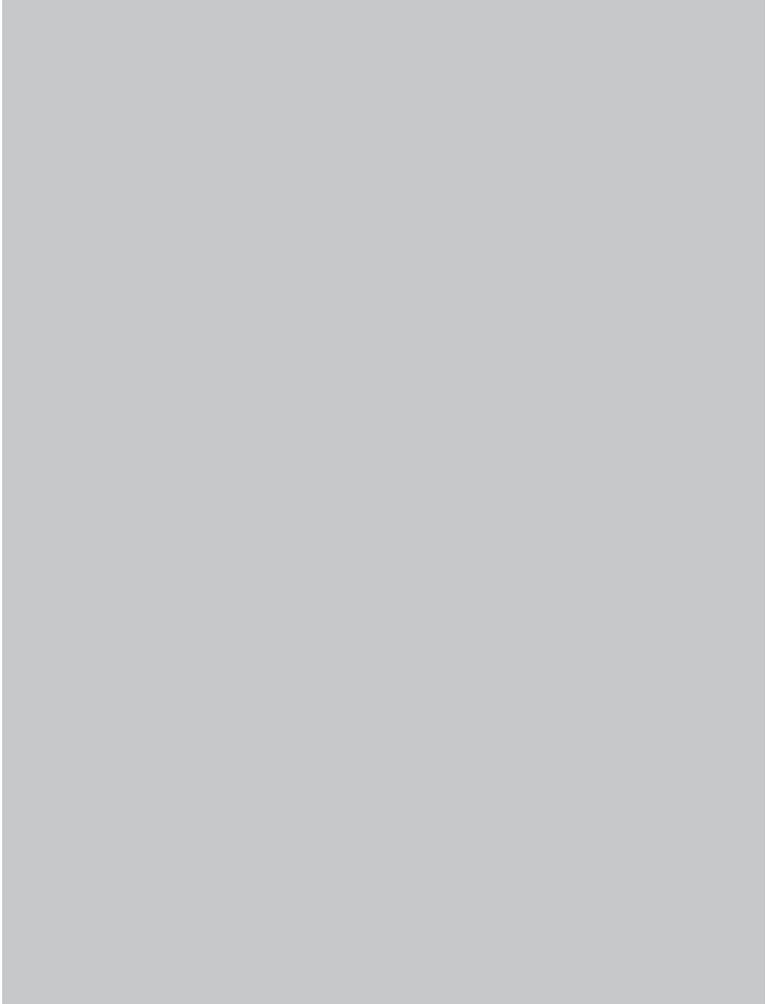
Regions
Sudoku Rule For Regions A region is a 3x3 box like the one shown to the left. There are 9 regions in a traditional Sudoku puzzle.

Like the Sudoku requirements for rows and columns, every region must also contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. Duplicate numbers are not permitted in any region. Each region will differ from the other regions.

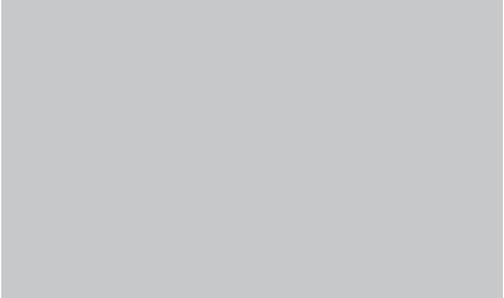
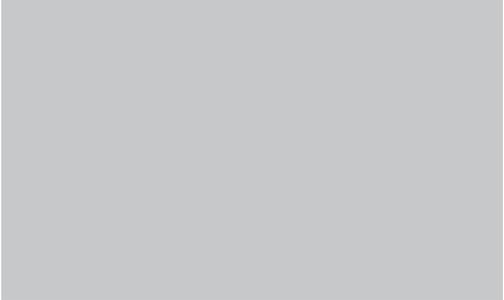
In summary, the Sudoku rule is: Complete the Sudoku puzzle so that each and every row, column, and region contains the numbers one through nine only once.

	6	9	3		4			
			1			6		
		5						
							8	6
		2					5	1
9				4	8	3		
					2		7	
2			9					3
7		6	5					4

4					8	9		
	1			3		7	5	
		8	5		9			
	7					5		6
						2	4	
		4					9	3
3	4		9					
1		7			5	8		
		5					2	



					8			
2				1	4			7
	4	6						
			7					
		9		3		1	2	
	3				6		8	
8	2	1						4
			4		7	9		
						6		



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

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

