

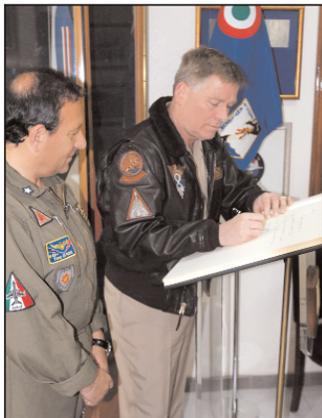
THE Signature

SIGONELLA, SICILY

Vol. 25 No. 8

APRIL 18, 2008

Rear Admiral Mercer Takes Tour of Sigonella



Rear Admiral Mercer signs the 41st Stormo guest book for Colonel Antonio Di Fiore.

Article and photo by MC2 Joshua Wink
Signature Staff

Rear Adm. David J. Mercer, commander of Navy Region Europe, arrived to tour Naval Air Station Sigonella, Sunday April 6 through 8. Mercer's tour of the base and its facilities, included formal introductions to both Italian and American commands as well as an overview of their personal responsibilities and contributions to the installation as well as Navy Region Europe.

Throughout his stay, he met with and allowed reciprocation from Security Operations, Commander Task Force 67, Emergency Operations Center, the Defense Distribution Depot, as well as Col. Antonio Di Fiore, commanding officer of the 41st Stormo.

As the new Commander of Navy Region Europe, Mercer was eager to familiarize himself with the present situation and the current projects that Sigonella is currently undertaking and offered suggestions as to how Sigonella's goals can be met in both a timely and financially appropriate manner.

Sigonella Photography Club Established

Article by Lt. j.g. Matt Knight
Sigonella Public Affairs Officer

The first official meeting of the Sigonella Photo Club was held Saturday, 5 Apr. at 5 p.m. in the Midtown Classroom on NAS 1.

The purpose of the club is to bring together local photography talent, from novice to expert, to allow for an exchange of technical expertise, and to explore the Sicilian landscape with cameras in hand.

The organizer of the first meeting, [redacted], said, "I personally feel the "Show and Tell" portion of our meeting is what makes this a photography club. Having someone with more knowledge critique my work gives me the opportunity to explore each function on my new camera." She also commented that in every meeting, members would be

encouraged to complete an informal photo assignment designed to generate an informative technical discussion during the following meeting.

The next meeting is Saturday from 5-7 p.m. in the Midtown classroom above the theater. All attendees are encouraged to bring a potluck dish, their favorite camera, favorite snapshot and one technical tip to share with the group. This weeks topic of discussion will focus on depth of field, exposure compensation and white balance.

For more information, please contact [redacted] at [redacted]

First Africa Partnership Station Deployment Concludes with Maritime Safety and Security Symposium

Article and photos by MC1 Brian A. Goyak
Africa Partnership Station Public Affairs

The first deployment of Africa Partnership Station concluded with a Maritime Safety and Security (MSS) symposium held April 9.

Naval leaders from West and Central Africa as well as Europe and the United States gathered to discuss the success and future of APS within the region.

"APS has had an important impact on building the capacities and capabilities of the Gulf of Guinea navies, which helps them in regards to maritime safety and security," said Lt. Cmdr. Clement Fru Fon, Cameroonian Navy, APS Staff Officer and Ship Rider

Coordinator.

"During the symposium, representatives from the Gulf of Guinea Navies spoke about ways APS has helped their countries and came up with proposals about how the next APS can be improved. They suggested that the Africans who have participated in the execution of this APS should participate in the planning of the next APS, so that lessons learned this time can be implemented."

APS is a concept designed to increase MSS through regional partnerships using an at-sea platform, which produces maximum results while leaving a minimal footprint ashore.

"When we look around this room, we see a lot of different uniforms, but we see people that are interested in maritime safety and security," said Adm. Mark P. Fitzgerald, Commander, U.S. Naval Forces Europe. "I think we all have that same common goal and today we want to review how well we are doing at maritime safety and security and how we all can improve."

Over the course of seven months, APS has visited 19 ports of call in 10 countries and trained more than 1500 maritime professionals in skills ranging from small boat han-

Story continued on page 12



Africa Partnership Station (APS) instructors, right, teach martial arts techniques to Cameroon marines. APS is a multi-national effort to bring the latest training and techniques to maritime professionals in nine West and Central African countries.

WEATHER UPDATE

Apr. 18
H:75F
L:60F



Apr. 19
H:80F
L:58F



Apr. 20
H:86F
L:58F



Apr. 21
H:82F
L:52F



Apr. 22
H:81F
L:53F



Apr. 23
H:75F
L:48F



Apr. 24
H:75F
L:52F



TOP STORIES

It's a common misconception that exercise in pregnancy is harmful. Some moms wonder if it is possible to exercise too much or at the wrong time in pregnancy. It's important to know that exercise throughout pregnancy is beneficial to both mom and baby.

Page 2

Sailors and Marines aboard amphibious assault ship USS Tarawa (LHA 1) successfully launched and retrieved raiding craft combat rubber inflatables (CRRC) for the first time from an LHA class ship, March 29. The successful execution proved Tarawa-class ships can utilize these boats for advanced covert insertion of Marine forces ashore.

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Silvio Berlusconi's center-right coalition won a broad victory last Sunday's general elections in Italy. The People of Freedom (PDL) with its allies of National Alliance, the Northern League and Movement for Autonomy obtained 47.3% of the vote for the Senate against 38% for Mr. Veltroni's Democratic Party and Italy of Values.

Page 7

American vehicles shipped to Sicily by PCSing Sailors are often as foreign to the Sicilians as the American ways of life those Sailors bring with them. Ironically they are also a lot harder to fix than just adding "Ciao" and "Grazie" to everyday conversations.

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People moving to the States this summer should start preparing now by finding new homes for the things that are banned from import. It is also a good idea to apply early for import permits on restricted items since the process can take months, customs officials advise.

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Il Mercato
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TRAFFIC NUMBERS

	Jan.- Apr. '08	Jan.- Apr. '07	Diff.
Accidents	91	90	+1
Injuries	13	6	+7
DUIs	5	1	+4
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

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. 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 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

NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

only a half-a-day out of the office. 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 and more. Also it is great if your spouse can attend with you. Call 624-9407 to sign up.

With school ending on June 12, the kids will be ready to get back to the states or to your next duty station. With that, they may have some additional stresses on them about leaving their friends. 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.

One of the most important things for you to do is to contact Personal Property Shipping Office to arrange your shipment of household goods.

Domenico Messina and her 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 on-line moving tool. You can access SMART WebMove at www.smartwebmove.navy.mil.

Proper planning can prevent any bad PCS move...start now and make the smooth transition back home.



Health WATCH

Exercise in Pregnancy

Article by Lt. Cmdr. Christopher Tatro, MD
Naval Hospital Sigonella - OB/GYN

It's a common misconception that exercise in pregnancy is harmful. Some moms wonder if it is possible to exercise too much or at the wrong time in pregnancy. It's important to know that exercise throughout pregnancy is beneficial to both mom and baby. In fact, the more moms can get in shape and stay in shape, the better pregnancy, labor and delivery generally proceed. Regardless, it is normal to be apprehensive about exercising while pregnant. Along those lines, here are some tips on exercise in pregnancy:

How is exercise in pregnancy good for me and my baby?

Though some weight gain in pregnancy is expected, it is important for all pregnant women to keep their weight in a healthy range. Exercise is the best way for anyone, pregnant or not, to maintain their weight. Obesity and excessive weight gain in pregnancy have been proven to increase complications in late pregnancy, as well as during labor and delivery. Minimizing excessive weight gain through a

program that includes regular exercise helps avoid risks in pregnancy.

Another goal of exercise is to increase and maintain cardiovascular and muscular fitness as well as flexibility. While pregnant, being in the best shape you can be will help you better tolerate those last few uncomfortable months as well as the labor, delivery and postpartum course.

How much exercise is safe?

In general, any level of exercise you were doing before your pregnancy is safe to continue during pregnancy. Babies are not adversely affected by high intensity exercise in moms that are already in shape. If you were running ten miles a day before becoming pregnant, you can safely run ten miles a day while pregnant.

If you are starting out pregnancy a little out of shape, then beginning an exercise program is really no different than if you aren't pregnant. You can still increase your fitness significantly by slowly increasing the intensity

Story continued on page 13

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NASSIG WORSHIP SERVICES

DS Chapel in Catania
Sunday
1 p.m. Church of Jesus Christ
Latter-day Saints

NAS II Chapel
Monday
11:30 a.m. Catholic Mass
Tuesday
11:30 a.m. Catholic Mass
Wednesday
11:30 a.m. Catholic Mass
Friday
11:30 a.m. Catholic Mass
Sunday
4 p.m. Catholic Mass

Alcoholics Anonymous Meetings
Monday, Wednesday and Fridays
11:30 a.m.

NAS I Chapel
Sunday
8:45 a.m. Catholic Mass
10:45 a.m. Protestant Worship
5 p.m. Fellowship Meal
6 p.m. Bible Study

Mineo Community Center
Sunday
9 a.m. Protestant Worship
12 p.m. Catholic Mass

Maranai Community Center
11 a.m. Protestant Traditional Service

Call 095-86-3801 for the Chaplains Office
Call 095-86-1205 for weekly Jewish services

Assignment of Choice

Article by Chaplain Lt. Stephen M. Coates
CHC, USN

Did you choose your assignment to NAS Sigonella? I did not. I was ordered here. I suspect many of you were as well.

Now, I have to say, after serving back to back operational deployments over the last couple years, the idea of a shore assignment in Europe with my family sounds pretty good. But I didn't ask for it... my detailee asked me to come here.

Not that I ever doubted it, but now that I have been here for a few weeks, I think this is going to be a great assignment. But what will make it great? Why would anyone ever say, "If you have a choice, go to NAS Sigonella?"

A satisfying answer to these questions will not be found in the excellence of Sicilian food -

though I plan to eat plenty of it and often. Nor will I deem this assignment great because of the opportunity to live in and visit a few places in Europe - though that is a tremendous privilege. Personally, I love a rural environment with a massive mountain perpetually in view, but that will hardly determine the quality of this tour. No, I think the basis for a quality assignment rests on the quality of people here, the character of the individuals who serve these commands and the relationships between them.

Think about it. Imagine someone responding to the question, "How did you enjoy your time in Italy?"

"Oh, it was great! The tasks I was given
Story continued on page 10

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.

WEEKLY TRAFFIC/ SAFETY UPDATE

Traffic Court Results
E5 - Speeding. Member was awarded 5 points DIP and 10 day suspension of license.

NAVY News

Tarawa Makes Landmark Launch From LHA Class Ship

Article by MCSN David A. Brandenburg
 USS Tarawa Public Affairs

Sailors and Marines aboard amphibious assault ship USS Tarawa (LHA 1) successfully launched and retrieved raiding craft combat rubber inflatables (CRRC) for the first time from an LHA class ship, March 29.

The successful execution proved Tarawa-class ships can utilize these boats for advanced covert insertion of Marine forces ashore.

"These types of craft can be launched on all other amphibious ships as well," said Chief Warrant Officer Danny Lee, assistant first

lieutenant of Tarawa's Deck Department. "Unlike other amphibious ships, we don't have a stern gate that lowers into the water. Since we don't have one, we had to improvise and come up with a different procedure altogether to launch the CRRCs."

The morning of the launch, Marines attached to the 11th Marine Expeditionary Unit, staged the CRRCs in the well deck, and carried them to the water's edge. From there, the boats were pushed into the water.

"The evolution went great, and ran very smoothly," Lee said. "There was a lot of effort put into this, and a ton of coordination with Marines."

Successfully completing the evolution will enable LHA class ships and their embarked Marines to conduct Maritime Security Operations (MSO) with expanded mission capabilities.

Tarawa is on a regularly scheduled deployment to the 5th Fleet area of operations in support of MSO.

PHOTO FROM THE FLEET

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



U.S. Navy Photo by MC3 Robyn Gerstenslager

An Army Reserve CH-47D helicopter assigned to the 159th Aviation Regiment based in Fort Eustis, Va., hovers above an 11-meter rigid-hull inflatable boat (RHIB) as special warfare combatant-craft crewmen rig the RHIB to the helicopter during an evolution of maritime external air transportation system along the Pearl River. The aircraft is capable of lifting and transporting the special operations craft long distances over land or water.

NEWS BRIEFS

Second Annual Khaki Golf Tournament

This is the first call for those interested in participating in our 2nd Annual NASSIG Khaki Golf Tournament. Last years event was a huge success bringing our Chief's Mess and Ward Room together and we are hoping for a bigger turnout this year. We are currently taking names of those interested in participating in this day of fun in the sun.

This will be a two man, best ball tournament. Prices and details are being worked out, however, the more that play the better the prices. We do plan on having a bus for transportation and lunch included. We have also worked out a special deal for those who want to stay the night in the Villas on the course. Below are the estimated prices for this event but are subject to change. RSVP's must be received by 09 May 2008 so exact numbers of players can be planned.

This year, teams will be picked randomly based on your average golf score. (ie: 70's, 80's, 90's, 100's or Hacker) Remember, you don't have to be a golfer to have some fun with this event. Also, we are looking into ordering Polo shirts for this event, however, we would like to pre-order these. We haven't gotten a price yet but we need to know about how many would be interested. Please let us know.

More information will be provided but if you are interested, please forward an email with your name, contact info, average golf score, command and whether you are interested in a Polo Shirt to MAC(SW) Travis Winfield (travis.winfield@nassig.sicily.navy.mil) or call at 624-6127.

Beagle Brigade Sniffs Out Forbidden Fruits

By Robert Szostek, USEUCOM Customs PAO

Mannheim, Germany - Americans bitten by the bug of European cuisine may be carrying more bugs than they bargained for if they take foreign delicacies stateside. Organisms or insects hidden in food, soil or plants threaten American farming, says the U.S. Department of Agriculture

(USDA). Its Beagle Brigade therefore sniffs out foreign foodstuffs in the baggage of people arriving at U.S. international airports. The department's dogs routinely find travelers with banned foods who can be fined up to \$1,000.

"Pests and diseases can hide in soil, fresh fruit, fresh vegetables, sausages, salami, paté and red meats, even if canned," said Delcio Rivera, USDA adviser to the European Command. These foods are also banned from the mail and personal property shipments. Foreign pests leave their natural enemies behind when they enter the USA. Bugs thought harmless in Europe or Asia can become pests in the States. "They ruin farms, force job layoffs, and boost grocery prices," Rivera added. Meat products can carry Foot and Mouth disease, a virulent animal disease eradicated in the United States but present abroad.

Many foods are admissible, however. People flying stateside may take candies, cured cheeses and bakery items such as cookies or bread without problems. Get USDA's "Traveler's Tips" pamphlet from a military customs office or at www.aphis.usda.gov/oa/travel.html for a list of foods that are good to go this summer. You can find out more about the Beagle Brigade by hitting their Web page at www.aphis.usda.gov/oa/beagle.html.

5k fun run

On Apr. 18 there will be a 5k Fun run on at 07:10 a.m. commencing outside of the Flight Line fitness center in NAS II. A small donation is requested and all proceeds go to the Navy-Marine Corps Relief Society. This will be a fun run for a good cause. Come out and show your support!!!

Want to learn about Passover?

Join us for a Traditional Passover Seder demonstrated by Rabbi Phillips on Saturday, April 26th, 2008 in the Fellowship Hall at 5:00 p.m. Everyone is invited! Please bring a dish to share and RSVP by April 22nd. Contact Carolyn Pastor at 624-1323 or crlpnstr@yahoo.com.

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 pa

Etna

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NAVAL AIR STATION SIGONELLA COMMUNITY CALENDAR					18 Alcoholics Anonymous -7 p.m. -NAS II Chapel Banking & Checkbook Management -10 a.m. -FFSC	19
20 Over 30 pick-up Basketball - Midtown	21 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	22 CFS Training -8 a.m. -FFSC	23 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	24 Throwback Thursday Midtown Theater CFS Training -8 a.m. -FFSC	25 Alcoholics Anonymous -7 p.m. -NAS II Chapel CFS Training -8 a.m. -FFSC	26 Latin Quarters - Jox
27 Over 30 pick-up Basketball - Midtown	28 Alcoholics Anonymous -7 p.m. -NAS II Chapel	29	30 Alcoholics Anonymous -7 p.m. -NAS II Chapel	1 May Labor Day Throwback Thursday Midtown Theater	2 Alcoholics Anonymous -7 p.m. -NAS II Chapel	3
4 Over 30 pick-up Basketball - Midtown	5 Alcoholics Anonymous -7 p.m. -NAS II Chapel	6 Renting Strategies FFSC	7 Ricotta Cheese WKSP FFSC Alcoholics Anonymous -7 p.m. -NAS II Chapel	8 Throwback Thursday Midtown Theater	9 Alcoholics Anonymous -7 p.m. -NAS II Chapel	10
11 Over 30 pick-up Basketball - Midtown	12 Alcoholics Anonymous -7 p.m. -NAS II Chapel	13 Anger and Stress Management Class FFSC	14 Alcoholics Anonymous -7 p.m. -NAS II Chapel	15 Throwback Thursday Midtown Theater	16 Alcoholics Anonymous -7 p.m. -NAS II Chapel	17
18 Over 30 pick-up Basketball - Midtown	19 Alcoholics Anonymous -7 p.m. -NAS II Chapel	20 Smooth Move FFSC	21 Motta Market w/ICR Alcoholics Anonymous -7 p.m. -NAS II Chapel	22 Throwback Thursday Midtown Theater	23 Alcoholics Anonymous -7 p.m. -NAS II Chapel	24
25 Over 30 pick-up Basketball - Midtown	26 Alcoholics Anonymous -7 p.m. -NAS II Chapel	27	28 Alcoholics Anonymous -7 p.m. -NAS II Chapel	29 Throwback Thursday Midtown Theater	30 Spring Carnival NAS 1 4-7p.m. Alcoholics Anonymous -7 p.m. -NAS II Chapel	31

Motta Perla d'oriente

Stags Marchi

Did you know?

Living beyond your means is a prescription for disaster? Does more than 25 percent of your take-home pay go to paying bills? Are you making only minimum payments on bills due? Are you taking out new loans to pay off old ones? Are you missing payments? Are you stalling one creditor to pay another? Are you having frequent family arguments over money? The Navy-Marine Corps Relief Society can help you improve your financial picture. NMCRS Volunteers and employees work hard to help Sailors, Marines and their families pull themselves out of deficit budgets and into savings plans. Call today to schedule an appointment.

NMCRS: Service with a Smile!

Contact your Sigonella NMCRS Office today! Call 624-4212 for more information. Office Hours: Monday - Friday 0900 - 1600.

NMCRS: Seeking New Volunteers!

Navy-Marine Corps Relief Society



Bldg. 319 (NAS 1)
Monday-Friday
7:30 a.m.-4 p.m.
DSN 624-4291
Commercial 095-56-4291

Important Information from the SAVI Program

Article courtesy of the Fleet and Family Support Center

As we continue to support Sexual Assault Awareness Month, we need to acknowledge the seriousness that the DoD has placed on the issue of sexual assault.

There is a zero tolerance policy for sexual assault within the military, and there are several important measures that have been put into place to protect victims. In this article we will address two of these measures: informed consent and reporting options available to military members.

Informed Consent

Under military law, force is not a necessary component to proving sexual assault when alcohol is involved because a person who is incapacitated by alcohol is assumed

to be unable to provide informed consent for engaging in sexual activity.

The law recognizes that when someone is intoxicated or incapacitated either from ingesting a substance or incapacitated as a result of an injury or illness, he or she is unable to provide informed consent. Therefore, if you have sex with someone who has had enough alcohol or ingested enough drugs to impede his/her ability to think clearly, or for some reason does not have the ability to understand the present situation and its consequences, or is incapable of giving consent for any reason, you could be committing sexual assault.

The choices you make in any social situation are important.

Remember, sexual assault is a crime! Respect yourself and those around you-avoid crossing the line.

Reporting Options

DoD policy provides two reporting options to military victims: Restricted Reporting and Unrestricted Reporting. Victims can receive support, medical care, counseling, and a Sexual Assault Forensic Examination regardless of which option is chosen.

"Restricted Reporting" provides a victim the opportunity to confidentially disclose a sexual assault to specified individuals, receive medical treatment, and use support services without triggering the investigative process. When a Restricted Report is made through proper channels, a victim's identity is not released to command officials. The installation Sexual Assault Response Coordinator (SARC), Victim Advocates (VA), Healthcare Providers, and Chaplains may receive a Restricted Report. This option gives victims additional time to weigh their options and to seek guidance about whether or not to participate in a criminal investigation.

An "Unrestricted Report" initiates an official investigation of a sexual assault using standard reporting channels. Victims can receive the same medical care and resources available in the restricted option, but this option immediately alerts law enforcement and initiates the criminal investigative process. Under this option, a victim's commander is notified. It is important to remember that while a restricted report can be changed to an unrestricted report, an unrestricted report cannot be changed to a restricted report because the investigative process has already begun.

If you have questions about the SAVI program, please contact the FFSC at 624-4291-and don't forget to join the FFSC Staff at the 3rd Annual SAVI Walk Monday, 21 April at 1600 at the Community Plaza in front of the FFSC building. We look forward to seeing you there!

Chiechio

Sushi

Pentagon

Cold
Noses
WARM HEARTS



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

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



Kaleho (Above) is a wonderful dog who loves to play. She would make a great pet for any home.

Nix (Below) is a great dog who needs a home to call her own. She would be a great asset to any family.

For more information contact the Stray Animal Facility at 624-3936 or Rose Cummings at 334-383-8786.



Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



Photo by Eurochocolate Press Office

Chocolate Festival Sweetens Modica

Signonella chocolate lovers will be happy to hear that Modica will host the fourth edition of the "Eurochocolate Festival," from Apr. 23 through 27. This premiere food event that will once again tempt your taste buds with the mouthwatering "Food of the Gods."

That's what ancient Greeks called this scrumptious treat produced by the cacao seeds, which were already very popular, some 3,500 years ago, among several societies of Mesoamerica. Maya were the first ones credited with growing cacao, a tradition that was handed down to the Aztecs. But, instead of eating chocolate bars, those Mesoamerican populations would drink it. Chocolate beans were turned into a powder using a stone grinding surface, known as a "metate," and then mixed with water, chili peppers, vanilla and other ingredients to form a bitter drink named "Xocoatl." Several legends surround the origin of the cacao plant. One of the saddest ones tells the story of a beautiful Aztec princess who was left at home to guard a treasure by her husband who was at war. When enemies arrived, she was executed for her refusal to give up the location of the treasure. Legend has it that from her shed blood a cacao plant was born. According to this tradition, on one hand, the bitter taste of the seeds symbolize the pain underwent by the princess, but on the other hand, the strong cacao beans' aromatic and stimulant qualities symbolize her virtues.

In ancient times, cacao was not only a delicious food, but also it was used as a medicine and even as currency.

So how did the Aztec chocolate end up in Modica? It was actually brought by the Spanish conquistadores in the 16th century. The secret and ancient Aztec recipe was then handed down through generations of patient nuns to today's Modica chocolate-makers.

But that is not all. This festival is different from the others that are typically held across the country. The reason for it is that Eurochocolate promotes "healthy" chocolate. Yes, you might be surprised, but there is a big difference between some sugary

chocolate bars and Modica chocolate tablets. The secret lies in the percentage of cacao. The higher is the "good" cacao quantity, the lower are the unhealthy ingredients such as sugars, milk fat and artificial flavorings. Raw cacao beans are rich in antioxidants, catechins, flavonoids and other elements that, according to researchers, can grant protection from heart diseases and cancer. Cioccolata Modicana (Modica chocolate) is grainy, crumbly and bitter. It has a thick texture which comes from the "cold production process." Those chocolate bars can be natural or typically flavored with cinnamon, chili pepper or vanilla but also with lemon, oranges, coffee, pistachio, carob etc.

Modica is also famous for another special tasty confection: "Mpanatigghie." They are ravioli-shaped sweets, similar to mince pies, which were originally prepared by convent nuns to feed pilgrims and priests. They are filled with cinnamon, almonds, honey, chocolate, cloves and beef. No, I'm not joking! This salty ingredient used to be added to enrich the pastry, but at the same time, was also kept secret because of Lent restrictions.

This year's highlights include a photographic exhibition by official festival's photographer Simone Casetta, whose artistic images tell about the history of the Modica's ancient chocolate-making tradition. Modica savory chocolate confections will also be coupled with the tasty Sicilian "Cerasuolo di Vittoria" red wine. The festival will feature a plethora of chocolate-based food events, tasting, competitions, exhibits, workshops and seminars, pastry shops walking tours, chocolate art and chocolate making demonstrations that will be held in several breathtaking Baroque venues scattered across the town historic center. During the first festival day (Apr. 23), Modica's townspeople will honor San Giorgio (Saint George), the town patron saint, with a spectacular religious festival.

Don't miss to see the Notte Fondente (Dark Chocolate Night) which will kick off on Apr. 24 at 9 p.m. in the historic center featuring

Peruvian folklore music and entertainment for the entire family.

Modica restaurants will have a chocolate-based menu for tourists during the entire festival. A chocolate market featuring pastry chefs and chocolate artists displaying their rich chocolate creations will be set up in the historic center.

For more information, detailed event schedules and guided tours

visit www.eurochocolate.com

Modica has a couple of nicknames such as "Città del Merletto," (City of Lace) and "Perla del Barocco" (Baroque Pearl) because of its breathtaking Baroque-styled buildings and churches featuring elaborate motifs which were officially acknowledged as being of international importance and inscribed on the United Nation World Heritage List.

The town sits atop a 1,000-foot hill nestled among the Iblei Mountains. Walk around town and

you will discover how Sicilian craftsmen keep alive Cavagne-making (Cavagne are cane containers used to storage ricotta cheese) and old lace-weaving traditions.

A picturesque Baroque village located just a few miles from Ragusa, Modica is fairly easy to reach. Take State Road 514 south from Catania, drive until you reach Ragusa (approximately 60 miles) and then follow directions to Modica.

For general information about Modica, call the Ragusa Tourist Office at 0932-221511.

Concerts in Catania



A series of exciting concerts ranging from classic music to jazz will be given in Catania this weekend. The concert schedule is as follows:

Friday, Apr. 18- Catania-based pianist Dario Emanuele Aricò and Katane Trio featuring Loriana Mazzarino (flute) and Jessica Seminara (violin), (Auditorium "Museion," # 25 via Verona - 8:30 p.m. Music by Carl Philipp Emmanuel Bach (Trio Sonata in G major) and Johann Sebastian Bach (Brandenburg Concerto No. 5 in D major, BWV 1050). Dario Emanuele Aricò is an internationally acclaimed pianist. A multiple awards-winner, Aricò is a graduate of the prestigious Rome "Santa Cecilia" Academy of Music. He is an active soloist, chamber musician, and has performed with noted orchestras (Craiova's Opera Orchestra and Catania ERSU Orchestra), chamber ensembles across Italy, Germany and Austria, as well as with distinguished artists such as American soprano Thea Burke and Sicilian flutist Enrico Luca.

Friday, Apr. 18: "Kocani Orkestar" Gipsy Brass Band. Kocani Orkestar is a popular brass band from the Balkan region featuring trumpets, saxophone, clarinet, zurla (traditional oboe) and percussions. The band will share the stage with two top quality Sardinian artists such as Jazz trumpeter and composer Paolo Fresu and accordionist Antonello Salis, Metropolitan Theater, 9 p.m. For more information and tickets visit <http://www.ctbox.it/>

Friday, Apr. 18: "Portrait en Jazz Méditerranéen" (Vincenzo Virgillito double bass, Osvaldo Di Dio, guitar and Antonio Fusco, drums). This acclaimed Sicilian-Neapolitan band blends African-American and Mediterranean rhythms.

Saturday, Apr. 19: "Cinzia Spata Quartet" (Cinzia Spata, vocals; Pino Iodice, piano; Francesco Puglisi, double bass and Davide Pettrossi, drums). Palermo-based singer and music teacher Spata (in the above picture) is a fine vocalist and improviser who has been performing all over the world for thirty years, presenting a wide-range repertoire spanning from classic authors such as Wheeler, Towner, and Garbarek to her own pieces.

These two concerts will both take place at the Y'S Jazz Club (located at the Dune Hotel, viale Kennedy # 10B, the Catania playa beach area) at 10 p.m. Admission is free.

Appr Oxidiana Alphio
odo

Catania Art Fair in Bellini Piazza



Bronze sculptures by Padua-based artist Rabarama, which are currently on display in piazza Bellini through June 6th, are some of the highlights of this year "Catania Arte Fiera," a major art fair featuring over 30 Italian contemporary art exhibitors running through Apr. 21 at the Catania "Ciminiera" Convention Center (located near the Catania train station). For more information and opening hours visit <http://www.cataniaartefiera.com>

Berlusconi Wins!

Silvio Berlusconi's center-right coalition won a broad victory last Sunday's general elections. The People of Freedom (PDL) with its allies of National Alliance, the Northern League and Movement for Autonomy (MPA) obtained 47.3% of the vote (168 seats) for the Senate against 38% (130 seats) for Mr. Veltroni's Democratic Party (PD) and Italy of Values (IDV) center-left coalition. In the Chamber of Deputies, Berlusconi held the 46.8 percent (340 seats) of the vote to Mr. Veltroni's 37.5 percent (239 seats). The new Italian general elections marked the major defeat of the radical communist Rainbow Left Party, which was excluded from parliament for not having reached the 8% threshold. By contrast, the Northern League doubled its electoral

success.

Unlike what happened with former Prodi-led government, which collapsed earlier on this year after only 20 months, Berlusconi's convincing victory will give center-right parties more chances to form a stable coalition government for the next five years.

In Sicily, 59-year-old psychiatrist and Movement for Autonomy (MPA) leader Raffaele Lombardo and his center-right collation also scored a convincing victory in the regional elections defeating center-left candidate, Anna Finocchiaro. Lombardo, who received a huge 65 per cent of the vote, soundly beat his rival Finocchiaro by a convincing margin of nearly 30 %.



Armed

Applebees

SPORTS & Fitness

Sigonella Sports and Stuff Rivalry Week

Article by CWO 4 Ronald Herb
Signature Volunteer

In the sports world, rivalries are a huge part of the fun. Think about Ohio State vs. Michigan; Cowboys vs. Redskins; Red Sox vs. Yankees; Magic Johnson vs. Larry Bird; Army vs. Navy; or Mike Tyson vs. the world. Regardless of what each of us holds as the greatest rivalry in sports (hmm that sounds like a column for another time), what is consistent is that none of us are able to take part as a player in any of the above rivalries. Everyone that has ever laced up a pair of cleats or sports shoes during our high school days surely has a team or city that fits the bill of a rival.

Many aspects of daily life for those of us living in NAS Sigonella differ from the life we led living stateside. But for the students of Stephen Decatur High School one thing they have in common with stateside students is a rival high school. The part of rival in this case is played by Naples American High School. The schools are 400 miles apart but for the purposes of pairing within Europe (in the Mediterranean district) they are right next door.

The Naples Wildcats come to town this weekend to do battle with the Jaguars Soccer teams, mixing it up will be the Girls Soccer team lead by Seniors Hannah Brand, Bethany

Walter, and Annalisa Gasporra. The boy's soccer team will also be in action with Team Captain Sam Corey and fellow seniors Carlo Abcede, Nate Boneau, Christian Custodio, Jim Orteza, Stewart Roberts, and Kevin Rodriguez seeing action. Triple S likes our chances this weekend.

What makes this rivalry different from what most of us remember is the underlying bond these athletes have. Triple S remembers eggs being thrown at visiting team school buses, booing taking place that was so loud the visiting team's lineup could not be heard. While those displays of poor sportsmanship were at the time mistakenly thought of as "team spirit" this Jaguars/Wildcats rivalry is a far cry from that scene. The athletes doing battle this weekend have a sense of self worth and personal value that is far more highly developed than the almost Neanderthal like (by comparison) attitude that is often found in student athletes in other places.

Watch these kids this weekend; there is a bond on both sides that is truly noteworthy. While the schools are different, the conditions are the same. These student/athletes understand they represent their country,

their base, high school, coach, team, family and most of all themselves and this pride and confidence is evident in the manner that they carry themselves with. Triple S has seen the students from these schools interact at many sporting events and the only difference is the color of the uniforms. They have a kinship that is of a higher order than what school they attend. With that said, once the whistle blows and the soccer balls start rolling it's about team and effort. We at Triple S count ourselves lucky that we get to take part in this most noble of rivalries.

Speakin of rivalries, what a great NCAA championship game last week! You cannot get much better than an overtime win. Triple S would like to congratulate Bill Bray of MWR for taking the March Madness contest. Bill's bracket had Kansas winning along with more other correct games than Sigonella Skipper Capt. Thomas Quinn who took second place overall, one point ahead of Triple S as we came in third. Triple S would like to give a shout out to CMC Wilson for cracking the top ten with a sixth place overall finish. In the famous words of the Chicago Cubs, "wait till next year".

Until next week.

Soccer Schedule Week 7

MONDAY 4/21

4:30 p.m.	PATRONSIG	VS	HOSPITAL
6:30 p.m.	SUPPLY	VS	HOUSING
7:30 p.m.	COMUNITED	VS	AIMD

TUESDAY 4/22

4:30 p.m.	SECURITY	VS	OPS
6:30 p.m.	EXE.ADMIN	VS	COMUNITED
7:30 p.m.	PATRONSIG	VS	A PWD

THURSDAY 4/24

4:30 p.m.	SEC/K-9	VS	SUPPLY
6:30 p.m.	HOSPITAL	VS	B PWD
7:30 p.m.	PATRONSIG	VS	WEAPONS



Do you have a passion for writing or 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.

Soccer Standings Week 5

SQUADRON	Points	GAMES PLAYED	GAMES WON	GAMES DRAWN	GAMES LOST	GOALS SCORED	GOALS AGAINST	GOAL DIFFERENCE
OPS	15	5	5	0	0	38	10	28
PATRON SIG	12	4	4	0	0	23	7	16
AIMD	12	6	4	0	2	23	12	11
HOSPITAL	10	5	3	1	1	19	8	11
COM.ELITE	10	5	3	1	1	23	13	10
EXE.ADMIN	9	5	3	0	2	19	13	6
SUPPLY	7	5	2	1	2	8	8	0
COM.UNITED	6	4	2	0	2	15	13	2
SECURITY	5	4	1	2	1	6	7	-1
WEAPONS	4	6	1	1	4	8	22	-14
SEC/K-9	4	5	1	1	3	8	24	-16
HOUSING	3	3	1	0	2	8	14	-6
PWD B	2	6	0	2	4	8	34	-26

Club Diana

Navy Creates Career Guide for Sailors

Article from Naval Education and Training Command Public Affairs

In an effort to help Sailors succeed in their careers, the Enlisted Learning and Development Strategy Team developed the Enlisted Career Roadmaps (ECR) launched online, April 1.

Chief of Naval Personnel (CNP) Vice Adm. John C. Harvey, Jr. tasked Naval Education and Training Command (NETC) to develop an enlisted education strategy. The result is the Enlisted Learning and Development Strategy (ELDS), which includes the ECR.

The ECR, launched on Navy Knowledge Online (NKO), is for enlisted Sailors to refer to throughout their Navy career. The roadmap starts in the Delayed Entry Program (DEP) when a Sailor first joins the Navy and progresses to the rank of master chief.

"It provides detailed information on training and advanced education opportunities," said ELDS Core Team Co-Leader Master Chief Electronics Technician (SW) Tom Smith, and the Enlisted Learning and Development Program Coordinator for NETC. "The ECR gives Sailors a visual guide to track their career, and helps the Navy get the right Sailor, with the right training, in the right job, at the right time."

The ELDS Core Team is made up of representatives from Chief of Naval Personnel (CNP), Naval Education and Training Command (NETC), Naval Personnel Command (NPC), Commander Naval Recruiting Command (CNRC), the Naval War College (NWC), and Naval Service Training Command (NSTC). The team also includes members from Naval Personnel Development Command (NPDC), Center for Naval Leadership (CNL), Center for Personal and Professional Development (CPPD), and the Senior Enlisted Academy (SEA).

"The ECR is a great tool for Sailors, and supervisors who can use it during mentoring sessions and career development boards thus providing Sailors feedback on what learning and development programs

are available to them," said Master Chief Navy Counselor (SW/AW) Brett Rowell, NETC Force Retention, and Team Co-leader with Smith. "Currently there are ECRs available for legalmen (LN), mass communications specialists (MC), and nonrated Sailors in the Surface Professional Apprenticeship Career Tracks program (S-PACT). Sailors can find their ECR on Navy Knowledge Online, and I recommend every LN, MC and S-PACT Sailor and their supervisors use the roadmap. It is a great mentoring and counseling tool."

The ECR includes training from the sailorization process at Recruit Training Command, basic technical training, advance technical training, and Navy Professional Military Education (NPME). It also includes advanced education opportunities through the Navy College Office, as well as programs at the Naval Post Graduate School and the Naval War College. Professional certifications are part of the ECR through Navy Credentialing Opportunities Online (Navy COOL). For example, with Navy COOL an MC can receive civilian certifications, such as Accredited Business Communicator (ABC) and Accredited in Public Relations certification, which would acknowledge the professional skills of the MC both in the Navy and to corporate America.

The ELDS team is currently in the beta testing phase of the ECR project. The team's goal is to have roadmaps for all ratings on NKO by April 2010.

ELDS will not necessarily create new programs, but provides visibility to current Navy programs. It is an umbrella under which are the learning and development programs that enlisted Sailors need access to for a successful career. The ECR provides the visual of that umbrella, giving Sailors a checklist to see where they are, and where they need to be.

To learn more about the Enlisted Career Roadmaps, visit NKO <https://www.nko.navy.mil>.



"What Does Earth Day Mean to Me"

EARTHDAY 2008 ESSAY and/or POSTER CONTEST

In 500 words or less describe what Earth Day means to you!
Poster Entries must be 11"X17" or Smaller

Contest is open to:
Elementary, Middle and High School Students

Win Savings Bonds, Movie Passes and Bowling Passes

Entries must be submitted to the MWR Library by 4 p.m. on May 2, 2008



"What Does Earth Day Mean to Me"

ESSAY and/or POSTER APPLICATION FORM

NAME: _____

AGE: _____

GRADE: _____

SCHOOL: _____

PH. NO: _____

POSTER:

ESSAY:

Rigattiere

Repairing American Vehicles in Sicily

Article by Lt. j.g. Matt Knight
Sigonella Public Affairs Officer

American vehicles shipped to Sicily by PCSing Sailors are often as foreign to the Sicilians as the American ways of life those Sailors bring with them. Ironically, they are also a lot harder to fix than just adding "ciao" and "grazie" to everyday conversations. The problems begin with dealer availability and familiarity with vehicle types not common in Sicily. Secondly, even if there is a dealer and they are familiar with the vehicle type, the parts may be quite expensive. These seemingly insurmountable challenges, combined with finding a reliable mechanic, can be the equivalent of the perfect storm if not prepared for in advance.

In order to weather the storm, the overseas service member should follow a four step strategy: diagnose the problem, price the parts, find a reliable mechanic, and bring the first three steps together to fix the vehicle.

Diagnose the problem: Unless a pre-existing relationship has already been developed with a local mechanic or dealership, the Navy Exchange funded Autoport offers an on base auto shop with trained mechanics that can diagnose the problem and recommend a course of action at little or no cost. Sigonella Navy Exchange manager, Harold Laird said, "The main purpose we are here is to improve the quality of life of the service members and assist in the overall mission." Autoport employee Luciano Vinci said, "We try to resolve the problem here and we give the ways and the information (to fix the vehicle) to the customer in the clearest way we can do."

Price the parts: Once the vehicle has been looked over by a mechanic, and there is a competent diagnosis of the problem, the search for

parts begins. The Autoport has an ordering program set up with a stateside auto parts company and can assist in ordering the parts. If the Autoport can't supply the parts, the first place to turn is a local dealership.

If there is no local dealership, or the dealership doesn't have the parts, there are a many online businesses that cater to OCONUS service members and will ship to APO/FPO addresses.

It is important to remember to contact the company before ordering online to confirm that they do ship to APO/FPO regardless if their site says they do. There are some companies that will only ship APO/FPO from some of their warehouses and not all. Additionally, it is always a good idea to check on the companies' processing policies that might add to the time it takes to receive the parts.

Find a reliable mechanic: The key to choosing a mechanic should weigh heavily on referrals from others who have had their vehicle repaired locally to narrow the list of quality mechanics. On base the NEX Autoport employs several trained mechanics, and off base there are several local mechanics familiar with and quite adept in repairing American vehicles.

If choosing the Autoport, keep in mind the scope of their abilities. Vinci said, "We try to help the customer the best way we can. We provide the tools, the parts from the states if the vehicle is American

(through the stateside order process), if the vehicle is Italian we find local parts." He continued explaining that they are a full service auto shop and can do almost any job that does not require the engine or transmission to be rebuilt. These services include engine/transmission replacement (if ordered in), changing fluids, electrical work, and basic body work.

Fix the vehicle: Put the plan in action and take the diagnosis and parts to the selected mechanic. It is always a good idea to talk to the mechanic about an estimated cost prior to the

work starting to give the repair a baseline price to go by. Remember that mechanics work by the hour and unexpected repair complications can and will inflate the cost. This is not blatant price gouging, more a fact of life that comes with vehicle repair.

The four step plan isn't a magic charm to keep the automotive gremlins at bay. Rather, it is another link in the Operational Risk Management chain that if researched in advance, will help ensure automotive peace of mind.



_____, an Autoport employee, assists Chief Information Systems Technician Robert Lavern Swafford with his vehicle repair needs.

SEXUAL ASSAULT / VICTIMS INTERVENTION

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

Magnolia

CHOICE
continued from page 2

at work were always meaningful and deeply fulfilling. Parking space on base was more than adequate and berthing just kind of felt like home. Yes, it is true my shipmates/colleagues (for a while, I thought they were friends) stabbed me in the back when I was least expecting it. I wasted more time and money than I thought possible. My superiors treated me unfairly and torpedoed my career. I was daily subjected to humiliation and injustices - but overall, my time in Sig was great!"

No one would ever give such an answer because quality of life is ultimately about relationships and the choices you and I make within those relationships. If NAS Sigonella is ever to be an assignment of choice, it will be because of the choices people make.

Think about the matters of life over which you have had no choice, no control. You had no vote in what century you were born or on what continent you first lived. You did not choose your parents and had no influence on whether you were male or female. You did not select the system of government under whose authority you were raised or the language in which you first formulated thoughts. When you arrived in Sicily, I doubt you had a hand in selecting your superiors.

Have any of those factors influenced your life even marginally? Oh man . . . they have had an enormous impact on your formation. These factors, over which you had no control, have profoundly shaped who you are.

Still, I contend that these factors pale in comparison to your power to make choices in any and every situation in life. Do you believe that? If so, that is a very important statement. It is liberating.

Choice - if your tour in Sigonella will ever be considered great, an assignment you would recommend someone else choose, it will only be because of the choices you and others make while here. Our ability to choose our responses and actions is the single, greatest determining factor in our lives. It is the essence of freedom.

You may not agree with that statement. That's okay. I chose to write this article (okay, it was actually an assigned task; but I chose the topic and crafted the words). You may choose to challenge the validity of its claims. This is just one example of your freedom to choose.

I contend that our choices will not only influence the successful completion of the missions of our commands but also the quality of our personal experiences here at NAS Sigonella. You have been assigned here. I recommend you make it an assignment of choice.

Casablanca

MWR CORNER

Community Events

Commands and special interest groups interested in participating in the Sigonella County Fair, please call 624-4945 for booth information.

Aquatics

Lifeguard Course: May 5 - May 15 from 4 - 8 p.m.
NEW HOURS! The NAS II Pool will be open on Wednesday evenings from 4 - 7 p.m.

Jox Pub

Live Band!
Max Stratos: April 25
10:30 p.m. - 1:30 a.m.

Take 5

Chick Flicks and Spa Day: April 21
Dominoes Tournament: April 22
Dude Flick Movie Marathon: April 23
Galley on the Gol: April 24

Liberty

Siracusa Dinner: April 18
Exploring Ragusa: April 19
Ragusa Dinner: April 25

ITT Gear-n-Go

Horseback Riding in Motta
April 19: Depart: NAS I 8 a.m., Return: 1 p.m.
\$60 + bring picnic lunch
Il Picciolo Golf Course Transportation

April 19: Depart: NAS I 8 a.m., Return: 4 p.m.

Corleone and Principe di Corleone Winery
April 19: Depart: NAS II 7 a.m., NAS I 7:30 a.m.,
Return: 8 p.m.
\$54; includes lunch and wine tasting + bring euro for wine

Caltagirone History Tour & Shopping, plus San Basilio Agrituristic Farm
April 20: Depart: NAS II 7:30 a.m., NAS I 8 a.m.,
Mineo 8:45 a.m., Return: 4:30 p.m.
\$50, includes lunch + bring euro for shopping

Valle dell Anapo-Necropolis de Pantalica ("Hike of the Month")

April 20: Depart: Mineo 8 a.m., NAS II 8:30 a.m.,
Marinai 8:45 a.m., NAS I 9 a.m., Return: 4:30 p.m.

\$15 + bring euro for food

Vizzini Ricotta Cheese Festival
April 25: Depart: NAS II 7:30 a.m., NAS I 8 a.m.,
Return: 4 p.m.

\$22 or 2 for \$40 + euro for food

Scuba

Classes will now be held at the Duomo Conference Center on NAS II. Pool dives will be at the NAS II pool. Please contact ITT x4396 for more information.

Open Water Diver Class: April 23 at 5 p.m.

Extended Trips 2008

Corfu, Greece: May 22 - 26
Camping in Tropea: May 23 - 26

Legoland Deutschland (Germany): June 13 - 16

Camping in Lipari: July 4 - 7
Citta del Mare, Sicily: July 4 - 7

Fitness

Family Rock Climbing Orientation Night
April 11: 5 - 6:30 p.m.; 6:30 - 8 p.m. at The Cave
(50 FitFactor Points)

Motta Off Road Run
April 26: 10am
Pre-registration: \$12, Day of event registration: \$20
(includes transportation, t-shirt, awards, fruit and beverages)

Sports

Pick-Up Basketball
Sundays: 2 p.m. at Fit District

Youth Sports

Youth T-ball and Baseball
Registration fee \$35.

Teen Center

Henna Tattoos: April 25

Youth Center

National Smile Day: April 21

Mineo Recreation Center

Cooking Class: April 25 at 5pm

National Pretzel Day: April 24

APRIL 18 - APRIL 24

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, April 18

12:00pm The Eye PG-13 97 min.
3:00pm Nim's Island PG 96 min.
5:00pm Welcome Home Roscoe Jenkins PG-13 114 min.
5:30pm Witless Protection PG-13 97 min.
7:30pm Vantage Point PG-13 84 min.
8:00pm Definitely, Maybe PG-13112 min.
9:30pm Over Her Dead Body PG-13 95 min.

Saturday, April 19

2:00pm The Spiderwick Chronicles PG 97 min.
2:30pm Fool's Gold PG-13 109 min.
4:30pm Nim's Island PG 96 min.
5:00pm Shine A Light PG-13 122 min.
7:30pm Witless Protection PG-13 97 min.
8:00pm Step Up 2: The Streets PG-13 97 min.
9:30pm Untraceable R 101 min.

Sunday, April 20

2:00pm Nim's Island PG 96 min.
2:30pm The Eye PG-13 97 min.
4:30pm Vantage Point PG-13 84 min.
5:00pm Welcome Home Roscoe Jenkins PG-13 114 min.
7:00pm Witless Protection PG-13 97 min.

Monday, April 21

12:00pm Jumper PG-13 90 min.
3:00pm The Spiderwick Chronicles PG 97 min.
5:00pm Step Up 2: The Streets PG-13 97 min.
5:30pm Definitely, Maybe PG-13 112 min.
7:30pm Untraceable R 101 min.
8:00pm Fool's Gold PG-13 109 min.

Tuesday, April 22

5:00pm The Eye PG-13 97 min.
5:30pm Over Her Dead Body PG-13 95 min.
7:30pm Shine A Light PG-13 122 min.
8:00pm Witless Protection PG-13 97 min.

Wednesday, April 23

12:00pm Definitely, Maybe PG-13112 min.
3:00pm Nim's Island PG 96 min.
5:00pm Jumper PG-13 90 min.
5:30pm Welcome Home Roscoe Jenkins PG-13 114 min.
7:30pm Untraceable R 101 min. LS
8:00pm Vantage Point PG-13 84 min.

Thursday, April 24

3:00pm The Spiderwick Chronicles PG 97 min.
5:00pm Step Up 2: The Streets PG-13 97 min.
5:30pm Fool's Gold PG-13 109 min.
7:30pm FREE ADMISSION
THROWBACK THURSDAY
American Pie R 95 min.
8:00pm The Eye PG-13 97 min.

Definitely, Maybe

A thirty-something Manhattan dad is in the midst of a divorce when his 10-year-old daughter, Maya, starts to question him about his life before marriage. Maya wants to know absolutely everything about how her parents met and fell in love: Will's story begins in 1992, as a young, stary-eyed aspiring politician who moves to New York from Wisconsin in order to work on the presidential campaign. For Maya, Will relives his past as an idealistic young man learning the 'ins' and 'outs' of big city politics, and recounts the history of his romantic relationships with three very different women. Will hopelessly attempts a gentler version of his story for his daughter, and changes the names so Maya has to guess who is the woman her father finally married. Is her mother Will's college sweetheart, the dependable girl next door Emily? Is she his longtime best friend and confidante, the apolitical April? Or is she the free-spirited but ambitious journalist Summer? As Maya puts together the pieces of her dad's romantic puzzle, she begins to understand that love is not so simple or easy.

The Eye

Sydney Wells is an accomplished concert violinist who has been blind since a childhood tragedy. Sydney undergoes a double corneal transplant, and her sight is restored. But Sydney's happiness is short-lived as unexplainable shadowy and frightening images start to haunt her. Are they a passing aftermath of her surgery, Sydney's mind adjusting to sight, a product of her imagination, or something horrifyingly real? As Sydney's family and friends begin to doubt her sanity, Sydney is soon convinced that her anonymous eye donor has somehow opened the door to a terrifying world only she can now see.

Fool's Gold

Ben "Finn" Finnegan is a good-natured, surf bum-turned-treasure hunter who is obsessed with finding the legendary 18th century Queen's Dowry--40 chests of exotic treasure that was lost at sea in 1715. In his quest, Finn has sunk everything he has, including his marriage to Tess Finnegan and his more-rusty-than-trusty salvage boat, "Booty Calls." Just as Tess has begun to rebuild her life, working aboard a mega-yacht owned by billionaire Nigel Honeycutt, Finn discovers a vital clue to the treasure's whereabouts. Certain that his luck will change with the newfound information, Finn maneuvers himself aboard Nigel's yacht and, using his good-natured charm, convinces the tycoon and his Blackberry-wielding, celebuntante daughter, Gemma, to join him in the pursuit of the Spanish treasure. Against Tess' better judgment, the search rekindles her love... of discovery.

Nim's Island

Anything can happen on Nim's Island, a magical place

ruled by a young girl's imagination. It is an existence that mirrors that of her favorite literary character, Alex Rover - the world's greatest adventurer. But Alexandra, the author of the Rover books, leads a reclusive life in the big city. When Nim's father goes missing from their island, a twist of fate brings her together with Alexandra. Now they must draw courage from their fictional hero, Alex Rover, and find strength in one another to conquer Nim's Island.

Over Her Dead Body

Devastated when his fiancée Kate is killed on their wedding day, Henry reluctantly agrees to consult a psychic named Ashley at the urging of his sister Chloe. Despite his skepticism over her psychic abilities, Henry finds himself falling hard for Ashley, and vice versa. But there is a big snag. Ashley is being haunted by Kate's ghost, who considers it her heavenly duty to break up Henry and Ashley's fledgling romance, if it is the last thing she does on this earthly plane.

Step Up 2: The Streets

When rebellious street dancer Andie lands at the elite Maryland School of the Arts, she finds herself fighting to fit in while also trying to hold onto her old life. When she joins forces with the school's hottest dancer Chase to form a crew of classmate outcasts to compete in Baltimore's underground dance battle The Streets, she ultimately finds a way to live her dream while building a bridge between her two separate worlds.

There Will Be Blood

An epic tale of family, faith, power and oil set on the incendiary frontier of California's turn-of-the-century petroleum boom. The story chronicles the life and times of one Daniel Plainview, who transforms himself from a down-and-out silver miner raising a son on his own into a self-made oil tycoon. When Plainview gets a mysterious tip-off that there's a little town out West where an ocean of oil is oozing out of the ground, he heads with his son, H.W., to take their chances in dust-worn Little Boston. In this hardscrabble town, where the main excitement centers around the holy roller church of charismatic preacher Eli Sunday, Plainview and H.W. make their lucky strike. But even as the well raises all of their fortunes, nothing will remain the same as conflicts escalate and every human value--love, hope, community, belief, ambition and even the bond between father and son--is imperiled by corruption, deception and the flow of oil.

PREMIERS FRIDAY APRIL 18

College Road Trip

COMING SOON

Penelope
The Bank Job

AFRICA

continued from page 2

ding, port security, and martial arts to non-commissioned officer leadership, damage control, and maritime law.

"We have been working with our partners in many European countries. The French have been down here with a number of ships, and we have been working very closely with them," said Rear Adm. Anthony M. Kurta, U.S. Naval Forces Europe. "The staff of APS has also been very international in nature; we've had representatives from Portugal, France, Germany, and England as well as many staff members from our African partners as well."

Additionally, APS worked with non-governmental organizations such as Project Handclasp, USAID, and Project Hope to bring relief and aid to many people in need. With the help of APS, Project Hope was able to donate five hundred thousand high nutritional meals, twenty-five pallets of medical, hygiene and educational supplies along with hospital beds and medical equipment valued at over one hundred thousand dollars.

"As we started lap two, we had the unrest in Chad where a number of refugees came over the Cameroonian border. The U.S. ambassador in Cameroon and the leadership there were familiar with APS," said Capt. John Nowell, Commander Africa Partnership Station. "They were familiar with some of the items we had onboard including some high nutrition meals.



Africa Partnership Station Sailors and sailors from the Cameroon Naval Forces offload medical supplies donated by Project Handclasp from a landing craft for transport to Limbe Naval Base.

They were familiar with our flexibility and so they asked if we could accelerate getting Swift there. Then we used the relationships we had with organizations like USAID and Catholic Relief Services as well as local organizations to facilitate getting those products off the ship and to the right place for use in the refugee operation."

APS was not all about training in the maritime domain. While in port, numerous Sailors

from USS Fort McHenry (LSD 43), HSV-2 Swift and APS staff gave of their liberty time to participate in 23 community relation (COMREL) projects. More than sixty-five thousand dollars was spent on various projects ranging in scale from building picnic tables for the Gamboa School in Sao Tome and Principe to completely replacing the roof of the Matanda School in Port Gentil, Gabon.

"We will always make the point that we

are not here for APS just to do humanitarian assistance kinds of actions. We are here to do maritime safety and security, but we have the ability to do a lot with respect to humanitarian assistance and community outreach. It is very good for promoting good will and forming relationships," added Nowell.

Being a concept, it is not necessary for APS to be lead by the U.S. from a large ship such as Fort McHenry. APS can continue with small mobile training teams, aircraft detachments, or a ship from one of the partner nations. APS will continue to deliver the right training based on the needs of the host nations in the region.

"One of the things that we have promised and put our prestige on the line with the African countries is that we will be persistence in our presence here off of west and central Africa," said Kurta. "So while we've had ships deployed here over the last couple of months, we need to keep that presence going for the next many years."

Part of the U.S. Navy's Global Fleet Station, APS provides a platform with the capacity and persistent presence to support sustained, focused training and collaboration on a regional scale to maritime partners in West and Central Africa.

Commander Task Force 365 and training teams from various U.S. and European military commands, as well as governmental and non-governmental organizations are embarked on board Fort McHenry to enhance cooperative partnerships.

Navy Food Experts from Around the World Discuss Top Issues

Article by Debbie Dortch
 Navy Supply Systems Command Public Affairs

Navy food experts from around the world gathered in Denver April 2-3, to share information among themselves about some of the most significant issues surrounding feeding more than 330,000 officers and Sailors.

On the top of the list was discussion of the Navy Standard Core Menu, a centrally produced menu that standardizes recipes, menus, and load lists on ships afloat.

"We're looking through the proposal for version four of the menu," said Navy Food Service (NFS) Director Cdr. Thomas Dailey. "The menu is a living document. It takes into account the feedback of Sailors, while at the same time ensuring we meet the needs of all platforms and ashore facilities."

NFS is part of Naval Supply Systems Command's (NAVSUP) Navy Family Support Services office. Navy Quality of Life programs, such as food service, are recognized as important benefits to Sailors.

"We're pleased that we can provide an array of tastes-like Asian, Cajun, Mexican, and Italian cuisine, while always offering healthy options at every meal," Dailey added.

The group examined operational rations and took a look at the

items found within the operational rations boxes themselves, taste-testing what is being offered.

The topic of sustainable seafood questioned the over-harvest of many species of seafood and how to ensure these species continue to thrive while still fulfilling Navy demands.

"Like other trends in food service, the Navy continues to look at industry and how to continuously incorporate best practices throughout the Navy enterprise," Dailey said.

"Our sailors enjoy a lot of seafood; we should consider a leadership role looking at incorporating sustainable seafood stocks into our menus. Pacific Cod, tilapia, trout and salmon are in the sustainable program, some of these species are on the menu and others could appear. We can help insure availability into the future," said Michael Harants, Navy Corporate Chef.

Culinary specialists benefited from demonstrations and lectures on baking, cake decorating, stuffed pasta and Italian sauces, beef, lamb and poultry butchery, and chocolate. They also attended a workshop on how to handle special receptions.

"We were very fortunate to part-

ner with the Colorado chapter of the American Culinary Federation. Their president, vice president, and several members provided outstanding culinary instruction," said Harants. "The culinary specialists (CSs) rarely have the opportunity to breakdown chickens or see where the prime rib or sirloin sub-primal beef cuts come from. Understanding the muscle structure can lead to better prepared food on the service line. The work they did during the chocolate and "Commander's Reception" workshop will make them shine when it comes to change of commands or VIP receptions."

Attendees also learned about culinary certification, what is required to get it, and what it means to the culinary specialists who receive it. Certification represents the vast experience and knowledge the CSs earn during their time with the Navy.

"I encourage any CS wishing to get their credentials to contact us for assistance," Harants added.

"This is a fantastic opportunity that we have just once a year, and it is a hallmark and a seal of excellence for our culinarians," Dailey concluded.

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All Services

Customs Uncovers Tire Safety Violations

Article by Robert Szostek
USEUCOM Customs PAO

U.S. personnel who have ordered new vehicles from the United States may be in for a surprise when the time comes to ship that vehicle stateside. "We have discovered cases where dealers have shipped vehicles to Europe fitted with foreign-standard tires," said Michael L. Burkert, customs program manager at the European Command. "While it is perfectly legal to export tires from U.S. territory that do not meet U.S. standards," he added, "it means consumers will have to replace them with American-standard tires before the vehicle may return to the USA." U.S. personnel stationed overseas must also make sure that replacement tires they have fitted to their vehicle are Department of Transportation-approved if they intend to ship that vehicle stateside. People buying new and used cars should also check the

tires and rims of any vehicle they intend shipping to the States for compliance with these standards.

Tires and wheel rims designed for use on road vehicles must conform to DOT requirements to be imported into the United States. "The letters 'DOT' and a code consisting of up to 11 numbers and letters on a tire sidewall certify compliance with all Department of Transportation tire safety standards," Burkert explained. Tires without the DOT number may not be imported into the USA, whether they are new or used, or even if they were made in the USA. This includes tires fitted to vehicles being shipped to the USA. "Federal motor vehicle safety standards require size, content, care, and certification information be molded into pneumatic tires and retreads," Burkert continued. He added that the standard also

specifies strength, endurance, high-speed performance and resistance to heat requirements, treadwear indicator and labeling requirements, and tire and rim matching information requirements that each tire imported for use in the United States must satisfy, to include spare tires. "Tires sold in Europe must meet European industrial standards," Burkert added, "but if they do not have a DOT number marked on the sidewall, they are not up to U.S. standards."

For more information on buying tires, consult the National Highway Transportation Safety Administration Web site at www.nhtsa.dot.gov/cars/testing/tire/ or try out the Tire Industry Safety Council page illustrating what U.S. standard tires should look like at www.tmn.com/tisc/sidewall.html.

Know Before You Go This Summer

Article by Robert Szostek
USEUCOM Customs PAO

People moving to the States this summer should start preparing now by finding new homes for the things that are banned from import. It is also a good idea to apply early for import permits on restricted items since the process can take months, customs officials advise.

"Prohibited items include meat and meat products such as sausage, pâté and salami, as well as plants and destructive devices," said Bill Johnson, director of the U.S. European Command's Customs and Border Clearance Agency. "If you're planning on shipping firearms, ensure you have proof that you owned them in the States or have an import permit," Johnson added.

He also explained that other important points to remember are:

- Owners of vehicles not made to U.S. standards have to ship them through commercial importers registered with the Department of Transportation and Environmental

Protection Agency. However, vehicles more than 25 years old are exempt from this rule.

- Mopeds and motorcycles must also meet U.S. safety and pollution standards and all vehicles must be free of dirt, insects and vegetation.
- Wine collections can be shipped with advance coordination with the transportation office.
- Endangered species items such as ivory and some furs may only be shipped if owners can prove they were previously owned in the U.S. or are antiques over 100 years old.

- State attorneys general must approve imports of gambling devices. These devices must be registered with the Justice Department in Washington D.C.

Need more details? Get many informative pamphlets from a military customs office or check out the military customs Web site at www.hqsareur.army.mil/opm/uscustoms.htm.



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Stampa

PREGNANCY

continued from page 2

of your workouts. Pregnancy is not an excuse to get out or stay out of shape.

When in pregnancy can I exercise?

It is not unsafe to exercise up through your third trimester. In fact, continuing to exercise even late in pregnancy has recently been shown to lead to healthier babies as well as moms. Of course, you will likely not feel like running that ten miles a day anymore in your eighth and ninth months of gestation, and that's OK. Any activity that gets your heart pumping (even walking briskly) for at least 30 minutes and for at least 4-5 days per week helps immensely.

What types of activity should I avoid?

In healthy moms with uncomplicated pregnancies, most forms of exercise are safe in pregnancy. However, the following types of exercise are not recommended in pregnancy:

- Prolonged exercise in the prone (lying down) position
- Exercise performed in excessive heat
- Activity with a high risk for falls/injury, such as skiing, horseback

riding, or contact sports

--Scuba diving

Any moms with special medical conditions, especially diabetes, high blood pressure or morbid obesity, should see a doctor for advice on a specialized exercise program. Swimming/water exercise (even while lying prone) is especially popular in pregnancy, as it is easy on the joints and promotes fitness as well as any other form of exercise.

What about exercising postpartum?

In general, as soon as you feel up to it, you can start exercising again after the baby. Most moms find that starting with light exercise from 3-6 weeks postpartum helps them recover faster. It's a good idea to avoid strenuous activity for at least 4 weeks, and to wait until 6 weeks postpartum to tackle abdominal exercises (like crunches).

Now that you know the facts about exercise in pregnancy, it's time to go break a sweat. Most of the programs at the Fitness Center are compatible and adaptable to pregnancy, and you can always ask the staff there for help as well. Feel free to contact your doctor if you have any questions.

Magnolia

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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 2 p.m. of the Friday of the week before publication. For more information call 624-5440 or 624-2798 or 095-86-last four digits. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884 .

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miles, asking Euro 2.900. If interested call 338-8573119 after 4pm.

1991 Mazda MX6 Grey, 2 Door, 5 Speed, American Specs, very reliable. \$1900 OBO. For more information please contact Paul or Christian at 624-1306.

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Dog sitter needed for my black lab, Dugan, from June 12-August 12. Dugan is totally house trained, and he loves to cuddle! He needs to be walked and fed twice a day. Please call if interested: 331-613-1762 or 095-30-6981

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AFN decoder for \$175 obo. Call Anthony or Eileen at 624-1343.

Ikea glass and light wood cabinets for sale. Great for all your storage needs or displaying glasses and plates. Keep your favorite things free from dust but still in full view. Asking \$100 for both or \$50 for one. Call Rebekah at 624-1205

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Large brown entertainment center. Purchased at the NEX two years ago. In good condition for \$75.00 OBO. Call Amanda @ 624-0666.

White crib/toddler bed. Only used for a few months. Practically new. \$75.00 OBO. Call Aundrea @ X0651.

Vodafone w/ chip 2 band cell phone, comes with adapter and original box and receipt. Has 15 credit left. Paid \$139.00 will sell for \$40. Available now, PCSing 18 April. Call 624-0109 or 349-171-8420

Italian wardrobe, 2 1/2 meters high by 3 meters long, paid 500 euros, asking \$250 entertainment wall pieces, 7 pieces altogether, must see, \$200 ALTEC LANSING computer surround sound speaker system w/ powered subwoofer, \$35 call 095-306785 or 329

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Calling all Photographers!! Got a fancy Camera and not sure how to use it? Got some tips and tricks to share? Join the Sig PhotoClub!! Email meagan.yohnke@yahoo.com for more information.

PETS

Sprite is a four year old sicilian mut. She is spayed, housebroken, and chipped. Jake is a five year old golden retriever mix. He is neutered, housebroken, and chipped. Both are free to a good home. PCSing soon and can't take them. Serious inquiries only. Call Amanda @ 624-0666.

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