



Black History Month comes to a close at NAS Sigonella

On Thursday, Feb. 26, Sigonellans came out in force to the Midtown Complex on Naval Air Station (NAS) Sigonella's support base to closeout Black History Month with a bang.

During the NASSIG Heritage Committee's Annual Black History Forum, the Jr. ROTC presented the colors, the Sigonella gospel choir sang, a West African dance troupe from Senegal performed and keynote speaker, Ms. Dorothy King spoke on the importance of Black History Month. NAS Sigonella Commanding Officer, Capt. Thomas Quinn also shared his remarks on the month-long celebration at NAS Sigonella, which kicked off with a cake cutting ceremony.

The guest speaker, Ms. Dorothy King, is currently the assistant principal at Sigonella Middle and High School. She earned her B.S. and M.Ed. from



Alabama State University and Ed.S. from The George Washington University. King is an advocate for students and she sets her expectations high for them as well as herself. She strongly believes that all students can become productive citizens and can make a difference in society.

During the ceremony in the Midtown Theaters, people were out in the atrium preparing mouth-watering soul food for tasting following the program.

Black History Month's motto for 2009 was "The Quest for Black Citizenship in the Americas."

Fire Extinguishers; your first defense

Article courtesy Sandra S. Basile

Asst. Chief of Prevention

Everyone should have at least one fire extinguisher at home, but it's just as important to ensure you have the proper type of fire extinguisher. If you live in the barracks, take a minute to notice where the extinguisher is nearest to your room. If you are in family housing or living in the local community, there are no extinguishers provided and it is up to the resident to supply their own extinguishers.

As fire protection experts, the NASSIG Fire Department recommends one for the kitchen, any garage or workshop area and one for each floor of your home.

Fire extinguishers are divided into four categories, based on the different types of fires it is meant to extinguish. Each fire extinguisher also has a numerical rating that serves as a guide for the amount of fire the extinguisher can handle. There are four different classes of fire extinguishers: Class A extinguishers are

for ordinary combustible materials such as paper, wood, cardboard, and most plastics; anything that leaves an ash after burning. Class B fires involve flammable or combustible liquids such as gasoline, kerosene, grease and oil. Class C fires involve electrical equipment, such as appliances, wiring, circuit breakers and outlets. Never use water to extinguish class C fires - the risk of electrical shock is far too great! Class D fire extinguishers are commonly found in a chemical laboratory. They are for fires that involve combustible metals, such as magnesium, titanium, potassium and sodium.

It is vital to know what type of extinguisher you are using. Using the wrong type of extinguisher for the wrong type of fire can be life-threatening.

The most common types of fire extinguishers are water, dry chemical, and Carbon Dioxide (CO2) extinguishers. On board NASSIG, the fire department uses the dry chemical

FIRE, continued on page 13

AIMD holds ceremonial Change of Charge

Article and photos by MC2 Jason Poplin
Navy Public Affairs Support Element East Detachment Sigonella

Lt. Cmdr. Michael A. Marrero, former Executive Officer of Fleet Readiness Center West, assumed command as officer in charge (OIC) of Aircraft Intermediate Maintenance Department (AIMD) at Naval Air Station (NAS) Sigonella during a change of command ceremony held on Feb. 20.

Lt. Cmdr. Marrero succeeded Cmdr. John F. Zrembski who will be relocating to Naval War College, Newport, Rhode Island.

The new OIC graduated from Floyd E. Kellam High School with Honors in 1986. After enlisting in the U.S. Navy in Dec. 1990, he distinguished himself as Recruit Chief Petty Officer of his company and the Top Honor Recruit of his training group. His enlisted assignments thereafter as an Electronics Technician included the Nuclear Field "A" School; Nuclear Field Power School; and Naval Nuclear Reactor Operator training at the Nuclear Prototype Training Unit, near Charleston, South Carolina.



Lt. Cmdr. Michael A. Marrero addresses his new personnel at the conclusion of a change of command ceremony Feb. 20th. Lt. Marrero relieved Cmdr. John F. Zrembski who is relocating to the Naval War College after a successful tour overseas.

In December 1994, he was selected for naval officer accession through the Enlisted Commissioning Program (ECP).

Under ECP, then First Class Petty Officer Marrero graduated in December 1997 at the University of Florida, obtaining his Bachelor of

Arts in Business Administration and subsequently commissioned.

Marrero entered pilot training with Training Squadron 27, followed by Training Squadron 35, each located at NAS Corpus Christi, Texas, where upon completion, he reported

AIMD, continued on page 12

New Sigonella Ombudsmen graduate from Basic Training

Article and photo by MC3 Jonathan Idle
The Signature Staff

Five Sigonellans took on the title of Ombudsman after graduating from the three-day "Ombudsman Basic Training" class Feb. 20 at the Fleet and Family Support Center on NAS I.

The graduating class included Sonya Bey, Adriana Patron, Anna Barbay, Shasteen Pennington and Lynn Syrcle who now take on the responsibilities of being the main connection between the command and the families of service members attached to Naval Air Station Sigonella.

Bey, the new Ombudsman Coordinator for NAS Sigonella, explained that all new Ombudsmen go through extensive scenarios and training module before they earn the right to be called an Ombudsman.

"It's three days of training and



New NAS Sigonella Ombudsmen pose for a photo after their graduation ceremony.

we have two trainers who train the Ombudsmen on their role and responsibilities representing the command and their family members," she

said. "Throughout the class they learn about the dos and don'ts, they learn

OMBUDSMAN, continued on page 12

WEATHER UPDATE

February 27
H:66F
L:43F



February 28
H:63F
L:43F



March 1
H:59F
L:45F



March 2
H:56F
L:45F



March 3
H:62F
L:46F



March 4
H:65F
L:43F



March 5
H:66F
L:50F



TOP STORIES

Are Sailors held to a higher ethical standard than the rest of society? Should they be? When you joined the Navy, you solemnly swore (or affirmed) to support and defend the Constitution of the United States against all enemies foreign and domestic.

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"Military Saves Week" will be observed throughout the fleet Feb. 22 to March 1. The goal of this year's campaign is to increase awareness about the necessity to build wealth, reduce debt and to demonstrate user-friendly methods for people to make a commitment to save.

Page 3

March is Women's History Month. This is the time that we acknowledge a long list of individuals, who have made a difference around the world. The list of women in this category continues to increase, and includes people like Betsy Ross, Madame Curie, Rosa Parks, and Maya Angelo, just to name a few.

Page 5

Enna, a city nicknamed as the "Navel of Sicily," is surrounded by sites of striking beauty worthy of the goddesses. In ancient times, it was a holy city where religious festivals were celebrated to honor Demeter, the goddess of crops, harvests, agriculture and fertility.

Page 6

The month of February is a time for celebration all around the world - and Italy's no exception. February kicks off Carnevale, and every year, Morale, Welfare and Recreation's (MWR) Information, Travel and Tours (ITT) offers a trip to partake in the merriment.

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TRAFFIC NUMBERS

	Jan. 09- Feb. 09	Jan. 08- 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

A surprising trend is beginning to emerge in the 2009 driving safety statistics which proves beyond a shadow of a doubt that NAS Sigonella is capable of dramatically lowering our accident rate. To put it simply; the nicer the weather is, the higher our accident rate climbs.

January had a total of 20 accidents despite the fact that we had some our most dangerous driving conditions in a long time due to the intense rain and mild flooding on local roads. 20 accidents is actually a 33% reduction in accidents from January 2008 which is a wonderful thing. However, the first week of February, which had beautiful weather, also had 9 accidents; a trend that has continued throughout the month wherein NASSIG averaged nearly an accident a day. These numbers tell me that when the driving conditions were bad, we as a community slowed down and really concentrated on driving.

Yet, when the weather was beautiful we increased our speed and became careless causing the accident rate to skyrocket.

Driving safely must be a top priority to all Sigonellans at all times. We cannot relax our guard just because the sun is shining and the weather is beautiful. Likewise, we cannot and should not try to "go native" and drive like the locals. I have heard it said that it takes up to five years to fully acclimate to the local driving ability of a country. As Americans it's best to not even try and match the local's skills during your two to three year tour.

On a positive note, NASSIG has had no accident related fatalities and has done an excellent job in keeping DUIs at zero through January and February. In order to continue this positive trend we need to always remember that if drinking, don't drive. Have a plan in place that includes allowing

adequate time to sober up the following morning and remember that when driving, the magic number of drinks you can have and be safe to drive is ZERO.

As the spring and summer months of endless sunny days approaches, remember to keep safe and slow driving in mind. Every accident we have is one too many and if we make it a habit to slow down and pay attention at all times we will lower our accident rates substantially.



Health WATCH

Your role in ensuring medication safety

Article courtesy

Lt. Cmdr. Bryn Reina, MC,USN

Your Health Care Team: Doctor, Nurse, Corpsman and Pharmacist have a critical role to ensure that the medication process is safe. It is their responsibility to prescribe you the right medication at the right time at the right dose. In this effort it is important that your healthcare team have an accurate list of all the medications that you take to include over the counter (OTC) medications and supplements; this is where you can help us.

One of the major initiatives the healthcare industry is taking to make the medication process safer is termed "Medication Reconciliation". Although this sounds daunting, it is quite simple; it means that your provider should have a complete and accurate list of all your medications. This list will be reviewed and updated every time you are seen at the hospital. Having this list your Provider will be able to reference all your medications when writing your medication orders and the Nurse will be able to compare the orders against the

list so that any inaccuracies can be caught. Medication errors that can be prevented by adopting this process include: inadvertent omission of home medications, failure to restart home medications, duplicate therapies and other errors such as incorrect dosage, form or interactions.

Naval Hospital Sigonella is aggressively pursuing Medication Reconciliation in our efforts to maximize your safety. What we ask of you is that you take an active role and work with us in making this list as complete and accurate as possible. You do not have to wait until you are seen by your provider to begin this process; start the list at home and give it to your provider at your next visit. If you have children who take medications make sure they have a list as well. When making your list it is important that we know the name, dose, and when (i.e. mornings) and how often you take the medication or supplement.

Medication cards are available
MEDICATION, continued on page 13

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 (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)
<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 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



Assignment of Choice: To support and defend

Article courtesy

Chaplain Stephen Coates

The first in a series of eight articles on character.

Are Sailors held to a higher ethical standard than the rest of society? Should they be? When you joined the Navy, you solemnly swore (or affirmed) to support and defend the Constitution of the United States against all enemies foreign and domestic.

You also agreed to obey orders. If you are an officer, you publicly stated that you took the obligation freely and without reservation. That's quite a series of choices we have all made.

If NAS SIGONELLA is to be an assignment of

choice, it will only be because of the choices individuals make while serving here. Many choose to live their entire lives making choices through no other lens than that of self-interest. For those of us who raised our right hands, a higher standard was accepted. It is called Constitutional Ethics.

At the Naval Academy, future officers are taught Constitutional Ethics through means of an inverted pyramid of loyalties. The top priority and highest obligation is to the Constitution itself. Imagine the word CONSTITUTION written in big fat

CHOICE, continued on page 12

Commanding Officer
Capt. Thomas J. Quinn

Public Affairs Officer
Lt. j.g. Matt Knight

Deputy Public Affairs Officer
Dott. Alberto Lunetta

Editor
Tracie Barnhouse

Staff Writers/ Photographers
MC1 Chris Delano
MC2 Jason Poplin
MC3 Jonathan Idle

Volunteers

The Signature editorial office is located at:
Naval Air Station Sigonella, Sicily
PSC 812 Box 3020
FPO, AE 09627
Telephone: 095-86-5440; DSN 624-5440

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EMERGENCY MANAGEMENT OFFICE

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

NAVY News

Military Saves Week: build wealth, reduce debt

**From Commander,
Navy Installations Command
Public Affairs**

WASHINGTON (NNS) -- "Military Saves Week" will be observed throughout the fleet Feb. 22 to March 1. The goal of this year's campaign is to increase awareness about the necessity to build wealth, reduce debt and to demonstrate user-friendly methods for people to make a commitment to save.

This initiative is part of the Military Saves Campaign, 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 campaign is happening at a time when many seek more certainty about their financial future and look for strategies to navigate a course through the turbulent tides of today's financial marketplace. It is a perfect time to set a steady course to increase personal financial readiness," said David DuBois, deputy manager of Fleet and Family Support Programs with CNIC and Navy's Program director for Military Saves Week.

"Navy families are best positioned to weather the economic squalls by fully utilizing the benefits, services, and professional skills available to them through their command's financial fitness team and per-

sonal financial fitness coaching staff at Fleet and Family Support Centers worldwide. This is a time to focus on reducing debt, building emergency savings, and developing strategies to increase personal net worth and family readiness," DuBois said.

To meet today's financial challenges, the Navy community continues to take an active posture regarding the financial health of its force, according to DuBois. Command financial specialists as well as Fleet & Family Support Centers are increasing collaborative relationships with DoD financial readiness partners to provide the navigational aids to help chart a successful journey to financial freedom. The Navy's program continues to receive recognition for its proactive approach in changing the financial culture of the force.

"The Navy Reserve Force is also participating in the Military Saves Week by encouraging all reservists to take the savers pledge and to see their Command Financial Specialist or Financial Educator at FFSC for additional information/resources to become more financial fit," said Chief Storekeeper (AW/FMF) Shane Champagne, the Military Saves Campaign Reserve liaison.

"It's important that we all take measures to maintain and improve our personal financial quality of life."

Child & Youth Programs are also providing workshops and resources to promote financial

responsibility and independence among Navy youth at key developmental stages.

"Many of the nation's teenagers advance into adulthood without learning the necessary skills that lead to financial independence and well-being," DuBois said. "By building basic money management skills, Navy youth will learn financial responsibility and independence."

Through fun, interactive activities and exercises on topics like using a checking account, learning how to budget, managing debt, and saving for college, DuBois said that

teenagers 13-18 will learn practical ways to save, spend and invest their money.

"Through numerous program resources and partnerships, Navy Youth professionals and School Liaison Officers will assist teens in learning practical ways to save, spend and invest their money, how to budget, manage debt, and save for college," DuBois said.

"The overall goal is for everyone to make a commitment to save, make a savings plan and start saving. Even better, we want everyone to learn new savings strategies and

implement them. We want to help those who may be afraid to seek financial help or unaware of options available to them."

Providing financial workshops and resources is a long-term, day-to-day commitment of Commander, Navy Installations Command. Military Saves Week provides a vehicle for key workers to push the savings message for one week each year.

Contact the command financial specialist/financial educator at FFSC for a list of events during Military Saves Week or visit www.ffsp.navy.mil.

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 Jonathan Idle, The Signature Staff

Naval Aircrewman Fixed-wing 1st Class Troy Rudisill and Naval Aircrewman Fixed-wing 1st Class David Williams, aircrewmen from Executive Transport Detachment "Catbird" attached to Naval Air Station Sigonella, go through pre-flight checks in the tail-end of a Gulfstream C-20A/G III Feb. 19 on the operational side of Sigonella. NAS Sigonella provides logistical support for commander, 6th Fleet and North Atlantic Treaty Organization (NATO) forces in the Mediterranean area.



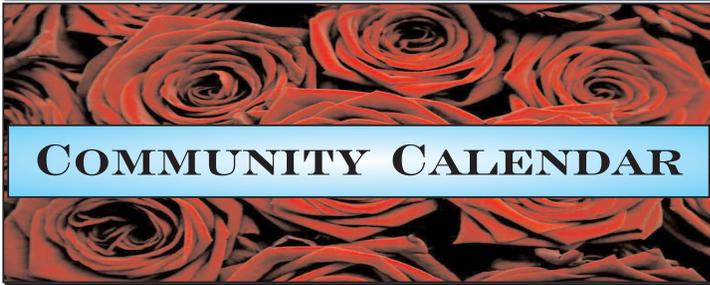
U.S. Navy photo by MCSN Omar A. Dominquez

Distinguished financial journalist Kelvin Boston smiles as he discusses overcoming financial anxieties and the basic steps necessary for military members to reach their financial goals at Naval Base San Diego. This seminar kicks off the Military Saves Week that begins Feb. 25, 2007.

NEW Arrivals

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

				FRIDAY	SATURDAY	SUNDAY
				27 FEBRUARY 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 Latin Night at Jox 9 p.m. - 2 a.m. x5148. CPR Class Red Cross NAS I 8 a.m. - 5 p.m. x4900	1 MARCH
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
2 CONSEP BETD 9 a.m. - 4 p.m. x4291	3 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	4 Budget for Baby NMCRS Mineo 6 p.m. - 8 p.m. x4212	5 Ricotta Cheese Workshop FFSC 9 a.m. - 2 p.m. x4291	6 Saving & Investing FFSC 2 p.m. - 4 p.m. x4291 Anger Management FFSC 1 p.m. - 3 p.m. x4291	7 Nearly New Shop Open 10 a.m. - 1 p.m. x4212	8
9 Stress Management FFSC 9 a.m. - 11 a.m. x4291	10 Volunteer Orientation NMCRS 10 a.m. - 11:30 a.m. x4212	11 Budget for Baby NMCRS NAS I 5 p.m. - 7 p.m. x4212 Motta Castle Tour FFSC 10:30 a.m. - 1 p.m. Men's Group FFSC 1:30 - 3 p.m. x4291	12 Ombudsman Assembly FFSC 3 p.m. - 5 p.m. x4291 10 Steps to Federal Job FFSC 9 a.m. - 1 p.m. x4291	13 Arriverderci FFSC x4231 or x9407	14	15

Motta

Orange

Sol

Magnolia

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

Women making history. . .

Article courtesy
 Dr. Marlene Casel
 Fleet & Family Support Center

March is Women's History Month. This is the time that we acknowledge a long list of individuals who have made a difference around the world. The list of women in this category continues to increase, and includes people like Betsy Ross, Madame Curie, Rosa Parks, and Maya Angelo, just to name a few. Today, women are making history as I write this article. Some of these women are active duty members deployed to Iraq, others are at home providing services to wounded warriors, and many are making up the American workforce at a higher rate than any other time in U.S. history.

Women who play a part in making history do not initially set out to create something great. Instead, each in her own way has simply lived her life and followed her passions. All

women who have contributed to history do have three things in common: they are humble—understanding the importance of humanness and respecting the rights of others; they are diverse in thought and acceptance; and, they each have found a way to formally or informally continue their education.

The greatest achievement any woman can accomplish is to commit to her own growth by expanding her knowledge through increased education. I encourage all women to explore a new subject, learn a new skill, or take a college class. Learning something new and different increases our ability to accept diversity, humbles us by making us aware of what we still need to learn, and provides personal growth that makes us better friends, spouses, and parents.

Make a commitment to increase your knowledge base. Identify what type of learning works for you and take a step toward educational growth. When you commit to continued learning, you expand your understanding of yourself and the world around you. That's when your "passion" will surface—once you understand how you fit within your world, you will discover how passionate you are about certain subjects. The more passion you have, the more you will want to learn. The door to learning is always open—step through the threshold and make your own history!

**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.*

M o n d o
 Animale

Days Inn

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.



Lance (left), Crista (center) & Rocket (right) are the newest siblings at the facility. They are seven months old puppies and they are social dogs who like to play around. They would be the perfect addition to any family that has the time to teach a puppy what it means to have a family.



General is one of our newest dogs. He is one and a half years old and he is quite the mellow character. He likes to be outdoors socializing with dogs and people. General is also the quintessential lap dog.

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

“Enna, the Goddess’ retreat”

“Within this grove Proserpine was playing, and gathering violets or white lilies. And while with girlish eagerness she was filling her basket and her bosom, and striving to surpass her mates in gathering, almost in one act did Pluto see and love and carry her away; so precipitate was his love. The terrified girl called plaintively on her mother and her companions, but more often upon her mother. (Ovid - Metamorphoses V, 391-398).

“Also I will tell how he rapt me away by the deep plan of my father the Son of Cronos and carried me off beneath the depths of the earth...we were playing and gathering sweet flowers in our hands, soft crocuses mingled with irises and hyacinths, and rose-blooms and lilies, marvelous to see, and the narcissus which the wide earth caused to grow yellow as a crocus. That I plucked in my joy; but the earth parted beneath, and there the strong lord, the Host of Many, sprang forth and in his golden chariot he bore me away, all unwilling, beneath the earth: then I cried with a shrill cry.”

(Homeric Hymn To Demeter - 411-432)

As those ancient myths tell, Enna was so popular in ancient times that storytellers chose it to be the setting for the “Abduction of Proserpine,” one of the most fascinating Sicilian legends that according to tradition, took place on the shores of the Pergusa Lake, located in its surroundings. Enna, a city nicknamed as the “Navel of Sicily,” is surrounded by sites of striking beauty worthy of the goddesses. In ancient times, it was a holy city where religious festivals were celebrated to honor Demeter, the goddess of crops, harvests, agriculture and fertility.

The nymph Proserpine, who was the beautiful daughter of Demeter and Zeus, symbolizes the change of seasons and the harvest cycle. Legend has it that she was abducted by Pluto, God of the

Underworld, who fell in love with her for her striking beauty. Demeter was so devastated by the kidnapping of her daughter that she stopped the grain from sprouting. Dryness destroyed the crops and harvest was lost. To free his daughter, Zeus made a deal with Pluto asking that Proserpine would return to her mother every year but only from spring to the fall. Here is the story behind cycle of winter and summer! At the center of piazza Crispi or piazza Belvedere, visitors can admire a beautiful fountain with a bronze sculpture depicting the “The abduction of Proserpine.”

Enna is located on a mountain-top (931 meters above the sea level) in the heart of Sicily. It is the highest provincial capital of Italy. Its position makes it a natural strategic defensive location, which is the reason why foreign invaders had a hard time to take it. The Sicani, an indigenous population from whom the name “Sicily” itself derives, founded a city in 2700 B.C.

When the Greeks arrived in the 7th century BC, they described Enna, as a magnificent stronghold. In the 4th century, Dionysius and later Agathocles, who were both Greek tyrants of Syracuse, conquered the city. During the first Punic War, Enna was first occupied by the Carthaginians and later in 258 B.C. by the Romans. The Roman rule was exploitative and tyrannical to the point that a slave revolt broke out in 137 B.C. Eunus of Apamea, a legendary slave led the rebellion which was successful at first, but was later put down by the Roman Legions. Two thousands year later, two local sculptors (Paolo Marzilla and B. De Fabrizio) in 1957, decided to pay tribute to this proud “slave and warrior” and carved a bronze statue depicting him that can be seen in the widening located by the gate of the Lombard castle.

After the Romans, came the Byzantines who turned Enna into the

main fortress of their defensive system. Eventually, the Saracens took over it in 859 B.C. Under their rule, Enna’s Roman name was “Castrum Hennae,” later it was changed to “Qasr Yani” and eventually renamed as “Castrogiovanni.” This name has remained until 1927. Under the Normans, during the rule of Count Roger of Hauteville, Enna enjoyed a period of great prosperity becoming a cultural hub.

In 1314, Swabian conqueror Frederick II of Germany assumed the title of “King of Trinacria” right in Enna. It was the greatest time in the history of the city as the Lombardy Castle, the cathedral and the Frederick’s Tower were built.

With its breathtaking panoramic view in almost every direction, Enna offers a blend of history and nature. Two medieval fortresses, an archeological site named “La Rocca di Cerere” that is dedicated to Demeter, an interesting museum, as well as a magnificent cathedral will make your trip worth it!

Here are the main city tourist attractions. “Lombard Castle,” is a fortress that played an essential role in the defense of the city through the centuries. The castle, a perfect example of military architecture, has three levels of courtyards: the Halls of St. Nicholas, Magdalene and Martin. Originally it had 20 towers, but only six are left. The name Lombard seems to derive from a group of Lombard soldiers who were stationed in the area in Norman times. The castle was erected upon the ruins of an earlier fortification, possibly Arab or Byzantine. Located at the end of Via Roma (Enna’s main street), this fascinating stronghold is open everyday from 8 a.m. to 8 p.m. Admission is free.

The “Frederick’s Tower,” another famous medieval fortress is located on the opposite side of the city.

The tower, which is built as an octagon, was part of a larger system

of buildings with other towers on top and was erected under the rule Frederick II of Swabia. Legend has it that the Hohenstaufen, a German dynasty that ruled the Holy Roman Empire from 1138 to 1208 and from 1212 to 1254 built it to mark the exact center of Sicily and called it the “Tower of the Winds.” Climb up the tower’s stairs and you’ll enjoy a magnificent view of the surrounding hills. You will also see a permanent exhibition of vintage photos of Enna that is showcased at the first floor. Open daily from 8 a.m. to 6 p.m. Holidays: 9 a.m. to 1 p.m. Admission is free.

The city Cathedral was built in 1307 by Eleanor of Angio, the wife of Frederick III of Aragon.

A devastating fire damaged the church in 1446. The restoration was finalized in the 18th century.

The beautiful apse and the basilica’s plan are the only well preserved areas from the Gothic era. Its façade, made of light yellow tuff-stone is constructed in a magnificent Baroque style with an imposing bell-tower. The elegant wooden caisson

ceiling, carved by 15th century sculptor Andrea Da Collesano, is the highlight of the cathedral’s interior which also has several valuable 16th century paintings.

The cathedral can be visited everyday from 9 a.m. to 12 p.m. and from 4 to 7 p.m. and there is no admission fee.

“Museo della Sicilia 3M,” is a virtual art museum featuring works of the finest Sicilian ancient artists such Antonello Da Messina, Zoppo di Gaggi, Gaggini etc. Open from 9 a.m. to 1 p.m. and from 3 to 7 p.m. Closed on Mondays. Admission is € 2. Guided tour in English available, for more information call 338-5023361 – 339- 2002463.

Enna is less than one hour drive from the base and can be easily reached by taking the Catania/Palermo highway and Enna exit. For more information and directions, call Enna tourist Office 0935-500875 (Open Monday to Fridays from 8 a.m. to 2 p.m.).

Kartodromo

Medusa



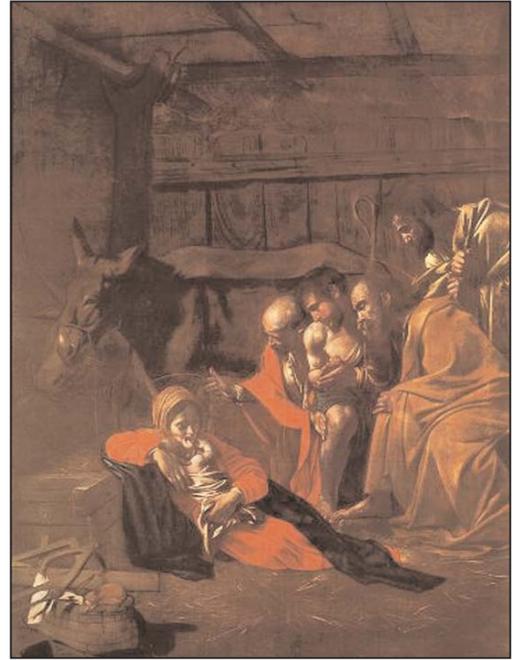
Photo by Enna Tourist Office

The Castello di Lombardia or Lombardy Castle is one of the main attractions of Enna, a city which offers and fascinating blend of history, mythology and breathtaking landscapes.

Two art masterpieces compared in Messina



What could be more fascinating than admiring two art masterpieces of the same subject? Messina Regional Museum (Museo Regionale) hosts through March 15, an exhibition featuring two famous paintings, one by the Baroque Flemish master Peter Paul Rubens, renowned for his portraits and mythological, religious and historical paintings and the other by Michelangelo Merisi da Caravaggio, the revolutionary master of chiaroscuro. Both paintings depict the "Adoration of the Shepherds." Opening hours: Daily (except Wednesdays) - 9 a.m. to 1:30 p.m. and 3-6:30 p.m. The museum is located in the Messina port area (# 467 viale Della Liberta', 467). Information: 090- 40420.



THE
Signature
SIGONELLA, SICILY

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

Noa concert in Catania

Israeli singer-songwriter Noa, a gifted artist whose music blends folk, jazz and Middle Eastern rhythms, will perform in Catania on Thursday, March 5 at the Metropolitan Theater. Born in Tel- Aviv in 1969, Noa moved to NYC when she was still a baby. She later returned to Israel where she served two years in the Israeli Army by singing for military entertainment unit. She attended the Rimon Music School where she met Israeli musician and composer Gil Dor with whom she began a successful artistic partnership. In a 1994 concert at the Vatican, Noa performed her unique version of "Ave Maria" before 100,000 people, including Pope John Paul II and Mother Teresa. In 1997, she sang the theme song for Italian actor/director Roberto Benigni's Oscar award winning movie "Life is Beautiful." For more information and tickets visit www.ctbox.it



Gegomotor

Strike

KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

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/

Feste di Sicilia

CELEBRATING SICILIAN CULTURE

Carnevale at Sciacca

Article and photos by
Tracie Barnhouse
The Signature Staff

The month of February is a time for celebration all around the world - and Italy's no exception. February kicks off Carnevale, and every year, Morale, Welfare and Recreation's (MWR) Information, Travel and Tours (ITT) offers a trip to partake in the merriment. Carnevale, which translates roughly in Latin to the 'cessation of meat,' is an event that is held annually before Lent and ends on Fat Tuesday, which is the day before Ash Wednesday, and a Lenten period marked by fasting and restricted foods.

The town of Sciacca, located in the Agrigento province about three hours away from base, holds one of Sicily's oldest Carnevale traditions, dating back 400 years. Held along the main street of the town, the Sciacca festival brings out all kinds of people. From old to young, dressed up to dressed down, there's something for everyone at Carnevale.

One of the main highlights of the festival is the showing of satirical floats, made entirely of paper mache. The extremely intricate floats are amazing and one has to wonder how long it takes the townspeople to create such a detailed work of art. The number of the floats vary from year

to year, but there are generally 12 floats that make their way down the main road of Sciacca. One of the floats had a large group following it, and as it passed you could see that a local restaurant was handing bratwursts off the back. No wonder those people were tagging along!

Interspersed between the floats were groups of schoolchildren dressed in adorable costumes, such as Italian Scopa cards and bull fighters who performed dance routines. The first float this year was the "King" of the festival, and as tradition dictates, that float will meet its fate and be burned on Fat Tuesday. The burning of the float is the grand finale of the

celebrations and in doing so, it is thought that bad luck and the sins of the community were burned away, paving the way for good things to come.

Sciacca's Carnevale is very family and kid friendly. Did you already put your Halloween costume away from last year? If so, bring it back out for Carnevale. Everywhere you look kids are in costume. You'll fit right in! Kids will enjoy watching the dance troupes and floats go by and will surely enjoy pulling pranks on unsuspecting people. At Carnevale, anything goes. Booths sell silly string, confetti, plastic hammers and other toys designed for the prankster in mind.

As with any festival in Italy, you won't go hungry. Everything you expect to find at a festival you will find at Carnevale, so bring an empty stomach.

If you missed this year's event, there's always next year. Sciacca is about three hours from base, and goes right past Agrigento's famed Valle Dei Templi. If you leave early enough, you could make a stop and explore the temples before heading to Sciacca for the festival. Sciacca is a great little town even when Carnevale is out of season. The town is known for its thermal pools and spas, and would make a great girlfriends weekend away.



(Above) During Carnevale, the streets are lined with vendors selling delicious Italian sweets. You can find everything from candy to sandwiches. (Above right) Carnevale is a time for kids of all ages to dress up in their favorite costume. Anything goes - from Spiderman to Carabinieri, you see it all at Carnevale!



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.

Alphio

Sushi



At Carnevale in Sciicca, one of the main attractions is the parading of floats down the main road. Though the number varies from year to year, they usually have around 12 floats on display, including this one depicting swimming at the beach.



The first float was the "King" of the Sciicca Carnevale. As tradition states, on Fat Tuesday, the king float is burned, which is meant to signify bad luck and sins of the community burning away and paving the way for good things to come.



A group of girls from NAS Sigonella show off their Carnevale masks. The Carnevale celebrations in Sciicca included parades, dances, food, music and more.



In between the floats, groups of children from various schools around the Agrigento province come out and show off their dance moves. The kids dress up in creative costumes such as Italian Scopa cards, bull fighters, and cowboys and cowgirls.

Rigattiere

Tamoil

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.

FISC Sigonella is soliciting for one full-time DENTAL ASSISTANT personalized service contract for the Dental Department at the Naval Hospital, Sigonella. Closing date is 13 March 2009. Source must be eligible for US employment. Solicitation packages will be available at the FISC Department, NAS II. Point of contact are Mr. Guiffrida, at 095-865725 (DSN 624-5725) or Ms. Randazzo, at 095-563792 (DSN 624-3792).

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

Go Green Sigonella!

Where to look for wasted electricity

Article by Debbie Hallahan
The Signature Volunteer

There are on average, five places to look in your home to conserve electricity. They are: climate, appliances, lighting, water and electronics. Since we all move frequently, and either rent or live in government housing, we are not always in control of how efficiently we can run our homes. There are still things we can all do to reduce energy consumption, which is a good habit to develop whether you live in base housing or on the economy. Below are just a few tips which can start you in the right direction.

Keeping your home a few degrees cooler in the winter and warmer in the summer will save power. If your home has a forced air system, ensure filters are kept clean. Ensure climate control machinery receive proper maintenance.

Keeping your water heater in good condition and properly maintained is not the only thing we can do to conserve power. Reducing the amount of hot water we use saves power, as well as conserving water overall. We can use cold and warm water as opposed to the hot water settings to wash our clothes, install water saving shower heads, and change our overall water consumption habits.

Most new appliances today are built to be energy efficient, but when shopping for new ones, consider the long term cost of inefficient power consumption. It is better to opt for the

most energy efficient model possible even if it means paying more for your appliances. European models will have scores such as A++, A+, A, B, C or D to rate energy efficiency and American models will have the blue Energy Star sticker (see energystar.gov) to indicate it meets standards set by both the Environmental Protection Agency and the U. S. Department of Energy. Run the dishwasher, clothes washer and dryer only when full, and if you must wash less than a full load of laundry, ensure the proper water setting is utilized. When you have the option to buy a washer and dryer, one tip is to look for a wash machine which gives the longest spin cycle. A longer spin cycle means a shorter drying time, and dryers generally take more power to operate, whether they are electrically heated or gas. If you wish to be truly green, you can line dry your clothes. Another tip is not to keep the freezer and refrigerator settings at their maximum. You may need to adjust the temperature a couple of times before you find just the right setting, but when set slightly warmer, it will need a little less power to operate.

Traditionally, lighting takes up a large portion of household energy. An interesting article called "Your Energy Savings" located at greenpeace.org explains that replacing incandescent light bulbs with compact fluorescent bulbs saves four times as much power, and they last eight times longer. Using a little creativity

in lighting your home can reduce the number of lights needed in a room, and developing the habit of turning off lights when leaving a room will give long term benefits. For different uses of the compact fluorescent bulb (or CFL) check the label on the box or visit a website such as GELighting.com to find the right bulb for use in places such as a light on a dimmer switch, a lamp which vibrates such as in ceiling fans, enclosed fixtures or lights frequently switched on for less than fifteen minutes.

Electronic devices can often be the culprit to higher energy consumption without us even realizing it. Some devices continue to draw electricity even when switched off. This is often called "leaking Electricity", and information about how much electricity a particular product leaks can often be found in either the owner's manual or at the manufacturer's website under the terms "standby" or "off-mode". According to "Your Energy Savings", most electronics use around 0.5 -1 watts/hour or 4-8 kWh/year for standby modes. These functions are often included in items such as stereos, TVs, DVD players and cable and satellite boxes to keep the remote sensors within the unit turned on so that the unit is able to detect when the power button on the remote is hit. Other items which may be drawing power when not in use include telephones and answering machines (to detect incoming calls or recharge cordless handsets), items such as microwaves and coffee makers which have LED displays, and anything left plugged in to recharge a battery. A simple solution to this problem is to plug these items into a power strip which has an on-off switch on it. When the items are not in use, simply switch off the power strip to turn off all standby modes.



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

27 **Lunch:** New England Clam Chowder, Vegetable Lasagna, Pork Chops w/ Mushroom Gravy, Farfalle Al Pesto Genovese, Steamed Rice, Garlic Roasted Potatoes, Steamed Asparagus, Seasoned Okra, Lemon Cookies, Carrot Cake.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.
Dinner: Cream Of Mushroom Soup, Cantonese Spareribs, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Carrot Cake.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.

28 **Breakfast:** Farina, Ham Slices, 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, Cajun Fries, Mixed Vegetables, Hot Beets, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.
Dinner: Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.

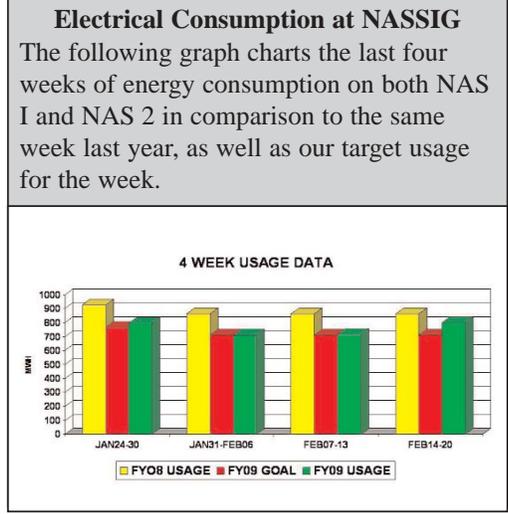
1 **Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Fried Rice, Waffles, Asstd Doughnuts, Twist Coffee Cake.
Brunch: Breakfast Items, Bean & Bacon Soup, Reuben Sandwiches, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.
Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Jaegerschnitzel, Aztec Rice, Steamed Broccoli, Turnip & Bacon, Yellow Cake w/ Frosting, Hermits.

2 **Lunch:** Chicken Noodle Soup, Rosemary Turkey Roast, Baked Ham, Penne Arrabiata, Mashed Potatoes, Sweet Potatoes w/ Syrup, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake.
Speed line: Sub Sandwich & Vegetarian Spaghetti.
Dinner: Spanish Soup, Steak w/ Onions, Baked Potatoes, Vegetable Stir Fry, Collard Greens, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.

3 **Lunch:** New England Clam Chowder, Roast Pork, Chicken Lemon Sauce, Penne Boscicola, Aloha Sweet Potatoes, Harvest Rice, Brown Gravy, Baked Beans, Glazed Carrots, Pineapple Upside Down Cake, Hawaiian Ambrosia.
Speed line: Chicken Fillet Sandwich, Hotdogs, Onion Rings.
Dinner: Beef Rice Soup, Italian Sausage, Garlic Cheese Potatoes, Steamed Rice Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, Pineapple Upside Down Cake, Hawaiian Ambrosia.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.

4 **Lunch:** Beef Vegetable Soup, Pasta Carbonata, Lemon Baked Fish, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Steamed Spinach, Cherry Cheese Cake, Chewy Nut Bars.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.
Dinner: Minestrone Soup, Baked Chicken, Tossed Green Rice, Mashed Potatoes, Brown Gravy, Steamed Beans, Stewed Tomatoes, Cherry Cheese Cake, Chewy Nut Bars.
Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.

5 **Lunch:** Egg Drop Soup, Chicken Cacciatore, Beef Stroganoff, Mashed Potatoes, Boiled Pasta, Chicken Gravy, Seasoned Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.
Speedline: Hotdogs, Assorted Pizza, Baked Potatoes, Sauteed Mushrooms, Bacon Bits, Shredded Cheese.
Dinner: Chicken Noodle Soup, Meatloaf, Oven Browned Potatoes, Chicken Gravy, Corn O' Brien, Simmered Carrots, Garlic Herb Roll, Vanilla Cookies, Devil's Food Cake.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.



Ferderico

Stampa

ON THE GO WITH MWR

Presidents Day weekend with MWR



Presidents Day weekend, which included Valentine's Day, was action packed with three heart-pounding events: a spinathon, bowling event and live band from the U.S.

Virginia Coalition served as opening act for the long weekend with a Thursday, Feb. 12 performance at Jox. On tour, the U.S. band played favorites from their album "Home This Year" with songs that resonate for many Sigonellans. "Being on the

road away from your family and friends for a long period can be painful," said lead singer Andy Poliakoff. "Home This Year" embodies that sentiment and how singing about it can help make you feel closer to home."

On Saturday, Feb. 14 MWR's SpareTime Bowling Center was transformed into a haven of romance as couples got together for some friendly competition at the Amore Bowl event.

glasses for a Valentine's Day toast just before they rolled up their sleeves for competitive power bowling. Gift baskets were awarded to the top three winning couples with [redacted] taking first place.

For more information on future bowling events call 624-4302.

Valentine's Day at the Midtown Atrium attracted more than 50 for a three-hour bike ride that never left the building. Participants burned over a thousand calories at the indoor spinathon, which was led by [redacted]

Couples raised their champagne-filled

MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS

Friday, February 27

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

Saturday, February 28

2:00pm The Curious Case of Benjamin Button PG-13
2:30pm The Tale of Despereaux G
4:00pm Marley & Me PG
5:00pm Seven Pounds PG-13
6:00pm The Spirit PG-13
7:30pm Defiance R
8:00pm Rocknrolla R FREE

Sunday, March 1

2:00pm The Curious Case of Benjamin Button PG-13
2:30pm Bedtime Stories PG
4:30pm He's Just Not That Into You PG-13
5:00pm Doubt PG-13
7:00pm The Spirit PG-13

Monday, March 2

5:00pm Marley & Me PG
5:30pm Bedtime Stories PG
7:30pm Doubt PG-13
8:00pm Defiance R

Tuesday, March 3

5:00pm Horton Hears a Who FREE
5:30pm He's Just Not That Into You PG-13
7:30pm Bedtime Stories PG
8:00pm Yes Man PG-13

Wednesday, March 4

3:00pm The Tale of Despereaux G
5:00pm Doubt PG-13
7:30pm The Spirit PG-13
8:00pm Seven Pounds PG-13

Thursday, March 5

5:00pm The Curious Case of Benjamin Button PG-13
5:30pm Yes Man PG-13
7:30pm Defiance R
8:00pm Sin City R

FREE - Throwback Thursday

**MOVIE
HOTLINE:
624-4248**

The Spirit (PG-13)

The Spirit tracks the coldhearted killer The Octopus while facing a bevy of beautiful women all trying to seduce, lose or kill the masked crusader. (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.)

Bedtime Stories (PG-13)

Hotel handyman Skeeter Bronson's life is changed forever when the bedtime stories he tells his niece and nephew start to come true. He attempts to take advantage of the phenomenon, incorporating his own aspirations into one outlandish tale after another, but it's the kids' unexpected contributions that turn his life upside down. (99 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 iron-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 wills 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, MARCH 6

3:00pm Marley & Me PG
5:00pm Gran Torino R
5:30pm Doubt PG-13
7:30pm Bedtime Stories PG
8:00pm Bride Wars PG
9:00pm Resident Evil: Extinction R FREE

COMING SOON

Hotel for Dogs, My Bloody Valentine



Sigonella is sweet on Sugarland with March 7 concert

Grammy award-winning country music duo Sugarland is headed to Sigonella for a special live performance on Saturday, March 7 at 9 p.m. at Hangar 633 (across from the parking garage) on NAS II.

Sugarland's Jennifer Nettles and Kristian Bush started their journey to country music fame in their hometown of Atlanta in 2004. Since

then, they have released six albums, which have established them as one of the biggest hits in country music. Their award-winning single "Stay" scored two Grammy awards for Best Country Performance by a Duo and Song and Single of the Year.

To confirm dates, show times and location, call 624-0506.



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.

CHOICE, continued from page 2

letters at the top and widest part of this upside-down pyramid. In descending order, the next four priorities are mission, service, ship and shipmates. At each level, the letters get smaller and less imposing.

Finally, we reach the tiny, little triangle at the tip of the very bottom of the pyramid – the section reserved for the lowest priority. This small area is for you -- quite a turnaround from the model of 'self-interest first and always.'

We are in an incredible line of work. It entails the potential of tremendous sacrifice. I'm serious. I am not talking about living in Sicily or government quarters. Consider this: if your personal welfare is at the bottom of the pyramid, where does that put your family?

The battles we face in life differ tremendously in scale and substance. At times, we put our lives on the line due to the region we enter and the material we handle. At other times, it is not our lives at stake but our personal interests.

I remember standing before a Commanding Officer and listening to the inquiry of a young enlisted individual in danger of receiving the full extent of non-judicial punishment. This young man called on a close friend in his shop to testify as a character witness. I don't think the friend was much help. When given the chance to speak, he said, "Sir, if I had been in that situation, I would have done the same thing."

What was the exact same thing? It was the violation of a general order for the sake of personal preference, namely, to defy liberty policy to visit a sick girlfriend for an hour.

Do you understand the implications of that ethic for combat? However noble the friend's intentions, we would not be much of a fighting force if service members were allowed to violate General Orders because something seemed to be more significant to them at the moment. Am I saying that personal matters are not important? Not at all! But according to Constitutional Ethics, they are not grounds for disobeying orders.

We need to train the way we will fight. This is true in the realm of ethics as well as in the unfortunate but necessary art of war. When lives and nations are at stake, when multi-million dollar assets are on the line, we might wish we had thought out some of these matters ahead of time and put them into practice. Maybe

that's why you are here – to practice good choices, here in Sigonella, the hub of the Med.

OMBUDSMAN, continued from page 1

about their responsibilities, they learn about reporting policies, and there is a lot of paper work involved."

She stated the importance the Ombudsman plays in the overall operation of Sigonella.

"Ombudsmen are a key component to making sure that family members will know what to do if an emergency is to occur," Bey said. "That's why we talk about emergency disasters and that's very important, because they take the lead with families in those situations quite often."

She believes that it takes a certain type of person to take on the special responsibilities that come with the job.

"I think one of the key things about being an Ombudsman is the willingness to not only help individuals in your command, but you have to be a good listener and you have to understand that you're representing your command and the Ombudsman program," she said.

AIMD, continued from page 1

to NAS Jacksonville, Florida, for Maritime Patrol Aviation training with Patrol Squadron 30.

His following assignments took him to Patrol Squadron 47 at Marine Corps Air Station Kaneohe Bay, Hawaii and then to USS Nimitz as the Hangar Bay Division Officer and an Aircraft Launch and Recovery Equipment Officer.

Following these sea tours, Marrero transitioned to the Aerospace Maintenance Duty Officer community and was assigned to Sea Control Squadron 41 where he acted as both the Maintenance Material Control Officer (MMCO) and the Material Control Officer. Here he managed the organizational level aircraft maintenance on the U.S. Navy's S-3 Viking.

Marrero's next tour took him to AIMD NAS Lemoore, California as the MMCO managing intermediate level aircraft maintenance on the U.S. Navy's F/A-18. He played critical roles in the ground breaking transition to the current multi-sited Fleet Readiness Center (FRC) West, executing intermediate and limited depot aviation maintenance across four shore AIMD activities.

Marrero served as FRC West's Production Officer facilitating cohesive production plans across the four

sites acting and coordinated in liaison with Commander Fleet Readiness Centers and the other Fleet Readiness Center Commands.

Marrero finally served as the Executive Officer of FRC West until the end of January 2009.

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 COM-PASSIONATE 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 official party renders honors during the playing of the Italian and American national anthems at the Aircraft Intermediate Maintenance Department Naval Air Station Sigonella.



Cmdr. John F. Zrembski offers final remarks upon successfully completing his tour as Officer in Charge of Aircraft Intermediate Maintenance Department Naval Air Station Sigonella.

Stampa

Oxidiana

FIRE, continued from page 1
extinguishers, unless special hazards warrant different class of extinguisher. Dry Chemical Extinguishers are available to purchase for home use at the NEX. They are filled with either foam or powder, usually sodium bicarbonate (baking soda) or potassium bicarbonate, and pressurized with nitrogen. Baking soda is effective because it decomposes at 158 degrees Fahrenheit and releases carbon dioxide (which smothers oxygen) once it decomposes. Dry chemical extinguishers interrupt the chemical reaction of the fire by coating the fuel with a thin layer of powder or foam, separating the fuel from the surrounding oxygen.

Before using your fire extinguisher, be sure to read the instructions. Although there are many different types of extinguishers, all of them operate in a similar manner.

The fire department uses the acronym PASS, when teaching extinguisher use:

Pull the Pin at the top of the extinguisher. The pin releases a locking mechanism and will allow you to discharge the extinguisher.

Aim at the base of the fire, not the flames.

Squeeze the lever slowly. This will release the extinguishing agent in the extinguisher. If the handle is released, the discharge will stop.

Sweep from side to side. Using a sweeping motion, move the fire extinguisher back and forth until the fire is completely out.

Always operate the extinguisher from a safe distance, several feet away, and then move towards the fire once it starts to diminish. Be sure to read the instructions on your fire extinguisher - different fire extinguishers recommend operating them

from different distances.

A typical fire extinguisher contains 10 seconds of extinguishing power. This could be less if it has already been partially discharged. Once the fire is out, don't walk away! Watch the area for a few minutes in case it re-ignites. Once an extinguisher is discharged it must be immediately replaced. If the fire is not extinguished on your first try, back away from the fire, get out of the area and call 911. Don't try to be a hero. Some fires require trained professional intervention.

It is highly recommended by the fire prevention department that you get hands-on training before operating a fire extinguisher. Keep an eye out for posted times and locations that the fire department will be holding extinguisher training for the public. If you are a designated safety officer, call the prevention office (624-5200/5202/6957) to schedule an extinguisher training class for your area or command.

MEDICATION, continued from page 2

at the hospital. If you don't have one and would like one, ask a healthcare worker in the clinic, pharmacy or your provider for a medication card on which you can make your list. When you come in for your next appointment, share this with your provider and work with him/her in compiling the list for your medical record.

Safety is a top priority to us as we strive to provide you and your family with superior healthcare. We believe that the medication reconciliation initiative is a powerful and long needed tool in ensuring your safety. Your involvement in this process is critical. We all have a role in patient

safety and everyone will benefit from its success.



Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature looking for you! We are 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.

Attention Stephen Decatur Athletes



Signonella Varsity Track and Field Team (grades 9-12) will be beginning their season on Monday March 2, 2009 with a student / parent / coaches meeting in Mrs. Bunyan's classroom (High school building 220, room 240) at 1500. We will be going over DoDDS policies and procedures, attendance, conduct/ behavior, practice/ travel schedules, and introducing the new volunteer Navy coaches who will

be helping this season. All students must attend and turn in the needed paperwork prior to beginning the season. Practices will be held from 1500-1700 at the track behind the school beginning Tuesday, March 3. All 9-12 graders interested in participating should stop by Mrs. Bunyan's class room before the season begins to pick up needed paperwork. Thank you and Go Jaguars!

NAS Sigonella kicks off Military Saves Week



Photo courtesy MC3 Gulianna Dunn, AFN Sigonella

On Friday, Feb. 20, NAS Sigonella Commanding Officer, Capt. Thomas J. Quinn signed a proclamation that encourages the NAS Sigonella community to save, as per the national campaign called Military Saves. The campaign encourages military families to save money each month and for leaders to be aggressive in promoting automatic savings.

Maryland

Stampa

Days Inn

Il Mercato

If you are transferring to NAS Sigonella and wish to see the newspaper in its entirety, email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the U.S. Navy.

Stampa

Marchi

Delivery

Tattoo

Presto



Senor Calva Stampa
ry

Volcano Stampa

Hi-Tech

NFCU

AFC