

THE Signature

SIGONELLA, SICILY



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FEBRUARY 20, 2009

Little known facts about historical African-Americans

Did you know:

-Black History Month originated in 1926 by Carter Godwin Woodson. The month of Feb. was chosen in honor of Frederick Douglass and Abraham Lincoln, who were both born in that month.

-Muhammad Ali, the self-proclaimed "greatest [boxer] of all time" was originally named after his father, who was named after the 29th century abolitionist and politician Cassius Marcellus Clay.

-The banjo originated in Africa and up until the 1800s was considered an instrument played only by African-Americans.

-Jack Johnson, the first African-American heavyweight champion, patented a wrench in 1922.

-Buffalo Soldiers is the name given to the all-black regiments of the U.S. Army started in 1866. More than 20 Buffalo Soldiers received the highest Medal of Honor for their service - the highest of any U.S. military unit. The oldest living Buffalo Soldier, Mark Matthews, died at the age of 111 in 2005.

-Wally Amos "Famous Amos," creator of the Famous Amos chocolate chip cookies, was a talent agent at the William Morris Agency, where he worked with the likes of The Supremes, Simon & Garfunkel and various child stars. He founded his cookie company in 1975 with a recipe from his aunt.



All facts and figures courtesy biography.com

FISC Sigonella Sailor named COMFISCS' Sailor of the Year

Article courtesy of COMFISCS Corporate Communications Department

SAN DIEGO, Feb 5-A Fleet and Industrial Supply Center (FISC) Sigonella Sailor from Hatillo, Puerto Rico, has been named Sailor of the Year (SOY) for 2008 by Commander, Fleet and Industrial Supply Centers (COMFISCS). Postal Clerk 2nd Class (Air Warfare/Surface Warfare) Luis A. Mercado-Delgado was recognized by Rear. Adm. Andy Brown, COMFISCS, for his outstanding achievement as the leading petty officer and custodian of postal effects for Naval Air Station Sigonella Post Office 1. "I am very proud of PC2 Delgado and congratulate him on receiving this well-deserved award," said Brown. "Our overseas postal operations directly support our forward-deployed forces and contribute to the well-being of Sailors and their families. Petty Officer Delgado's tremendous work and commitment to excellence has a direct impact on family readiness."

"I'm extremely honored," said Mercado-Delgado. "I had high hopes after being selected as the FISC Sigonella Regional Sailor of the Year but, being that this is a world-wide



Photo by MC2 Jason Poplin Navy Public Affairs Support Element East Detachment Sigonella

Postal Clerk 2nd Class (AW/SW) Luis A. Mercado-Delgado receives his Sailor of the Year award from FISC Sigonella Executive Officer, Comm. Jeffrey Schmidt. PC2 Mercado-Delgado won over other competitors from various FISC installations that represent FISC worldwide.

award and knowing the quality Sailors COMFISCS has, I really thought someone else would be selected."

As the FISC Sigonella postal custodian Mercado-Delgado was responsible for generating revenues

in excess of \$386,000, managing a \$25,000 postal account, and processing more than half a million pounds of mail in 2008.

As section leader, he supervised seven Sailors and Marines, and three

FISC, continued on page 12

NMCRS celebrates 105th birthday

Article courtesy Lily Myers NMCRS Volunteer

The Navy-Marine Corps Relief Society (NMCRS), which celebrated its 105th birthday on January 23rd, is a private, non-profit, charitable organization. In partnership with the Navy and the Marine Corps, it provides financial, educational and other assistance to members of the Naval Services, eligible family members, and survivors when in need.

The NMCRS accomplishes this mission principally through the disbursement of interest-free loans and grants, but it also offers budget counseling services, thrift shops, infant layettes, and visiting nurse services. Furthermore, the Society offers scholarships and interest-free loans

for educational purposes.

As one chapter of the 250 Navy-Marine Corps Relief Societies located ashore and afloat throughout the world, Sigonella prides itself as being the first resource for our sailors and their families. In 2008, NMCRS Sigonella, with the aid of its 75 dedicated volunteers and 4 employees, contributed a total of \$126,625 in financial assistance among 240 cases.

Approximately \$55,000 of the total disbursement was in emergency relief which included food and shelter, vehicle repairs, household set up, medical and dental care, funeral provisions and emergency transportation. NMCRS Sigonella additionally

NMCRS, continued on page 12



Naval Hospital Sigonella kicks off Dental Month

Article and photos by MC3 Jonathan Idle The Signature Staff

The Health Department in conjunction with the Dental Department of Naval Hospital Sigonella teamed up to teach students at Stephen Decatur Elementary School about oral hygiene and proper eating habits as part of the "Turn up Your Smile!" community outreach program Fri. Feb. 6 at the elementary school on NAS I.

The program coincides with Children's Dental Health Month, held every Feb. by the American Dental Association (ADA), to raise awareness about the importance of oral health.

Over the course of the training the students received demonstrations on topics ranging from proper brushing and flossing techniques to the dangers and side effects of tobacco

TEETH, continued on page 13



Hospital Corpsman Danielle Brown instructs a Stephen Decatur student on how to properly brush their teeth. Brown works at the Pediatric Dentistry Department at the Naval Hospital Sigonella.

WEATHER UPDATE

February 20
H:64F
L:48F



February 21
H:63F
L:43F



February 22
H:61F
L:40F



February 23
H:65F
L:51F



February 24
H:65F
L:49F



February 25
H:63F
L:42F



February 26
H:64F
L:46F



TOP STORIES

Myth: Smokeless tobacco products are a safe alternative to tobacco smoking. Fact: Mouth cancer, cancer of the pancreas, and tooth loss are only a few of the serious conditions connected to the use of smokeless tobacco.

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The Chief of Navy Personnel released a NAVADMIN Feb. 5 announcing the requirement for all active-duty and Reserve personnel to establish and maintain a self-service Electronic Service Record (ESR) account within the next 60 days.

Page 3

Ombudsmen are volunteers, appointed by the commanding officer, to serve as an information link between command leadership and Navy families. They are not professional counselors, but they are trained to listen to your questions or problems and to refer you to professional who can help.

Page 5

If you think that cheese is only used as food, you are wrong! Imagine seeing a wheel of hard cheese rolling down the narrow winding streets of a picturesque Sicilian town. Sounds crazy? No, this is actually the show that you will see if you go to the annual festival which features a unique cheese rolling competition.

Page 6

Located in Catenanuova, Sicily, there is a restaurant renowned for its pastries and delicious dishes in a country full of fine dining. The Fleet and Family Support Centers monthly cooking class travelled to the city of Catenanuova in order to learn about the secret recipes of the Daidone Restaurant.

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TRAFFIC NUMBERS

Jan.09- Jan.08
Feb.09 Feb.08

Accidents	31	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

As our Navy continues to grow and redefine itself, the diversity of our members continues to expand. Sailors and their family members can no longer be classified by a particular race or ethnicity. Cultural heritage, religious traditions, language and many other unique traits define the members of our organization. We must continue to embrace and capitalize off these differences because we would not be effective in our mission without them.

Admiral Roughead, Chief of Naval Operations, stated in his Diversity Policy, "As we enhance and empower our diversity, we will remain a global force for peace, and epitomize the ideals that make our Navy great and our Nation the best hope of freedom. We will sustain our force through the fair, equal and ethical treatment of every member of the United States Navy."

As we are all leaders here at Sigonella and within the Navy, we must harness those attributes and experi-

ence, developed through our own diverse backgrounds, and infuse that into our daily work and lives. We must continue to learn about and embrace those unique traits that embody our peers and shipmates, and "derive the most from that diversity, every individual, military or civilian, must be encouraged and enabled to reach his or her full potential."

I ask you while stationed at Sigonella to immerse yourself in the cultural celebrations and educational programs happening continually on and off base. Join or become an active contributor to one of the numerous diverse clubs, religious programs, or heritage festivals. As we "embrace the demographic changes of tomorrow, and build a Navy that always reflects our country's make up."

Who knows, you may learn something about yourself or that of a fellow human being, which can define your life and make you a better person for doing so.



Health WATCH

TRICARE attacks smokeless tobacco use

Article courtesy
Health Promotions Department
Naval Hospital Sigonella

Myth: Smokeless tobacco products are a safe alternative to tobacco smoking. Fact: Mouth cancer, cancer of the pancreas, and tooth loss are only a few of the serious conditions connected to the use of smokeless tobacco.

The Department of Defense (DoD) and TRICARE are deploying on-line weapons in their arsenals to promote the "Great American Spit Out" (GASpO) on Feb 19, and "Through With Chew Week," Feb. 15-21. Military installations are also invited to participate in the attack on smokeless, but far from harmless, spit or chewing tobacco, often simply referred to as "dip."

Campaign headquarters is located at DoD's tobacco cessation Web site, <http://www.ucanquit2.org>, online headquarters of the multi-year

campaign, "Quit Tobacco - Make Everyone Proud."

The award-winning Ucanquit2.org Web site provides high-tech and interactive tools to help service members follow through with their plans to quit. In the new My QuitSpace area of the site registered users can create a blog, either public or private, to document their journey or share their experiences. They may also download a customizable quit plan and quit calendar, adding personalized information, goals, tips and dates.

Many service members trying to quit tobacco have questions. In response to this need, the Web site introduced an Ask the Expert feature for GASpO. Captain Larry N. Williams, U.S. Navy Tobacco Clinical Cessation Champion, will be the guest expert throughout the

TOBACCO, continued on page 12

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
<u>Sunday</u>		<u>Sunday</u>	
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant
1200	Catholic Mass (Mineo Community Center)		(Mineo Community Center)
1600	Catholic Mass (NAS II Chapel)	1000	Traditional Protestant (NAS I Chapel)
		1130	Contemporary Protestant (NAS I Chapel)
<u>Monday - Wednesday, Friday</u>		<u>Wednesday (NAS I Chapel)</u>	
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 ldssig@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



"Do not wear yourself out to get rich; have the wisdom to show restraint." -Proverbs 23:4

Article courtesy
Chaplain Hank Wilson

Greetings my dear Sigonellans from the great state of Djibouti. If you have not noticed by now I am currently not at home but rather in Africa providing support for the chapel here. Since the first day I arrived there has been something about this place that has had me thinking. I want to share with you some of these thoughts.

I want you to consider how blessed you truly are. I know often we consider ourselves burdened by our location, the stressors of being overseas, and the struggles of living in a country that does not have the luxuries of America. How many times have you had to order something over the internet because the NEX or commissary continually sales out of what you need? How often do you desire to stop by and pick up a hamburger on your drive home to

Mineo? Often we consider ourselves inconvenienced by these and other factors.

Since arriving in Djibouti I have been extremely impressed with the camp. At first I found myself struggling with not having even the things that Sigonella has. The WiFi internet connection is so clogged that it is impossible to download my e-mails. I have to walk over a mile every day to get to my office from my CLU. It is hot when I get up and hot when I go to bed. The head is located down the block from where I sleep. Many things began to get me thinking.

I have been thinking about how

DJIBOUTI, continued on page 12

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Lt. j.g. Matt Knight

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EMERGENCY MANAGEMENT OFFICE

Be prepared to be on your own for at least three days. Seven is better! The BASIC FIVE: Water, Food, Heat, Cash, Radio; Family Communications Plan: Phone Numbers & Rally Points; Sigonella Public Protection Strategies: Evacuation and Shelter-in-Place; Web info: Ready.gov; Emergency info: AFN 106.0 FM; Questions? Call the EM Office at 624-2630, 8265 or 2621.

NAVY News

Navy mandates electronic service record accounts fleetwide

Article courtesy
Navy Personnel Command
Public Affairs

MILLINGTON, Tenn. (NNS) -- The Chief of Navy Personnel released a NAVADMIN Feb. 5 announcing the requirement for all active-duty and Reserve personnel to establish and maintain a self-service Electronic Service Record (ESR) account within the next 60 days.

"Having a self-service account is necessary for updating emergency contact information. Self-service accounts contain other important features, such as enabling Sailors to directly submit PCS (permanent change of station) travel claims upon PCS transfer, update race, ethnicity, and religion information, and view all other ESR service record information," said Vice Adm. Mark Ferguson, chief of naval personnel in NAVADMIN 043/09.

The requirement date for Sailors serving at sea and without connectivity to establish and ESR is 60 days upon return to homeport.

The Navy first implemented ESRs in 2006. The ESR provides individual Sailors, Personnel Support Activity Detachments (PSD), personnel offices holding service records, Navy Operational Support Centers, and customer commands of PSDs, with secure worldwide Internet access to personnel, training, and awards data.

The ESR replaces the paper service record as the single field level data entry point for service record maintenance. Commands are required to use all available ESR functionality.

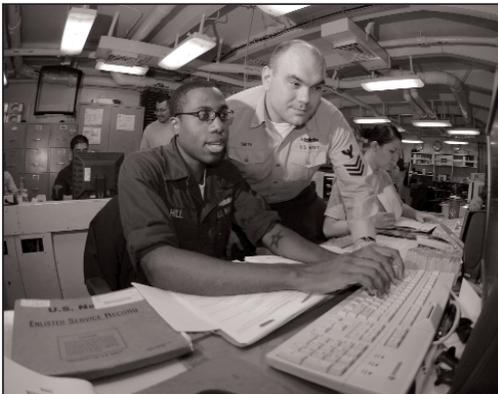
Self-service accounts can be created at <https://nsips.nmci.navy.mil> or on the Navy Standard Integrated Personnel System (NSIPS) ESR server on board ship.

Commanding officers, executive officers and command master chiefs can obtain command level view only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager. This access provides the user view only capability for all ESR accounts within their UIC(s).

All commands responsible for service record entries are required to initiate updates in NSIPS ESR, however official military personnel file requirements remain unchanged.

NSIPS ESR is the data entry point for electronic service record maintenance. Sailors are responsible for the accuracy of their ESR and must contact the servicing personnel office if any information is incorrect.

For more information read NAVADMIN 043/09, <http://www.npc.navy.mil/NR/rdonlyres/E434A6D2-021E-4E08-89CB-8FEA2F5408BD/0/NAV09043.txt>.

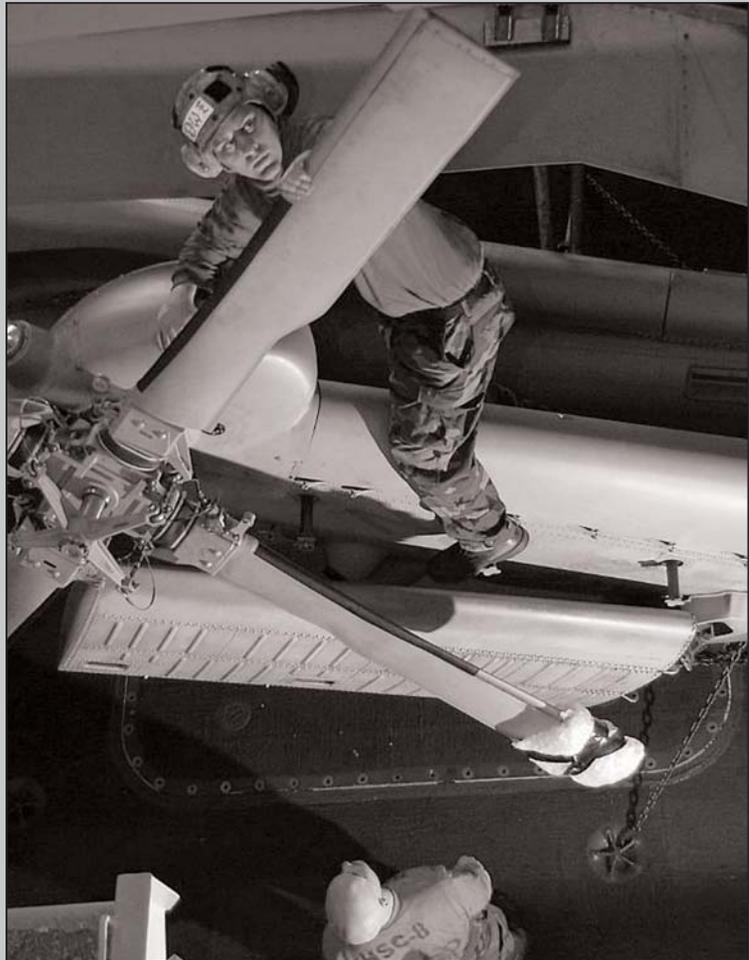


U.S. Navy photo by Airman Ashley Houp

Personnel Specialist Seaman Jason Hill and Personnel Specialist 1st Class John Smith update service records in the personnel office aboard the Nimitz-Class aircraft carrier USS Abraham Lincoln (CVN 72). Lincoln is deployed to the U.S. 5th Fleet area of responsibility supporting maritime security operations.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MC3 Jon Husman

Aviation Ordnanceman 3rd Class Derrick Glover, from Glendale, Ore., top, and Aviation Ordnanceman 3rd Class Cory Stottsberry, from Zanesville, Ohio, perform scheduled maintenance on the tail rotor of an MH-60S Sea Hawk helicopter from the "Eightballers" of Helicopter Sea Combat Squadron (HSC) 8 aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). John C. Stennis and Carrier Air Wing (CVW) 9 are on a scheduled six-month deployment to the western Pacific Ocean.

NEW Arrivals

Kathryn and Michael Ackman Boy	Heather and Justin Harrell Girl
Holden Michael Ackman Feb. 5, 2009	Bella Dauphine Harrell Feb. 8, 2009
Weight: 9 lbs 10 oz	Weight: 7 lbs 8 oz
Length: 21.25 in	Length: 21 in

New
Hop

Monika
Volcano

				FRIDAY	SATURDAY	SUNDAY
				20 FEBRUARY 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
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
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
2 CONSEP BETD 9 a.m. - 4 p.m. x4291	3	4	5	6	7	8

Motta

Orange

Sol

Marchi

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.nmcrcs.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

The command ombudsman and deployment support

Edited from the IA Family Hand Book

Ombudsmen are volunteers, appointed by the commanding officer, to serve as an information link between command leadership and Navy families. They are not professional counselors, but they are trained to listen to your questions or problems and to refer you to professionals who can help.

Most Ombudsmen publish a newsletter packed with information. Some also have a care line, which is a recorded message that is regularly updated with news about your command, Family Readiness Group activities, and local military and community information.

Parent command ombudsmen are directed to maintain contact with families on a regular basis. To facilitate this communication be sure your command ombudsman has your most

current contact information.

Consider your Command Ombudsman first when you have a question or concern. They can prevent frustration by pointing you in the right direction to get the information or help you need.

To locate your ombudsmen, contact your local Fleet and Family Support Center. You can get their number by going to www.nffsp.org.

In addition to their normal duties, Ombudsmen have been given greater responsibility in the care of service members and their families when it comes to Individual Augmentees. Some of the requirements are to:

* Maintain contact with IA families

* Maintain IA families on newsletters, telephone trees, social

rosters, etc.

* Inform CO or designated command POC of any concerns

* Inform IA families about the existence of IA specific resources

* Link IA families to the Expeditionary Combat Readiness Center <http://www.ecrc.navy.mil/> or (877) 364-4302

* Provide IA Family Handbook available at www.nffsp.org

* Recognize symptoms of possible combat or posttraumatic stress

* Make referrals to FFSP, Chaplain, Veterans Affairs or Military OneSource

Please contact your Family Ombudsmen today and let them tell you what they can do for you!

M o n d o Animale

Days Inn

Pentagon

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 looking for a warm home and someone to love. Each week,

The Signature

will feature animals in need of adoption.

WOLF (right) is one of our newest dogs. Don't let the look fool you; Wolf is a kind, loving dog. He is currently in foster care, but he would love a permanent home.



BO (left) is our other newest dog. He would make a great companion to a more active family. He is also in foster care and would love to go home with you.

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

Alberto Lunetta
Signature Staff

Italian NEWS



Sicilian Culture, Events and Lifestyle

Rolling Cheese competition kicks off in Novara di Sicilia

If you think that cheese is only used as food, you are wrong! Imagine seeing a wheel of hard cheese rolling down the narrow winding streets of a picturesque Sicilian town. Sounds crazy? No, this is actually the show that you will see if you go to the annual "Sagra del Torneo Provinciale del Maiorchino," an exciting festival which features a unique cheese rolling competition, taking place in Novara di Sicilia, an ancient village in the Messina Province that is nestled between the Peloritani and the Nebrodi Mountains. Held in piazza Bertolami, the race takes place during the Carnival celebrations and kicks off this Sunday (Feb. 22) at 5 p.m. Two teams made of three competitors roll down a 25-pound pecorino cheese wheel for about one mile throughout the "vanelle" (narrow streets) of Novara's historic center. The cheese is launched with a special leather strap, named "mazzacorto" or "lazzàda" that is wrapped around it. The event, whose origin dates back to the 17th century, is attended by hundreds of villagers and tourists who follow with great attention, excitement and enthusiasm the course of the rolling cheese which is sent up and down the streets of the village's historic heart. Sometimes, it even

rolls off a cliff.

This game which is also known as "la ruzzola del formaggio" or "the rolling of the cheese" is practiced in other regions of Italy, where championships are held.

At the end of the competition, the winner is awarded and the Maiorchino cheese is offered to festivalgoers. But it is not over, there will also be a tasting of "maccheroni con il sugo di salsiccia" (short tubular pasta with pork sausage sauce), which will be sprinkled with grated Maiorchino cheese! Other scrumptious specialties will include oven baked ricotta cheese (called "salaprisa"), provola cheese, hazelnuts, "u risu niru" (rice mixed with roasted hazelnuts, cacao, coffee, orange peel and cinnamon), "i casatelli" (sweet pastry filled with dried figs, honey, cinnamon and hazelnuts), "i raviìu" (deep fried sweet ravioli stuffed with cinnamon flavored ricotta cheese), "a pignurada" (sweet pastry dough diced and deep fried) and "i iiditi d'aposturu" (glazed cannolo filled with ricotta). A rolling cheese championship, featuring women competitors only, will be repeated on Monday, Feb. 23 at 3 p.m.

Before you leave the festival don't forget to visit the main town's

attractions. Novara has about 30 churches.

As for the rest of Sicily, Novara was conquered by many civilizations during its long history. Among them, the Normans left a special cultural mark. They populated the town with Lombard settlers whose language still survives today as community dialect. Novara townspeople indeed still speak a French-like dialect called Gallo-Romance. Town's attraction highlights include the "Museo etnoantropologico" or Museum of Anthropology and Rural Life (Stancanelli Palace- piazza M. Bertolami - featuring artifacts, folk tools, utensils, furniture and farming equipment); the Chiesa Madre (main church which has a precious statue of the Virgin Mary by Neapolitan 18th century sculptor Filippo Colicci, and several 17th centuries valuable paintings, chapels and altars and the crypt where mummies can be seen). Novara di Sicilia is about an hour and half drive from Sigonella. Exit Giardini Naxos on A-18 (Catania-Messina highway) and follow directions for Francavilla di Sicilia, Portella Mandrazzi and then Novara di Sicilia. For more tourist information and detailed festival schedules call 0941-650954.



Photo by Novara di Sicilia Tourist Office

The eccentric Rolling Maiorchino Cheese Festival will be held in Novara di Sicilia on Sunday, Feb. 22 in the historic center. Festivalgoers will not only get a chance to enjoy a spectacular show, but also to sample great Sicilian food.

Kartodromo

Magnolia



Photo by Novara di Sicilia Tourist Office

Novara di Sicilia is an enchanting Sicilian little village located in the Province of Messina. The town historic center provides a perfect backdrop for the annual Rolling Maiorchino Cheese festival.

Carnival Merrymaking continues in Sciacca and Motta



Photo by "Immagini dal mondo"

If you have already checked the Acireale Carnival, you know what we are talking about here. Fun for the entire family! There is another town in Sicily, located in the Agrigento province, which boasts a unique Carnival tradition. This weekend, Sciacca, a town located in the Agrigento province, will host a spectacular 400-year-old festival featuring the breathtaking satirical floats' parades.

The word Carnevale ("Carne Levare", Latin for Cessation of Meat) refers to a penitential 40-day period of fasting preceding the beginning of Lent, during which Roman Catholics abstained from eating meat. It was celebrated with excessive revelry and masquerades. Some believe that Carnival comes from the pagan Saturnalia festivities, which were held by Romans to honor the God Saturn, hoping he would grant a good harvest. Celebrations included feast-

ing, gift giving, drunkenness, big meals and pranks. Masked parades of merrymaking young men and girls on board allegorical floats were also held through the streets of the cities. It was a time when masters and slaves exchanged roles. On the last night of the festival, Romans burnt the effigy of the "King of the Saturnalia." It was a grotesque puppet that embodied the feast and after a time of glory was publicly destroyed with fire.

Today, this practice is still performed in many countries. In Sciacca, the puppet is named "Peppi 'Nnappa" and it is burnt on the night of Shrove Tuesday.

Sicilian priest Mario Ciaccio was the first historian to write about the Carnival of Sciacca in 1890. But, historic sources tell us that the carnival had been already celebrated since the 17th century. Sciacca's Carnival started as a farmers' festival featuring

peasants, fishermen and herdsman with painted faces and funny hats, playing pranks and cursing one another. It was also a role reversal's game and a time for political satire. This festival was called "Lu gabbu" (the mockery). The grand finale for the celebrations was the burning of "Lu Nannu," (today's "Peppi 'Nnappa") a straw puppet embodying the spirit of carnival.

In doing so, bad luck and the sins of the community were burned away, paving the way for good things to come.

Today, the allegorical carri or floats are at the center of the celebrations. Associations including amateur musicians, ceramists, costume designers, poets, craftsmen and decorators begin creating these majestic parading papier-mâché floats after the summer. At the end of every working day around midnight, everyone who is involved in building a float gathers for the "schiticchio" (dinner among friends). The carri, allegorici (allegorical floats), which depict political and social satire, are truly works of art. Ballets and performances are held during the parades.

This year's festival highlights include the following shows that will be held in piazza Scandalati: Saturday, Feb. 21, floats' parades and masqueraded groups' performances (4 p.m./6:30 p.m. and 8:30 p.m.); Sunday, Feb. 22, floats' parades and masqueraded groups' performances

(10:30 a.m. / 4 p.m. and 8 p.m.); Monday, Feb. 23 and Feb. 24, floats' parades and masqueraded groups' performances (4 p.m./6:30 p.m. and 8:30 p.m.); Don't miss to see the traditional burning of the "Peppi 'Nnappa" puppet that is performed around 2 a.m. on Feb. 24. Sciacca is about two hours and half from Catania. Exit Caltanissetta on the Catania-Palermo highway. Take the Agrigento-Caltanissetta national road. Once you get to Agrigento, take State Road 115 (Agrigento-Sciacca) and follow directions for Sciacca. For more information call Sciacca Tourist office at 0925-20111.

Motta Carnival

On Saturday, Feb. 21 and Tuesday Feb. 24, Motta Sant'Anastasia will host a Carnival festival featuring costumed parades (4 p.m. leaving from piazza Umberto I and arriving in viale C. Caruso) and a "Best Carnival Costume Competition" (9 p.m. / piazza Umberto I). Saturday, Feb. 22 Carnival's events will be dedicated to children with entertainment and games (4 p.m. / piazza Umberto I). On Monday, Feb. 23 there will be a Carnival party for kids at the Aurora Movie Theater from 4 to 7 p.m. which will be followed by a best Carnival costume award ceremony and children costumes' parades. For more information and detailed schedules call the Motta Pro loco Tourist Office at 095-307348.

Concerts in Catania

Internationally acclaimed Altenberg Trio One, one of the most prestigious world chamber music ensembles, will be on the stage of the Biscari Palace in Catania on Wednesday, Feb. 26 at 9:15 p.m. The Trio, which features three top-class musicians Claus-Christian Schuster (piano) Amiram Ganz (violin) and Alexander Gebert (cello), made its official debut during the Salzburg Mozart Week in 1994. Ever since they has successfully performed in the United States, Canada and European countries such as Denmark, France, Switzerland, Holland, the Czech Republic (Prague Spring Festival), Italy and Austria. The concert's program will feature music by Takemitsu, Haydn and Dvorák.

For more information and tickets call Associazione Musicale Etna (phone: 095-321252).

Romanian Gypsy Jazz virtuoso Rares Morarescu will perform in Catania tomorrow (Feb. 21) at the Y's Club at 10:15 p.m. Noted for his incredible violin technique, Morarescu enralls audiences all over the world during his exciting concerts. He has been in love with jazz "Manouche" or "traveler jazz" since he was a young boy. Jazz Manouche is a music style, whose "founding father" was legendary guitar player Django Reinhardt, which blends elements of American swing and the sounds of French and Belgian Gypsies coming from Eastern Europe. For tickets and more info call 095-7233120.



Strike

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 inquiries 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.

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.

All Officers Spouses Club Annual Donations Notification

Any NASSIG sanctioned group, including DODDS, that would like to submit a request for donations from the AOSC will need to submit a specific request in writing no later than March 31, 2009. The requests will then be reviewed and voted on by the AOSC General Membership and funds will be earmarked by April 15, 2009. Please include in your request, (1) the total amount of money requested, (2) a description of what the funds will be used for, and (3) your fund raising efforts, planned and to-date.

Please submit requests by LOCAL MPS to:

All Officers Spouses' Club
PSC 824 NAS I General Delivery
FPO, AE 09623



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/

Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY

Article and photos by
MC1 Chris Delano
The Signature Staff

Located in Catenanuova, Sicily, there is a restaurant renowned for its pastries and delicious dishes in a country full of fine dining. The Fleet and Family Support Centers monthly cooking class travelled to the city of Catenanuova in order to learn about the secret recipes of the Daidone Restaurant. The atmosphere was very casual and relaxed as we met with the owner, Salvatore

Daidone, who greeted us and invited us to sample some of his shop's delicious pastries. After exchanging pleasantries and mingling for a while, Salvatore led our group upstairs where we met head chef, Alessandro Manna, who after a very firm handshake with everyone present, began demonstrating the art of Sicilian style cooking with a variety of dishes.

Three dishes we created and the recipes are listed on pages 8 and 9.

'Cozze Gratinate' (Stuffed mussels)

Ingredients:
Several cups of breadcrumbs mixed with garlic and parsley
Parmesan Cheese
Tomato sauce
White wine
Brandy
Mussels



1. Mix several cups of breadcrumbs with garlic and parsley and Parmesan cheese.



2. In a large bowl, mix the tomato sauce with the white wine and brandy until you get a nice consistency.



3. Place the mussels evenly on a plate.



4. Cover the mussels with breadcrumb mixture and cover in tomato sauce.



5. Top mussels with more freshly grated Parmesan cheese.



6. Bake for approximately 10 to 15 minutes at 350 degrees Fahrenheit. After baking, drizzle with a little bit more olive oil before enjoying.

'Involtni di (spaghetti

Ingredients:
Sliced and fried eggplant
Cooked spaghetti mixed with eggplant
Ricotta Salata (Salty Ricotta Cheese)
Tomato Sauce

Melanzane (eggplant)

tomato sauce and



1. Place the sliced eggplant on a tray. end and begin to slowly roll.

2. Add a pinch of



Alphio

Chiechio

12!

OF SICILY

Melanzane' (eggplant)

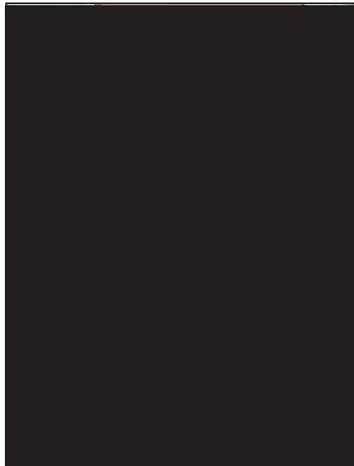
eggplant mixed with tomato sauce and chopped ricotta cheese



eggplant on a tray. Add a pinch of spaghetti to one side and slowly roll.



3. After rolling the spaghetti into the eggplant, drizzle tomato sauce over top.



4. Sprinkle with ricotta cheese.



5. Bake for 10 minutes at 350 degrees Fahrenheit.

'Involtoni di Pesce Spada' (Rolled Swordfish)

Ingredients:
Filet swordfish
Breadcrumbs mixed with parsley, garlic and Parmesan cheese



1. Coat swordfish with breadcrumbs on both sides.



2. Mix olive oil in breadcrumbs, add some parsley leaves and cheese and mix well. Breadcrumbs should be moist.



3. Place breadcrumb mix on top of the swordfish.



6. Drizzle the swordfish with olive oil before baking. Bake for 15 minutes at 350 degrees Fahrenheit.

This month's cooking class received the highest marks from me. The class and professionalism of the staff, along with the friendly environment made this experience one to treasure. To learn more about next month's cooking class, contact the Fleet and Family Support Center at 624-4291.

4. Roll swordfish.
5. Close rolls with a toothpick.



Rigattiere

S u s h i

Baroque



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.

Go Green Sigonella!

Alternative Transportation

Article courtesy
Debbie Hallahan,
The Signature Volunteer

No matter your motivation, there are plenty of good reasons to look into alternative methods of transportation. One of these may be political, to reduce our nation's dependency upon foreign oil. Economics may be another motivation, with new technologies emerging opportunities for economic growth may be opening up.

So what are we to do? We in the Sigonella community have a good variety of options. First, take a look at your current vehicle. Is there anything you could do to reduce fuel consumption and mileage? Ensuring it is properly maintained and making sure the correct air pressure is in the tires will help. Adjusting your driving habits may be necessary as well, such as reducing the number of trips between bases.

You may be weighing the options of buying a new car. Purchasing a brand new car has many environmental pros and cons. Manufacturing takes a lot of raw materials, energy for operating production lines and use of toxic chemicals. However, learning about not only the vehicle you are interested in, but the environmental efforts of the companies you will be supporting through a purchase, and the latest research on the technologies they use will lead you to make the best environmental choice. But your options don't end with your very own POV.

Carpooling, as we all know, is a great way to save gas and emissions. Unfortunately, it can be an inconven-

ience and many of us do not like to depend upon others to get from point A to point B. Clear communication with your carpooling buddy is important, as well as having a back up plan. Share the load by taking turns driving or working out a method to share the cost of gas. You can also look at the concept of carpooling as an opportunity to spend time with friends, make new ones, or to network.

The bus is a cost-free alternative to driving. Bus schedules are located at each stop, or you can pick up your own copy at the Fleet and Family Support Center. This is a vital asset to our community which could be used more frequently.

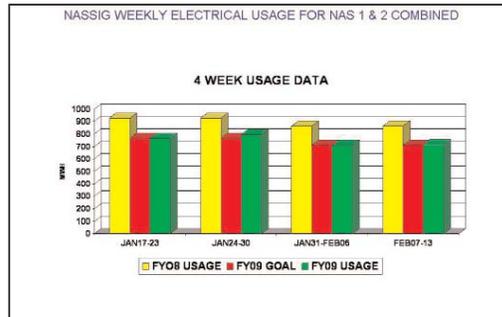
Although not for everyone, riding a motorcycle, or even a scooter is a great fuel saving alternative. Not

sold on the idea? By riding a bike, one could knock out both the transportation issue and a little extra PT in one shot. These options have limitations, for example you won't be able to pack a week's worth of groceries on the back of a bike, but for the daily commute they are great.

Whichever method you choose, reducing fuel consumption is quickly becoming a necessity for many people, regardless of location. It is a good step in the right direction while we endure this transitional phase to alternative fuels.

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.



Ristorante Bella Etna

20

Lunch: New England Clam Chowder, Lemon Pepper Caulfish, Pork Chop w/ Mushroom Gravy, Farfalle Al Fisticchio, Steamed Rice, Garlic Roasted Potatoes, Seasoned Asparagus, Creole Green Beans, Lemon Cookies, Carrot Cake.
Speed line: Grilled Cheeseburger/Hamburger, French Fried Potatoes, Baked Beans.
Dinner: Cream of Mushroom Soup, Beef Stir Fry, Pork Fried Rice, Oven Potatoes, Whole Corn, Stir Fry Vegetables, Lemon Cookies, Carrot Cake.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.

21

Breakfast: Farina, Baked Sausage Patties, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Pecan Sweet Roll.
Brunch: Breakfast Items, Vegetable Beef Soup, Baked Tuna & Noodles, Chicken Nuggets, Garlic Roasted Potatoes Wedges, Mixed Vegetables, Hot Beets, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.
Dinner: Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Steamed Okra, Stewed Tomatoes, Chocolate Drop Cookies, Apple Crisp.

22

Breakfast: Rolled Oats, Biscuits & Gravy, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Waffles, Asstd Doughnuts, Twist Coffee Cake.
Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Rosemary Potatoes Wedges, Steamed Brussels Sprout, Hermits, Yellow Cake w/ Icing.
Dinner: Split Pea Soup, Pasta Alla Sicilian, Jaegerschnitzel, Rice Pilaf, Steamed Cauliflower, Seasoned Sucotash, Garlic Bread, Hermits, Yellow Cake w/ Icing.

23

Lunch: Beef Noodle Soup, Baked Fish Scandia, Beef Porcupine, Penne Boscailoa, Parsley Potatoes, Mixed Vegetables, Seasoned Spinach, Tartar Sauce, Yellow Cake w/ Frosting, Chocolate Cream Pudding.
Speed line: Sub Sandwich, Sicilian Pasta.
Dinner: Cream of Potato Soup, Country Fried Steak, Hopping John, Collard Greens, Lyonnaise Wax Beans, Corn Bread, Garlic Bread, Yellow Cake w/ Frosting, Chocolate Cream Pudding.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.

24

Lunch: Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Penne Amatriciana Steamed Rice, Cut Green Beans, Steamed Carrots, Dinner Roll, Yellow Cake w/ Icing, Chocolate Chip Cookies.
Speed line: Philly Cheese Steak, Hotdogs, Onion Rings, Pasta Primavera.
Dinner: Manhattan Clam Chowder, Spaghetti w/ Meat Sauce, Buttered Noodles, Seasoned Green Beans, Harvard Beets, Yellow Cake w/ Icing, Chocolate Chip Cookies.

25

Lunch: Corn Chowder Soup, Pineapple Chicken, Vegetarian Spaghetti, Farfalle Allredo, Scalloped Potatoes, Rice Pilaf, Steamed Mixed Vegetable, Seasoned Spinach, Sweet Potato Pie, Shortbread Cookies.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.
Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Steamed Rice, Parsley Buttered Potatoes, Vegetable Stir Fry, Pineapple Green Pepper, Sweet Potato Pie, Shortbread Cookies.
Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.

26

Lunch: Mulligatawny Soup, Turkey Ala King, Meat Loaf, Spaghetti Carbonara, Brown Gravy, Mashed Potatoes, Steamed Rice, Seasoned Peas & Carrots, Steamed Cauliflower, White Cake w/ Icing, Fruit Nuts Bar.
Speed line: Hotdogs, Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredded Cheese, Assorted Pizza.
Dinner: Beef Noodle Soup, Baked Ham Slices, Garlic Cheese Potatoes, Steamed Broccoli, Stewed Tomatoes, White Cake w/ Icing, Fruit Nuts Bar.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.

Geico

ON THE GO WITH MWR

Mineo Youth Clubhouse Extreme Makeover

The new Mineo Youth Clubhouse re-opened after an extensive makeover that includes a new red and black décor, updated games, equipment and furniture.

The grand re-opening brought together over 60 families, where the brand new clubhouse was unveiled to an excited crowd.

"Our staff, Sara and Meghann are thrilled with all the changes and we are ready to rock and roll with the best club in town," said Melanie Resto, Youth Activities Director. The Mineo Youth Clubhouse will be under the direction of Lynn Syrcle.

The new clubhouse now offers exciting clubs like the Boys & Girls Clubs of America and 4-H Clubs that feature cooking, photo, art and leadership classes.

The clubs are open to youth in



grades 3 to 12 every Tuesday, Wednesday, Thursday and Friday from 3:30 to 5 p.m. The general hours of the center for children 10 years of age and up, are 5 to 6 p.m. on

Tuesday, Wednesday, Thursday and Saturday from 3 to 7 p.m.

For more information call 624-3712.



Take 5 offers breakfast for dinner

Stop in to Take 5 on Tuesday, Feb. 24 for breakfast for dinner. MWR's recreation center on NAS II is offering free pancakes with all the toppings starting at 5 p.m.

Meet the Take 5 staff and enjoy

all the facility has to offer including pin pong, Wii games, movies, books, board games and internet access.

Call 624-5602 for more information.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS

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**

Saturday, February 21

2:00pm Doubt PG-13
2:30pm Marley & Me PG
4:00pm Bedtime Stories PG
5:00pm Seven Pounds PG-13
6:00pm He's Just Not That Into You PG-13
7:30pm Valkyrie PG-13
8:00pm Cadillac Records R
FREE to E4 & below

Sunday, February 22

2:00pm The Tale of Despereaux G
2:30pm He's Just Not That Into You PG-13
4:30pm Yes Man PG-13
5:00pm Bedtime Stories PG
7:00pm The Spirit PG-13

Monday, February 23

5:00pm Marley and Me PG
5:30pm Bedtime Stories PG
7:30pm Doubt PG-13
8:00pm The Spirit PG-13

Tuesday, February 24

5:00pm The Day the Earth Stood Still PG-13
5:30pm He's Just Not That Into You PG-13
7:30pm Cadillac Records R
8:00pm Rocknrolla R **FREE**

Wednesday, February 25

3:00pm The Tale of Despereaux G
5:00pm Yes Man PG-13
5:30pm Valkyrie PG-13
7:30pm The Spirit PG-13
8:00pm Cadillac Records R

Thursday, February 26

5:00pm The Day the Earth Stood Still PG-13
5:30pm He's Just Not That Into You PG-13
7:30pm Rocknrolla R **FREE**
8:00pm Fracture R
FREE - Throwback Thursday

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.)

Defiance (R)

Four Jewish brothers living in Nazi occupied Poland escape into the forest where they join up with Russian resistance fighters in battling the Nazis. Throughout the war they built a village inside the forest and saved the lives of more than 1200 other Jews. Based on a true story. (137 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.)

Rocknrolla (R)

A Russian mobster orchestrates a crooked land deal, putting millions of dollars up for grabs and attacking all of London's criminal underworld. (117 min.)

The Curious Case of Benjamin Button (PG-13)

"I was born under unusual circumstances." And so begins "The Curious Case of Benjamin Button," adapted from the 1920s story by F. Scott Fitzgerald about a man who is born in his eighties and ages backwards: a man, like any of us, who is unable to stop time. We follow this story, set in New Orleans from the end of World War I in 1918, into the 21st century, following his journey that is as unusual as any man's life can be. (166 min.)

Doubt (PG-13)

It's 1964, St. Nicholas in the Bronx. A vibrant, charismatic priest, Father Flynn, is trying to upend the school's strict customs, which have long been fiercely guarded by Sister Aloysius Beauvier, the blue-gloved Principal who believes in the power or fear and discipline. The winds of political change are sweeping through the country, and, indeed, the school has just accepted its first black student, Donald Miller. But when Sister James, a hopeful innocent, shares with Sister Aloysius her suspicion that Father Flynn is paying too much personal attention to David, Sister Aloysius is galvanized to begin a crusade to both unearth the truth and expunge Flynn from the school. Now, without a shred of proof or evidence except her moral certainty, Sister Aloysius locks into a battle of wits with Father Flynn, a battle that threatens to tear apart the Church and school with devastating consequences. (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.)

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 27

3:00pm Bedtime Stories PG
5:00pm The Curious Case of Benjamin Button PG-13
5:30pm The Tale of Despereaux G
7:00pm Yes Man PG-13
8:00pm Defiance R
9:00pm Role Models R **FREE**

COMING SOON

**MOVIE
HOTLINE:
624-4248**

Bride Wars, The Unborn, Not Easily Broken

Extreme Hike Mt Etna

Enjoy a five-mile extreme hike near Etna's Rifugio Sapienza on Saturday, February 28. Hike uphill, downhill, and cross country through snowy lava fields. Participants in this hike must attend the free Snow

Adventure Safety Class prior to the hike.

This hike is for serious trekkers and is not recommended for children. For more information call 624-4396.

Auto Skills Center extend hours to meet your needs

To meet the demand of the community's car care needs, MWR's Auto Skills Center on NAS II has extended their hours into the evening on Thursdays for a 3-month trial.

Enjoy regular hours for the rest

of the week and take advantage of the new closing time of 8 p.m. on Thursday evening.

For more information, please call 624-5244.

50th Anniversary photo contest winner



Photo by David Colberg, "Cefalu Boats and Man"



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.

FISC, continued from page 1
civilian personnel and was in charge of moving more than 1.5 million pounds of mail destined for fleet units operating in the 5th and 6th Fleet's areas of responsibility. The leading petty officer managed the professional development of 46 Sailors. He organized 27 career development boards, a system designed to inform personnel of career opportunities and aid them in their attempts to advance personally and professionally. His efforts helped the command to attain retention goals while ensuring Sailors' career success. Mercado-Delgado processed five requests for the 'Perform to Serve' program, which is designed to balance the manning of specific ratings and provide Sailors with greater advancement opportunity. He also processed four reenlistments, five extensions, two rate conversions, three special duty screenings, and seven overseas duty screenings for Sailors under his supervision. As a primary change of station (PCS) sponsor coordinator, he helped more than 26 Sailors ease their transition in and out of Sigonella.

"I strive hard every day to do my very best for the Navy and for the Sailors under me," said the Puerto Rico native. "It's good to know my efforts were noticed and that hard work pays off."

The FISC Sigonella Sailor, who received a Navy Achievement Medal in 2008 for his performance while serving as finance leading petty officer, is highly praised for his professionalism and integrity by his chain of command.

"Mercado-Delgado is my number one petty officer 2nd class by far," said Capt. John

Camuso, FISC Sigonella's commanding officer. "He consistently operates at a level above his pay grade and sets himself apart from his peers by performing at a high level day in and day out. [He] continues to provide top-notch leadership and mentorship to our Sailors, doing it with confidence while earning the utmost respect from everyone. His performance [in 2008] is just a small sample of what this Sailor has been doing throughout his whole career," said Camuso. Off duty, Mercado-Delgado is just as committed to serving his community.

In 2008, he served as a member of Naval Air Station Sigonella's Navy Ball committee and Spring Fest organizing committee, and as the command's Morale, Welfare and Recreation president. He volunteered more than 70 hours at Navy-Marine Corps Relief Society's thrift shop and more than 40 hours to fundraising car washes and sales for several causes throughout the community. "I can't say enough about the great support I received from my chain of command for putting me in a position to succeed," Mercado-Delgado said. "I share this award with my family and all my shipmates at FMC Sigonella. They are the ones who make my job easier, support me, and make me look good each day."

For more COMFISCS news, go to <https://www.navsup.navy.mil/navsup/ourteam/comfiscs/news>. Commander, Fleet and Industrial Supply Centers provides an array of integrated global logistics and contracting services to Navy and Joint operational units across all warfare enterprises. COMFISCS is responsible for facilitating best business practices and efficiencies across the seven FISCs located in San Diego, Calif.; Norfolk, Va.; Jacksonville, Fla.; Yokosuka, Japan; Pearl Harbor, Hawaii; Bremerton (Puget Sound), Wash.; and Sigonella, Italy; and for optimizing the performance of base supply functions and standardizing

levels of service across 13 regions and 79 Navy installations. COMFISCS comprises more than 7,500 military and civilian logistics professionals, operating as a single cohesive team providing global logistics services from nearly 135 locations worldwide. A component of the Naval Supply Systems Command, headquartered in Mechanicsburg, Pa., COMFISCS is part of a worldwide logistics network of more than 25,000 military and civilian personnel providing "One-Touch Supply."

NMCRS, continued from page 1
provided educational disbursements to the sum of \$43,328.

The local Society also provides non-financial assistance to Sigonellans. In 2008, 74 layettes (Junior Seabags), which help defray some expenses of a having a new baby, were distributed. NMCRS Nurse, Nancy Decker, visited with 1,056 patients.

The Nearly New Thrift Shop, only one of five present in overseas installations, boasted recorded profits in 2008. The purchasing power of NASSIG raised \$31,000, and the generous contributions of the Sigonella community allowed for 600 boxes of donations to be sent to orphanages and charities in Sicily, Afghanistan, Cairo, Egypt and nations in the horn of Africa.

Although sponsored by the Department of the Navy, the programs offered by NMCRS are totally funded by charitable contributions. The Active Duty Fund Drive, conducted yearly by the Navy and the Marine Corps under the auspices of the Secretary of the Navy, directly supports NMCRS.

The 2009 Active Duty Fund Drive begins March 1st and runs until April 15, 2009.

DJIBOUTI, continued from page 2
spoiled I am. As I think of all of the inconveniences, I am reminded of how good I have it back home. As I said there are many things about the camp I love, but some things take getting used to. But it has rightly put things back into perspective for me. Therefore, I hope to challenge you with this as well. Do you realize how good you have it?

OK, so you are not yet convinced. Let me then take you outside of the camp. We need not go far before we begin to realize the poverty that lies just beyond the fence. Outside of the base are a people who have very little. They have much less than we do and even look through the

fence and desire what we have. Outside the fence are children who do not have parents and whose only source of love are the service members who come to their orphanages to feed them and tuck them into bed. There are parents who do not know where the food will come from to feed their children. There are whole villages who go hungry everyday. They are in true need. If any one has a right to complain it would be the Djiboutian people.

We are spoiled and I want to remind you today that even at Sigonella you have no right to complain. As Americans we have become accustomed to getting things we desire even to the degree of entitlement. We spend hours trying to amass wealth, material things, money, etc... Stop being spoiled. Be thankful for the things you do have. Be thankful for the place to sleep, the job, life, children, parents, friends, the privileges of being an American, the beauty of living in Italy, the freedoms, etc... Sigonella, let's stop complaining, look outside of the fence for once, and be thankful for the things we have and enjoy the life God has given us.

TOBACCO, continued from page 2

month of February.

Williams will answer questions from smokeless (or smoked) tobacco users and those who support their intention to quit, including health promotion and health care professionals on military installations.

Service members and others are encouraged to visit the Web site and submit questions about smokeless tobacco usage, health risks, quit strategies and more. Williams' responses will be posted on a daily basis.

Visitors at <http://www.ucanquit2.org> can also take part in the discussion boards, read a new online article debunking the myths surrounding smokeless tobacco, and play games, such as Texas Hold 'em, which deals out informative and motivational messages along with the cards.

Ucanquit2.org arms service members with the tools they need to win the battle against tobacco. It also enables them to get "quit" support from family and friends, no matter where they live, as well as professional counseling. Through Live Chat, a unique online service, users get immediate real-time help from trained tobacco cessation coaches from 8:30 a.m. to 10 p.m. EST.

Gelso Bianco

Palermo

Tamoil

Medusa

Stampa

TEETH, continued from page 1

use. "Children's teeth are meant to last a lifetime, and a healthy smile is important to a child's self-esteem," Lt. Cmdr. Willie Chao, a pediatric dentist at Naval Hospital Sigonella, said. "With proper care, a balanced diet and regular dental visits, their teeth can remain healthy and strong."

Chao stressed the importance of starting kids off early with an education on how to properly care for their teeth.

"Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums," he said. "A balanced diet, limiting snacks, brushing and flossing each day, and regular dental check-ups are the keys to good oral health."

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 COMPASSION-ATE 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.

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CNREURSWA embarks on aggressive multi-approach Energy Conservation Program

Article by MC2 (SW/AW) Marc Rockwell-Pate

NAPLES, Italy—Navy Facilities Engineering Command Europe and Southwest Asia (NAVFAC EURSWA) is implementing multiple programs and strategies throughout Navy Region Europe, Africa, Southwest Asia (EURAFSWA) to improve working and living conditions and to help ensure the Region's future is one of energy independence.

Region EURAFSWA is implementing "a multi-pronged attack" that will approach energy conservation from all sides. CAPT Frank Aucremanne, commanding officer of NAVFAC EURSWA, says this effort is a top priority for the Region.

"This approach allows the Region to meet legislative goals, execute within financial controls, develop energy independence and security, and set an example throughout Europe, Africa and Southwest Asia as environmental stewards," said Aucremanne. "On top of all this, it's simply the right thing to do."

The first step in this comprehensive effort is to establish installation energy instructions in addition to energy and water reduction plans. These are currently developed and are being disseminated at all Region installations.

A fundamental part of each installation's energy program is to reduce energy consumption by changing personnel's daily consumption habits. To assist facility users in re-defining how they interact with their energy environment, Building Energy Monitors (BEM) are being

assigned to each facility in the Region.

"BEMs are another low-level, cost-effective assets that we are utilizing to maximize our energy conservation," said David Deiranieh, the lead regional energy program manager at NAVFAC EURSWA. "Each building on an installation will be assigned an energy monitor. Their job will be to check for electrical and water resource waste, recommend HVAC start and stop times, and institute an energy consumption awareness program."

Deiranieh added in an effort to meet the goal of Executive Order 13423, which is to reduce energy use by 3 percent annually through 2015, EURAFSWA has dedicated \$250,000 toward "fast payback" energy projects across the Region.

"Fast payback projects are projects that have immediate to short-term paybacks," said Deiranieh. "This means our projects will not only pay for themselves, but also make a return on investment usually within the first year."

One current fast payback project is the installation of sound and motion sensors for lights. These sensors will shut off lights in unoccupied conference rooms, storage spaces and even gymnasiums when not in use, conserving large amounts of energy. Sensors are slated to be installed throughout the Region including Naval Station (NS) Rota, Spain, Naval Support Activity (NSA) Naples, Italy, Naval Air Station, Sigonella, Sicily, and NSA Souda Bay, Crete.

To help meet the long-term goal of energy independence and security, EURAFSWA is, and will be, investing in financed energy contracts through the use of Energy Saving Performance Contracts (ESPC). These contracts will help retrofit the utilities infrastructure in buildings around the Region as well as provide generation sources from renewable energy.

Through the utilization of an ESPC contract in Rota, Spain, EURAFSWA is taking a step toward energy independence with plans to construct a large scale wind farm that will generate up to 32 megawatts (MW) of generating capacity.

The overall size of the plant is yet to be determined, but it is envisioned that the farm will supply the entire installation's average base load while selling excess power to a grid, which will take advantage of the Spanish feed-in legislation (Real Decreto) 661/2007. This legislation allows for a feed-in tariff where a Spanish utility is obligated to buy the renewable electricity at above market rates set by the government. The feed-in Tariff will significantly reduce the project payback period.

In conjunction with this initiative, the Region is implementing five other large scale ESPC contracts actions for energy and water conservation measures across Europe and South West Asia.

Even though the Europe, Africa, Southwest Asia Region is investing in the strategies and policies that will improve energy consumption in the Region, Deiranieh

said the most cost-effective contribution is from the personnel who work and live at the installations.

"The easiest no-cost energy conservation plan is for personnel to police themselves," said Deiranieh. "Don't leave the faucet running, turn of the lights when you leave the room and monitor your space heating and air systems."

For more information on the Navy's Energy Program, visit <https://navyenergy.navy.mil/>.

For more information about Navy Region Europe, Africa, Southwest Asia, visit <http://www.cnec.navy.mil/europe>.

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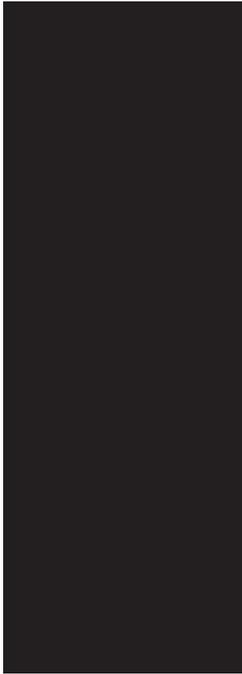
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