



Lost and Stolen ID Cards Pose Threat to Base Security

Article by MC2(AW)
Jason T. Poplin
Fleet Public Affairs Center
Detachment Sigonella

Thus far for 2008, 33 military, 21 dependents and 2 civilian identification (ID) cards have been lost or reported stolen at Naval Air Station (NAS) Sigonella, a sharp 20 percent increase compared to the same time last year.

Whether a military member, dependent or civilian, an ID permits people access to military and government facilities, including both bases and housing areas.

A lost or stolen ID card can
Story continued on page 10

2008 Radiothon Concludes Active Duty Navy Marine Corps Relief Society Fund Drive

Article by Lt. j.g. Matt Knight

The Armed Forces Network Sigonella 2008 Radiothon concluded the active-duty Navy Marine Corps Relief Society fund drive Apr. 18 on NAS 1.

The 6 a.m. to 6 p.m. AFN Radiothon was designed to encourage final donations for the active-duty 2008 NMCRS fund raiser and to get the base involved through a series of events including: the 12-hour Radiothon, a bouncy house for the kids, car wash, dunk tank and cookout outside the AFN studios on NAS 1.

One of the highlights of the day included NAS Sigonella's Command Master Chief Rosa Wilson singing "Happy Birthday"
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Volunteers wash cars as part of Radiothon 2008. Security Department provided the car wash along with a cook out, for donations to support NMCRS.

April Illuminates Alcohol Awareness

Article by MC2 Joshua Wink
Signature Staff

With winter now having gone, people begin to venture outdoors. The old staples of grilling, camping and traveling are returning. It's a time to begin again, but sometimes it's easy to get carried away in the atmosphere. This is why it's important to remember that April is Alcohol Awareness Month.

There is an old adage that states that too much of anything is bad for you, but that's not generally what comes to mind during the social gatherings that come about once the weather becomes more pleasant. Responsibility should be the target purpose.

Commercials and advertisements that state "Drink Responsibly" may be a worn-out phrase yet its message should still be heeded.

Alcoholism is not a moral weakness; it is a disease, yet on the
Story continued on page 10

NAS II Field Reconditioned!

Article and photos by [redacted]
MWR Marketing

For three weeks the Morale, Welfare and Recreation (MWR) Maintenance staff patched, pounded, painted,



A glimpse of the NAS II baseball field before the renovations had been completed.

problem-solved and prevailed.

The NAS II sports field and outlying area went through intensive enhancements to improve the playing areas and overall look. During the course of three weeks, the staff came across many obstacles and were unsure if they would be able to meet the April 14 deadline. Irrigation was the first to be addressed. Identified, were two areas in the grass with standing water, indicating water line leaks. This endeavor required a bobcat to dig down to the main lines in order to repair eight broken sprinkler heads. These were replaced to accomplish the first of many tasks.

With irrigation solved, in came eight truckloads of topsoil, many pounds of fertilizer, grass seed, an aerating machine and 700 square meters of sod.

"Giacomo Putrino, Maintenance leader, played a big role in the planning and execution of this project," said
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The NAS II Field after the completed renovations.

WEATHER UPDATE

Apr. 25
H:70F
L:50F



Apr. 26
H:73F
L:52F



Apr. 27
H:73F
L:53F



Apr. 28
H:75F
L:56F



Apr. 29
H:78F
L:54F



Apr. 30
H:79F
L:59F



May. 1
H:76F
L:52F



TOP STORIES

Pursuing your own career while supporting your spouse's military career can be a challenge. But with resilience and creativity -- two of the hallmark qualities of the military spouse -- you can identify and build a "portable career" that brings you income and satisfaction even when your life is on the go.
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The "Sagra della Ricotta e del Formaggio (Ricotta and Cheese Festival) returns for its 34th annual edition with its array of mouthwatering cheese-themed festivities in the picturesque historic center of Vizzini, a town nestled in the Iblei Mountains.
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As you walk through Catania, sooner or later you run into a black and white door "Porta Garibaldi" or as the locals call it "U Futtinu". The site location is visible from the S. Agata's cathedral and it marks the end of the street that has the same name "Via Garibaldi." Learn more about this historic arch on...
Page 7

The SAVI One Mile Walk sponsored by the FFSC was held 4 p.m. on April 21, beginning at the NAS 1 community plaza in front of FFSC. The SAVI walk was designed to focus awareness on sexual violence, its prevention, and to inform the public on what to do if a sexual assault has occurred.
Page 10

The Navy's latest "Conversation with the Country" brought its discussion of the new national maritime strategy to an appropriate venue - Los Angeles - the home of the fifth-busiest seaport complex in the world on April 17.
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TRAFFIC NUMBERS

	Jan.- Apr. '08	Jan.- Apr. '07	Diff.
Accidents	100	88	+12
Injuries	13	6	+7
DUIs	5	1	+4
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

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DIRECT LINE

NASSIG COMMAND MASTER CHIEF ROSA L. WILSON

In the Navy, personnel in the second class petty officer ranks are normally associated less with leadership and more with technical expertise.

This is not the case at Naval Air Station Sigonella. In my first year aboard, I have seen shining examples of leadership from the second class petty officers, most notably through the community activities of the Second Class Petty Officer Association.

Take, for example, March

29th. On that Saturday, Petty Officer Nicholas J. Fernandes and 12 other Sailors traveled to an orphanage in Florida, Sicily, where they spent the morning and the greater part of the afternoon sprucing up the grounds and gardens.

After a long day of hard work, these Sailors still found the energy to play soccer with the children and joined them for a nice meal prepared by the nuns. On that day, these young Americans, on their

own initiative, displayed impressive civic mindedness, forged friendships, and made impressions that will last a lifetime.

In the Navy, leadership is demonstrated in many, many ways. Whether it is on the front lines, the flight lines, the decks, the office, the barracks or the community, we are always on duty and can always be a leader. Bravo Zulu Second Class Petty Officer Association! Thank you for leading by example.



Health WATCH

Do You Know the Health Risks of Being Overweight?

Article by Lt. Cmdr. Jim McGowan
Registered Dietitian, Naval Hospital Sigonella

Weighing too much may increase your risk for developing many health problems. If you are overweight or obese, you may be at risk for:

- type 2 diabetes
- coronary heart disease and stroke
- metabolic syndrome
- sleep apnea

You may be able to lower your health risks by losing weight (maybe as little as 10-20 lbs), doing regular physical activity, and eating healthfully. You are not alone, your base Registered Dietitian is here to help you.

Body Mass Index

A tool that is often used to determine whether a person's health is at risk due to his or her weight is body mass index (BMI). BMI is a ratio of your weight to your height and does

not measure body fat. A BMI of 18.5 to 24.9 is considered healthy; a BMI of 25 to 29.9 is considered overweight; and a BMI of 30 or more is considered obese.

Waist Circumference

Another way to determine if your weight is placing your health at risk is to measure your waist. Waist measurement does not determine if you are overweight, but it does indicate if you have excess fat in your abdomen. This is important because extra fat around your waist may increase health risks even more than fat elsewhere on your body. Women with a waist measurement of more than 35 inches and men with a waist measurement of more than 40 inches may have an increased risk for obesity-related diseases. To measure your waist cir-

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Commanding Officer
Capt. Thomas J. Quinn

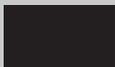
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NASSIG WORSHIP SERVICES

DS Chapel in Catania Sunday 1 p.m. Church of Jesus Christ Latter-day Saints	Alcoholics Anonymous Meetings Monday, Wednesday and Fridays 11:30 a.m.
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	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



Where There Is No Vision, The People Perish

Article courtesy of Fr Rodes

An ancient proverb (Proverbs 29:19) states, "Where there is no vision, the people perish." It is a way of saying that everyone needs dreams and a goal in order to live life fully and satisfactorily. If we don't have a specific goal in mind or we don't know where we want to go, we may be likely to end up in places not of our choosing. Establishing goals, along with guidelines on how to achieve them, helps to keep us focused and energized and often makes our lives more interesting, useful and successful.

The story of Florence Chadwick provides a clear illustration of the importance of keeping our goals in sight. She swam the Catalina Channel in southern California and established national and international records. Chadwick then attempted to break the record for swimming the English Channel. On the day set forth

for the Channel swim, Chadwick encountered heavy seas. However, because she trained in the Atlantic Ocean, she was in peak condition and prepared to do battle with the large waves. Along with the rough weather, Chadwick encountered chilling cold. That was a problem, but, again, her training made a big difference. She was accustomed to cold water and her trainers had greased her body to help provide insulation from the elements. In addition, Chadwick's trainers, rowing alongside her, were able to sustain her with hot soup from a thermos and comforting words of encouragement as she fought the cold, rough sea.

Yet, with all the planning and superior training, the one thing Chadwick and her trainers had not anticipated was fog. As a fog bank

Story continued on page 9

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
E6 - Speeding and following too close. Member was awarded 2 points.
E5 - Negligent Driving and other moving violations. Member was awarded 3 points and DIP.

NAVY News

Seabees Build Combat Care Course to Improve Battlefield Medical Skills

Article from Naval Hospital Jacksonville Public Affairs

The commanding officer of Naval Hospital Jacksonville and Naval Construction Battalion Maintenance (NCBM) Unit 202 Detachment Jacksonville personnel participated in a ribbon cutting ceremony for the Tactical Combat Casualty Care (TCCC) confidence course on March 28.

The course is dedicated in memory of Hospital Corpsman 3rd Class Julian "Snoop Doc" Woods, a Jacksonville native who was killed during Operation Phantom Fury in Fallujah, Iraq in Nov. 2004.

Twenty hospital corpsmen finished their weeklong training of classroom coursework and firearms

instruction with the successful completion of the TCCC obstacle course built by NCBM-202 Seabees.

The physically and mentally challenging course simulating a wartime environment is designed to prepare first responders for hostile conditions on the battlefield.

Story continued on page 7

PHOTO FROM THE FLEET

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



U.S. Navy Photo by Scott A. Thornbloom

Brad Shields, right, and David Ceay work on one of the four faces inside the clock tower of historic Building 1 at Naval Station Great Lakes. Ceay is owner and operator of Regulator Time Company in Manhattan, Kan., and has been repairing, renovating and refurbishing clocks in towers for more than 25 years. He is one of a handful of tower clock repairmen in the country and the only one in the Midwest. He was sub-contracted for the job by Blinderman Construction and the Naval Facilities Command as part of the \$17 million renovation project for the nearly 100-year-old building. (Article on page 9)

NEWS BRIEFS

2008 Sigonella Community Scholarship Council

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. Funds not used by September 30, 2008 will be forfeited and returned to the fund.

One scholarship will be awarded in each of 5 categories: Academic, Athletics, Arts & Music, General and Sponsor deployed in conflict/campaign. You may apply in one or more categories, but you can win in only one category. Selection advisors representing the organizations contributing to the fund will choose the scholarship recipients based on the following criteria:

Grade Point Average (GPA): The GPA of all high school classes, including applicable weighted grades, will be obtained from the Sigonella Middle/High School administration. For those applicants who do not attend Sigonella High School, a High School transcript is required. A minimum GPA of 3.0 is required to apply. **Recommendations:** Please submit two completed recommendation forms.

Profile: Please submit a summary of your participation in activities such as, sports, clubs, volunteer service, hobbies, student government, scouting, drama/musical productions, employment, etc. Include only those activities in grades 9-12. All Discipline and Character conduct will be reviewed.

Essay: Essays will be between 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?"

Letter of Acceptance: Please include a copy of a letter of acceptance to the institution of higher education you plan to attend after graduating from high school.

SCSC Applications can be picked up at the Schools' Liaison Office located at the Sigonella Middle/High School's Front Office. Please complete the application forms and attach it to the materials you submit. Your completed application package must be submitted no later than May 15, 2008 to the Sigonella Community Scholarship Council's Secretary, Chief Michael Ewert, at the Schools' Liaison Office located at the Sigonella Middle/High School Front Office.

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 Chief Michael Ewert, Schools' Liaison Officer at 624-3242 or michael.ewert@eu.dodea.edu

Athletic Officials Wanted

Are you looking for a fun, P/T job with good pay & flexible hours? The Sigonella Athletic Officials Association has openings for referees, umpires, and scorekeepers. If you are, we'd like to meet with you: The SAOA is holding its 2nd Quarterly Meeting on May 8 at 12 noon at Big Al's on NAS II. All current members please attend. For more info call: Gee Genaro @ 348.274.8397 or 338.273.5683 - saoasecretary@yahoo.com

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NAVAL AIR STATION SIGONELLA COMMUNITY CALENDAR					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
1 June Over 30 pick-up Basketball - Midtown	2 Alcoholics Anonymous -7 p.m. -NAS II Chapel	3	4 Alcoholics Anonymous -7 p.m. -NAS II Chapel	5 Throwback Thursday Midtown Theater	6 Alcoholics Anonymous -7 p.m. -NAS II Chapel	7

Motta

All Services

Stags

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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

Military Spouse Employment: Work That Travels Well

Article courtesy of militaryonesource.com

As a military spouse you are likely to be on the move -- and often. Permanent Change of Station (PCS) moves come on a regular basis as you're likely to know.

Along with the adventure and excitement of anticipating something new in your life, you probably face a few challenges with your PCS move.

Pursuing your own career while supporting your spouse's military career can be one of those challenges. But with resilience and creativity -- two of the hallmark qualities of the military spouse -- you can identify and build a "portable career" that brings you income and satisfaction even when your life is on the go.

Traditional employment

In the past, military spouses who wanted careers were often encouraged to take up teaching or nursing. The rationale was that you could be a teacher or a nurse any

where. These tried-and-true occupations still work in terms of portability.

However, seniority that often translates to increased pay and benefits may be sacrificed with each move. Nontransferable licensing and certification for these professions can also be an issue.

Government service

If you work for the government, you might be able to transfer from your present position to a position at your spouse's new duty station. You could be eligible for priority placement and/or military spouse preference.

For information about Military Spouse Preference (MSP), go to <http://www.donhr.navy.mil>. You can download a job kit there as well as find the phone number for the contact person for your region. Also see the DoD Civilian Personnel Management

Service's site at <http://www.cpms.osd.mil/>.

Use resources specially designed for military spouses. You might consider the following:

The Military Spouse Career Network. [Military.com](http://military.com), monster.com, and the Office of the Secretary of Defense (OSD) have developed a military spouse employment Web site, <http://www.military.com/spouse>. You will find jobs posted on this site. You can also submit your resume and apply for jobs online.

The Military Spouse Corporate Career Network (MSCCN). The MSCCN is a nonprofit organization dedicated to placing military spouses in jobs. Corporate members of their network post jobs that are available for military spouses.

You can apply for those jobs and submit your resume online. When you know you are moving, you can contact the MSCCN, and they will try to put you in touch with job opportunities in your new location. See <http://www.msccn.org>.

Milspouse.org. This Web site, sponsored by the Department of Defense and the Department of Labor, is dedicated to the topic of military spouse employment. See <http://www.milspouse.org>.

Be creative. Almost anything you are skilled at can be turned into a job or a career. You can use these skills working for a corporation or other organization, or you may choose to work for yourself as an independent contractor or consultant.

Sushi

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.*

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.



Pentagon

Italian NEWS

Sicilian Culture, Events and Lifestyle



Alberto Lunetta
Signature Staff



Photo by Giuseppe Stimolo



Ricotta & Cheese Festival Begins in Vizzini

The "Sagra della Ricotta e del Formaggio" (Ricotta and Cheese Festival) returns for its 34th annual edition with its array of mouthwatering cheese-themed festivities in the picturesque historic center of Vizzini, a town nestled in the Iblei Mountains, which is famous for being the birthplace of Sicilian novelist Giovanni Verga, an author who focused on the life of poor peasants and fishermen of

Sicily. Vizzini was also the setting for "Cavalleria Rusticana," an opera about jealousy, honor and passion by Italian composer Pietro Mascagni.

Running from April 25 through 27, the sagra will feature the traditional Mescita (the preparation of ricotta), arts and crafts booths, Sicilian carts parades, live music, arts exhibits and a weight lifting competition. During this exciting three-day-

event, which draws annually over 30,000 tourists, local cheese makers will perform the preparation of ricotta inside the traditional "Quarara" (pot) in the city's historic center.

The festival will kick off today at 9:30 p.m. with a town band parade and concert in piazza Marconi. Following at 10:30 a.m., folklore shows and parade will be performed throughout late morning and at 4:30 p.m. A musical show reenacting scenes from two music and literature masterpieces related to Vizzini which will be held at 6 p.m. in the sites mentioned in those works (Mascagni's opera- piazzetta Santa Teresa and Verga's realistic novel "Mastro Don Gesualdo" - Trao Palace). Admission for these outdoor shows, staged by "Teatro Skené" Theater Company, is free.

Festival highlights also include live music in the town's historic heart (April 25 - 8 and 9 p.m. - Apr. 26 - 6 and 8 p.m.); flag waver's show and historic parade (April 26 - 10:30 a.m.) and art exhibits (Picasso drawings - Trao Palace / Graziella Patti paintings - "Giovanni Verga" Cultural Center, # 27 via Emanuele - "Art Designer," Workers Mutual Assistance Society, # 13 via Vittorio Emanuele). On the last day of the festival (April 27), a national

weightlifting competition will be held at the local stadium. Before you leave the festival, make sure you sample Cudduruna and Impanate, two delicious local specialties. They are plain pizza shells topped with sun-dried tomatoes (Cudduruna) or vegetables (Impanate) such as broccoli, spinach and more.

Vizzini is located about 40 miles from Catania. The town was first colonized by the Ancient Greeks then fell under the Roman rule. Byzantines, Arabs, Normans, Swedes and eventually Spaniards also conquered it. In 1693, Vizzini was struck by a terrible earthquake, which destroyed most of its historic center. It took more than 100 years to build it again. The Chiesa Madre (main church) and the Church of San Giovanni Battista are definitely worth a visit. The Chiesa Madre was partly affected by 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 Florence master Filippo Paladini embellish the interiors.

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

A walk downtown Vizzini tour will also lead you to the Capuchin Convent. 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 can be easily reached by taking the Tangenziale highway toward Siracusa. Once you arrive at the Primosole Bridge (located above the river Simeto), turn right and take state road 194 to Ragusa. Drive for about 25 miles and then follow the signs for Vizzini.

The cultural association "Vizzini da Scoprire" (Discovering Vizzini) will offer walking tours of the main monuments and attractions. For reservations, visit www.vizzinidascoprire.it

For more general information and detailed festival schedules, call Vizzini Tourist Office at 0933-1937251.



The popular Vizzini Ricotta & Cheese Festival is back! This family-oriented event is in its thirty-fourth year. Held in the town historic center from Apr. 25 through 27, the festival features three days of ricotta-cheese making demonstrations, art exhibits, live music entertainment, arts and crafts vendors, folklore parades, food vendors and a weightlifting competition.

Catania Jazz Concerts



Do you want to hear some good jazz? Then you should not miss tonight's concert featuring New York based vocalist Lewis Robinson. A child prodigy, Lewis began playing drums and singing Rhythm & Blues classics with is brothers in New York since he was a kid. After graduating at the Boston's Berklee College of Music, he started his successful career performing with world renowned artists such as legendary rhythm-and-blues singer Ruth Brown as well as Bob McFerrin, Kenn Garret, and the James Williams Jazz Band, for over a decade from the late 1980's to the late 1990's. Robinson has also toured Europe as a singer and artistic director with the musicals "Jesus Christ Superstar", "Hair", "West Side Story" and "The Rocky Horror Picture Show." He will share the stage with Vera Celi and Marina Aitala, two distinguished Catania-based vocalists.

The line up for tomorrow night (April 26) will include a performance of two world-renowned Jazz musicians such as Palermo-based composer and pianist Salvatore Bonafede and guitarist Claudio Cusmano.

The concerts will take place on both nights 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.



The community of St. Alfio will pay homage to its three town's patron saints, the three Martyr Brothers ("Alfio, Filadelfo and Cirino") through a spectacular religious festival running from May 1 through 4 in the historic center. One of the high points of the celebration is the "Dera," tradition (May 2- 8:30 p.m.) It consists of lighting pine wood sticks outside the devotees' houses in honor of the saints to remember the bonfires which were lit during the passing through St. Alfio of the three young martyrs who were on their way to Lentini where, according to legend, they would be brutally executed for their Christian faith. Other festival highlights include the procession of the saints' statues (May 3- 8:30 p.m.), holy masses, town band concerts, art and crafts booths and amazing fireworks displays. For detailed schedules call St. Alfio Tourist office at 095-7824206.



Tempt your taste buds at the 2008 Cassibile Strawberry Festival! This

mouthwatering four-day food event (May 1 through 4) celebrates the delicious Cassibile strawberry with an array of games, crafts, music, Sicilian folklore, belly dancing, horse races, contests, and obviously lots of strawberry treats (strawberry with chocolate, strawberry beer, saliscia pork sausage with strawberry, crêpes, cakes and cannoli with strawberry and more).

"Tourists are invited to indulge in incredible strawberry-based specialties," said Pippo Milano, the president of Assofest, the association which organizes the festival.

This colorful and exciting outdoor free event will be held at the Ippodromo del Mediterraneo (horse racetrack) which is located in the Siracusa province right after the Florida exit on state road 114 (Catania-Siracusa). For more information and detailed festival schedules visit www.festadellafragola.it

Alphio

“U Futtinu” A Monument to Discover

Article and photos by
Signature Volunteer

As you walk through Catania, sooner or later you run into a black and white door "Porta Garibaldi" or as the locals call it "U Futtinu." The site location is visible from the S. Agata's cathedral and it marks the end of the street that has the same name "Via Garibaldi."

The definition of door is erroneously collocated because this monument is a triumphal arch. It was a present of Catania's people for the celebration of the royal marriage between their King Ferdinand IV of Bourbon and the Archduchess Mary Caroline of Austria (Marie Antoinette of France's sister). Stefano Itar, author of this project chose lava rock from Mount Etna and white rock from Siracusa synthesizing the materials used to build most of the city.

The arch had commemorative inscriptions dedicated to the royal couple as well as their face chiseled in stone. The population's dislike for the Bourbon's dynasty brought to the partial removal of the inscriptions as well as to the replacement of the faces with a clock.

The monument's side exposed to the



(Above) This triumphant arch was constructed of lava rock from Mt. Etna. It is a monument built by the people of Catania to celebrate the marriage of King Ferdinand IV of Bourbon and the Arch duchess Mary Caroline of Austria, Marie Antoinette's sister.

(Left) The phoenix, the mythological bird which rose from the fire and ash, represents in the same way, this town which too, has risen from the ash.

Tropicarium

Cathedral has a bird that seems to be an eagle, however, is a phoenix. The bird is clearly a symbol that describes with its story Catania's fate. Indeed, mythology teaches us that the phoenix, a beautiful bird, builds a nest shaped as an egg with several perfumed woods (such as sandal, cinnamon, etc.) in a location exposed to the sun. The bird lies in the nest waiting to catch on fire and everything burns. The left ashes generate a larva that the sunrays cherish until it becomes a gorgeous new bird.

In the same manner, Catania was destroyed and rebuilt nine times in the very same location and each time even more beautiful; that is the reason of the inscription under the bird "Melior de cinere surgo" that means "I am reborn from ashes even better." It is a little hard to think to the word "better" if we stop to contemplate the near surroundings of the door.

The locals know this neighborhood as "U Futtinu" the name once again wrongly attributed to the arch. The Italian word "Il Fortino" means "Little Fort" and since the monument is not a door but an arch, there is no fort. This is not correct because in one of the side streets there are remains of a door to a fort built around the city by the Duke of Ligne.

Although the area does not seem up kept, it is not a dangerous place; it is rather a less wealthy side of town that everyone hopes it will one day be born.

COMBAT CARE continued from page 3

Naval Hospital Jacksonville Commanding Officer Capt. Raquel Bono and the hospital's Command Master Chief (AW) Dennis Green were the first to navigate the confidence course.

In her opening remarks, Bono said, "The whole goal of the course was to be able to instill that extra level of confidence to make you (the corpsmen) as proficient as possible to do your job. The real reason we are here is to remember "Snoop Doc." What we are trying to do here is share the legacy of this very brave corpsman."

The first pair of "battle buddies" to successfully complete the course included Hospital Corpsman 1st Class Amanda Bynum and Hospital Corpsman 2nd Class (FMF) Thomas Bolsega. They belly-crawled under barbed wire, scaled walls and crossed moats in full battle gear, while assessing and administering appropriate medical care to the injured (training dummies) they encountered along the course. Working in tandem, they lifted, dragged and carried the wounded in harm's way to a safe haven as they provided cover with their bodies and protection with their weapons.

Each "Devil Doc," a term of camaraderie used by Marines on the battlefield for Navy corpsmen, touched the memorial plaque displayed at the beginning of the course in tribute to Woods.

Woods was killed while administering aid to a fallen Marine under enemy fire on Nov. 10, 2004, the third day of operations to gain control of Fallujah.

His mother, Carolyn Woods, said, "I know right now my baby is looking down on us and he is so pleased. Thank God for kind hearts. This [course] is going to give me a chance to actually see and put me in touch with him."

The obstacle course was the brainchild of Lt. Cmdr. Joseph Marcantel, a family nurse practitioner, formerly assigned to the Naval

Hospital Jacksonville Emergency Medicine Department. He attended TCCC training in January 2007, but it did not offer any practical application in the field.

Marcantel worked tirelessly to identify hospital funding to purchase the materials totaling \$35,000. He also designed the obstacles based on the TCCC curriculum.

"I envisioned a course where corpsmen had to physically overcome an obstacle before they did medical intervention and I envisioned every skillset like tourniquet placement."

Construction began Dec. 16, 2007 aboard Naval Air Station Jacksonville.

NCMB-202 Officer in Charge Ensign Leonard Neal and his crew assisted the hospital with this worthwhile project.

"This is the first obstacle course of its kind to be built by the Navy. The Army and Air Force are already using them. Not only does it give the hospital an opportunity to train its corpsmen but also to reach out to the region and offer the training to more corpsmen to get them ready for war," Neal said.

The Seabees provided the labor to build the course, an \$82,000 cost avoidance to the government. Construction went smoothly in spite of a few setbacks. Chief Builder (SCW) Shawn Fellows recalled a week or two when the rain literally left them spinning their wheels.

"We would dig holes and they would fill up with water and collapse. We were chasing our tails, but this isn't uncommon with construction."

Nevertheless, the course met its target completion date.

"We are two weeks ahead of schedule," said Project Supervisor, Builder 1st Class (SCW) Charles Carter, who expressed pride in his crew.

Since September 2007, TCCC training has been required of all Navy enlisted medical personnel prior to being sent into a war zone.

SPORTS & Fitness

“Triple S” Basketball Stories

Article by CWO 4 Ronald Herb
Signature Volunteer

Sports fans, it's time for the real NBA season to get underway. For those who follow the NBA, this year's playoff story lines are already well known, but to most of us it's the time we normally start to pay attention.

With 16 teams making the playoffs, many of the 1st round match ups are of little interest or suspense. This is true in the Eastern Conference as the pecking order has been pretty much set all year. Triple S thinks it would be an overwhelming shock if the new look Boston Celtics do not finish their run toward the league championship series. Very little interest will take place outside of the Washington/Cleveland series. LeBron James who is the face of Cleveland basketball will do battle with Gilbert Arenas.

Arenas has been hurt and out-of-action for the end of the season but when he is in the game his offensive skills are among the best in the league. His post game interviews and website blogs are classic and almost daily sports writer fodder. Two years ago he was able to get inside a young LeBron James's head and affect his

free throws setting up their rivalry.

The West is where it is this year in the NBA. Phoenix, Los Angeles, Dallas, and San Antonio all feel they should be in the finals. The first round has good match ups though out in the West with the Phoenix/SA battle drawing top seed. Shag vs. Tim Duncan alone is worth staying up late to watch. Even with all the trades that took place during the season Triple S is confident that San Antonio will find their way to meet the Celtics for all the marbles.

Locally, the Sigonella Jaguars battled all day last Saturday against Naples on the soccer field of NAS I. The boy's game was a very good example of what high school soccer should look like as both teams played solid defense and aggressive offense. Naples struck first on a beautiful one touch shot off a MLS grade cross. The Jag's tied it up late in the 1st half when Alec Herb was able to hustle the ball past the Naples keeper for Sigonella's first goal of the season. The game ended 1-1 with the Jags looking very aggressive and hungry over the last 10 minutes. Several runs toward the Naples goal came up

short but their battle was well fought.

The Jaguars girl's game started out rough as Naples was high energy early and seemed primed from the start. They quickly jumped to a 4-0 lead. The Jaguars dug deep and battled tough from late 1st half on and maintained the same 4-0 score to end the game. They look to rebound this weekend with a double header in Rome.

Another piece of sports news from last week that sparked some interest to Triple S, is the Indy car racer Dana Patrick won her first event recently. Racing has made a big deal about the skill and ability of Dana Patrick but has mostly sold her as a women racer (and SI swimsuit model) vice a racer. Winning the Indy Japan 300 should help remove the need to keep pointing out she is a woman and just talk about her as a racer.

Lastly, this week Triple S would like to point out that the Motta Off-Road Race is Saturday and you can sign up the day for an additional fee. This is one of the signature Sigonella sports events. Hope to see you all out there. Till next week.

FIELD

continued from page 1

The infield, on the softball field, has newly graded red soil, new bases and a new arch that separates soil from grass. Batting cages are now operational with newly patched and restored netting. A rubber pad at the bottom portion of the cement was installed to prevent balls from flying back toward the batter. Two access points for filling the machines with balls and the cement area is gleaming after an intensive cleaning from a bristle brush machine.

The pavilion, located next to the field, received a fresh coat of paint and the barbecue grills are fixed and ready for use. The volleyball court is re-shaped, has new sand and is free of grass and garbage. The wind netting was also replaced for the tennis courts.

With the help of Public Works, all of the poles surrounding the field were painted, lights were re-positioned and bulbs were replaced. The dugouts and sheds were patched and painted to match the rest of NAS II. Also, new insulated roofs replaced the old ones and new doors were

installed on the sheds.

The infield, on the softball field, has newly graded red soil, new bases and a new arch that separates soil from grass.

Batting cages are now operational with newly patched and restored netting. A rubber pad at the bottom portion of the cement was installed to prevent balls from flying back toward the batter. Two access points for filling the machines with balls and the cement area is gleaming after an intensive cleaning from a bristle brush machine.

"I would like to thank all of my guys, Giacomo, Claudio, Tino, Alfio, Pippo, Sebastiano A., Peppe, Sebastiano S., and Nuccio, for a job well done!" Contarino said.

In order for the sod and grass to fully root, MWR has opened the field for softball only. Please contact the Flightline Fitness Center at 624-5243 for additional field options.



(Above) the roof is being replaced on one of the fields buildings.

Soccer Standings Week 6

SQUADRON	POINTS	GAMES PLAYED	GAMES WON	GAMES DRAWN	GAMES LOST	GOALS SCORED	GOALS AGAINST	GOAL DIFFERENCE
OPS	18	6	6	0	0	47	10	37
Com. Elite	16	7	5	1	1	29	15	14
Patron Sig	12	5	4	0	1	25	11	14
AIMD	12	6	4	0	2	23	12	11
Hospital	10	5	3	1	1	19	8	11
Exec. Admin	9	6	3	0	3	19	16	3
Supply	7	5	2	1	2	8	8	0
Com. United	6	5	2	0	3	15	15	0
Security	6	5	1	3	1	7	8	-1
Housing	6	4	2	0	2	12	14	-2
Sec/K-9	5	7	1	2	4	9	34	-25
Weapons	4	6	1	1	4	8	22	-14
PWD B	2	6	0	2	4	8	34	-26
PWD A	1	6	0	1	5	3	21	-18

Kartodromo

Preventing Sexual Assault in Sigonella

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

The Sexual Assault Victim Intervention One Mile Walk sponsored by the Fleet and Family Support Center was held 4 p.m. on April 21, beginning at the NAS 1 community plaza in front of FFSC.

The SAVI walk was designed to focus awareness on sexual violence, its prevention, and to inform the public on what to do if a sexual assault has occurred, and it started with a sexual assault awareness proclamation and remarks by NAS Sigonella Commanding Officer Capt. Thomas Quinn.

According to Sigonella based Sexual Assault Response Coordinator Jane Ritenburg, RN, the SAVI program was established by the Navy in 1994 and was created to make sure sexual assault victim's needs are met and their rights are protected. The program was also designed to provide support for sexual assault prevention, education, and to standardize the reporting and collection of data.

One of the main goals of having the SAVI Walk is to bring to light the resources available for sexual assault victims and the support available to them. Ritenburg said "that one of the most important things for an active-duty member to know is the difference between "Restricted" and "Unrestricted" Reporting. If you report you've been sexually assaulted to an active-duty member, they have to report it as a crime... law enforcement and command will be notified. The military discovered that victims were not reporting because they didn't want



Participants of the SAVI One Mile Walk begin the course at the NAS 1 community plaza wearing their Ask! Act! Intervene! SAVI T-shirts.

their commands to find out. In 2005, the military created an option for active-duty members called "Restricted" Reporting. In a "Restricted" report, the active-duty sexual assault victim is provided with medical and support services without law enforcement or Command notification. It does not however afford legal protection or command assistance. At any time, a Restricted report can be changed to an Unrestricted report at the victim's request. To report a sexual assault under the Restricted option, an active-duty victim must report only to the following four groups of people: The SARC, Victim Advocates, Chaplains and any healthcare providers including FFSC Counselors can provide the Restricted Reporting option."

To report a sexual assault under Restricted Reporting, please call the following:

SAVI Hotline: 335-642-8312 or 335 606 6146, 24 hours a day, 7 days a week

SARC: 335 129 7123, 24 hours a day, 7 days a week

Chaplain: DSN 624-3975 or commercial 095-86-3975

NAS Sigonella hospital: DSN 624-3844 or commercial 095-86-3844

To report a sexual assault under Unrestricted Reporting, contact your command or any law enforcement. Emergency services can be reached at 911 from any on base phone or 095-86-1911 out in town.

For more information about sexual assault prevention and reporting, call the Sigonella SARC, Jane Ritenburg, RN, at 335-129-7123 or visit <http://www.sapr.mil/>.

Naval Station Great Lakes Restores Clock Tower

Article by Scott A. Thornbloom
Naval Service Training Command Public Affairs

Naval Station Great Lakes announced the renovation of an historic clock tower, part of Building 1, was completed April 8.

The renovation was part of the Naval Facilities Command \$17 million contract to renovate Building 1, where the clock is located, to its original appearance.

David Ceay, 59, a professional clock repairman and amateur Blues harmonica player, finished installing the four clock faces back in the tower.

Ceay arrived at Naval Station Great Lakes to refurbish the faces of the historic clock and to update and modernize the clock's inner workings. Blinderman Construction, who is handling the project, subcontracted Ceay in October to take the four 1,000-pound faces back to his shop, Regulator Time Company. Each face is made up of six numbered segments and several pieces of half-inch-thick glass.

"We took all the segments and pieces of glass back to Kansas. We cleaned up each num-

bered segment, repainted a few, cut the more than 20 new glass pieces for each face and then sandblasted each piece of glass to give it a nice original look," Ceay said.

Ceay has been repairing, restoring and refurbishing clocks for almost as long as he has been playing the harmonica. Since 1974, he has had an interest in clocks.

"Someone I knew asked me to come to his place and look at all the clocks he had. That's where I got bit with the bug and have been interested in clocks ever since," said Ceay, who was a printer before 1974 and had served in the Army in Germany from 1967 to 1969.

Ceay started out in a small retail shop above a bank in Manhattan, fixing and selling table alarm clocks. He gradually worked up to bigger models, such as Grandfather clocks. He also took time to go to school to learn how to fix watches. In 1977, the city of Manhattan asked him to fix and restore the clock in the county (Riley) courthouse. For Ceay a new bug had just bitten, working on clock towers.

"I love the challenge of fixing and restoring

clocks in towers. I don't have a problem with heights and am very comfortable working up high. I also like the travel I get to do," he said.

Since the Riley County Courthouse clock, Ceay has repaired and refurbished clocks in Texas, Michigan, Illinois, Kentucky, Louisiana and in the Caribbean.

The clocks are close to 100-years-old or older. The oldest clock Ceay has worked is an 1840 tower clock in Kentucky.

Ceay said he worked through the winter on the project and was finished in February but had to wait for good weather to bring everything back. "We had to haul up each segment and piece by hand more than 100 feet. The wind made it very interesting," Ceay said.

Once all the Roman numeral segments and glass was hauled up to the nine-foot-in-diameter open holes of each side of the tower, Ceay went to work with the help of a couple of Blinderman laborers installing the segments and glass. Each face took about a day-and-a-half to complete.

"I'm really happy with the finished product," he said. "The face is going to be beautiful, especially at night and it will be historically accurate, which is what the Navy wanted."

The inside of the clock tower will be mod-

ern and technically advanced.

Each face has a global positioning satellite (GPS) locator attached to it on the outside. This will be used to accurately keep the time of the clock. Directly behind each face is a small box, or movement, of electronics and computer chips. Each movement, that moves the aluminum hands, is wired into a controller mounted to the wall that relays the information from the GPS locators outside. The controller then relays the time information to each movement to move the hands with just 24 volts of power.

"This will keep the clock accurate to the second," Ceay said. "There is also a computer chip inside the controller that will maintain the time, in case power is knocked out. When the power comes back on, the hands will automatically proceed to the right time."

Although one of his toughest and more challenging jobs because of the number of segments, glass pieces, the four faces and some strong wind, Ceay said he wouldn't have missed it.

"It's funny. I started out as a fairly young guy doing small clock jobs. Now I'm almost 60 and doing these clock towers and loving every minute."

Magnolia

VISION

continued from page 2

descended, visibility closed to only a few feet, obscuring the horizon and distant shore. Chadwick started to founder. With the loss of visibility, the ice-cold heavy seas seemed to grow waves of towering proportions. Chadwick began to suffer cramps in her arms, legs, feet and hands from the effects of the severe cold. Her muscles creamed in pain as she battled the huge waves. Finally, she asked her trainers to bring her on board and take her to shore.

Later, when she was warm and dry, newspaper reporters asked if she knew that she'd been only a very short distance from the shore when she gave up her valiant effort for the record. She responded that even though her trainers told her the same thing, it simply hadn't made a difference to her. "You see," she said, "I lost sight of my goal. I'm not sure I ever had it fully in mind."

When we have no goal, or when our vision of the goal is obscured, we

may lose our sense of purpose. Even when we've prepared ourselves well and have an aptitude for a given activity, poorly directed efforts can rob us of vital energy.

We can spend a great deal of time, money and other resources running around in circles. Unless we create specific goals that match our purpose in life and unless we keep a clear vision of these goals, we may eventually falter and fail.

What is your vision?



Protestant Women of the Chapel

Bible study every Tuesday: 9:15 a.m. at NAS 1 Chapel
(With free child care and Home school study/gym class)
6 p.m. at NAS 2 Chapel, and 7 p.m. at the Mineo Community Center - Find us at www.pwocsig.com or pwocsig@yahoo.com

School NEWS

Academic Games 2008

Five students and one teacher from Sigonella Italy traveled to Germany for the Annual European Academic Games Competition. The games were held at the Hambachtal resort, located in Hambachtal, Germany from March 5-7. A record 30 schools from DoDDS and other International/American schools competed to test their smarts on the European level.

The Academic Games competition is a team event similar to Jeopardy for high school students, with questions from all academic backgrounds. Each team consists of five students, one from each grade level and one alternate. Four students can compete at one time during a match. The competition was bracket style play with four pools of seven or eight teams.

Preparation for the Games started more than a month before the competition. [redacted] (senior alternate), [redacted] (senior captain), [redacted] (junior), [redacted] (sophomore), and [redacted] (freshman) all met in

sponsor [redacted] room every day during lunch to practice. This daily practice honed the students' trivia skills and prepared them to answer any question at a seconds notice.

Travel for the competition started early Wednesday morning from the Catania Airport. After a lay over in Rome and a bus ride to Hambachtal, the students settled in to their cabin and decided to take advantage of the resorts' pool. As the students swam they met many other students from DoDDS Europe also there for the competition. Many friendships were formed with teams from other schools such as Ankara, Bahrain, Rota and Aviano. After making many new friends the team went back to the cabin and prepared for the competition scheduled for the next day.

The first day of competition yielded a number of wins and losses for the Sigonellans. The first match was a victory over Bamberg. The next was a tie with Aviano. The third game was another tie with Hohenfels.

The next was a last minute loss to Baumholder, and the final match was a loss to Heidelberg. The team from did not make it out of pool play. The next day was spent watching the competition between the final eight teams. In the end, the powerhouse Heidelberg won the Championship.

The DoDDS Europe Director, Diana Ohman, gave a speech during the awards ceremony proclaiming the entire competition a success. In the end, Sigonella did not win first, but with regards to the competition, there were two small victories. One; Sigonella did better than last year. Two; of all the Navy schools at the competition Sigonella was the only one to win more than one match, thus placing them as the first place Navy school in Europe. Also, there was another victory had by all teams. Diana Ohman stated it best in her closing address, "You are all intelligent students, competing in an Academic Competition. To myself, the other superintendents and your teachers, there could be no greater victory."

Celebrate Teacher Appreciation Week May 5-9

The PTO and PTSO would like to sincerely thank all the teachers and specialists of the Stephen Decatur Elementary, Middle and High School for their hard work and dedication this year. We as parents truly appreciate your efforts in support of our sons and daughters. You help make it a joy to volunteer at such fine schools.

THANK YOU!



Palermo

ID CARDS

continued from page 1

increase the possibility of unauthorized personnel gaining access to NAS Sigonella, making the base a softer target for acts of sabotage or terrorism.

"IDs can be altered or remanufactured from a lost or stolen ID," said Master-At-Arms 1st Class Bryan Roelike, security operations leading petty officer. "After that, your imagination is your limitation. They could do anything from conduct sabotage to something as simple as making unauthorized purchases from the Navy Exchange."

A government issued ID card contains more information than just a picture and a name. ID cards also hold other sensitive information, such as service member's social security number and their date of birth. These are essential items for identity theft.

Obtaining this information from an ID can enable identity thieves to create credit card accounts in their victim's names. Identity theft has become a popular means for acquisition of money in this new electronic era.

A lost or stolen dependent ID card enables access to not only that individual's information, but also the sponsor's name, rate, rank and social security number listed on the card.

"Once an ID is lost or stolen, the first thing you have to do is report it to security," Roelike said. Once that happens, we have to take a statement from that individual. If a dependent should lose their ID, they should inform their sponsor right away and their sponsor's infor-

mation will also be put into the report."

Roelike went on to indicate that although the initial process wasn't complicated, it was neither expedient nor final. In fact, several additional steps are involved to obtain a new ID card. Personnel must report to the base Security Liaison Division and complete a denuncia (the Italian equivalent to a voluntary statement). After filling out and receiving a copy of the denuncia, the individual must take it to the Carabinieri station.

In order to get a new ID card from Personnel Support Detachment (PSD), the individual must schedule an appointment and bring a copy of the voluntary statement from security. Service members also must bring a signed request chit from their respective commands.

"Personnel should maintain 100 percent positive control of their ID cards at all times," Roelike said. "When individuals are making a purchase and should need to take out their ID to prove their identity, or to show that they are authorized to make purchases, they should put their ID away immediately and not leave it on the counter where it could be left and later picked up by someone else; make sure it is securely put away so it doesn't fall out of the pocket and make sure that it is not left visible in the car so someone can come by, see it and break into the vehicle."

Remember Sigonella, your ID card has your personal information on it. Protect it.

ALCOHOL

continued from page 1

same note, it is treatable, and there are resources people can use if they, or their friends and family, feel that drinking has become a problem.

There are many reasons to drink responsibly or abstain from drinking all together. Cirrhosis of the liver, epilepsy, alcoholic dementia, heart disease, an increased chance of cancer, nutritional deficiencies, sexual dysfunction are all physical symptoms directly related to alcoholism. Aside from the physical ailments, alcohol not only affects the drinker, it also affects everyone around them. From their coworkers who depend on them to get the job done to their families who depend on them for help and support.

Sigonella recognizes the detrimental effect that alcohol can cause for those that over indulge. Servicemembers are encouraged to speak to their chain of command, contact the chaplain's office at 624-3975/2947, or Fleet and Family Support at 624-4291, if they feel they are in need of intervention or counseling for alcoholism. In fact, for the past five years, Sigonella has seen a consistent reduction in the number of DUI's, from 58 in 2003 to only 8 recorded DUI's last year as a result of prevention and quicker intervention.

Sigonella's goal is to curb alcohol related incidents and drunk driving altogether. This is why Sigonella has a "zero tolerance" stance when it comes to DUI's. For residents of Sigonella that have been here awhile, this is nothing new, and for those who are just arriving, the best bet is not to chance it. For more information on alcoholism and the Navy Alcohol and Drug Abuse Prevention Program, visit <http://www.npc.navy.mil/CommandSupport/NADAP/>.

Oxidiana

GrandeCina

MWR CORNER

Community Events

Navy Entertainment and the Navy Exchange presents... Ryan Oaks and Sideswipe:

April 25 at Midtown 2 Theaters, doors open at 8 p.m.
2nd Annual Sigonella Motor Rally: May 2 at the Land Annex on NAS I 5:30 p.m. - 1 a.m. Slow race, food, bike contests, rides! Featuring Navy Entertainment performer Edwin McCain at 9 p.m.

Child Development Center

Open House and Art Show: April 25 from 6:30-7:30 p.m.

Aquatics

Lifeguard Course: May 5 -15 from 4 - 8 p.m.
Pre-test required: May 1

Jox Pub

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

Latin Quarters: April 26 - 9 p.m. - 3 a.m.
Armed Forces Entertainment presents:
Ineligible Bachelors Comedy Tour: April 29 at 9 p.m.

Take 5

Drinks on Us! April 28
Ping Pong Tournament: April 29

Liberty

Ragusa Dinner: April 25

Motta Off-Road! April 26

Taormina Day Trip: April 27

Golf Lessons: May 1

Japanese Dinner: May 2

Thrill Rides in the UK: May 23 - 30

ITT Gear-n-Go

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

Tandem Skydive Sicily

April 26: Depart: NAS I 7:30 a.m., Return: TBA
 Jumps will be paid directly to the skydiving company in euro \$20 + bring euro for a jump, sack lunch, snacks, & plenty of water

Palermo II

April 26: Depart: NAS II 6:30 a.m., NAS I 7 a.m., Return: 7 p.m. - \$32 + euro for fees and lunch

Fine Art of Camping Series: Fire Safety and Campfire Cooking - April 26: 10 a.m. - noon in Fit District Gymnasium FREE! (One point class)

Siracusa I & Seafood Restaurant

April 27: Depart: NAS II 8 a.m., NAS I 8:30 a.m., Return: 4:30 p.m. - \$30 + bring euro for lunch and fees

Catania by Night: History, Wine Tasting and Restaurant - May 2: Depart: NAS II 4 p.m., NAS I 4:30 p.m., Return: 11:30 p.m. - \$50, includes food and wine tasting

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.

Scuba Review: April 30: 6:30 p.m. at NAS II Pool

Fitness

Motta Off Road Run

April 26: 10 a.m. - 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

Month of the Military Child Teen Center Party!

April 26: 8 - 11 p.m. at the Marinai Community Center - Join your friends and have a good time!

Youth Center

Father/Daughter Dance

April 26: 6:30 - 8:30 p.m. at the Duomo Conference Center

National Space Day: May 2 at 4 p.m.

Mineo Recreation Center

Community Movie-in-a-Box - April 26: 5:30 p.m.

APRIL 25 - MAY 1

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, April 25

12:00pm Vantage Point PG-13 84 min.
 3:00pm College Road Trip G 83 min.
 5:00pm Nim's Island PG 96 min.
 5:30pm Welcome Home Roscoe Jenkins PG-13 114 min.
 7:30pm Definitely, Maybe PG-13 112 min.
 8:00pm FREE ADMISSION
 Side Swipe: Ryan Oaks
 Martial Art / Magic Performance
 9:30pm Semi-Pro R 91 min.

Saturday, April 26

2:00pm College Road Trip G 83 min.
 2:30pm Step Up 2: The Streets PG-13 97 min.
 4:30pm The Spiderwick Chronicles PG 97 min.
 5:00pm Semi-Pro R 91 min.
 7:30pm Jumper PG-13 90 min.
 8:00pm Fool's Gold PG-13 109 min.
 9:30pm Witless Protection PG-13 97 min.

Sunday, April 27

2:00pm Nim's Island PG 96 min.
 2:30pm Welcome Home Roscoe Jenkins PG-13 114 min.
 4:30pm College Road Trip G 83 min.
 5:00pm Shine A Light PG-13 122 min.
 7:00pm Semi-Pro R 91 min.

Monday, April 28

12:00pm Fool's Gold PG-13 109 min.
 3:00pm The Spiderwick Chronicles PG 97 min.
 5:00pm Shine A Light PG-13 122 min.
 5:30pm Witless Protection PG-13 97 min.
 7:30pm Vantage Point PG-13 84 min.
 8:00pm Definitely, Maybe PG-13 112 min.

Tuesday, April 29

5:00pm Nim's Island PG 96 min.
 5:30pm Welcome Home Roscoe Jenkins PG-13 114 min.
 7:30pm Semi-Pro R 91 min.
 8:00pm Jumper PG-13 90 min.

Wednesday, April 30

12:00pm College Road Trip G 83 min.
 3:00pm The Spiderwick Chronicles PG 97 min.
 5:00pm Fool's Gold PG-13 109 min.
 5:30pm Step Up 2: The Streets PG-13 97 min.
 7:30pm Witless Protection PG-13 97 min.
 8:00pm Shine A Light PG-13 122 min.

Thursday, May 1

3:00pm Nim's Island PG 96 min.
 5:00pm Definitely, Maybe PG-13 112 min.
 5:30pm Welcome Home Roscoe Jenkins PG-13 114 min.
 7:30pm FREE ADMISSION
 THROWBACK THURSDAY
 Little Man PG-13 98 min.
 8:00pm Semi-Pro R 91 min.

College Road Trip (G)

Melanie is eagerly looking forward to taking her first big step towards independence when she plans a 'girls only' road trip to check out prospective universities. However, when her imposing police-chief dad insists on escorting her instead, she soon finds her dream trip turning into a nightmare full of misfortune and turmoil. Dad wants to assure total security and safety for his precious daughter, while Melanie has a 17-year-old's need to become a grown woman and have her own sense of independence. Now, even as dad and daughter bicker, banter and careen from one disaster to the next on their journey, they are about to discover that, sometimes, going that extra mile to be together can forge a family bond so strong it can withstand anything—even wild curves ahead.

Definitely, Maybe (PG-13)

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, starry-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. And as Will tells her his tale, Maya helps him to understand that it's definitely never too late to go back—and maybe even possible to find a happy ending.

Fool's Gold (PG-13)

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, celebante daughter, Gemma, to join him in the pursuit of the Spanish treasure. Against Tess' better judgment, the search rekindles her love... of discovery. But they are not the only ones after the treasure. Finn's mentor-turned-nemesis Moe Fitch has also set out to claim the prize. Let the treasure hunt begin...

Jumper (PG-13)

A genetic anomaly allows a young man to teleport himself anywhere. He discovers this gift has existed for centuries and finds himself in a war that has been raging for thousands of years between "Jumpers" and those who have sworn to kill them.

Nim's Island (PG)

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.

Semi-Pro (R)

Jackie Moon is one-hit wonder who used the profits from the success of his chart-topping song "Love Me Sexy" to achieve his dream of owning a basketball team. But Moon's franchise, the Flint Michigan Tropics, is the worst team in the league and in danger of folding when the ABA announces its plans to merge with the NBA. If they want to survive, Jackie and the Tropics must now do the seemingly impossible -- win.

Shine A Light (PG-13)

In autumn 2006 the Rolling Stones gave two concerts at Beacon Theatre in New York. Here, in the 2,800-seater old Broadway theatre that opened in 1928, we encounter living legends Mick Jagger, Keith Richards, Ron Wood and Charlie Watts. Before an enthusiastic audience that includes Hillary and Bill Clinton, the Stones present their hit songs as well as lesser known numbers. Guest appearances include Christina Aguilera, blues legends Buddy Guy and Jack White.

PREMIERS FRIDAY MAY 2

Penelope, The Bank Job

COMING SOON

Doomsday, Never Back Down, Horton Hears a Who!

Los Angeles Joins 'Conversation' on New Maritime Strategy

Article by Lt. Ed Early
Navy Office of Information West
Public Affairs

The Navy's latest "Conversation with the Country" brought its discussion of the new national maritime strategy to an appropriate venue - Los Angeles - the home of the fifth-busiest seaport complex in the world on April 17.

Just a half-hour away from the bustling ports of Los Angeles and Long Beach, officials from the Navy, Marine Corps and Coast Guard presented the new maritime strategy, "A Cooperative Strategy for 21st Century Seapower," at a symposium April 17 at the Wilshire Grand Hotel in downtown Los Angeles.

During the event - the fifth in a series of similar outreach discussions throughout the United States - business and industrial leaders got their chance to examine the national maritime strategy, which hadn't been updated since 1986.

"What we discovered before [the strategy] was written is that the American public has sort of taken seapower for granted," said Vice Adm. John G. Morgan, Deputy Chief of Naval Operations for Information, Plans and Strategy,

during his opening remarks.

"Ninety percent of the global GDP (gross domestic product), all the wealth in the world, flows across the oceans of the world. ... We're just here to make a case that seapower is going to be fundamentally important to our future and our American way of life," Morgan said.

Richard McKenna, executive director of Marine Exchange of Southern California, noted, "I think it's a very valuable presentation," said McKenna. "I think the presentation was very good, very educational. It was a good refresher on all of those things that we don't really get to experience."

The new national maritime strategy challenges the Navy, Marine Corps and Coast Guard to "evolve an expanded range of integrated capabilities" to achieve national strategic objectives.

One of those expanded capabilities was a common topic during the presentation - maritime security, a relevant subject given the importance of Los Angeles and Long Beach to sea-based commerce. The two ports are the primary gateway for trade between the United States and Asia, and are the two busiest among U.S. container seaports.

"We need to ensure that Americans under-

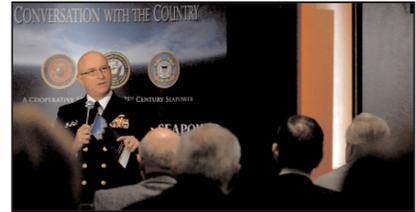
stand how critical maritime commerce is to our security and to our economy," said Coast Guard Rear Adm. David P. Pekoske, the Coast Guard's assistant commandant for operations.

Dr. F. Edwin Froelich, the event's keynote speaker, reminded the audience that securing maritime commerce is a concept that goes back to the founding of the nation.

"The protection of maritime commerce was a driving force behind the Constitution. In a way, the need to protect maritime commerce is every bit as important today as it was 225 years ago," said Froelich, who serves as general counsel for the National Association of Waterfront Employers and National Maritime Safety Association. "The goal is to make sure that no matter what, maritime commerce keeps flowing."

The new strategy outlines a collective security approach that focuses on common threats such as piracy, smuggling and terrorism, and places a premium on working with international partners to keep the sea lanes clear for commerce. It also brings the Navy, Marine Corps and Coast Guard closer together in providing homeland defense and maritime security; in a first, the three services coauthored the maritime strategy.

But maritime security is just one area of the revised strategy. While its core capabilities of seapower (forward presence, deterrence, sea control and power projection) remain, the strategy also emphasizes the belief that prevent-



Vice Adm. John Morgan discusses new maritime strategies with a group of Los Angeles county business and civic leaders during a "Conversations with the Country" public forum.

ing wars is as important as winning wars - a "pretty powerful statement," according to Morgan.

"Should we prevent war? Absolutely," said Maj. Gen. James L. Williams, commanding general of the 4th Marine Division, who fought in Iraq. "I can tell you standing here that the biggest thing I hate about war is going to war. Now, I'm particularly good at going to war, but I can tell you this: It's no fun."

The strategy still calls for credible combat power, regionally concentrated in the Western Pacific and Persian Gulf, as well as mission-tailored maritime forces. And it adds a new emphasis on humanitarian assistance and disaster relief missions, such as the upcoming deployment of the hospital ship USNS Mercy (T-AH 19).

"It's great to see the cooperation of the Navy, Coast Guard and Marine Corps, to see them focused on securing international sea lanes," said Steve Bianchi, director of port services for Weston Solutions of El Sobrante. "I think it's very important that the word on this gets out to the public - many of them don't have any understanding of how global trading is. I hope most people came away with a better understanding of what this issue is."

Other panelists included Capt. Dan Cloyd, director of the Strategic Actions Group; Dr. Karl Walling, a professor at the Naval War College; and Commodore Kelly Williams, Assistant Chief of the Maritime Staff for the Canadian Forces.

RADIOTHON continued from page 1

live on air to the chiefs mess. AFN Sigonella's station manager Chief Petty Officer John Harrington said, "When Commander Navy Region Europe's Command Master Chief Michael Hurley was here for the Chief Petty Officer birthday, he challenged the mess to raise 250 Euros to get her (Wilson) to sing..." He went on to mention that not only did the Chiefs Mess raise the money and Wilson sang, but she also pitched in a hundred dollars of her own to keep the clip from being played again later that day.

All donations given to NMCRS go directly toward helping Sailors, Marines and their families in time of need. NMCRS volunteer Crystal Duprat said "You are helping the community more with NMCRS; there's a lot more programs. We have budget for baby, emergency travel, we give money for emergency loans, car repairs; there is no other organization here on base that does that."

The NAS Sigonella goal for this year was \$60,000 and as the Radiothon neared its conclusion, Harrington commented that even though the official count wouldn't be in for a couple weeks, he had been told that Sigonellans had donated more than the goal which really showed how much everyone had come out and helped NMCRS.



Photo by MC2 Shannon Renfro
(Above) The community enjoys a cook-out put on by the Security Department for donations to benefit NMCRS. (Below) MC2 Shannon Renfro runs the radio board during the Radiothon.



Photo by MC2 Shannon Renfro
(Above) SHC Curt Groshens sits in the dunk tank awaiting the next thrower at Radiothon 2008.

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HEALTHWATCH

continued from page 2

conference, place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale and measure your waist.

Type 2 Diabetes

Type 2 diabetes (DM2) is a disease in which blood sugar levels are above normal. High blood sugar is a major cause of coronary heart disease, kidney disease, stroke, amputation and blindness. Type 2 diabetes is the most common type of diabetes in the United States. This form of diabetes is most often associated with old age, obesity, family history of diabetes, previous history of gestational diabetes and physical inactivity. The disease is more common among certain ethnic populations.

How is DM2 linked to overweight?

More than 85 percent of people with type 2 diabetes are overweight. It is not known exactly why people who are overweight are more likely to develop this disease. It may be that being overweight causes cells to change, making them resistant to the hormone insulin. Insulin carries sugar from blood to the cells, where it is used for energy. When a person is insulin resistant, blood sugar cannot be taken up by the cells, resulting in high blood sugar. In addition, the cells that produce insulin must work extra hard to try to keep blood sugar normal. This may cause these cells to gradually fail.

What can weight loss do?

You may lower your risk for developing type DM2 by losing weight and increasing the amount of physical activity you do. If you have type 2 diabetes, losing weight and becoming more physically active can help you control your blood sugar levels and prevent or delay complications. Losing weight and exercising more may also allow you to reduce the amount of diabetes medication you take. The Diabetes Prevention Program, a large clinical study sponsored by the National Institutes of Health, found that losing just 5 to 7 percent of your body weight and doing moderate-intensity exercise for 30 minutes a day, 5 days a week, may prevent or delay the onset of type 2 diabetes.

Coronary Heart Disease

Coronary heart disease (CHD) means that the heart and circulation (blood flow) are not functioning normally. Often, the arteries have become hardened and narrowed. If you have coronary heart disease, you may suffer from a heart attack, congestive heart failure, sudden cardiac death, angina (chest pain) or abnormal heart rhythm. In a heart attack, the flow of blood and oxygen to the heart is disrupted, damaging portions of the heart muscle. During a stroke, blood and oxygen do not flow normally to the brain, possibly causing paralysis or death. Coronary heart disease is the leading cause of death in the United States, and stroke is the third leading cause.

How is CHD linked to overweight?

People who are overweight are more likely to develop high blood pressure, high levels of triglycerides (blood fats) and LDL cholesterol (a fat-like substance often called "bad cholesterol"), and low levels of HDL cholesterol ("good cholesterol"). These are all risk factors for heart disease and stroke. In addition, excess body fat—especially abdominal fat—may produce substances that cause inflammation. Inflammation in blood vessels and throughout the body may raise heart disease risk.

What can weight loss do?

Losing 5 to 10 percent of your weight can lower your chances for developing coronary heart disease or having a stroke. If you weigh 200 pounds, this means losing as little as 10 pounds. Weight loss may improve blood pressure, triglyceride and cholesterol levels; improve heart function and blood flow; and decrease inflammation throughout the body.

Metabolic Syndrome

Metabolic syndrome is a group of obesity related risk factors for coronary heart disease and diabetes. A person has the metabolic syndrome if he or she has three or more of the following risk factors:

- A large waistline. For men, this means a waist measurement of 40 inches or more.
- For women, it means a waist measurement of 35 inches or more.
- High triglycerides or taking medication to treat high triglycerides. A triglyceride level of 150 mg/dL or higher is considered high.
- Low levels of HDL ("good")

cholesterol or taking medications to treat low HDL. For men, low HDL cholesterol is below 40 mg/dL. For women, it is below 50 mg/dL.

- High blood pressure or taking medications to treat high blood pressure. High blood pressure is 130 mm Hg or higher for systolic blood pressure (the top number) or 85 mm Hg or higher for diastolic blood pressure (the bottom number).

- High fasting blood glucose (sugar) or taking medications to treat high blood sugar. This means a fasting blood sugar of 100 mg/dL or higher. A person with metabolic syndrome has approximately twice the risk for coronary heart disease and five times the risk for type 2 diabetes. It is estimated that 27 percent of American adults have metabolic syndrome.

How is metabolic syndrome linked to overweight?

Metabolic syndrome is strongly linked to obesity, especially abdominal obesity. Other risk factors are physical inactivity, insulin resistance, genetics and old age. Obesity is also a risk factor for the metabolic syndrome because it raises blood pressure and triglycerides, lowers good cholesterol, and contributes to insulin resistance. Excess fat around the abdomen carries even higher risks.

What can weight loss do?

It may be possible to prevent metabolic syndrome with weight management and physical activity. For patients who already have the syndrome, losing weight and being physically active may help prevent or delay the development of diabetes, coronary heart disease, or other complications. Individuals who are overweight or obese and who have metabolic syndrome should aim to lose about 10 percent of their body weight and do at least 30 minutes of moderate-intensity physical activity every day. Quitting smoking, eating healthfully, and taking prescription medications for conditions such as high blood pressure or low HDL cholesterol may also be recommended.

Sleep Apnea

Sleep apnea is a condition in which a person stops breathing for short periods during the night. A person who has sleep apnea may suffer from daytime sleepiness, difficulty concentrating, and even heart failure.

How is sleep apnea linked to overweight?

The risk for sleep apnea is higher for people who are overweight. A person who is overweight may have more fat stored around his or her

neck. This may make the airway smaller. A smaller airway can make breathing difficult, loud (snoring), or stop altogether. In addition, fat stored in the neck and throughout the body may produce substances that cause inflammation. Inflammation in the neck is a risk factor for sleep apnea.

What can weight loss do?

Weight loss usually improves sleep apnea. Weight loss may help to decrease neck size and lessen inflammation.

How can I lower my health risks?

If you are overweight, losing as little as 5 percent of your body weight may lower your risk for several diseases, including coronary heart disease and type 2 diabetes. If you weigh 200 pounds, this means losing 10 pounds. Slow and steady weight loss of 1/2 to two pounds per week, and not more than three pounds per week, is the safest way to lose weight. To lose weight and keep it off over time, try to make long-term changes in your eating and physical activity habits. Choose healthy foods, such as vegetables, fruits, whole grains and low-fat meat and dairy products more often. Eat just enough food to satisfy you. Aim for at least 30 minutes of moderate-intensity physical activity, such as walking, on most or all days of the week. To lose weight, or to maintain weight loss, you will likely need to do more than 30 minutes of moderate physical activity daily.

The 8 keys to successful weight control are:

Choose success, set realistic goals, learn new eating habits, practice positive reinforcement, increase physical activity, stop drowning negative emotions with food, live life to the fullest, and develop a support system.

LCDR Jim McGowan,

Registered Dietitian, can assist you with a personalized weight loss program and help you achieve the eight keys to success. Are you ready to make the change toward health and fitness? To make an appointment, call ...624-CARE (2273).

If you have any of the above mentioned conditions, please first visit with your medical provider for a referral to the dietitian. For more information about the Diabetes Prevention Program, visit www.diabetes.niddk.nih.gov/dm/pubs/preventionprogram/index.htm. You can learn more about the metabolic syndrome from the National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov.

Stampa

Embry

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 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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AUTOMOTIVE

1990 Lancia Thema 2.0 1 16 valves Turbo Air Conditioning, Good Conditions 75,000 Miles 2500 Euros, Call 347-3232890

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.

1991 BMW 316i, green, 4 door, AC, 5-sp, Radio/CD w/detachable face, approx. Car is EU specs. 123K miles, 2 brand new tires, needs head gasket. Asking \$750 OBO. Call Michael at 624-2821 during the day 624-1206 in the evening or any time at 335-578-8077.

2001 Ford Focus ZTS 4Dr Black Sedan with gray leather interior, Automatic transmission 4-Cyl, 2.0 Liter 16V, 61,500 miles, US Specs, AC, Power Steering, Windows, and Door Locks. Cruise Control, Dual Front Air Bags, Alloy Wheels, ABS brakes, traction control, and an AM/FM Stereo with Single Compact Disc player. Being sold by original owner. Good, reliable car. Oil changes done regularly. Available end of May 2008. Asking \$5000 firm (Kelley blue book value is \$5365-\$6500) Call Jackie or Steve at 624-4871 or 624-0185.

2000 Opel Corsa, 1000cc, blue, excellent condition, 2dr, A/C, 5 spd, stick shift, anti-theft alarm, radio, power windows, air bag, 2 new tires, 37k miles, asking Euro 2,900. If interested call 338-8573119 after 4pm.

2000 Chevy Tracker, red, only 40,000 miles, A/C, new tires, 4 doors, very well maintained, fun to drive! a steal at \$3,995. call 095-306785 or 329 194 0652

1992 BMW 316i, 4 door sedan, 5 spd, Pwr Steering/Windows/Locks, CD/Radio/SD, Good Condition \$3,200, Call 624-6499 or 7877 ask for ET2 Shaw.

1995 Mazda 626 4 Cyl. sedan, many new parts with warranties. 4 door recent oil/transmission fluid change and tune up. american car with cold a/c. high power pioneer system. needs transmission speed sensor. great gas mileage! \$2500 OBO.

Renault 19 16 valve 1.4 L, A/C 4 doors perfect condition Power windows 1400 Euro . Call Mr testa 3409237375 or dental clinic x4205

Porsche Boxster 3200 S blue, year 2000 like a brand new car, 30000 miles, manual, regularly maintained, satellite anti theft, 300 HP, convertible xenon lights, seats electrically heated, great hi-fi system with cd player. asking 36000\$. OBO. Call Frank at 392 5078776

2006 Toyota Corolla S, American spec, 12000 miles, fully loaded including sunroof and Sports Pkg., Blue book value is 17,500, I will take 15,000 OBO, this car is a must see and great on gas, draws 300 liters Call Mac at 3394194857 or 0957275032

2005 Vespa 150 PX: This is the Classic 4 Speed Vespa. All Steel. No Plastic like the other scooters! Outstanding Condition, Garage kept. White w/ black seat. Comes w/ alarm & 2 remote controls, windshield, and spare tire. It has only been adult ridden. Great on gas! Uses 10 liters a week from Mascalucia to Nas 1. It has 7,300 KLM on the odometer and is Italian registered. It can be easily changed to AFI plates in about two weeks. Asking 1,800 Euro OBO. Call Mike @ 349-145-2509 or 335-830-4961.

2000 Ducati ST4 916cc. Outstanding Condition. Garage kept. You must see this bike! Blue and Silver. This is "The Gentleman's Sportbike". Very comfortable and fast. Comes with performance exhaust system, racing computer chip, racing air filter, and hard color matched Ducati saddlebags. Only adult ridden with

14,500Klms on the odometer. Asking 5,300 Euro or best offer. Call Mike @ 349-145-2509 or 335-830-4961.

WANTED

Light wood colored kitchen table with six chairs and leaf included; good condition; \$75 or best offer. If interested please call Kaylee at 624-0273.

FOR SALE

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

Micro-suede futon, brown, never slept on, need the space. Paid \$249 at the NEX six months ago, asking \$200 OBO. Comes with two pillows. Call Melissa at 624-0249 or 346-574-6496.

Ashley Cottage Retreat Girls Bunk Beds with door chest and five drawer chest 2 1/2 yrs old Great condition-Complete set for \$ 900.00. Two Twin mattress sets 2 1/2 yrs old. Great condition, NO BED WETTERS \$400.00. 1 metal IKEA computer desk \$20.00

2001HP Desk top PC tower and keyboard \$150.00 Black metal full size futon with mattress \$100.00 21" Hitachi Multisystem T.V. 2 yrs old \$85.00 call 624-1699 or 348-606-0426

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

For sale Klipsch KSW-12IN Home Subwoofer Brand new condition, bought for \$400 asking \$250 OBO. Call Mac at 3394194857 or 0957275032

For Sale (5) 20in wheels and tires (Zinik Z9 Sabini black w/ chrome

lip) Dimensions are Offset 15mm, Bolt Pattern 6-139 tire size is 265/50/20, \$2,500 it will fit any 6 lug truck. Call Mac at 3394194857 or 0957275032

(4) almost new Goodyear tires less than 1k size 215/55/16 asking \$350 or best offer. call Chris at 3383753167

Cheers DVD- Seasons 2, 4, and 5. New in package, \$20 each season or \$50 for all 3 seasons. Call Michelle at 624-7963.

Private - collectors Item for sale, Sporty "FIAT X1-9" metallic black coupe with detach. roof, 71 500K on the clock, vehicle is in excellent condition, used vary rarely and kept in mint condition, All original parts are still inside the car, radio and leather seats. (Photos are available) Asking: Price: €: 6500.00 (O.B.O) Call Alfio for more info. @ 624-6894.

ICON Mil-Spec motorcycle safety vest. Orange, excellent condition (barely worn). Don't ride looking like a fool in a road guard vest, buy this one and look cool instead. \$35. Call x0361

34in Sony WEGA Multisystem TV, 110/240 V. Still have original box and styrofoam. Only used for 9months. Retail over \$1300 asking \$600. HP Photosmart 7350 printer, can use to print pictures without computer \$40 OBO. Email gina.dantonio@ctf67.sicily.navy.mil or call 340-324-6875.

Desktop Computer, older model but still very useful. Very clean and in excellent condition! \$80. Also have a Microsoft Office 97 Pro original disk with install code. \$20. Call 624-0313.

MISC.

AA meetings will be held Monday, Wednesday and Friday, each week, at 7 p.m. in the NAS II Chapel. For further information call the AA hot line at 346-693-6935.

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!! E m a i l meagan.yohnke@yahoo.com for more information.

LOST/FOUND

My 3 year old son lost his white bunny at NAS I. The bunny is very special to him. If found, please call Molly at 624-0262.

PETS

Free to a loving home. Beautiful sicilian dog, approx. 1 1/2 yr old, shots up to date, chipped. Awesome dog, very good with children. Heartbreaking, but we can't give it enough of our time. Come with kennel and bowls. Call or e-mail for pix: X1554, de_absolut@hotmail.com.

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

hi tech

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@nassig.sicily.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 National/ American base employees. Ads must be 40 words or less and typed in regular upper case, lower case format.

The Signature no longer accepts 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 they can call Stampa Generale @ 081-568-7884.

Centro
traslochi

Joes

Assomondo
animale

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.

Free to a good home, 2 year old male Alaskan Malamute Mixed 16 months old female German Shepherd Mixed Both are friendly, sweet and playful, especially with kids Up to date with shots and healthy dogs. Please call Daniel 624-1319

YARD SALE

Huge 5 Family Yard Sale, Marinai, Sat. May 3rd starting at 2121 A-2119 B Via Sigona. From 8am-2pm, Everything from fairly new baby stuff, household goods, kitchen, furniture, clothes, too many items to list!!

JOBS

"The US Naval Hospital Sigonella, Italy is soliciting for the following contracted services: 5 full-time or part-time Registered Nurses and 6 Certified Medical Assistants. Sources must possess U.S. citizenship and be eligible to work overseas. The minimum requirements are specified in the solicitation package. If you are interested please contact Mr. Aldo LaColla at 095-86-5727 or Ms. Agostina Randazzo at 095-56-3792."

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

Mammuth

Vento Dell'st

Grande Cina

Vulcano

Camelot

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