

Black History Month celebrations kick off at NAS Sigonella



Photo by MC2 Jason Poplin, Navy Public Affairs Support Element East Detachment Sigonella Naval Air Station (NAS) Sigonella Commanding Officer Thomas J. Quinn, Yeoman 2nd Class Kayla Chase, and Command Master Chief Rosa L. Wilson, together cut a cake during a ceremony to symbolize the kickoff of Black History Month. "Diversity is a big push in the U.S. Navy and the reason is simple, it's a diverse country and we have got to draw from that population," said Quinn.

Sigonella Jaguar Wrestling Team completes undefeated season

Article and photos by MC3 Jonathan Idle
The Signature Staff

The Sigonella High School Jaguars Wrestling Team capped off an undefeated season by topping the Naples Wildcats and the American Overseas School of Rome Jan. 31 in a meet at the Jag Gymnasium on NAS I.

The Jaguars came in first with a combined point total of 156 points, the Wildcats came in second with 144 points and Rome came in third with 56 points. The victory brought the Jaguars record to 6-0 on the season. This marked the first undefeated season in 12 years for the team.

Electronics Technician 1st Class William Hicks, Head Coach of the Jaguar Wrestling Team, highlighted standout athletes like [redacted] who finished the season undefeated, along with [redacted] who

WRESTLING, continued on page 12



Sigonella wrestler [redacted] pins Naples wrestler [redacted] during a match in the 140 lb. weight class at the Jaguars home meet held Jan. 31, 2008. The Jaguars won the meet to go 6-0 on the season.

Remember: you are an ambassador

Article by Tracie Barnthouse
The Signature Editor

Every time you step outside of the gate, you are representing the United States. Whether by your dress, your speech or your actions, you are identified as an American and should act in a way that represents the United States and the United States Navy in a positive light.

This is especially true at Italian festivals and celebrations. If you've lived in Sicily for even a couple months, you should know that there are festivals nearly every week. Some of those are in celebration of a cities' most important crop, such as the artichoke, almond, and anchovy festivals. During these festivals, have a good time; eat some of the foods made with the celebrated consumable, drink local beer, listen to great music and enjoy yourself. But there are limits. Don't consume so much alcohol that you can't function or that you embarrass yourself.

Other festivals, such as religious ones that honor a cities' patron saint are a different story. It is not

respectful to get drunk at religious festivals. The celebration is honoring the town's most important religious figure and is not a time to party. Attend religious festivals to learn more about the culture, the history of their honored patron saint and how they celebrate.

Any time you drink too much, your guard is let down. It is not only irresponsible, but is dangerous to get drunk out in town. While it would be nice to live in a world with no pick-pockets or worse, they exist. Losing control of yourself because of alcohol could put you in a less-than-desirable position; one you could have altogether avoided if you'd drank in moderation.

Plus, there are consequences for bad actions. Lt. Cmdr. Jason Grover, from NAS Sigonella's Regional Legal Services Office says, "The UCMJ applies everywhere all the time." He said that if misconduct was conducted off base, the Sailor could be prosecuted by the Navy under the

BEHAVIOR, continued on page 13

Sigonellans learn how to be 'Heart Smart' at the Healthy Heart Fair



Lt. Leslie Councilor explains different foods to Lt. Cmdr. Willie Chao and his daughter, [redacted], at the Healthy Heart Fair, held at the Midtown Complex on Thursday, Feb. 5. The fair was designed to educate the community about heart disease prevention.

Article and photos by Tracie Barnthouse
The Signature Editor

Your ticker, your lifeline, that amazing organ inside your chest... it's one of, if not the most, important organ you have - your heart. How is your heart performing? Do you know what you should do to safeguard it from heart disease? Naval Air Station (NAS) Sigonella personnel came out to the Midtown Complex on NAS Sigonella's support base to learn more about protecting themselves from heart disease.

Paola Klein, Health Promotions Coordinator for Naval Hospital Sigonella said that the fair was a collaboration between Health Promotions, Morale, Welfare and Recreation (MWR), the Fleet & Family Support Center (FFSC), American Red Cross and Naval

HEART, continued on page 13

WEATHER UPDATE

February 13	February 14	February 15	February 16	February 17	February 18	February 19
H:57F L:43F	H:57F L:37F	H:57F L:39F	H:58F L:38F	H:56F L:35F	H:56F L:47F	H:61F L:36F

TOP STORIES

Your mother was wrong! Chocolate milk is OK for your children's teeth. Chocolate milk, like white milk, provides protein, calcium and vitamins. And, since children like it, they drink more of it. A cracker is safer for teeth than a caramel, right? Wrong.

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To assist the Africa Partnership Station (APS) Nashville team in preparing for its upcoming port visit to Dakar, Senegal, two international staff members from the Senegalese Navy presented Sailors with a cultural awareness briefing aboard USS Nashville (LPD 13) Feb. 2.

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If you are a service member or are filing on behalf of one, there are a few things you should know before getting started. File returns in your permanent home state. If you are stationed somewhere other than your permanent home address, in most cases you will still pay state taxes to your home state.

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The festival honoring San Corrado (St. Conrad) in Noto, is one of the most attracting religious festivals annually held in the Siracusa Province. This spectacular religious event will take place on Thursday, Feb. 19 in this breathtaking Baroque town.

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Paris is known as the "City of Lights." The capitol city of France is located in the northern region on the river Seine. The metropolitan area has an estimated population of nearly 12 million. It's a city built on industry, fashion, food and history.

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TRAFFIC NUMBERS

	Jan.09- Feb. 09	Jan. 08- Feb. 08
Accidents	20	61
Injuries	4	9
DUIs	0	4
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The 5 February Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote the Direct Line to answer them. Please keep sending the questions via email or phone and I will do my best to answer them.

Additionally, has someone in Housing, the Exchange or Commissary provided you Great Service? Are you excited about a base sponsored program or service? Feedback Live is the perfect opportunity to share with the community about your positive experience. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. I am very concerned about the health hazard that these trash cans pose to our children and the community. They have not been removed from the place where they were destroyed.

A1. The trash and destroyed trash can have been cleaned up and a replacement trash dump-

ster is being put in the damaged one's place.

Q2. What is the possibility of getting a few spin bikes in the Mineo MWR facility? I feel that with the success of the aerobics class in Mineo, that spin would also be well received.

A2. Due to this request, MWR will be placing 2 spin bikes in the Mineo Fit Center next week. Thanks to the customer for a good idea!

Q3. When will the road between Subway and NFCU on NAS 2 be open for vehicles?

A3. That road will not be open to general traffic due to safety concerns. When opened, vehicles frequently transited the area at a high rate of speed. This, coupled with the amount of pedestrian traffic in the area, made it a safety concern resulting in the decision to close it down. Eventually there will be drop arms installed and access will be only for NEX, Post Office, Gym

Q4. What is going on with the mail? What do Italians & their strikes have to do with military mail, why do they even need to touch it?

A4. All military mail addressed to Sigonella, with the exception of registered mail, is transported via commercial air from airports at our CONUS gateway (Newark and JFK airports) via FCO (Rome). More specifically, our mail is transported by Alitalia through a code share agreement with Northwest Airlines. The mail is handled (loaded and offloaded) by Italian ground workers employed by the airline. It is then flown from Rome to Catania with Alitalia and handled by their Italian ground handlers. A locally contracted trucking company along with a local Postal Clerk retrieves and dispatch mail on a daily basis from/to Catania. The fact that Italians handle our mail is unavoidable. The movement of our mail has been affected in the past few months by strikes and uncertainties of Alitalia's future. We have experienced delays and increased in transit times. FISC Sigonella is currently looking into other alternatives to try to alleviate this problem.



Health WATCH

Children Dental Health Month

Article courtesy
The American Dental Association (ADA)/ Naval Hospital Sigonella Pediatric Dental Department

Your mother was wrong! Chocolate milk is okay for your children's teeth. Chocolate milk, like white milk, provides protein, calcium and vitamins. And, since children like it, they drink more of it. A cracker is safer for teeth than a caramel, right? Wrong. The "sticking point" of choosing snacks for teeth is that we are not very good at telling how long food really stays in the mouth. Research from the Forsyth Dental Center shows that some sticky foods clear from the mouth faster than less sticky foods, and thus pose a shorter acid attack on teeth. For example, caramels dissolve more quickly from the mouth than crackers, breakfast cereals, potato chips, dried fruit, or bread.

FACTS ON FOOD
 Food does not cause tooth decay, eating does. Children's dental

health depends less on what they eat and more on how often they eat it. About 90% of all foods contain sugars or starches that enable bacteria in dental plaque to produce acids. This attack by bacterial acid, lasting 20 minutes or more, can lead to loss of tooth mineral and to cavities.

Cooked starches (fermentable carbohydrates) can lead to cavities just as sugars can. In fact, such cooked starches as breads, crackers, pasta, pretzels, and potato chips frequently take longer to clear the mouth than sugars. So the decay risk may last even longer.

Science has not told us which foods are worst or best with respect to risk of decay. To cavity-causing bacteria in the mouth, sugars are essentially the same, whether natural or processed. All types of sugars and the foods that contain them can play a role in tooth decay. The bacteria levels in the mouth can not tell the

TEETH, continued on page 13

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
Sunday		Sunday	
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant (Mineo Community Center)
1200	Catholic Mass (Mineo Community Center)	1000	Traditional Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	1130	Contemporary Protestant (NAS I Chapel)
Monday - Wednesday, Friday		Wednesday (NAS I Chapel)	
1130	Catholic Mass (NAS II Chapel)	1700	Protestant Fellowship Dinner
		1800	Bible Studies for All Ages

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

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldsig@gmail.com or call 624-1671 or 349-197-7119
Jewish Services: Please call 095-86-1205
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

A preventable disaster: a great example of bad leadership

"Anyone can steer the ship, but it takes a leader to chart the course..."

Article courtesy of
Chaplain Ron Kennedy

The above quote is absolutely true. While serving with Carrier Air Wing Eleven, which deployed with the USS NIMITZ (CVN-68), I was able to "steer the ship" before evening prayer on several occasions. However, I did not "chart the course." In his book entitled, The 21 Irrefutable Laws of Leadership: Tested by Time, author James L. Garlow amplifies the concept of navigational leadership popularized by John C. Maxwell. He writes, "Leaders don't merely plot the course and then walk away. They

monitor progress or the lack of it. They look for early indicators that might demonstrate the potential for success or failure. Leaders anticipate early enough to make midcourse or, preferably, early-course corrections."

A great example is Abraham Lincoln's decisively engaged leadership during the Civil War. President Lincoln knew the strengths and weaknesses of his generals. When President Lincoln found the right general, Ulysses S. Grant, he backed off and let him lead, because he could effectively "chart the course." Lincoln trusted Grant's abilities and tactical proficiency (Lincoln monitored him from a distance). One author writes of Grant's abilities,

"...he [Grant] was the greatest general of his age and one of the greatest strategists of any age." President Lincoln and General Grant serve as excellent examples of navigational leadership.

However, history is replete with counterexamples as well. Garlow uses the Exton Valdez as a case of bad navigational leadership (pun intended). On a cold night in March 1989, the tanker left the Trans Alaska Pipeline Terminal. The pilot, William Murphy, attempted to maneuver this 986-foot vessel through the Valdez Narrows. Harry Clair was the Helmsman. Joe Hazelwood, the

LEADERSHIP, continued on page 13

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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.

Traffic Court Results

NAVY News

Senegalese officers help APS Nashville Sailors prepare for first African port visit

Article by MC2 David Holmes
Africa Partnership
Station Nashville Public Affairs

USS NASHVILLE, At Sea (NNS) -- To assist the Africa Partnership Station (APS) Nashville team in preparing for its upcoming port visit to Dakar, Senegal, two international staff members from the Senegalese Navy presented Sailors with a cultural awareness briefing aboard USS Nashville (LPD 13) Feb. 2.

The Norfolk-based amphibious landing transport dock ship is deployed as a part of APS, an international initiative developed by Naval

Forces Europe and Naval Forces Africa which aims to work cooperatively with U.S. and international partners to improve maritime safety and security in West and Central Africa.

On the eve of APS Nashville's first African port visit to Dakar, Senegal, Senegalese naval officers Lt. Cmdr. Omar Wade and Lt. Jean Pierre Tine covered topics on local culture, geography and social values, among additional factual information regarding their country.

Tine noted he was excited to have the opportunity to address the crew about his home country.

"It was the best opportunity I've gotten so far," said Tine. "I was very entertained by the crew and the questions they asked."

With a coastline of more than 354 miles, Dakar, Senegal -- the westernmost point of African coast -- is a fitting first stop for APS Nashville, Tine said.

"I think this is a great institute for all the African partners, including Senegal, and we're very happy to participate," said Tine. "We are very much looking forward to the training because we have been planning for a long time and hope for the best bene-

fit."

During APS Nashville's visit to Dakar, topics on small boat maintenance, leadership, search and rescue, oil spill scenarios and force security will be covered. With the preparation Tine and Wade provided APS Nashville through their briefing, the crew and staff of APS Nashville are well equipped to embrace their first stop on their African deployment.

"I think they are ready to go to Dakar and have fun and discover another cultural difference," said

Tine. "The culture is different, but we still live on the same planet, and we are all friendly and looking forward to working together for another millennium."

To learn more about Africa Partnership Station and its mission, visit www.c6f.navy.mil/aps_web/index.htm.

For more news from COMNAVEUR/COMSIXTHFLT, visit www.navy.mil/local/naveur/.



U.S. Navy photo by MC1 Charles L. Ludwig

Sailors man the rails as the amphibious transport dock ship USS Nashville (LPD 13) departs from Naval Station Norfolk for its final deployment. Nashville is deploying to support Africa Partnership Station (APS) 2009. APS is an international initiative developed by Naval Forces Europe, which aims to work cooperatively with U.S. and international partners to improve maritime safety and security in western Africa.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MC1 Todd Schaffer

Vice Adm. Giuseppe Lertora, Commander in Chief of the Italian Fleet, peers through the periscope of the Los Angeles-class attack submarine USS Jackson (SSN 699). Lertora is visiting Second Fleet Headquarters and Naval Station Norfolk.

NEW Arrivals

Anelia Manova-Rotunda and
Nicholas Rotunda
Girl
Ivana Nicole Rotunda
Jan. 26, 2009
Weight: 6 lbs 5.3 oz
Length: 20.5 in

Shavon Kennedy Turner and
Calvin Turner
Boy
Trustin Immanuel Turner
Jan. 28, 2009
Weight: 6 lbs 13 oz
Length: 20.5 in

New Monika
Hop

Volcano

				FRIDAY	SATURDAY	SUNDAY
				13 FEBRUARY Retirement Planning FFSC at BETD 9 a.m. - 11:30 a.m. x4291 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	14 Heart Smart Month MWR Spin Challenge Midtown Fit District 9 a.m. - 12 p.m. x4950	15
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
16 Heart Smart Month Catania Market Food & Shopping & Cooking lessons with lunch Sign up at Take 5. \$5 x4950 American Holiday Presidents' Day	17 Healthy Pregnancy Class Red Cross 4:30 p.m. - 7:30 p.m. x4900	18 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291	19 Anger Management Class FFSC 1 p.m. - 3 p.m. x4291	20 Heart Smart Month Catania Market Food & Shopping & Cooking lessons with lunch x4950 Saving & Investing FFSC at BETD 9 a.m. - 10 a.m. x4291	21	22
23 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Stress Management Workshop FFSC 9 a.m. - 11 a.m. x4291	24 Disaster Action Team Red Cross 11:30 a.m. x4900 Smooth Move FFSC 9 a.m. - 12 p.m. x4291 FFSC Financial Blitz Day Call x4291 for info on classes	25 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Motta Castle Tour FFSC 10 a.m. - 12:30 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	26 Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291 10 Steps to a Federal Job FFSC 12 p.m. - 4 p.m. x4291	27 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Financial Planning for 1st Termers FFSC at BETD 9 a.m. - 10 a.m. x4291 Money Management FFSC at BETD 10:30 a.m. - 11 a.m. x4291	28 CPR Class Red Cross NAS I 8 a.m. - 5 p.m. x4900	1 MARCH

Motta

Orange

Rigattiere

3 Bicchieri

Did you know that . . .
 Volunteering at your local Navy-Marine Corps Relief Office can be a rewarding experience? While helping clients solve their emergency needs, you can enhance your job skills and knowledge of oral and written communications, retail sales, customer service, public speaking, computer software programs, training, personnel management, and family budgeting. Opportunities for personal growth help you increase your self-confidence while you help clients achieve financial self-sufficiency. Contact your Sigonella NMCRS Office today! Call 624-4212 for more information. Office Hours: Monday - Friday 0900 - 1600.
 NMCRS: Seeking New Volunteers!
www.nmcrrs.org



The

Fleet & Family Support

Center

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

Filing taxes when a service member is deployed
 Article courtesy
 Military One Source

Getting started
 If you are a service member or are filing on behalf of one, there are a few things you should know before getting started.
 File returns in your permanent home state. If you are stationed somewhere other than your permanent home address, in most cases you will still pay state taxes to your home state. For instance, if your address of record is in Kansas, but you are stationed in California, you will file state taxes with Kansas. Spouses working outside their home of record in most cases will also have to file a state tax return for the state in which they are employed.
 Access your tax statement online. As a member of the Armed Forces, you can view and print out your W2 form before it is mailed to

you. Go to myPay at <https://mypay.dfas.mil>. You will need your personal identification number (PIN) to access your W2 form.
 Be sure to have power of attorney if filing for a deployed service member. Attach a copy of your power of attorney to your tax return. You may use IRS Form 2848, Power of Attorney and Declaration of Representative. The form can be found at <http://www.irs.gov/pub/irs-pdf/t2848.pdf>.
 Find answers to your questions on the IRS Web site. The IRS has a detailed tax guide for members of the Armed Forces at <http://www.irs.gov/publications/p3/in dex.html>.
 Combat zone and hazardous duty deadline extensions
 The IRS extends filing dead-

lines for members of the Armed Forces for the following reasons:
 You or your spouse are serving in a combat zone or in direct support of those in the combat zone and receive hostile fire or imminent danger pay. The deadline for filing income taxes is 180 days after your last day in the combat zone or hazardous duty area. Go to <http://www.irs.gov/newsroom/article/0,,id=108331,00.html> to see a list of combat zones. In addition to the 180 days, the extension includes the number of days left in the filing period when you entered the combat zone or hazardous duty area. The filing period is January 1 through April 15. So, if you or your spouse entered the combat zone on March 31, you would add 15 days to your 180-day tax filing extension.
 You or your spouse is hospitalized outside of the United States as a result of injuries suffered in a combat zone or hazardous duty area. The deadline is 180 days after discharge from the hospital. Note that the extension does not apply to the spouse if the service member is hospitalized in the United States.
 Your command will have notified the IRS of your deployment to a combat zone but you may want to notify the IRS directly through its special e-mail address. E-mail the deployed member's name, stateside address, date of birth, and date of deployment to combatzone@irs.gov or call the IRS main helpline at 800-829-1040. If the IRS sends a notice regarding a collection or examination, return it to the IRS with the words, "Combat Zone" and the deployment date in red at the top of the notice so the IRS will suspend the action. Write, "Combat Zone" on the envelope as well.
 Getting help with your taxes
 Service members and their families can get help at many installa-

Tamoil

Sushi

Pentagon

Cold Noses
 WARM
 HEARTS



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

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

BIANCA (below) is a beautiful girl who would love a home to call her own. She wants someone to take her for walks and gives her treats.



MORONI (above) is the ideal lap dog. He is calm and would be the perfect companion for a family that prefers an indoor dog. He also enjoys good walks and a hearty belly rub.



For more information, contact the Stray Animal Facility at 624-3936 or a SAWS representative at 345-502-2266.

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.

TAXES, continued on page 13

Alberto Lunetta
Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Noto celebrates St. Conrad

The festival honoring San Corrado (St. Conrad) in Noto, is one of the most attracting religious festivals annually held in the Siracusa Province. This spectacular religious event will take place on Thursday, Feb. 19 in this breathtaking Baroque town. Noto is indeed on the UNESCO's World Heritage List, just as other seven towns in southeastern Sicily (Caltagirone, Militello Val di Catania, Catania, Modica, Palazzolo, Ragusa and Scicli). The town that one can admire today is the successful result of the reconstruction, which followed the terrible earthquake that struck the area in 1693. Every year, since 16th century, local townspeople have been holding four festivals to show respect to their beloved patron saint, who actually lived in the town's outskirts as an hermit.

In 1515, Pope Leo X authorized town of Noto to officially celebrate an annual San Corrado festival on the anniversary of his death. About a century later, Pope Urban VIII made him a saint. According to tradition, throughout the centuries, St Conrad has reportedly performed at least two big miracles that benefited the community of Noto. The first one occurred in 1855 when Noto Conrad was invoked to help against cholera. Legend has it that San Corrado interceded and the town was eventually not affected by the illness. Another tradition holds that another miracle occurred in 1943, when Noto was

spared the Allied aerial bombing during World War II through the intercession of San Corrado.

Life of San Conrad

Born in Piacenza in 1290, Corrado or Conrad Confalonieri, was a wealthy nobleman. He loved hunting. One day, in 1313, he ordered his attendants to set fire to bushes to flush out game. However, prevailing winds caused the flames to spread rapidly burning out nearby fields, forests and villages. Thus, Conrad fled in panic. Policing authority looked for the culprit. They couldn't find it, so an innocent peasant was accused of arson, tortured and sentenced to death. Stricken by remorse, Conrad confessed his guilt and saved the poor man's life before he was executed. Because of his noble origins, Corrado was spared the death penalty, but he had to sell all his possessions to pay off the damaged property. After that, Corrado became poor and retired as a Franciscan monk to a lonely hermitage in Acre near Piacenza, while his wife entered the Order of Poor Clares. Later, he went to Rome to meet with the Pope and eventually to Sicily. There, he settled in the ancient Noto Valley where he led a penitential life for thirty years, living in the "Pizzoni Cave." According to tradition, Corrado worked several miracles during his long hermitage. A legend tells that the most famous miracle occurred when the Siracusa Bishop visited him in his

humble home. When the Bishop asked Corrado if he had anything to offer to his guests, the hermit replied he would check in his cell. Right after, he came back bringing fresh bread out of the oven. The bishop was so impressed that he became convinced that Corrado was already on the track to sainthood. The first procession honoring him was held in August 1521. About a century later, Conrad was officially proclaimed the Noto patron saint by the town council in 1643. A small church was built in 1749 near the cave where the saint lived until his death.

Festival Schedule

On Thursday, Feb. 19, the Noto Bishop will celebrate Holy Masses in the morning at the cathedral, and at 4 p.m. at the Church of Saint Carlo (located near via Nicolaci). Later in the afternoon, the "Arca Santa," a holy silver urn containing the saint remains, is carried shoulder high along the streets of Noto historic heart. The procession begins at 5 p.m. from the Cathedral and proceeds throughout the upper part of the town (historic center). Later on the night, the holy reliquary is brought back around 10 p.m., when the most spectacular moment of the festival takes place. The exhausted "Arca" bearers show how deep their faith is through a display of physical strength. They run up fast to the cathedral stairs while holding the heavy relics' container (it weighs about 900 pounds)!

Before that, Cili holders perform spectacular circular dances inside the cathedral to "welcome back" the saint's human remains. Cili are decorated iron bowls, which are placed on top of a tall wooden stick containing a candle. Members of five local Confraternite (religious clubs) dressed in traditional costumes, carry them while accompanying the procession. Cili have been presented to the saint as fulfillment of a vow or pledge for a long time. On Sunday, March 1, the St. Conrad procession is repeated at 5 p.m. in the lower part of the town. The magnificent Arca is a priceless piece of art by Giovanni Manuella, a Sicilian architect who designed it in 1525. With the passing centuries, several generations of Sicilian goldsmiths and silversmiths have been adding fine decorations to the original model. The urn was completed in 1848. The Arca is 6.2 feet

tall and 24 inches wide. It contains the saint's body and it is kept inside the Noto cathedral.

After the 1990 earthquake, the Arca was temporarily moved to the nearby Church of San Carlo al Corso as the cathedral was damaged by the tremors until June 2007, when the cathedral restoration works were completed. Some zealous devotees still perform the traditional "Viaggiu Scausu" or "Barefoot Itinerary." A passionate proof of devotion and physical resistance, it consists of following the procession barefoot. Some pilgrims, coming from the surrounding cities (Avola, Pachino, Rosolini and Siracusa), even walk up to 15 miles to reach Noto during the festival. For more information and detailed schedules, call the Noto Tourist Office at 0931-836744/573779 (open daily, 9 a.m./ 1 p.m. and 3-7 p.m.).



Photo by Isolainfesta

The St. Conrad relics procession is the high spot of one of the annual religious festivals honoring the Noto patron saint that will be held on Feb. 19 in the town's historic center. Make sure you attend this important feast filled with religious rejoining ceremonies, processions, food and arts and crafts.

Antiques Fair this weekend in Catania

Don't miss out on this antique show! "Etna Antiquaria, l'arte dell'antico" is a prestigious and high quality antiques fair, organized by Compagnia delle Fiere, which will be held this weekend (Feb. 13 through Feb. 15) at the Una Hotel Palace (# 218 via Etna).

The fair features dealers' booths, features vintage furniture, apparel, jewelry, kitchenware, porcelain, ceramics, ornaments, sculptures, silver, rare books and prints, sculptures and more. Exhibitors will show antiques and works of art dating from 18th through to 20th centuries. Opening hours: Friday, Feb. 13: 4 p.m. - 9 p.m. - Saturday, Feb. 14 and Sunday, Feb. 15: 9:30 a.m. to 9 p.m. Admission is free. For more information call 349-2665196.

Protestant Women of the Chapel



ALL WOMEN WELCOME!
Women's Ministries
Tuesdays: 9:15 a.m. NAS I Chapel, 7 p.m. Mineo & Marina Community Centers
For more info
www.pwocsig.com



AETNA ANTIQUARIA
L'arte dell'Antico
13/15 Febbraio 2009

UNA HOTEL PALACE
Via Etna, 218 - Catania

Photo by Compagnia delle Fiere Press Office

Magnolia



Carnival Merrymaking kicks off in Misterbianco

Carnival Merrymaking kicks off in Misterbianco

Bring the whole family to this fun Carnival festival running in Misterbianco from Feb. 15 through Feb. 24! As you can see from the above picture the festival boasts the "most beautiful costumes of Sicily" which are truly works of art.

Misterbianco's modern Carnival celebrations come from an ancient tradition which was called "A Mascara" (Carnival Masks) and "Comari" (godmother or gossipy woman). Mascari were humorous and funny plays, which were staged by local peasants in different areas of Misterbianco on the first Sunday of Carnival. Four Sicilian carts were drawn up together to set up a stage and town districts competed for the best funny show.

The Comari tradition is indeed related to a social event that was celebrated on Thursday before Lent. In

the afternoon, all the women from Misterbianco would meet to cuttighiari (gossip) and eat together. In the evening, they would go out to dance in the main square wearing the "Domino" (a special costume which disguised their identity). Domino was the first Carnival costume. In the 1970s, the typical Carnival masks replaced the traditional Domino. Colored floats were used to parade the streets of the city. Competitions for the best float were also organized. People transformed their living rooms into ballrooms ("Tambureddi") where guests could dance and enjoy Carnival. Today, beautiful and colorful costumes are at the heart of the Misterbianco festivities.

The main costumes and floats parades will be held along via Gramsci (town historic center) on the following days: Feb. 15, Feb. 22 and

Feb. 24 at 5 p.m. "Maschere in passerella, I costumi più belli di Sicilia" a special show featuring the best carnival costumes and Italian pop singer Ivana Spagna, will be held on Feb. 21 at 7:30 p.m. in via Gramsci. For more information and detailed schedules, contact the Misterbianco Carnival organizers at 095-7558.612/0.



Do you go on cool trips and ever think "Hey, I bet other people would love to experience this place!"? Why not do a quick write-up about your trip and email it to us at the-sig@eu.navy.mil to get it printed in *The Signature*? Submit your article, along with at least six photos and see your name in print!

Strike

Concerts in Catania



Upcoming concerts highlights include classic, rock and jazz music. The schedule is as follows: Friday, Feb. 13- 10:15 p.m. Carlo Cattano performs a Tribute to Charles Mingus- Y's Club (Le Dune Hotel # 10B via Kennedy, Playa Beach area, Catania, phone: 095-7233120); Monday, Feb. 16 - 9 p.m. - Mario Brunello (cello) and Andrea Lucchesini (piano) (ABOVE PICTURE) - Bellini Opera House-Music by Beethoven, Martinu and Rachmaninoff, (for more information visit <http://www.teatromassimobellini.it/>); Saturday, Feb. 14, Massimo Volume (Italian rock music) - 9 p.m.

Centro Zo, Catania, # 6 Piazzale Asia (near the train station, tickets: www.ctbox.it, (phone 095-7225340); Saturday, Feb. 14 - 9:15 p.m., MDI Ensemble (Classic music re-interpreted in modern perspective), Music by Mozart, Pesson, Gervasoni, Kurtág, Schumann, Eötvös' and Manca - Biscari Palace, # 16 Via Museo Biscari, 16, Catania (tickets AME 095-321252); American jazz/soul vocalist and pianist Mala Waldron (Pictured above) Teatro Brancati, Catania, # 2 via Sabotino, Monday, Feb. 16 and Tuesday, Feb. 17 - 9:30 p.m. (tickets: www.ctbox.it, (phone 095-7225340).

NEWS BRIEFS

Immediate Job Openings

U.S. Naval Hospital Sigonella is seeking applicants for three full-time and part-time Nurses. Nurse Clinical (Emergency Room Nurse) Nurse Consultant (Patient Safety Manager) Nurse Clinical (Multi-Service Ward Nurse) For inquires concerning job applications, call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: www.sicily.navy.mil and click local job vacancies.

Ombudsman Basic Training (OBT)

Does your Department of Command Ombudsman need to attend OBT? Is your current Ombudsman PCSing within the next 6 months? Will your new Ombudsman need OBT?

The Fleet and Family Support Center is pleased to announce that the Ombudsman Basic Training course will be offered here at Sigonella, February 24-26, 2009. Your ombudsman can now attend this required training without leaving the island.

Anyone interested in the ombudsman program, and all those ombudsmen wishing to attend OBT are invited to participate. Please contact Fleet and Family Support Center at 624-4291 to sign up for this important class.

Military Saves Week

The Military Saves Campaign is a year-round social marketing campaign to persuade, motivate and encourage Department of Defense employees to save money and reduce consumer debt. The campaign reaches out to service members, spouses, youth and civilian employees.

This year's Military Saves week is Feb. 22 - March 1. NAS Sigonella will offer the following events to encourage Sailors and their families to work towards their own goals of building wealth and not debt:
-Feb. 20: Savings and Investing, 9 a.m. - 10 a.m., Base Education and Training; Credit Cards and ID Security, 10:30 a.m. - 11:30 a.m., Base Education and Training
-Feb. 23: Savers Pledge and Information Table, 9 a.m. - 4 p.m. Midtown Complex
-Feb. 24: Coupon Savings Day, 10 a.m. - 2 p.m. Commissary Financial Blitz at the FFSC
-Developing a Spending Plan, 9 a.m. - 10 a.m.
-Banking and Financial Services 11 a.m. - 12 p.m.
-Planning for Retirement, 1 p.m. - 2 p.m.
-Feb. 25: Budget Planning/Savers Pledge, 10 a.m. - 3 p.m. Midtown Complex

To learn more, visit militarysaves.org or call the Fleet & Family Support Center at 624-4291.



Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first Sunday of every month at 1000 a.m. (after Catholic Mass) at the NAS I Chapel. You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!) For more information visit - www.kofc.org/

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

American in Paris: touring the city of lights

Article and photos by
 MC3 Jonathan Idle
 The Signature Staff

Paris is known as the "City of Lights." The capitol city of France is located in the northern region on the river Seine. The metropolitan area has an estimated population of nearly 12 million. It's a city built on industry, fashion, food and history. Paris and the areas surrounding the city offer limitless opportunities for anyone who visits. This is why 45 million people visit the city every year. Being stationed in Sicily offers people a once in a lifetime chance for traveling throughout Europe, and Paris is at the top of the list for places to see before leaving Sigonella. Just remember to bring a camera. You're

going to need it.

Site: For things to see and do Paris rates five out of five stars. Whether you're exploring the Louvre, touring the Eiffel Tower, visiting the Arc de Triomphe, strolling down the Champs Elysees, taking a ride on the Seine, seeing a show at the Moulin Rouge or hopping on a train to visit the Palace of Versailles, your options are wide open. There's almost too much to see for a short visit. A one or two week trip will really only allow for enough time see the main tourist attractions.

That's only if you have enough time to pull yourself away from the world famous Parisienne cooking. The French are famous for their baked goods, wine, duck, lamb, foie gras, sauces and sweets. It's hard to

find a bad meal in Paris. With that said, most of the best food is found on side streets away from the main tourist areas. A good rule of thumb is if it's packed with locals it's probably good food.

The museums in Paris are a must see as well. A person could spend weeks exploring the entirety of the Louvre. For those on limited time it's best just to see the highlights such as Da Vinci's Mona Lisa, the Winged Victory and the Venus De Milo. With the fame of the Louvre it's easy to overlook the Musee d'Orsay, but this museum boasts a great collection of impressionist paints and sculptures. Passes can be purchased through tour companies which allow you to access many of the museums and historical landmarks around the city as well as

skipping many of the long lines.

Family Friendly: Paris rates five out of five stars in this category. It's one of the most accessible cities in Europe for people with disabilities or families with strollers. Almost all of the major attractions have elevators or some for handicap/stroller access. The city is extremely easy to get around. Paris has one of the most expansive metro systems in the world. Day long, week long or month long passes can be purchased for a flat rate, and it gives you access to ride all of the trains around the metropolitan area.

Paris is a very family friendly city. There are things to do for people of all ages. If your children don't enjoy the site seeing of the city just hop on a train and take them to Euro Disney just outside of Paris.

Accessibility: In this category,

Paris rates four out of five stars. This is taking into account that it's an extended trip and not a day-long or weekend excursion. The city has two major airports, Paris Charles de Gaulle International Airport and Paris-Orly Airport, with flights to and from Rome, Palermo and Catania. Planning flights to Paris on short notice can cost \$250 dollars and up per person for a roundtrip ticket from Catania to Paris.

Travel Time: Taking into account that this is an extended trip it rates three out of five stars in this category. A direct flight to Paris will take approximately two hours. Taking a connecting flight from a location such as Rome can add time to the trip depending on layovers and delays.



A statue of a cherub that decorates many of the historic bridges along the river Seine.

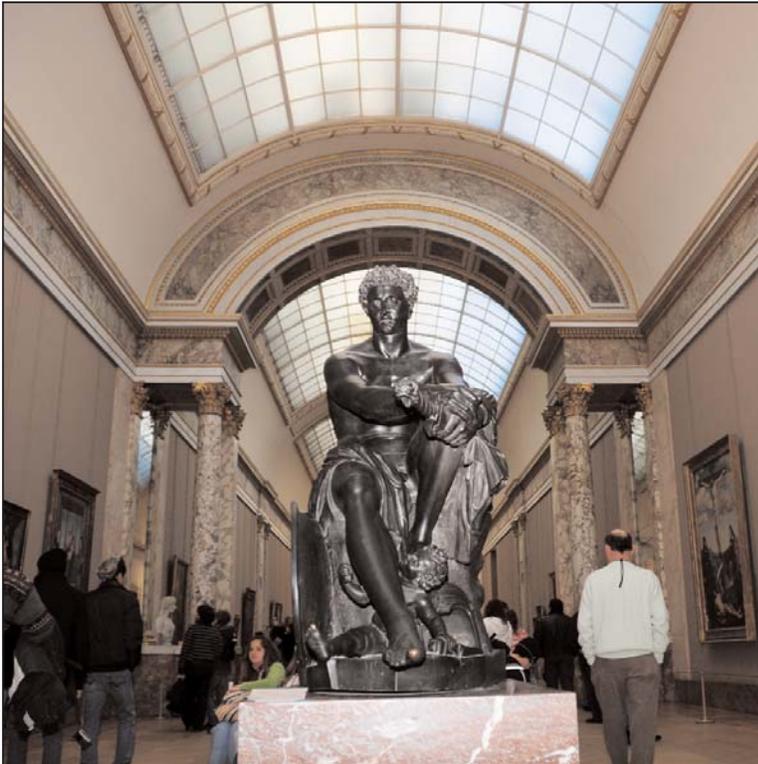


Statues stand outside of the Musee d'Orsay.



The Arc de Triomphe is a historical military monument along the Champs Elysee and is a must see in Paris.

Alphio



A classic Roman statue in one of the many wings of the Louvre museum which houses thousands of historical pieces of artwork.



Oxidiana

The famous pyramid that decorates the entrance to the Louvre museum in Paris.

REVIEW SUMMARY

Site:
 ★★★★★

Family Friendly:
 ★★★★★

Accessibility:
 ★★★★★

Travel Time:
 ★★★★★

These ratings are out of five stars, and are the opinion of the Signature staff and in no way constitute a professional travel review. If you have comments or questions on this review contact: thesig@eu.navy.mil

**NAS Sigonella
 Ombudsman Program**

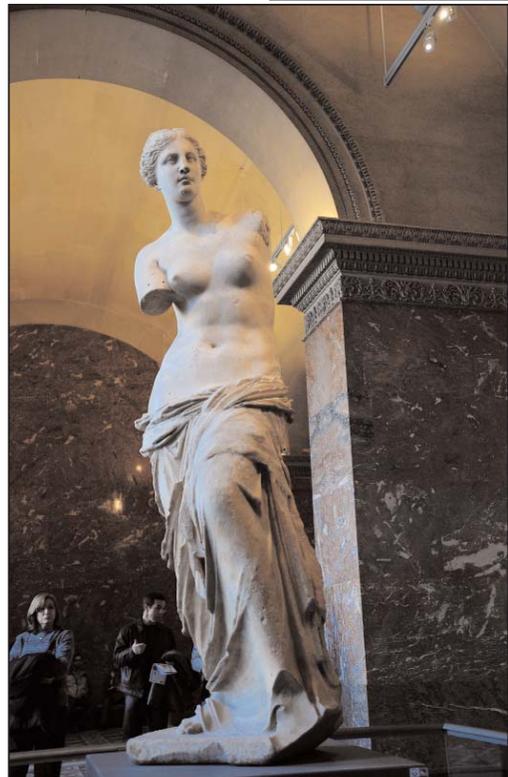
Our Mission:

- Primary liaison between families and the command
- To be an advocate for families and single sailors
- To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support
- To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors
- We are committed to presenting accurate and up-to-date information for referrals
- We are committed to COMPASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F
- We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency.

Call us at 624-4291 or 24/7 at 335-580-1269 for more information.



The Venus De Milo is one of the most hisotrical pieces of ancient sculpture. It's famous for being ahead of its time for the curves and the positioning of the body.

Days Inn

THE Signature
SIGONELLA, SICILIA

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



Switch it off Sigonella!

Energy Conservation Idea of the Week

Has your command or department come up with an idea or innovative process that saves the base energy? Let us know at thesig@eu.navy.mil to be featured in this space.

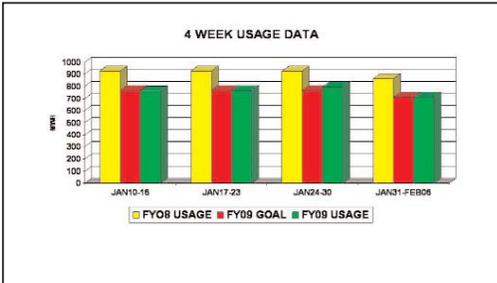
The Public Works Department (PWD) has been monitoring the Heating, Venting and Air Conditioning (HVAC) systems on both Naval Air Station (NAS) Sigonella's operational and support bases using TREND controls. TREND controls are used to monitor the inner workings of buildings. They measure the heating and cooling schedules, temperature ranges and humidity levels. Using TREND controls, PWD found that 70 percent of the HVAC units can be monitored base-wide.

According to PO2 Mark Thornsley, PWD found that most of the units had out-of-date schedules that were no longer correct for building occupancy. "Currently we have changed the HVAC schedules for the Chapel, Community Admin, and Applebee buildings to reflect current building occupancy schedules," he said. Doing this allowed PW to turn off systems for an additional four hours a day at almost every one of those buildings. Since the buildings can be turned off during the day, 22 MWH a month has been saved, totaling \$3,389. Thornsley said that during the summer, the amount saved will be drastically higher and is when NAS Sigonella can expect to see the largest savings. He also said that the PWD is looking to get current schedules for all of the buildings they monitor.



Electrical Consumption at NASSIG

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



Sushi

Armed



Galley Menu Hours

Monday-Friday	Saturday-Sunday-Holiday
Breakfast 0600-0830	Breakfast 0700-0900
Lunch 1100-1300	Brunch 1000-1300
Dinner 1630-1830	Dinner 1630-1830

- 13** **Lunch:** Cream of Potato Soup, Spicy Baked Chicken, Pasta Alforno, Farfalle Al Pistachio, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Garlic Bread, Chocolate Cake, Vanilla Pudding.
Speed Line: Grilled Hamburger/ Cheeseburger, French Fried Potatoes, Baked Beans.
Dinner: French Onion Soup, Salisbury Steaks, Boiled Pasta, Steamed Rice, Spinach, Cauliflower, Brown Gravy, Chocolate Cake, Vanilla Pudding.
- 14** **Breakfast:** Farina, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Buttermilk Pancakes, Asstd Doughnuts.
Brunch: Breakfast Items, Spanish Soup, Swedish Meatballs, Vegetarian Pasta, Rice Pilaf, Brown Gravy, Simmered Green Beans, Hot Spiced Beets, Snickerdoodle Cookies, Vanilla Pudding.
Dinner: Chicken Rice Soup, Herbed Baked Fish, Smoked Ham, Mediterranean Brown Rice, Sweet Potatoes, Peas w/ Celery, Okra Melange, Pineapple Sauce, Snickerdoodle Cookies, Vanilla Pudding.
- 15** **Breakfast:** Rolled Oats, Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Pepper Potatoes, French Toast Puff, Asstd Doughnuts, Cinnamon Roll w/ Glaze.
Brunch: Breakfast items, Cream of Mushroom Soup, Double Decker Beef & Turkey Sandwich, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, Brownies.
Dinner: French Onion Soup, Teriyaki Chicken, BBQ Beef Cubes, Egg Noodles, Pork Fried Rice, Carrots, Brussels Sprouts, Peach Cobbler, Brownies.
- 16** **Lunch:** Creamed of Broccoli Soup, Vegetable Lasagna, Baked Fish Fillet, Farfalle Pomodoro Gamber, Tossed Green Rice, Toasted Parnesan Bread, Waxed Beans, Steamed Broccoli, Sugar Cookies, Blueberry Pie, Jello
Speed line: Sub Sandwich, Baked Macaroni & Cheese.
Dinner: Chicken Rice Soup, Baked Stuff Pork Chops, Steamed Rice, Brown Gravy, Stewed Tomatoes, Vegetable Stir Fry, Sugar Cookies, Blueberry Pie, Jello
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.
- 17** **Lunch:** Cream of Asparagus, BBQ Spareribs, Fried Chicken, Penne Boscaiola, Creamy Chicken Gravy, Mashed Potatoes, Rice Beans, Corn on the Cob, Collard Green with Ham Hocks, Corn Bread, Devil's Food Cake, Pecan Pie .
Speed line: Philly Cheese Steak Sandwich, Hotdogs, Onion Rings, Pasta Primavera.
Dinner: Navy Bean Soup, Roast Beef w/ Gravy, Mashed Potatoes, Buttered Noodles, Seasoned Asparagus, Steamed Cauliflower, Devil's Food Cake, Pecan Pie.
- 18** **Lunch:** Shrimp and Okra Gumbo, Crab Legs, Honey Baked Ham, BBQ Chicken, Fried Chicken, Fried Catfish, Rice Pilaf, Fresh Mashed Potatoes, Corn Casserole, Blackeye Peas, Seasoned Green Beans, Collard Greens w/ Ham Hocks, Corn Bread Muffins, German Chocolate Cake w/ Icing, Peach Cobbler, Pecan Pie.
Speed line: Grilled Cheese/Hamburger Baked Beans, French Fried Potatoes.
Dinner: French Onion Soup, Baked Ham & Spaghetti Pie, Steamed Rice, Scalloped Potatoes, Summer Squash, Harvard Beets, Toasted Garlic Bread, Oatmeal Nut Cookies, Banana Cake.
- 19** **Lunch:** Midwestern Tomato Soup, Chicken Fajitas, Beef & Bean Burritos, Beef Tacos, Penne Zucchini Melanzane, Mexican Rice, Mexican Corn, Steamed Broccoli Corn Bread, German Chocolate Cake, Vanilla Cream Pudding.
Speed line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredder Cheese, Hotdogs, Assorted Pizza.
Dinner: Cream of Asparagus Soup, Roast Turkey, Mashed Potatoes, Bread Stuffing Turkey Gravy, Mustard Green, Eggplant Ratatouille, German Chocolate Cake Vanilla Cream Pudding.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.

ON THE GO WITH MWR

Carnevale fun for teens and all



You haven't experienced Sicily if you haven't been to Carnevale. MWR invites you to join the fun and experience one of Sicily's greatest celebrations of the year.

Just for Teens. MWR's teen center is hosting a teen (ages 13 to 18) lock-in from Sunday, Feb. 15 to Monday, Feb. 16. Kids can celebrate with a chaperoned evening in Acireale for the carnevale celebration that includes a concert and a full

after-party.

Call 624-4018 to sign up and for all the details and pricing. A limited number of reservations are available.

For Everyone. Sciacca's Carnevale is one of Sicily's biggest celebrations of the year. Sign up for ITT Gear-N-Go's day trip. Call 624-4777 or check out this month's Preview magazine for all the details.

For the love of artichokes

Move over Rachael Ray, Sigonella is firing up the kitchen on Saturday, Feb. 28 for a Sicilian culinary class at a Mineo agriturismo. Participants can slice, dice and learn everything they ever wanted to know about artichokes.

MWR's ITT Gear-N-Go will get you there for a minimal fee. The lesson and lunch is 20 euro per person.

Call 624-4777 to reserve your seat at the table.



MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS

Friday, February 13

3:00pm The Boy in the Striped Pajamas PG-13
 5:00pm Cadillac Records R
 5:30pm Bedtime Stories PG
 7:00pm The Spirit PG-13
 8:00pm Punisher: War Zone R
 9:00pm Superbad R FREE

Saturday, February 14

2:00pm The Spirit PG-13
 2:30pm Seven Pounds PG-13
 4:00pm Bedtime Stories PG
 5:00pm The Tale of Despereaux G
 6:00pm The Day the Earth Stood Still PG-13
 7:30pm Cadillac Records R
 8:00pm Reno 911: Miami R FREE

Sunday, February 15

2:00pm Bedtime Stories PG
 2:30pm Punisher: War Zone R
 4:30pm Yes Man PG-13
 5:00pm The Boy in the Striped Pajamas PG-13
 7:00pm Cadillac Records R

Monday, February 16

12:00pm Pooch's Heffalump Movie G FREE
 3:00pm Bedtime Stories G
 5:00pm The Spirit PG-13
 5:30pm Yes Man PG-13
 7:30pm Appaloosa R FREE
 8:00pm Seven Pounds PG-13

Tuesday, February 17

5:00pm The Day the Earth Stood Still PG-13
 5:30pm The Tale of Despereaux G
 7:30pm The Boy in the Striped Pajamas PG-13
 8:00pm Punisher: War Zone R

Wednesday, February 18

5:00pm The Boy in the Striped Pajamas PG-13
 5:30pm Appaloosa R FREE
 7:30pm Seven Pounds PG-13
 8:00pm Cadillac Records R

Thursday, February 19

5:00pm The Day the Earth Stood Still PG-13
 5:30pm Punisher: War Zone R
 7:30pm Yes Man PG-13
 8:00pm The Departed R

FREE - Throwback Thursday

**MOVIE
 HOTLINE:
 624-4248**

Cadillac Records (R)

The rise and fall of Chess Records, which launched the careers of Muddy Waters, Etta James and Chuck Berry. Leonard Chess scoured the south checking out various blues scenes and selling records from the back of his Cadillac. (108 min.)

Appaloosa (R)

When two gunmen arrive in Appaloosa they find a small, dusty and lawless town suffering at the hands of a renegade rancher who has taken horses, supplies and women for his own leaving the city's marshal and deputy dead. Now it's up to the two gunmen to make a stand. (108 min.)

Valkyrie (PG-13)

Tom Cruise stars in the true story of Colonel Claus von Stauffenberg and the daring and ingenious plot to eliminate one of the most evil tyrants the world has ever known. (121 min.)

Reno 911: Miami (R)

The officers of the Reno police department visit a national police convention in Miami Beach. When the convention center is bio-attacked, it's up to Reno's finest to save the day. (81 min.)

Punisher: The War Zone (R)

Waging a war on the world of organized crime, ruthless vigilante Frank Castle sets his sights on mob boss, Billy Russoti. After Russoti is left disfigured by Castle, he sets out for vengeance under his new alias: Jigsaw and Frank must stop him before more of his evil deeds go unpunished. (95 min.)

The Boy in the Striped Pajamas (PG-13)

Eight year old Bruno is the sheltered son of a Nazi officer whose promotion takes the family from their home in Berlin to a desolate area where the lonely boy finds nothing to do and no-one to play with until he meets Shmuel. Bruno finds out their friendship comes with devastating consequences. (95 min.)

Yes Man (PG-13)

A man signs up for a self-help program based on one simple principle: say yes to everything and anything. He soon discovers that opening up his life to endless possibilities can have its drawbacks. (104 min.)

Seven Pounds (PG-13)

Ben Thomas is an IRS agent with a fateful secret who embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers. (124 min.)

The Day the Earth Stood Still (PG-13)

Aliens land on Earth with a message for all humans; live in peace or be destroyed. (104 min.)

He's Just Not That Into You (PG-13)

A group of interconnected twenty and thirty somethings navigate relationships that vary from dating to marriage. (127 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, FEBRUARY 20

3:00pm The Tale of Despereaux G
 5:00pm Marley and Me PG
 5:30pm Valkyrie PG-13
 7:00pm He's Just Not That Into You PG-13
 8:00pm Doubt PG-13
 9:00pm The Day the Earth Stood Still PG-13 Free to E4 & below

COMING SOON

Bride Wars, The Curious Case of Benjamin Button

Robert Guajardo ramen ice cream wins MWR's cook-off



Six contestants brought their specialties to Take 5 Recreation Center for a chance to win a prize at the Ramen Noodle Cook-off. Some were spicy, some sweet, and others fiery; yet the one dish that noddled its way to first place was an ice cream dish.

"I used what was in my room," said first place winner CM2 Roberto

Guajardo, who has only been in Sicily for a month. Guajardo's ingredients included ice cream and desalted pistaccios mixed together, then shaped into balls coated with ramen noodles and Graham Cracker cereal.

Guajardo is from Mission, Texas. He picked up a \$50 Navy Exchange gift card for his creative ramen dish.

MWR's Library celebrates its love for books in February

MWR's Library on NAS I welcomes visitors with a few fun promotions.

Black History Month. The library celebrates all things African-American with most of Oprah's book club picks and Coretta Scott's collection.

Free Books. Get a free copy of the hair-raising adventure Shadow of

Twilight by Amanda Flynn. It's 1921 and DeWinter must stop the ruthless and beautiful spy named Twilight before she gives the enemy a super-secret weapon.

For the Love of Pasta. Stop by the MWR Library anytime this February and guess how much pasta is in the jar. Closest guess wins a pasta cookbook.



When you're off duty, MWR is on the job with more than 30 programs and services. MWR is your access point for fun, fitness and travel. For more about MWR's programs and services, hot jobs, and special events, call 624-3968.

Valentine's Day Love Notes

Luis,
Though we are far away, we send our love to you and hold you in our hearts every day. We love you very much and can't wait until you are with us again. Happy Valentine's Day! - Tracy & Lilliana

To: CE2 Stewart
Happy Valentine's Day, Honey!
I Love You With All My Heart Forever and Always!
Your Wife,
Chelsea xoxo

To my sweet valentine Kristan. Wishing you a day filled with all your hearts desire. Love always Charlie.

To Dawn,
I hope you have a lovely St. Val's Day
But this I feel I have to say
That whether it snows, or rains, or hails
The sun will always shine for you in Wales.
Love from B. Penarth XXX

Sherry,
I Love you so much my beautiful wife. You are the greatest wife any man could ask for. My life is all the better with you in it. Happy Valentine's Day my Love. With Love, your hubby Jason

To my wife Jomynn, I just wanted you to know how grateful I am to have you as my Wife and mother of our children. God has given me the blessings in life through you. I love You Baby. Louie

Maria,
No puedo dejar de amarte, porque solo tu eres tu, no podria dejar de amarte aunque no te hubiera conocido, porque fuiste mi sueño y ahora eres mi realidad y felicidad. Feliz Dia de San Valentin.
Tu esposo,
Frankie

Who loves you coconut head? The Aloha Monkey does!

Jenni James would like to send a love note to MWR Marketing. Thanks for everything, ladies! We make such a great team and I look forward to the exciting months ahead!

Jenni James would like to send a love note to everyone that supported Sig Triathlon Club over the past two years. Thanks for everything and a special congrats to those who completed their first triathlon here!

Miriam,
Happy Valentines' Day! Happy Anniversary! I Love You!! The last five years were the happiest of my life. Thank you for giving me Shauna and Billy. I am the luckiest man alive. I Love You More Than Ever,
Bill

Happy Valentines Day Robert and Alyssa. I love you two so much. You are the most important people in my life. I am so blessed to have you both. I will love you both always and forever. Love, Shasteen

(momma)

JPM,
37 years, 4 children, 9 grandchildren...
what more could I ask for...
I love you... Thank You.
Happy Valentine's Day. Always and Forever
Love, SEM

To my wonderful husband, Elijah. I love being your wife! Thank you for being the leader of our home, a terrific daddy, and my soulmate for our time here on earth. Matthew 19:6 Love, Karrie

Dearest Jay,
Thank you for being such a great husband, father-to-be and above all else, my best friend. I love you forever and always. Your Queen, Maxine

Danielle and Kiersten,
You are the "Light of our Lives" you bring us a lot of love and joy to our lives, and we are so proud of the both of you. Love Always, Mom and Dad

My bounty is as boundless as the sea, my love as deep; the more I give to thee, the more I have, for both are infinite. Happy Valentine's! Wife

To my Dearest Patrick, I just wanted to let you know that I Love You from the bottom of my heart. I am so glad that God brought us together and the beautiful family we have created. You are truly a gift from Him and I want you to know that I love you each and every day. Happy Valentine's Day! Love, Leslie

To Alexis and Cameron, You both are a blessing to your mom and dad. We love you both very much and hope that you will fill this world with your precious gifts. Happy Valentine's Day! Love, Mom and Dad

I thought my life was perfect, I was wrong, I thought I was complete, I was wrong. Now I know the meaning of love, the joy of living, the accomplishment of life. Because of you, Julie

Brooke, I want you to know that on this special day, some one is thinking of you. And not only today, but every day. I wish we could be together this San Valentine's Day! Love and miss you, Frankie

Wishing a Happy Valetine's Day to our son, AC1 Frank Beaudoin, of whom we are so proud, and to devoted wife, Janelle, with hugs and kisses to Baby James who was born at NAS Sigonella on 3/17/08. Love, Mom & Dad

Adam O Happy Valentine's Day. Miss you lots. Secret Admirer ND

Mateo: When I married you... I married my best friend, AND the love of my life... thank you for sharing in the adventure. I can't wait to see what comes next. Happy Heart's Day Baby! Yours, Chris

Token, I told you couldn't get me, but since I work on the paper, I can always get you! Thank you for everything. You're the best husband, cook, housecleaner and friend a girl could dream of. :p You bring out the best in me and I can't wait to see what the future holds for us. Happy Valentine's Day! I love you! xo, Tracie

WRESTLING continued from page 1

suffered only one loss on the year, but what he emphasized the most was the team atmosphere and the efforts of all 18 student-athletes who competed in the meet.

"I think the most important thing about this season is that it's a real team," Hicks said. "There's not one or two really good guys. The whole roster is good."

Hicks has coached the team for four years and has seen the team grow exponentially since he took over the reigns.

"The team has grown," he said. "I've been here for four years. We started out with only four wrestlers and every year we've doubled into what we are today. So, the guys that have been here for four years really built the team. We'll probably be even bigger next year. The coaching staff that's here with me now should all be here another year at least. Sigonella will be a powerful force for at least another two or three years."

He expressed his appreciation for his coaching staff of military members who volunteered their free-time to help coach the team.

"It really comes down to the coaching as far as what's really getting through to these kids," Hicks

said. "The coaching that the staff and I do is some of the best. We do a lot of research and we watch other teams, anything we can do to come out on top."

Hicks believes that even with the great coaching he and his staff put in the effort and ultimately the outcome rests on the desire and drive of the team.

"The kids really are who went after this," Hicks said. "We can only do so much as coaches. You see a lot of other programs where the kids are just in it for the travel. These kids are in it to win. They all root each other on. They're all like brothers. None of them dislike each other."

Stampa



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

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LEADERSHIP, continued from page 2

captain, was nearby. He reportedly left Claar in charge, although there had been reports of icebergs in the waters. Claar was ordered to take the ship out of the normal shipping lanes in order to avoid the icebergs. Claar then handed down the word to others—and told them to turn back into the shipping lanes at a specified point, in order to avoid contacting the Bligh Reef in Prince William Sound. Unfortunately, at 12:04 A.M., the ship struck the reef resulting in over 11 million gallons of oil pouring into the waters of Prince William Sound. After a lengthy investigation it was deemed this was a preventable disaster. Where was the captain? Where was the leadership? Fatigue, incompetence, and alcohol led to this disaster. Garlow poignantly said, "History can be a profoundly revealing instructor. Some succeeded at navigation. Some didn't. Some succeeded for a time, then failed to continue to read the navigational charts."

We must all recognize we have "ships" to steer and then "chart a course" as leaders. A leader can be defined as someone who has influence upon others. That means you! We all have influence within our own sphere. This concept of decisive engagement in navigational leadership cannot be confused with micro-management.

I believe this was at the heart of our former MCPON, Joe R. Campa's concept of deckplate leadership. Leaders are there. They know their people. "Leaders don't merely plot the course and then walk away. They monitor progress or the lack of it." Today's Navy needs navigationally minded leaders who are decisively engaged in the lives of their sailors.

In 2009 I've decided to focus my articles on the subject of leadership. A great resource is the book titled, *Developing the Leader within You*, by John C. Maxwell. My next article will focus on significance of influence in leadership.

HEART, continued from page 1

Hospital Sigonella to educate and inform the community on heart disease and prevention. "We hope people will gain new knowledge in ways of preventing heart disease," she said. "Heart disease prevention starts at a young age, therefore, parents need to start early in feeding their children healthy foods and beverages." Klein said that she hoped people learned that a combination of healthy eating, exercising, knowing your families medical history and having an annual physical are the keys to helping prevent heart disease.

The fair was jam-packed with various booths designed to educate. The hospital had a booth and was checking blood pressure and answering medical questions. MWR had a booth for exercise questions, the FFSC educated about budgeting for groceries and more. Not only did the fair have educational booths, but also healthy snacks were available for tasting. The gym was also open for games and activities.

Lt. Leslie Councilor, Naval Hospital Laboratory Department Head, manned the Naval Hospital Sigonella's booth for the first part of the fair and taught Sigonella's youth the importance of eating a balanced diet. She had food replicas on hand to show what choices would be good and what would be not so good to eat. She said, "I think it's fantastic, especially with the younger kids, because they don't always understand that

when you are eating the candy and French fries and chips that it's not always good for you. I think it's great to talk to the kids."

TAXES, continued from page 5

tions through the Voluntary Income Tax Assistance program (VITA). Check with your legal center to see if this service is available at your installation. VITA volunteers will help you file your taxes free of charge. Go as early before the filing deadline as possible to avoid long lines. If you decide to see a private tax preparer, make sure he or she is familiar with the IRS Armed Forces' Tax Guide and has experience filing returns for service members and their dependents. When you go, bring the following with you:

- Military ID
- All W-2 and 1099 forms
- Social Security cards for all family members
- Deductions and credit information
- Bank account and routing numbers (if you choose to receive your refund by direct deposit)
- Receipts for child care expenses
- Last year's tax return, if available
- Special power of attorney authorizing you to do business on behalf of the deployed service member

Before sending in your completed tax forms, double-check your figures and make sure all Social Security numbers are entered correctly. And remember, unless you qualify for an extension, the filing deadline for federal income taxes is April 15. Filing deadlines vary from state to state so check with the local county tax office for the filing deadline in your state.

TEETH, continued from page 2

difference between the amount of sugar or starch in food. For example, a lick of frosting can start the same acid attack as eating a whole slice of cake.

A child who licks a piece of hard candy every few minutes to make it last longer or slowly sips a sugared drink while studying is flirting with a high risk of tooth decay. Such long-lasting snacks create an acid attack on teeth for the entire time they are in the mouth. If children have poor diets, their teeth may not develop properly. Children need protein, vitamins and minerals, especially calcium and phosphorous, to build strong teeth and resist tooth decay and gum disease.

Food with sugar or starch is safer for teeth if it is eaten with a meal, not as a snack. Snacks, served no more than three or four times a day, should contribute to the overall nutrition and health of the child. Some healthy snacks are: cheese, vegetables, yogurt, peanut butter and chocolate milk.

TIPS FOR PARENTS: DIET AND DENTAL HEALTH

1. Ask your pediatric dentist to help you assess your child's diet.
2. Provide a balanced diet and save foods with sugar or starch for meal times.
3. Serve snacks no more than three or four times a day. Choose such nutritious snacks as cheese, vegetables, yogurt and chocolate milk.
4. Shop smart. Do not routinely stock your pantry with sugary or starchy snacks. Buy "fun foods" just for special times.
5. Do not put your young child to bed with a bottle of milk, formula, or juice. If your child chews gum or sips soda, select products that are sugar-free.

CHOCOLATE MILK: YOUR MOTHER WAS WRONG

Children ages 1 to 10 need the amount of calcium each day found in about three cups of milk. Older children need the amount of calcium a day found in a quart of milk. Chocolate milk, like white milk, is highly nutritious. Most chocolate milk is made from low-fat or skim milk with added sucrose. It's preferable to many popular snacks that provide energy but few nutrients. Milk is also a significant source of protein, calcium and vitamins. Children like chocolate milk, are more likely to choose it over plain milk, and are most likely to drink more of it.

CHEESE: THE CAVITY FIGHTER

Certain cheeses have been shown to have characteristics that disrupt the development of cavities when eaten alone as a snack or at the end of a meal. Cheeses such as aged cheddar, Swiss, mozzarella, and Monterey jack stimulate the flow of saliva, clearing the mouth of food debris and acting as a buffer to neutralize the acids that attack teeth. The

calcium and phosphorous found in cheese also reduce or prevent decreases in pH levels of saliva and promote remineralization of tooth enamel.

Parents should select meals and snacks for dental health by caring for the whole child, providing sound nutrition as defined by the food pyramid of the US Department of Agriculture.

BEHAVIOR, continued from page 1

UCMJ at a courts-martial or sent to non-judicial punishment. NAS Sigonella Commanding Officer, Capt. Thomas J. Quinn says, "It's a violation of the UCMJ to be drunk in public. It's always there. In uniform, out of uniform, on duty and off of duty. If you get to a point where your actions bring discredit upon the U.S. Navy and the United States of America, there will be some Uniform Code of Military Justice action." In addition, Italian law always applies in Italy, so Italian authorities can prosecute Sailors if they violate their laws.

Capt. Quinn also stresses the importance of good conduct while out in town. "You have to realize that at all times you are a representative of the United States Navy and even more importantly, a representative of the United States of America," he said. Capt. Quinn said that if you are on an ITT trip and see Americans acting out of line, to talk to them and remind them that they are not acting appropriately. "Be a good neighbor, be a good person to the Italians, because it's their country and we're guests in their country. If you see someone who's acting up, don't be afraid to go and talk to them."

NAS Sigonella Command Master Chief Rosa L. Wilson agrees with that sentiment. "It's an honor to be in a foreign country. To have someone go out in town and act foolishly because it's their first time away from home sends the wrong message to me, disrespects me and the whole Navy. I have zero tolerance for that, just like drinking and driving," she said.

Master Chief Wilson said that a punishment could be removal of a Sailors liberty. "If they can't behave out in town, they can learn how to behave in their rooms or on base," she said.

So remember, you are an ambassador of the United States and the U.S. Navy. Conduct yourself in a way that would make your country proud.

Etnapolis

Kartodromo

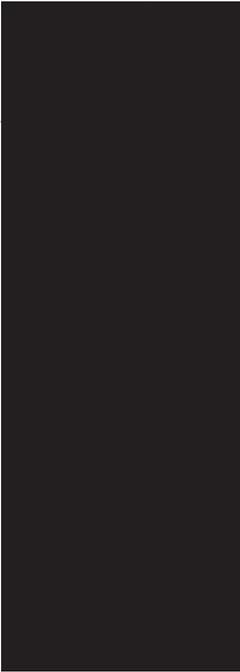
Il Mercato

If you are transferring to Sigonella soon and want to see the Classified section in its entirety, please email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the US Military.

Delivery

Tattoo

M o n d o
Animale



Volcano

Stampa

Presto

Stampa

Senor

Stampa

Classi

AFC