



EODMU-8 Partners with Italian Navy Counterparts for Mine Counter Measure Training

By MCSN Whitfield M. Palmer
NPASE East Det Sigonella
 Photos by MC2 Gary Prill
NPASE East Det Sigonella

Explosive Ordnance Disposal Mobile Unit (EODMU) – 8 began exercise Bi-Crab, a multi-day mine counter measures training with the command's counterparts from the Italian Navy's Quick Response team near Pachino, Sicily Thursday, April 15. The training included mine counter measures techniques, searching procedures using underwater hand-held sonar, and raise, tow and beaching techniques.

"We are building camaraderie with our NATO peers," said Lt. Steven Johnson, Officer-in-Charge of EODMU-8's Platoon 8-0-1. "We are conducting trainings every other month, if not more. The world looks to the U.S. as a leader in ordnance disposal, but we can always learn by working with our partners."

The Italians have additional and more specialized equipment to conduct very shallow water (VSW) operations, according to Johnson.

"A lot of old ordnance, often from World War 2, washes up ashore, or is found by fishermen and/or recre-

ational divers here in Italy," said Johnson. "They are demonstrating the various underwater techniques and equipment they use and it is interesting to see how they do their job. Within the U.S. EOD Community, there are so many ways to solve a problem. There are no safe methods within our field, only ones that are considered less dangerous. Working alongside others can help us find less dangerous methods for the work we do."

Members of the Italian Navy Quick Response team also had positive feedback regarding the training.

"The training we are doing has been a great learning experience," said Lt. J.G. Marco Saponangelo. "We came out to share what we know and EODMU-8 has been more than generous with their knowledge."

EODMU-8 conducts frequent trainings and exercises with various NATO members including the Italian Navy in order to strengthen the partnerships and increase interoperability between the militaries of member nations. Exercise Bi-Crab continues through the next week and includes demolition, shooting and Improvised Explosive Device (IED) defeat training.



A technician from Explosive Ordnance Disposal Mobile Unit (EODMU) – 8 prepares a mechanism for raise, beach and tow operations during Bi-Crab, a multi-day mine counter measures training.



Lt. Steven Johnson of Explosive Ordnance Disposal Mobile Unit (EODMU) – 8 trains on a raise, beach and tow set-up.



Explosive Ordnance Disposal Mobile Unit (EODMU) – 8 trains in the use of a light weight beaching set-up.



Photo by Kim Delano

Members from Sigonella Military H.O.G. Chapter Completed the final stage of its inaugural year with a commemorative flag signing and Chapter meeting at Angela and Brothers Restaurant, on April 10. Along with the flag signing came a Harley Chapter first, the original 43 chapter members were honored with a certificate of "Plankowner". The completed signed flag will be on display at a location in the Sigonella community at a later date.

Comedian Uses Humor to Present "101 Days of Summer" Safety Standown

By YN3 John Jones Jr.
The Signature Staff

The "101 Days of Summer" safety stand-down was presented at NAS 1 Midtown Theaters by Naval Air Station (NAS) Sigonella Safety Department on Apr. 15 and 16, with comic relief from nationally renowned comedian Bo Irvine for the upcoming days of summer.

Irvine delivered comic relief with his clean solid act, quick wit and ability to adlib with Sigonella's service members.

"This is not going to be your usual safety stand-down," said Irvine. "This is not going to be death by PowerPoint."

Mixing comedy with real life situations and humorous explanations, Irvine's creative ingenuity kept amusing the audience.

"What's probably the biggest common denominator, when you go out over the summer and having fun when there are accidents," Irvine questioned. "Alcohol... now you still have accidents, people have accidents because they take a risks and do something that they shouldn't."

"They say that alcohol kills brain cells," said Irvine. "Usually after about five hours of drinking there's alcohol looking for something to do. In fact I think... most young people take their brain out... 'We're going on liberty, don't need this, I'll be back. I'm going to have fun; I don't need my brain with me.'"

Based on past experiences, Irvine feels that drinking and driving is avoidable and can be detrimental.

Irvine's oldest son is a firefighter and called

him one morning. "You know dad, all those years you told me not to drink and drive, and to call you if I did," he remembered his son relaying on the phone. "I was doing CPR on a 19 year old... last night. He was calling for his mom and his dad. And he died. The first thing that came to my mind was that I wish that his dad were here. All the days that I would leave with my friends and I'd think that 'my stupid dad' what's he talking about. Now I realize what you were talking about."

Lightening the discussion back up, Irvine encouraged service members to enjoy themselves. "I want you to go out and have fun. I just don't want you to 'drink to the extent that you hurt yourself or other people,'" he said.

"What are the famous last words in an accident with alcohol," he asked. "Hold my beer and watch this. When you hear that there is always trouble. I don't care if it's 100 days of summer or you're in mid-winter."



Nationally renowned comedian, Bo Irvine, delivered comic relief at the "101 Days of Summer" safety standdown for Naval Air Station Sigonella's service members.

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Cassibile Strawberry Festival to Taste Your Taste Buds

The mouthwatering Strawberry Festival returns to Cassibile from April 29 through May 4 featuring a plethora of games, crafts, music, Sicilian folklore, belly dancing, horse races, martial arts demonstrations, contests, and, obviously, lots of strawberry treats

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A Stone's Throw: Santorini

If you've ever seen an advertisement luring you to travel to the Greek Islands, chances are the photos they used to entice you were from the island of Santorini.

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On the Go With MWR

*Midtown Movie Schedule
 *Coming Soon @ Connections - Karaoke Night
 Friday, April 23@5:50pm

*Treat dad to a spa weekend!
 *MWR's Sigonella County Fair is Coming!

TRAFFIC NUMBERS

	Jan. 10- April 10	Jan. 09- April 09
Accidents	86	81
Injuries	9	4
DUIs	1	0
Traffic Deaths	0	0

PLEASE,
 DON'T BECOME
 A STATISTIC!

WEATHER UPDATE

April 23
 H:77F
 L:64F



April 24
 H:72F
 L:57F



April 25
 H:74F
 L:56F



April 26
 H:69F
 L:59F



April 27
 H:77F
 L:56F



April 28
 H:78F
 L:55F



April 29
 H:77F
 L:55F



DIRECT LINE NASSIG EXECUTIVE OFFICER CAPT. JOSEPH W. BEADLES

For those of you who do not know, Sigonella will be participating in an Earth Day Celebration tomorrow along with Motta S'Anastasia residents. This year we are bringing back the "Motta Road Cleanup" coordinated with our Italian neighbors to help protect our environment. Earth Day traces its history back to the first official Earth Day Celebration held April 22, 1970. The event was created by Senator Gaylord Nelson from the State of Wisconsin who founded Earth Day in 1969. Senator Nelson's biography documents that Earth Day's creation was inspired by the teachings dealing with the Vietnam War. It goes on to say that Earth Day

was an instant success, drawing 20 million participants the first year. American Heritage Magazine called the first Earth Day "one of the most remarkable happenings in the history of democracy." Due to the overall success of Earth Day and the impact it has had both on our environment, the American People, and citizens around the world, Senator Nelson was awarded the Presidential Medal of Freedom by then President Bill Clinton in 1995. His citation read, "The Presidential Medal of Freedom is the highest honor given to civilians in the United States...Twenty-five years ago this year, Americans came together for the very first Earth Day...They

came together...because of one American - Gaylord Nelson. As the father of Earth Day...He inspired us to remember that the stewardship of our natural resources is the stewardship of the American Dream." The original beliefs of why Earth Day needed to be created and the reasons why we should continue its celebration are just as important as ever. I ask you to please lend a hand in the cleaning of our environment this Saturday in Motta. Volunteers who want to participate are asked to arrive in the parking lot by the NAS I bowling alley between 8:15 - 45 a.m. to register and load on busses that will be provided for the event.

Everyone will then be taken to the Stada Policara, better known as the Motta font road, to begin cleaning up with our Italian neighbors. The event will wrap up after the cleanup with a BBQ on the NAS I land annex for all participants. I highly encourage everyone to participate in this one of a kind community relations project that not only cleans up an area near the base but also builds closer ties to our Italian friends.



Spring Wellness

By Lt. Lynn Skinner
US Naval Hospital Sigonella

As we prepare for spring, let's take a moment and consider annual wellness exams. We get reminders to turn the clocks forward, change the batteries in our smoke alarms; we even change our closets and wardrobes for warmer temperatures, but how often do you consider when your last wellness exam was?

Let's face it. No woman likes to get a pap smear, but the fact is ALL women are at risk for cervical cancer.

The Center for Disease Control reports the average age of a woman diagnosed with cervical cancer is thirty. But guess what? Six out of every ten women diagnosed with cervical cancer either never had

routine pap exams or went five years between their last pap and one that resulted in positive diagnosis. Early detection is a key factor in saving lives as it is a very treatable cancer when caught early. It is important to know that cervical cancer does not have signs or symptoms to look out for. Even in advanced stages many women report no symptoms such as pain or abnormal bleeding. Therefore, since a well woman's exam varies by age, pap smear history and pregnancy status, you should check with your health care provider to see if you are in need of one.

When thinking about women's wellness, it is also important to ask about having a mammogram. The national

standards recommending mammograms have recently changed so it is imperative you discuss your specific needs and concerns with your health care provider.

Men, you count too in the wellness checks. Prostate cancer is the most common form of cancer occurring in men. Deaths from prostate cancer are the second leading cause of cancer deaths in men. Testicular cancer is also a concern for men. In fact, it is the most common cancer found in men between the ages of 15-34 and the risk doubles at age 40. As with

cervical cancer these two types of cancers that effect men are easily diagnosed and treated when detected early. They also typically do not have signs or symptoms until advanced stages. Please discuss any concerns

or questions with your doctor and report changes such as difficulty urinating, changes to urination pattern, pain in the back, hips, pelvis or scrotal area that does not go away.

Wellness exams are preventive measures and are typically covered by insurance. They do not take much time to perform, and they have humongous potential to save lives. Your life. So, the take home message is don't be shy, talk with your health care provider and have a wellness exam performed regularly. Don't let yourself or your loved one become a victim of diseases that are easily combated if caught early.

For more information check out www.cdc.gov or www.nih.gov



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)	CHURCH OF CHRIST LAY SERVICE	
Monday - Thursday		Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)	
1130	Catholic Mass (NAS II Chapel)		

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

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

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

CHAPLAIN CORNER



Chaplain Coates

"There are times when we must act against our inclinations and, at those times, we may pain those that we love."

So says John Adams to his fourteen year old son, John Quincy, who is preparing to depart to St. Petersburg as a secretary with the necessary language skills to serve his country. The young boy is not anxious to leave his father's side. His father shares the

Inclinations

pain as he is all too familiar with time away from his Abigail.

I have a good friend who agreed to take a tour of some timeshare vacation property. He really had no interest in buying though the property was very attractive. The salesperson could see a hint of desire in his eyes to own the timeshare and attempted to lure him in with this plea: "Just follow your heart."

My friend quickly responded, "Why? The heart is deceitful above all things and beyond cure. Who can understand it?" The salesperson was thoroughly unprepared for such a retort and realized she would need to employ a totally different set of tactics than what works with most clientele.

The inclinations of the heart are not always the best guide. Our passions must be tempered with rigorous

reflections of the mind. Without this countermeasure, humans continue their proclivity to take actions which actually achieve the opposite result of their intentions. It's amazing.

A little over 2500 years ago, a man by the name of Jeremiah, who lived not too terribly far from here, tried to communicate this same principle to the people of his culture. By the way, he is the same writer from whom my friend stole the quote about the heart being deceitful.

His argument went something like this: God doesn't give us all kinds of crazy rules. His intentions are pretty simple. We should obey him, recognize Him as God and recognize ourselves as His. We are to walk according to His intentions precisely so that it may go well with us. But we do not listen or pay attention very well; instead, we follow the stubborn inclinations of our evil hearts. When we walk in this manner, we move backward, not forward. (See Jeremiah 7:22-24)

This phenomenon of moving backward when we are trying to move forward is exhausting and is most noticeable in our most important relationships. I have seen many family relationships struggle and it is not because the parties involved are not trying. Like going the wrong way on a fast moving sidewalk, they try to walk forward but find themselves losing ground. They are absolutely wiped out. The problem is that they continue to follow the inclinations of their hearts (the moving sidewalk) rather than observing the disciplines of the mind and body necessary to develop a fundamentally healthy relationship.

Such disciplines require bold love. Bold love is not easy but it is genuine love. At times, it may even pain those we love. It may run counter to

Inclinations, 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

Fire Scout Returns from First Operational Deployment

By MC2 Daniel Gay
Navy Public Affairs Support Element East Detachment Southeast.

MAYPORT, Fla (NNS) -- The MQ-8B Fire Scout, a Vertical Takeoff and Landing Unmanned Aerial Vehicle (VTUAV), returned from its first operational deployment April 15.

The VTUAV was embarked aboard USS McInerney (FFG 8) during their recent six-month deployment to the U.S. Southern Command (SOUTHCOM) Area of Responsibility.

Fire Scout is an autonomously controlled helicopter used by McInerney to scan waters for drug smugglers.

Senior Chief Aviation Electronics Technician (AW/SW) Stephen Diets, the fleet liaison for Fire Scout and one of the first enlisted air vehicle operators (AVO), said Fire Scout has the advantage of being able to hover unlike traditional Unmanned Aerial Vehicles (UAV).

McInerney is the first ship to support Fire Scout—one of the Navy's newest unmanned flight technologies.

"It's one of the Navy's newest systems, we brought it to bear on the mission, and it has challenged us to think in new ways to accomplish our goals," said Cmdr. Paul Young, McInerney's commanding officer. McInerney is the first ship to make a drug bust using a VTUAV with a drug interdiction April 3. Fire Scout was on a post-maintenance check flight when the operators spotted suspected narcotics smugglers.



U.S. Navy photo by MC2 Alan Gragg

The Northrop Grumman Corporation-developed Unmanned Aerial Vehicle MQ-8B Fire Scout sits on the flight deck of the guided-missile frigate USS McInerney (FFG 8), as the ship's crew prepares for flight operations. McInerney is preparing for an upcoming counter-illicit trafficking deployment to Latin America, where the ship is scheduled to use Fire Scout to assist with counter-drug operations.

Sexual Assault Hurts One, Affects All

By Sarah Fortney
National Naval Medical Center Public Affairs

BETHESDA, Md. (NNS) -- The impact of sexual assault is both immediate and long-lasting. It first starts with the victim and expands outward to include families, friends, work colleagues, neighbors, according to experts, practitioners and a focus groups conducted this year by Commanders of all grades.

The crime of sexual assault harms the life of the victim, and diminishes the Armed Forces' ability to function proficiently at the level of service member, and the military's ability to work as a team. Therefore, Defense Secretary Robert Gates has identified April as Sexual Assault Awareness Month (SAAM).

"The Department of Defense has a no tolerance policy toward sexual assault. This type of act not only does harm to the victim; it destabilizes the workplace and threatens national security," Gates said.

This month the Department of Defense has scheduled events on military bases throughout the world to focus on educating the military

and the public about the impact of sexual assault. This year the theme is "Hurts One Affects All," which conveys the message that sexual assault not only affects the victim, it affects the bystanders.

Mission readiness defines a unit's ability to deploy efficiently and protect national security, according to a memorandum released March 29 by Clifford Stanley, Under Secretary of Defense for Personnel and Readiness.

"Commanders and senior enlisted leadership must set the tone in their units to prevent this crime and not damage the trust that our military members have in their leaders and their peers," Stanley wrote. "Commanders and senior enlisted personnel are key to the successful implementation of the Department's efforts. I ask you to support and take part in your service's sexual assault prevention and response programs."

At the National Naval Medical Center, the Sexual Advocate Prevention Response team (SAPR) works to promote a culture of accountability through education and support for victims. Senior Chief Hospital Corpsman

Levita Ferrer, SARP point of contact at NNMCC said, "The Pentagon released a disturbing report last month on sexual abuse in the military, that stated more than 2,900 sexual assaults were reported in 2009, up nearly nine percent from the year before. Nearly two-thirds of the cases involved rape or aggravated assault. However, I believe the increase in numbers is because more personnel are now reporting because they have a choice of restricted or unrestricted reporting and guaranteed SAPR assistance. That is why it is important to continue sexual awareness not only for this month, but throughout the year."

To contact a victim advocate 24/7 at NNMCC call 301-442-8225 or page 800-759-8888, and enter pin 1305152. For more information on service members' rights, visit www.myduty.mil or contact Military OneSource 24/7 at 800-342-9647. For information on Defense Department policies regarding sexual assault, visit www.sapr.mil.

For more news from National Naval Medical Center, visit www.navy.mil/local/nmmc/.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MCI Cassandra Thompson

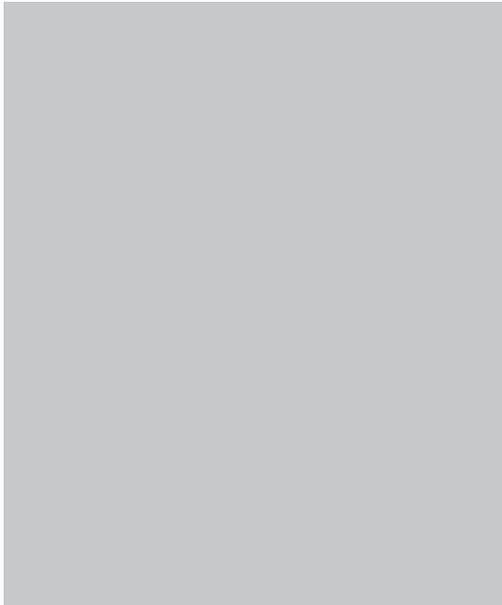
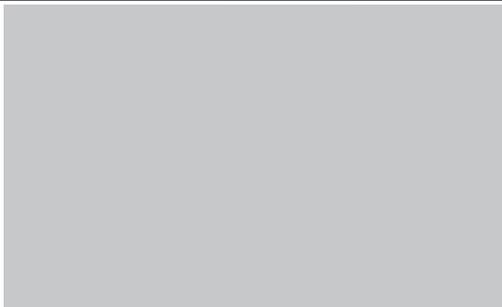
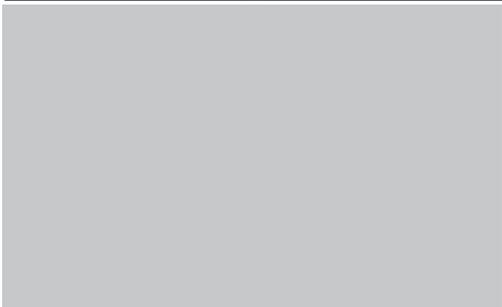
Information Technology Specialist 2nd Class Kevin Moya, a member of the visit, board, search, and seizure team from the Arleigh Burke-class guided-missile destroyer USS Farragut (DDG 99), investigates a suspicious dhow. USS Farragut is part of Combined Task Force 151, a multinational task force established to conduct anti-piracy operations in the Gulf of Aden. (U.S. Navy photo by Mass Communications Specialist 1st Class /Released)

Community Calendar



APRIL

				FRIDAY	SATURDAY	SUNDAY
				23	24	25
				FFSC ICR 8am-3:30pm Sigonella Elementary School No School Sigonella MS/HS School Soccer @ Vicenza Track @ Vicenza	FFSC Infant Massage Marinai Community Center 10am-11:30am Sigonella MS/HS School Soccer @ Vicenza Track @ Vicenza Jr. Class Carwash	ITALIAN HOLIDAY Liberation Day
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	30	MAY 1	2
26	27	28	29	Sigonella MS/HS School Baseball @ Naples Softball @ Naples Track to Naples	LABOR DAY FFSC Infant Massage Marinai Community Center 10am-11:30am Sigonella MS/HS School SAT Testing Soccer vs Florence (at home) Track @ Naples Middle School Activity Night 5:30pm-8:30pm	
ALL STUDENTS - FALL REGISTRATION 2010						
3	4	5	6	7	8	9
ITALIAN REST DAY	FFSC Home Buying Strategies 10am-12pm Infant Massage Marinai Community Center 10am-11:30am	FFSC Men's Group 1:30pm-3pm Playgroup 1-4 Years Old 9:30am-11am ICR 8am-3:30pm	FFSC Playgroup 0-12 Months 10am-11am CFS Forum 9am-11am Paying for College 1pm-2pm Sigonella MS/HS School Broadway Review-Knights Hall 6pm	FFSC ICR 12:30pm-3:30pm Sigonella MS/HS School Soccer @ Naples Baseball @ Naples Softball @ Naples	FFSC Infant Massage Marinai Community Center 10am-11:30am Sigonella MS/HS School Soccer @ Naples Baseball @ Naples Softball @ Naples	





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

SEXUAL ASSAULT PREVENTION AND RESPONSE

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



Fleet and Family Support Center Administration Building 319 NAS 1

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

What is a Bystander?

Article provided by FFSC

Joe is at a community event and, all of a sudden, a fight breaks out between two people. There are several others around, so he chooses not to intervene.

Sally is driving down the highway and sees an accident. She stops to watch what is happening, but chooses not to offer assistance.

Sam is at the airport and sees a bag left alone in the terminal. He thinks it's not a big deal and chooses not to inform security.

Kathy is at home and hears her neighbor and her husband fighting. She doesn't want to be nosy so she chooses not to call the police.

You are at your desk and you hear a sexually explicit joke. You don't want to be judged, so you choose

not to stop the conversation.

Joe, Sally, Sam, and Kathy are bystanders. You are a bystander. We are all bystanders. A bystander is a person who does not intervene during high risk situations. At some point, we have all been guilty of not stopping a potentially dangerous situation.

There are many reasons why people are bystanders. Some are afraid to intervene for fear of their own safety. Others may not want to get involved. Some may fear that they are misunderstanding the situation and still more believe that someone else will take care of the problem.

Intervening does not mean that you have to jump into the fight and break them up. It does not mean that you have to give CPR to the accident victim. It does not mean

that you have to look into the luggage to determine whether or not it is safe. Intervening simply means that you make a conscious effort to let others know where you stand. That you will not stand by waiting for someone else to get involved. Call for help, stop the jokes, and show others that you care about their safety. Intervening is letting aggressors know that their behaviors are not acceptable in your community. That violence will not be tolerated.

We can all make a difference in the lives of others and in our community. Commit to standing up for your family, your friends, and your shipmates. Commit to making a difference. Commit to a safer Sigonella. Make a Green Dot and commit to no longer being a bystander.

Sigonella's 5th Annual One-Mile Walk

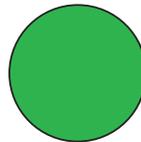
Hurts one...

When: April 23rd, 2010 at 1630

Where: Community Plaza

(in front of FFSC)

Call FFSC at 624-4291 for more details



...effects all

Sexual Assault Awareness Month



BE YOUR OWN BODYGUARD

Learn All Aspects of Hand To Hand Self Defense and Defeat Attackers with Krav Maga. The #1 Reality-Based System in the World. **PROTECT YOURSELF & YOUR LOVED ONES!!!** Deescalate potentially dangerous

situations Maintain self-safety at all times When: April 20, 1700-1830 Where: Knight's Hall For more information or to sign up, contact the FFSC at 624-4291 Sponsored by SAPR



Sigonella 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 "Sigonella Scholarship Fund". The Sigonella 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 Sigonella community members from funds donated by commands, organizations, and individuals in the NAS Sigonella 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. Sigonella Community Scholarship Applications on NAS I can be picked up at the School's Liaison office located at the Sigonella Elementary School, room 102a, at the Sigonella 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 Sigonella Community Scholarship. The Sigonella 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

Ricotta Cheese Festival in Vizzini this weekend

Make sure you mark on your calendar the annual Ricotta and Cheese Festival that will be held this weekend (April 23 through 25) in Vizzini. On the first day of the sagra (festival) at 6 p.m. food booths will open at 6 p.m. On Saturday, Apr. 24, local cheese makers perform the Mescita (the preparation of the ricotta) in Piazza Marconi and piazza S. Maria di Gesù in the city's historic center at 9 a.m. In the evening, a music concert featuring Italian singer Dalia Di Prima is performed in piazza Umberto I.

When visiting the festival, be sure to sample other local specialties such as Cudduruna and Impanate. They both are plain pizza shells topped with sun-dried tomatoes (Cudduruna) or vegetables (Impanate) such as broccoli, spinach and more.

Festivalgoers can learn how ricotta is still made according to the ancient tradition.

The name ricotta derives from the word Recocta that in Latin means cooked twice. Ancient Romans used to serve it to important guests and offered

as a sacrifice at religious ceremonies. Ricotta became very popular in the Middle Ages. Bartolomeo Sacchi, a 15th century novelist, wrote a vivid description of the ricotta making: "When the cheese is taken from the caldron, the whey is heated so that any remaining fat will float to the surface. The country people call it ricotta because it is cooked twice to extract the cheese from the buttermilk. Ricotta is extremely white and has a rather pleasant flavor."

Ricotta is considered more as a milk product than a cheese. The whey obtained from the curd of fresh sheep milk is poured into a pot, named Quarara and placed over a gas burner set an inch or two off the floor. Ricotta forms when proteins from the whey separate, rise and coagulate. Once ready, the cheese has a granular structure and is white in color. The flavor is tasty and appealing. It must be consumed fresh otherwise it acidifies. Ricotta is eaten as fresh cheese or used in baking and in fillings for lasagna, ravioli, and other pasta dishes.

If mixed with sugar, candied fruits, and chocolate drops it is a perfect filling for cannoli and other pastries.

Yet, some of the fresh ricotta is set aside to harden and is heavily salted. After a week, ricotta salata (salted ricotta) is ready to be shredded over pasta and other tasty dishes.

On Sunday April 25, Mescita is performed starting at 9 a.m. Piazza Marconi in Visitors to the festival can enjoy long live music, Sicilian carts parades, photo exhibitions, arts and crafts, music shows, wine and cheese tasting

throughout the day.

What to see: Vizzini, a town placed between two hills, is located on the northwestern slopes of the Iblei Mountains about 40 miles from Catania. Its altitude ranges from 187 to 919 meters.

Vizzini was first a Greek town, then it fell under the Roman rule and later Byzantines, Arabs, Normans, Swedes and eventually Spaniards conquered it.

In 1693, Vizzini was half destroyed by a terrible earthquake. Its reconstruction took more than 100 years. The natural disaster spared the medieval part of the town. Most of the 20 churches located in the historic center were rebuilt in their original beauty.

The Chiesa Madre (main church) and the Church of San Giovanni Battista are among the city buildings worth to be visited. The Chiesa Madre partly resisted the 1693 earthquake and was rebuilt on the old Senatorial Palace and on the remains of Benedictine monastery

founded by Gregory the Great, patron of the town. On the left flank of the church a beautiful Catalan Gothic style portal decorates the entrance portal. A wooden ceiling by Natale Bonaiuto and two paintings by the Florence master Filippo Paladini embellish the interiors. Also worth a visit are the Baroque Palaces Trao Ventimiglia and Costa.

San Giovanni Battista is the biggest church of the area. Stuccos from Natale Bonaiuto and splendid altars in Rococo style decorate the interiors.

Your Vizzini tour must also include the Capuchin Convent. The Capuchins are among the first religious orders that settled in Vizzini. Dominican and Augustinian Convents were also built in the area. The fascinating painting Deposizione (the Deposition) painted in 1607 by Filippo Paladini is preserved in the Capuchins Church.

Vizzini is also famous for being the setting of "Cavalleria Rusticana" and "Mastro Don Gesualdo," two famous novels from Sicilian writer Giovanni Verga (1840-1922). Verga wrote realistic novels on the life of the poor peasants and fishermen of Sicily. If you like to read them but you don't speak Italian, you can still look for the English translations by David Herbert Lawrence (1885-1930). Verga spent his childhood on his property in Vizzini at his beautiful family house (Palazzo Verga) located in piazza Umberto I, the main square.

For more information, directions and detailed schedule call Vizzini Tourist Office at 0933-1937319.



Photo by Giopuo

The annual Vizzini Ricotta cheese festival honors the cheese making and dairy farming traditions of the area. Running this weekend in the town's historic heart, the festival also features arts and crafts, folklore parades and entertainment.

Cassibile Strawberry Festival to Tempt Your Taste Buds

The mouthwatering Strawberry Festival returns to Cassibile from April 29 through May 4 featuring a plethora of games, crafts, music, Sicilian folklore, belly dancing, horse races, martial arts demonstrations, contests, and, obviously, lots of strawberry treats (strawberry

Mediterraneo (horse racetrack) which is located in the Siracusa province right after the Florida exit on state road 114 (Catania-Siracusa). Admission is free.

For more information, directions and detailed festival schedules call 340-5372170 / 335-76 18 637 or visit www.festadellafragola.it

with chocolate, strawberry beer, salsiccia pork sausage with strawberry, crêpes, cakes and cannoli with strawberry and more). As it happens every year, local pastry chefs will bake up a super-sized strawberry cake weighing over 1,000 pounds. This giant cake will be divided and distributed to people visiting the festival on Sunday, May 2 at 5:30 p.m. Kicking off on Thursday, 29 at 5 p.m., this colorful and exciting outdoor free event will be held at the Ippodromo del



New show brings gladiatorial games to life at Rome's Coliseum

(Story by ANSA)

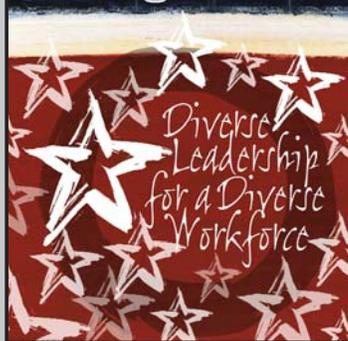
Rome - An array of colorful and deadly-looking helmets, swords, daggers and shields has gone on display at the Coliseum, bringing to life the gladiatorial games of ancient times. The exhibition features around 30 gladiatorial artifacts unearthed at the archaeological site of Pompeii but the focus will be on helping visitors understand what the arena and its fighters really looked like 2,000 years ago. "This is not an exhibition in the traditional sense of the term but rather an array of modern objects alongside ancient finds," explained Coliseum Director Rossella Rea. The event includes just nine display cases but is the work of years of work by expert Silvano Mattesini.

Mattesini not only examined surviving weapons, he also studied the accounts of ancient authors and hundreds of different artistic representations: frescos, reliefs, mosaics, graffiti, statues and everyday household objects, such as plates and vases. He then took his detailed reconstructions to metalworkers, tailors and carpenters who helped transform his research into real-life objects. The end result is a dazzling array of materials and metals: headgear with bright orange and yellow plumes, showy silk tunics and gleaming armour.

"The reconstructions are designed to help visitors under-

stand the difference between the finds that have survived until the present day and what the public would have actually seen during the games," said Rea. "It is particularly important to remember that the size of the Coliseum meant only those in the front rows had a clear view of what was going on." The rest could see only moving colors and light: helmet plumes, the flash of weapons and the reflection of armor under the sun". Early accounts suggest gladiatorial contests developed from displays of hand-to-hand combat at funerary games in Rome. The first written record by Valerius Maximus describes games staged by the two sons of Brutus Pera in honor of their dead father in 264 BC. Over the next few centuries, the games became a fixture of social and political life, funded by the rich and powerful to help win popularity. Work on the Coliseum started under Vespasian and was inaugurated in 80 AD. The author Dio Cassius recounts that over 9,000 wild animals were killed during the inaugural games, which went on for weeks. The latest exhibition at the Coliseum is the second it has devoted to gladiators in recent years, riding a wave of renewed interest sparked by the Russell Crowe-Ridley Scott 2000 blockbuster and the hit TV historical drama series Rome. Entitled Gladiators, the show will remain on display until October 2.

Asian Pacific American Heritage Month



May is Asian/Pacific American Heritage Month - a celebration of Asians and Pacific Islanders in the United States. The Filipino-American Association of Sigonella will, once again, be spearheading an evening of songs, dances, and Asian-Pacific cuisine on 19 May 2010, Wednesday.

In preparation of this celebration, we're looking for participants to sing, dance, perform martial arts exhibits, share art or origami, showcase costumes or Asian/Pacific cuisine. We're also looking for stage designers and costume makers.

Volunteers need NOT be of Asian/Pacific descent.

If you or any member/s of your family would like to participate, please contact:

Vicky Taeza (vtaeza@hotmail.com)

Rico Taeza at 624-1234 BB:3346479547

(alarico.taeza@med.navy.mil);

Venus Lozano (venus.lozano@med.navy.mil)

Nuevo Lozano (nuevo.lozano@med.navy.mil)

BB: 3346479557.

alfred.rios@eu.navy.mil

tammaron.moses@eu.navy.mil

alejandro.ozornio@eu.navy.mil

School News

School Registration for SY 2010-2011

Registration is mandatory for ALL students planning to attend Sigonella schools this fall.

Kindergarten Age Students: If you have a child turning 5 by September 1st, 2010, it is most important that you register your child following the schedule below so we can plan appropriately for next year's classes.

Time: 10:00 A.M. - 3:00 P.M.

Location: Room 226 at the Elementary School for all grades

Tuesday, April 27

(Last names beginning with A – F)

Wednesday, April 28

(Last Names beginning with G – M)

Thursday, April 29

(Last names beginning with N – Z)

Friday, April 30

(Open registration)

Registration requirements:

- o Birth Certificate for 1st grade and under
- o Orders must be current. Additional documentation is required for rotation dates after July 2010.
- o Updated Immunizations as necessary.

~~Registration cannot be completed online or by phone~~

If the sponsor will be deploying, early registration appointments can be made.

Please contact Kendra Mullen 624-3002/3167 (Elementary) or

Laurie Brand 624-4284 (Middle/High) for more information.

NEW



ARRIVALS

DOB: 27 Mar 20
 Baby Gender: Female
 Name: Preslie Sunshine Parish
 Length: 20 inches
 Weight: 6 lbs 9 oz
 Parents: William Joseph Parish
 Carrie Camille Parish
 Siblings: William, 21 months old

DOB: 28 Mar 20
 Baby Gender: Female
 Name: Penelope Jean Andre
 Length: 20 inches
 Weight: 9 lbs 8 oz
 Parents: Philip A. Andre
 Aja Leigh Andre
 Siblings: Ella, 3 1/2 years old

DOB: 28 Mar 20
 Baby Gender: Female
 Name: Gabrielle Hailee Thurman
 Length: 20 inches
 Weight: 8 lbs 15 oz
 Parents: Zakery Thurman
 Barbara Thurman

DOB: 2 Apr 10
 Baby Gender: Female
 Name: Viviana BellaMarie Cupp
 Length: 19 inches
 Weight: 8 lbs 6 oz
 Parents: Dennis G. Cupp
 Heather M. Cupp

DOB: 13 Apr 10
 Baby Gender: Female
 Name: Niamh Amy Evans
 Length: 21 inches
 Weight: 8 lbs 12 oz
 Parents: William Ellery Evans
 Petra Marie English
 Siblings: Pawel David Evans, 2 yrs old

DOB: 14 Apr 10
 Baby Gender: Female
 Name: Jazmine Ce'Nise Richards
 Length: 20 inches
 Weight: 7 lbs 13 oz
 Parents: Jonathan C. Richards
 Keshia V. Richards

DOB: 18 Apr 10
 Baby Gender: Male
 Name: Jason Allen Robles
 Length: 21 inches
 Weight: 8 lbs. 13 oz
 Parents: Jason Scott Robles
 Theresa Robles
 Saniya, 2 + Hason Lee, 11

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Site: ★★★★★

Family Friendly: ★★★★★

Santorini

Accessibility: ★★★★★

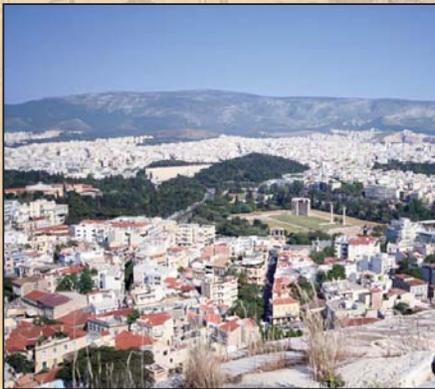
Travel Time: ★★★★★

Story and Photos by Tracie Barnhouse

If you've ever seen an advertisement luring you to travel to the Greek Islands, chances are the photos they used to entice you were from the island of Santorini. With its crisp white buildings, nestled snugly on the side of a sheer-faced cliff overlooking the Aegean Sea, Santorini is truly a breathtaking place to visit, and one you should not miss out on while stationed at NAS Sigonella



The island of Santorini has quite a past. Some 3,600 years ago, at the height of the Minoan civilization, it was one big island, but a volcanic eruption, said to be one of the largest volcanic eruptions on Earth in the last few thousand years, according to Wikipedia, rocked the land and destroyed the early settlements. What remained from the eruption is a caldera, or a big crater, that is a giant lagoon surrounded by steep cliffs on three sides. It is thought that the eruption caused a huge tsunami that basically wiped out the Minoan civilization on the island of Crete. There's also the theory that located in the deep water of the lagoon, which is nearly 1300 ft., is the ancient civilization of Atlantis.



Finding a hotel in Santorini requires a lot of research; especially if you're picky about where you stay. There are just so many options; hot tub? breakfast included? restaurant on site? close to the action or more tranquil? Once you nail down what town you want to stay in, start searching on sites such as Trip Advisor to get reviews of the many hotels in the area. Santorini basically closes down over the winter, and a lot of the hotels are run by small, independent hoteliers, so don't be surprised if you don't get a response on your room reservation inquiry too many months in advance. Most hotels have offices in Athens that stay open during the winter months, so be sure to email the hotel if you are interested in staying there. During the month of May, things start picking up, and that's also a time where you can find great deals on hotels because it's considered low season, yet the weather is still warm. It is, in my opinion, one of the best times to go, because you're not fighting any of the crowds during the summer months, yet everything is open and priced at low season prices. Oh, and word of advice, Don't go in August. With Italians taking holiday most of that month, it's the busiest time of all for Santorini and is a popular vacation spot for the Italians and other Europeans, as well.



You won't go hungry in Santorini, and there are many options for the food lover. Traditional Greek food is, of course, plentiful, as is fresh seafood, caught daily from the lagoon. You can find inexpensive meals, or you can splurge and go for the more expensive fare. It's all available to you. Definitely don't pass up the baklava or moussaka. Trust me on this!

Accessibility: 4 out of 5 stars

In the summer months, there are direct flights from Catania to Santorini. Check with Angie's Travel for more information about these flights. If you go in May or during the low or off seasons, you'll have to connect through Athens. If you really want to make it a memorable vacation, tack on a day or two in Athens, explore that city, and then head down to the islands for your R&R. There are also many cruises that pass through Santorini and are popular if you want to see more than one of the islands. In addition to flying from Athens, you can also take the ferry. Santorini is 94 nautical miles from Athens, and there are ferries that depart daily from two docks in Athens, Piraeus and Rafina. Once you arrive in Santorini, it's quite easy to navigate the airport - there's only one baggage claim and taxis are lined up outside of the arrivals terminal.



Santorini is great in that if you're looking for a vacation to just relax, read a book by the pool, and soak up the rays with a fruity drink in hand, you can, but if you want to get out and explore, that's also an option. There are many boat tours available, and most of them take you to the three most popular beaches, aptly named the white, black, and red beaches because of the color of the sand present. There are big boats as well as smaller catamarans that go out every day. Santorini also boasts a vineyard and winery, though if you've been in Sicily long, it's probably not what you're used to! The reds offered are very popular, and worth a trip if you want to add to your wine collection. For the history buff, tours are made daily to the ancient ruins of the Hellenistic, Roman and Byzantine periods that you might want to check out. Most of the tour can be booked through the front desk of your hotel, or there are small offices located in the towns where you can book your excursion. There really is something for everyone at Santorini, except for smaller children.



Travel Time: 3 out of 5 stars

Flying from Athens, the flight is short, about 45 minutes. If you go with the regular ferry from Athens, the travel time to Santorini is around nine hours and there are three to five that leave per day. The cost is around 120 euro for a nice cabin for two. On a high speed catamaran, you can be in Santorini in about five hours. The best website I've found regarding ferries in Greece is athensguide.com/ferries. In the summer, there are direct flights to Santorini. Check with ITT or Angie's Travel for more information.



Go Green Sigonella!

Earth Day Motta Road Cleanup

Saturday, April 24th, 2010

On Saturday April 24th 2010, NASSIG will be teaming up with it's closest neighboring town of Motta Sant' Anastasia for the 40th Annual Earth Day Celebration. NAS Sigonella, in Partnership with the town of Motta, will be cleaning up the Strada Policara (Front Motta Road), between the town of Motta and SS192. After the event, NASSIG will be hosting a BBQ for the Motta community and NAS Sigonella volunteers at the NAS I Soccer field picnic area.

0815-0845 a.m. Meet and register at NAS I Bowling Alley parking lot*

845 a.m. Board buses for litter pick-up along Front Motta Road**

1115 a.m. - 1300 p.m. Appreciation barbecue for volunteers, NAS I Soccer field picnic area.

*All volunteers will receive an Earth Day t-shirt.
** There will be a treasure hunt with 10 chances for students to receive a prize

*** Cloves and trash-bags will be provided.

Please contact Ms Antonella Grillo or Mr. Wayne Hagwood at PW-Environmental for more information at x2463 or 6931.

23	<p>*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.</p>
24	<p>*Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns. *Brunch: Breakfast Items, Beef Vegetable Soup, BBQ Beef Sandwich, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp. *Dinner: Manhattan Clam Chowder, El Rancho Stew, Southern Fried Chicken, Mashed Potatoes, Chicken Gravy, Steamed Rice, Green Kale, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.</p>
25	<p>*Breakfast: Hominny Grits, Minceed Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Kolaches. *Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits. *Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.</p>
26	<p>*Breakfast: Hominny Grits, Minceed Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Streusel Coffee Cake. *Lunch: Chicken Noodle Soup, Rosemary Roast Turkey, Baked Ham, Mashed Potatoes, Sweet Potatoes, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie. *Speed line: Assorted Pizza, RIKPAK. *Dinner: Pepper Pot Soup, Steak w/ Onions, Grilled Chicken Breast, Baked Potatoes, Collard Greens, Calico Cabbage, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie, RIKPAK.</p>
27	<p>*Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Blueberry Muffins. *Lunch: Cream of Asparagus Soup, BBQ Spareribs, Southern Fried Chicken, Chicken Gravy, Mashed Potatoes, Hopping John, Corn on the Cob, Southern Style Greens, Jalapeno Corn Bread, German Chocolate Cake, Cherry Pie. *Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, RIKPAK. Dinner: Beef Rice Soup, Roast Veal w/ Herbs, Spaghetti w/ Meatballs, Lyonnaise Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, German Chocolate Cake, Cherry Pie, RIKPAK.</p>
28	<p>*Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Bear Claw. *Lunch: Beef Vegetable Soup, Breaded Pork Steaks, Savory Baked Chicken, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Tangy Spinach, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs. *Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK. *Dinner: Minestrone Soup, Salisbury Steak, Pasta Al Forno, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs, RIKPAK.</p>
29	<p>*Breakfast: Hominny Grits, Oven Fried Bacon, Corned Beef Hash, Asst Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin. *Lunch: Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake. Speedline: Assorted Pizza, RIKPAK. Dinner: Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken Breast, Oven Browned Potatoes, Corn O' Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake, RIKPAK.</p>
30	<p>*Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls. *Lunch: Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Baked Fish, Steamed Rice, Calico Cabbage, Herbed Broccoli, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin. Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK. *Dinner: Egg Drop Soup, Chicken Cacciatore, Roast Beef, Rice Pilaf, Southern Green Beans, Savory Squash, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin, RIKPAK.</p>

ON THE GO WITH MWR

COMING SOON @ CONNECTIONS

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

Come join Connection's 10 week Texas Hold'em Tournament. Show up by game time to reserve your spot. First and second places are advanced to the final table and can receive prizes. For more info call Connections @ 624-4264.



BINGO Night

Monday, May 3 @ 5:30 pm

The Famous Game We All Love To Play Is Back

Register at Connections to reserve your spot.

For more information and prices call x-4264

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



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

Saturday, April 24
 2:00pm The Last Song PG
 2:30pm Percy Jackson & The Olympians PG
 4:30pm Clash of the Titans PG-13
 5:00pm **Crazy Heart R *PREMIERE***
 7:00pm Brooklyn's Finest R
 7:30pm The Crazies R

Sunday, April 25
 2:00pm Clash of the Titans PG-13
 2:30pm Date Night PG-13
 5:00pm Valentine's Day PG-13
 5:30pm Crazy Heart R
 7:00pm Shutter Island R

Tuesday, April 26
 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 27
 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 28
 5:00pm How to Train Your Dragon PG
 5:30pm **Dear John PG-13 *LAST SHOWING***
 7:30pm The Crazies R
 8:00pm **From Paris with Love R *LAST SHOWING***

Friday, April 29
 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

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.)

CRAZY HEART- Jeff Bridges, Maggie Gyllenhaal, Robert Duvall, James Keane, Anna Felix

Bad Blake is a broken-down, hard-living country music singer who's had way too many marriages, far too many years on the road and one too many drinks way too many times. And yet, Bad can't help but reach for salvation with the help of Jean, a journalist who discovers the real man behind the musician. As he struggles down the road of redemption, Bad learns the hard way just how tough life can be on one man's crazy heart. (111 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 Triplehornes. The real Triplehornes, 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.

Catania Elephants Tailgating Party

Join MWR for American football in Italy on Saturday, April 24 and watch the Catania Elephants battle against the Ancona Dolphins. MWR provides transportation, condiments, paper products, and hot grills. Bring your own coolers, cooking utensils, food, and beverages. Sign up at ITT Gear-n-Go. For pricing and more info call 624-4777.

Treat dad to a spa weekend!

Plan now for Father's Day weekend and let ITT Gear-n-Go take care of all the details. Sign up today for Taormina Spa for Father's Day weekend, Friday, June 18 to Sunday, June 20. Reserve your spot today for a small fee. Sign up at ITT Gear-n-Go. For pricing and details call 624-4777.



Don't be a fish out of water!

Become lifeguard-certified.

The annual American Red Cross Lifeguard Course will be held Monday through Thursday, May 3 to 6 and May 10 to 13 from 2 to 8 p.m. at Splashers Pool on NAS I. A pretest is required and will be held on Friday, April 30 at 3 pm. This course will certify you in

AED (Automatic Defibrillation), CPR, First Aid, and Oxygen Administration. All MWR lifeguards from past seasons are encouraged to attend the CPR portion to ensure certification is up-to-date. For more information call Christie at Splashers at 624-4334.



MWR's Sigonella County Fair is Coming!

MWR's Sigonella County Fair is Friday, May 21 & Saturday, May 22, from 3 pm to Midnight on both days. This fair offers 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! MWR will host its next command and private organization meeting on Wednesday, April 21. This is the second command & private org. info session for food booths, volunteering and games at 10 a.m. in Midtown 2

Theaters. Game booths will be selected during this meeting. For any additional information please contact MWR Community Activities Director, Token Barnhouse, at 624-4941.



SUMMER, continued
from page 1

The "101 Days of Summer" safety stand-down was presented at NAS 1 Midtown Theaters by Naval Air Station (NAS) Sigonella Safety Department on Apr. 15 and 16, with comic relief from nationally renowned comedian Bo Irvine for the upcoming days of summer. Irvine delivered comic relief with his clean solid act, quick wit and ability to adlib with Sigonella's service members.

INCLINATIONS, continued
from page 2

the inclinations of our hearts. That's okay once we realize that those leanings sometimes lead us to become enablers of destruction and to actually lose ground. When we are fatigued, it takes resolve and discipline to square our shoulders and lean forward in life's challenges. The inclination may be to simply seek escape or rest. There are times when we must act against our inclinations. Thanks for the reminder John.



By ICI(SW) Brian Teneyck, Commander, Navy Region Europe, Africa, Southwest Asia Public Affairs

Navy Region Europe, Africa, Southwest Asia closed out participation in the Living Pattern Survey at seven locations across Italy on March 31. Final survey data will be used to help determine future allowances for service members and their families. The Living Pattern Survey (LPS), which occurs every 3 years, included inputs from U.S. military personnel at installations across Italy. During the two month survey, over 2,800 military members and their families provided key information on spending patterns that reflects how their money is spent on the local economy, as well as at military exchanges and commissaries. The Defense Travel Management Office (DTMO) will use the LPS data to help determine the Overseas Cost of Living Allowance (COLA) index at a particular duty station. The

LIVING PATTERN SURVEY COMPLETED IN ITALY

COLA index is determined by comparing price differences between a market basket of goods and services in an overseas location and the same market basket prices of goods and services in the continental United States. "Service members and their families need to understand that a rising cost of living in the United States relative to Italy will tend to push COLA rates down," said Francesca Rodriguez, Italy country coordinator for the LPS. "Conversely, if prices rise faster in Italy than in the United States, COLA rates may increase." Recently, the cost of living in the U.S. has increased faster than the cost of living in Italy and the Euro/dollar exchange has made the dollar stronger. Those factors combined suggest that service members should anticipate COLA rates for Italy may decrease as a result. "Families should remember that COLA rates do not always rise or stay the same; they can go down as well based upon a number of factors such as global economic conditions and surveys like the LPS," said Rodriguez. "COLA is intended to help service members and their families have an equitable living standard as they would have back in the U.S." COLA is determined using a number of differing inputs, including the LPS results and the Retail Price Schedule (RPS). The LPS identifies shopping behavior and contains names of off-

base retail establishments most frequently used for purchasing established categories of typical goods and services. The off-base retail outlets are used to collect prices for the annual Retail Price Schedule (RPS). The RPS is the second major input to computing COLA rates. During the month of April, volunteers from each base in Italy are collecting pricing information on 120 goods and services at local off-base outlets and on-base U.S. government facilities. The LPS and RPS data will be used to help determine the relative cost of living overseas compared with the United States. "Each service member that participated in the LPS has helped play a role in determining accurate COLA rates for the future," Rodriguez said. "We're also grateful for the help provided by family members to ensure the spending patterns have been accurately reported." A military advisory panel, consisting of a representative from each uniformed service, must approve COLA changes before implementation. If

the data change warrants an increase or no change to COLA, the index is adjusted immediately and effective in the next available pay period. If the data warrants a decrease in COLA index, DTMO will forward the recommended decrease to senior military service principals within 30 days for final approval. After approval, locations will be notified and the decrease will be effective 45 days later with a graduated decrease taken at 2-points per month. The primary reason for a decrease is that the overall prices within the continental U.S. increase at a greater rate than prices in overseas locations. The results from this year's COLA assessments are expected to be announced by DTMO this summer. Commander, Navy Region Europe, Africa, Southwest Asia is responsible for providing efficient and effective shore service support to U.S. and allied forces operating at our installations. For more information about Navy Region Europe, visit ww.cnic.navy.mil/europe.



Photo courtesy of Giuseppe Stimolo

Sigonella 88th Wing Commander Lt. Col. Alessandro Amendola (right), presents, on behalf of 41st Stormo Commander Col. Luca Tonello, NASSIG MWR Marketing Director Jenni James (left) with the second place award of the women's division in the first Duathlon competition hosted on base by the Italian Air Force. The event, which was organized by the 41st Stormo Recreational Activities Department (Sezione P.Uma.S.S.), took place on Friday, April 9 and challenged both Italian and American athletes in running and biking competitions.



Photo by MC3 Jonathan Idle

The staff of U.S. Naval Hospital Sigonella came together for a ceremonial cake cutting in honor of National Medical Laboratory Professionals Week (NMLPW). The NMLPW takes place the last full week in April each year, to commemorate, increase public understanding and appreciation for clinical laboratory personnel. This was the 35th anniversary from when the NMLPW was originated in 1975, and was "branded" with the theme "Laboratory Professional Get Results".

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THE SPORTS LINE

Navy crushes Misterbianco 34-2

Story and Photos By:
MC3 Jonathan Idle
The Signature Staff

The Sigonella Navy Baseball team combined for seven homeruns and were backed by dominate pitch to beat the Misterbianco Eagles in their season opener Apr.18 at the Land Annex on NAS I.

The game marked the beginning of the second season the Sigonella Navy Baseball team is participating in the Campionato Nazionale Baseball League.

After Navy pitcher Jeremy Velasquez shut down the Eagles in the top half of the first inning, the Navy batters got their first opportunity.

It didn't take long for the Navy team to put up runs. First baseman Lance Voss and third baseman Marlon O'Neal hit back-to-back homeruns to give Navy a 4-0 lead at the end of the first inning.

The Eagles were unable to muster a base runner in the second inning and went down in order.

Navy took the opportunity to build on their lead with their biggest offensive inning of the game. Voss and O'Neal both added to their runs-batted-in (RBI) total with RBI hits to start off the inning. That began what seemed to be a revolving door of Navy base-runners crossing home plate. Catcher Charles Sabella doubled in two runs. Velasquez, center fielder Shannon Schwartz, short stop Alex Reese and second baseman Dale Tyson all had hits that brought in a run.

To cap off the second inning Voss and O'Neal, each batting for the second time in the inning, hit back-to-back homeruns for the second time in as many innings to bring the score to 15-0 Navy after two innings.

The Eagles got their first base runner in the top of the third inning, but they were unable to produce a run out of it.

In the bottom of the third, Navy continued to add to their large lead. A walk to left fielder John Kaminski and singles by Velasquez and Schwartz loaded the bases. Reese hit a towering grand slam over the centerfield wall that might still be flying through the Sicilian countryside. Tyson followed that up with a solo-homerun of his own for the third pair of back-to-back to back homeruns. Left fielder Garrett Woolsey, Kaminski and Sabella each had RBI singles before Reese connect with his second homerun of the inning, a three run shot, to give Navy a 26-0 lead through three innings.

Greg Sottosanti came on to replace Velasquez and pitch the top of the fourth inning. Sottosanti followed Velasquez's lead and put down the Eagles in order.

Sottosanti accounted for the only offense for Navy in the bottom half of the fourth inning. His infield hit scored O'Neal to widen Navy's lead to 27-0.

The Eagle's showed signs of life in the top of the fifth inning when they got a double with a runner on first base, but as the runner from first tried to score he was gunned down at the plate. That left them with a runner on second and one out. The runner advanced to third on a wild

pitch was able to score after a bobbled ground ball was dropped in the infield.

Navy responded in the bottom half of the inning though. Consecutive doubles by short stop Josh Guerrero, who replaced Reese, and second baseman Sean Saluzzi, who replaced Tyson, brought in the first run of the inning. Voss singled in Saluzzi and consecutive hits by O'Neal and right fielder Lewis Pace, who replaced Woolsey, loaded the bases once again. Left

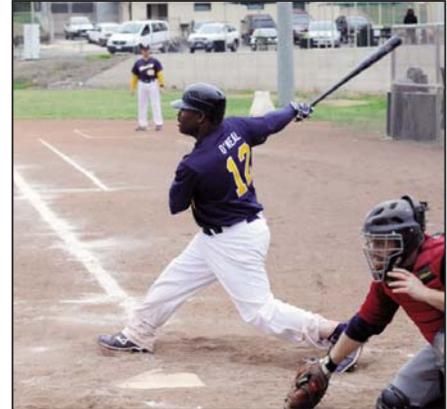
Fielder Brian Bergen, who replaced Kaminski, hit a bloop-single to bring in Voss. Catcher Jeremy Glasser, who replaced Sabella, singled in O'Neal. Then Sottosanti and center-fielder Ryan Vankirk, who replaced Schwartz, each contributed RBIs end the fifth inning with a 33-1 Navy lead.

The Eagles picked up their second run of the game in the top half of the sixth inning after Sottosanti hit one of the Eagle's players with a pitch. The runner stole second base on a wild pitch and then Sottosanti was credited with two balks to move the runner to third and then home base. Navy tacked on one more run in the bottom half of the

sixth inning. O'Neal hit a double to the outfield fence and scored off of a single by Pace bring the score to 34-2 Navy.

Sottosanti sat down the Eagles in order to close out the top of the seventh inning and bring the game to a close based on the "run rule."

The "run rule" states that if a team is leading by more than 10 runs at the end of the seventh inning the lead is insurmountable and the game is called.



Navy third baseman Marlon O'Neal hits his second homerun of the game.



Navy pitcher Jeremy Velasquez delivers the ball to homeplate. Velasquez threw three shutout innings for the Navy team.



Navy left fielder John Kaminski swings for the fences during the Sigonella Navy Baseball team's 34-2 victory over the Misterbianco Eagles.

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.

