



Protestant Youth Group participates in World Vision's 30 Hour Famine



Throughout the 30 hour famine, youth group members were encouraged to drink water as often as possible. Youth group members had three "meal" of juice, but drank as much water as they wanted.

Article and photos by MC2 (AW) Jason Poplin
Navy Public Affairs Support Element-East Detachment Sigonella

A protestant youth group of Naval Air Station (NAS) Sigonella's chapel community participated in a 30-hour fasting period Feb. 27 and Feb. 28. The fasting period was in observance of World Vision, an organization dedicated to addressing world hunger, and its 30 Hour Famine youth movement.

During the 30 hour period, the youth were asked to abstain from food but were allowed to consume a serving of juice during three "meals," in addition to an unlimited water supply. Also throughout the period of fasting, the youth group performed a variety of tasks to help them better understand and appreciate the severity of world hunger.

The fasting kicked off on Friday, Feb. 27 at 1 p.m., so that those youth that were students could coincide the start of the event with the end of their school lunch period. The youth group gathered at NAS Sigonella's NAS I chapel at 3:30 p.m. and divided into two groups that traveled separately to the Suore Missionarie Della Carita

(Missionaries of Charity), an organization established to feed the poor and homeless, and also to Casa Mia, a home for senior citizens operated by Le Piccole Sorille Dei Poveri (Little Sisters of the Poor). At these locations, the youth groups worked together with staff to feed the poor, homeless and the elderly.

"Our group helped serve a meal to a couple of hundred people," said Chaplain Stephen Coates, event coordinator and participant of the 30 hour famine.

At Casa Mia, the youth took on an additional task of assisting the staff with the needs of the elderly.

"Literally, some of the students were feeding them, taking a spoon of food and putting it into their mouths," said Coates. "The students were really blessed to be able to serve in that way. It broke down some cultural barriers and offered a way for them to express love."

Upon their return to the chapel, the group continued with their observance by constructing shanties or lean-to's, to better understand living conditions in some parts of the world. The group also composed letters expressing some of their concerns

FAMINE, continued on page 13

U.S. Navy, NATO allies complete exercise Noble Manta 09

Article and photos by MC3 Jonathan Idle
The Signature Staff

SIGONELLA, Sicily – The U.S. Navy and seven NATO allies completed the annual anti-submarine warfare exercise Noble Manta 09 Feb. 27 in the Ionian Sea off the eastern coast of Sicily.

The exercise, which was conducted from Feb. 13-27, was a cooperative effort facilitated by NATO assets in conjunction with Commander Task Force 67 (CTF-67) and included 6 submarines, 10 surface ships and 13 aircraft from countries including France, Germany, United Kingdom, Italy, Greece, Turkey and Canada.

The purpose of the exercise was to demonstrate NATO's determination to maintain proficiency and improve interoperability in coordinated anti-submarine, anti-surface and coastal surveillance operations using a multi-national force of ships, submarines and aircraft. The exercise also provided operational training in potential NATO Response Force (NRF) tasks/roles and missions, exercising the procedures for possible NRF operations as well as defense against terrorism.

Lt. Erik Sword, a naval flight

officer with Patrol Squadron (VP-4) stationed at Marine Corps Base Kaneohe Bay, Hawaii, enjoyed the opportunity and challenge of being involved in an exercise that coordinated so many different assets and

countries.

"We had some friendly subs and some surface vessels," Sword said. "We were involved and the other

MANTA, continued on page 12



A lineman from Patrol Squadron FOUR (VP-4) stationed at Marine Corps Base Kaneohe Bay, Hawaii, directs the pilots of a P-3C Orion through the engine start-up process at NAS Sigonella Feb 25. The aircraft is part of the two-week Noble Manta exercise which concluded Feb. 27. The exercise was a cooperative effort between Command Task Force 67 and NATO allies from around the world. Noble Manta, held annually in the Mediterranean area, is the largest joint anti-submarine warfare exercise in the world.

Active Duty fund drive in support of the NMCRS

Article released by The Honorable Donald C. Winter,
Secretary of the Navy

Beginning March 1st, Active Duty Sailors and Marines will be encouraged to give generously to the Navy-Marine Corps Relief Society (NMCRS) Fund Drive. The NMCRS is a key part of the total support package that our members have learned to depend on for unique and often unexpected needs. Whether it is serious illness, injury, or death of a loved one, an automobile in need of repair, increased expenses associated with setting up a household, a family suffering a combat casualty, or an individual recovering from a natural disaster, the NMCRS is there to provide prompt and effective solutions to the temporary financial needs of our Navy and Marine Corps families.

NMCRS, continued on page 12



Photo by MC1 Chris Delano, The Signature Staff

NASSIG NMCRS key personnel cut the cake at the NMCRS fund drive kick-off. This is a yearly event held to supplement NMCRS funds.

WEATHER UPDATE

March 6
H:63F
L:43F



March 7
H:61F
L:42F



March 8
H:67F
L:46F



March 9
H:66F
L:46F



March 10
H:66F
L:46F



March 11
H:65F
L:49F



March 13
H:62F
L:50F



TOP STORIES

Patient Safety Awareness Week (PSAW) is a national education and awareness-building campaign for improving patient safety. PSAW runs from 8-13 March with a mission to promote health awareness and to encourage individuals to assume responsibility for their own health.

Page 2

The Navy's efforts to attract, recruit and retain the best and brightest men and women ranks high among its strategic initiatives, and key among those is education.

Page 3

Need to launch, change, or fix your career? It's a daunting task. As we all know, experts say that if you break a task down into digestible bites, it doesn't seem quite so overwhelming. That's the idea behind our Career Planning and Job-Search Calendar.

Page 5

Have you ever visited a Sicilian panificio? If you have, then you probably have noticed the incredible variety of breads available. Bread has been the Sicilian farmers' staple food for centuries. But in Sicily it is more than that, it is an important religious symbol.

Page 6

I'm not a huge fan of flying, so anytime the opportunity arises to get off the island without hitting the skies, you can bet I'll be signed up. So was the case with an Information, Travel and Tours (ITT) trip offered last weekend as we went to Reggio Calabria on mainland Italy.

Page 8

INSIDE

Direct Line
2

Navy News
3

Community Calendar
4

MWR Corner
11

Il Mercato
14

TRAFFIC NUMBERS

Jan. 09- Jan. 08-
Mar. 09 Mar. 08

Accidents	42	61
Injuries	6	9
DUIs	0	4
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

Energy conservation as a way of life is here to stay. As a base and as a service we are now required to tighten our belts and learn to live with smaller budgets and more energy conservative policies. The Navy has committed to reducing energy usage 3% each year until 2015 which totals out at a 30% reduction from 2005. Additionally, every new building we construct must be 30% more energy efficient than previously mandated.

NAS Sigonella has already taken drastic steps to comply with these requirements bringing the base in line with the Navy's plan. The base started off the year on the right foot making or beating our energy conservation goals every week through January and into the

beginning of February. However, the last two weeks of February we used far more energy than our goal and almost surpassed 2008's usage. As a community, we must reverse this increasing trend and put us back on the right track.

Over the past four months NASSIG has made modest strides in using less energy and conserving our resources in order to make our energy reduction goals. Changing our habits will take time and we must stay focused and keep reinforcing our new ways of life in order to keep costs down. We must stay focused and reinforce our new ways of doing business until they are deeply ingrained habits.

Simple and daily changes applied

over time are key to making our goal. Remember to turn off unnecessary lights and never leave them on over night. Turn off your computer and monitor when you leave for lunch and turn off all One Net computers at night. Be observant of any waste in your workspace whether that is a leaking water heater or an unnecessary electrical device left on. Maintaining a vigilant watch over little things like this will go a long way towards reducing our energy usage. Ultimately, in order to make our goal and lower our energy usage every person on this base must make it their own personal goal to do their part.



Health WATCH

National Patient Safety Awareness Week

Article courtesy
HM1 Clarissa Rosalin
Naval Hospital Sigonella Public Affairs Office

Patient Safety Awareness Week (PSAW) is a national education and awareness-building campaign for improving patient safety. PSAW runs from March 8-13 with a mission to promote health awareness and to encourage individuals to assume responsibility for their own health.

Hospitals and healthcare organizations across the country are planning events to promote patient safety within their own organizations.

Educational activities are centered on how patients can become involved in their own health care, as well as working with their local hospital to build partnerships with their patient community.

NAS Sigonella gets to experience this community engagement for patient safety first hand. US NAVAL HOSPITAL SIGONELLA will show-

case an exciting and informative booth at the commissary from March 9-13 from 11 a.m. until 1 p.m.

What to expect:

A myriad of resources ranging from educational handouts to hospital representatives passing useful information on the National Patient Safety Awareness Week. In addition, on March 9, the Hospital will host an open house event at the main entrance level [2nd deck, PCC Waiting Area] featuring guided tours by hospital representatives to share the facilities available resources.

Learn how to become more involved by becoming an active member of your healthcare team and learning how you can report an error within the healthcare system. Take actions to help protect yourself! Start by ridding your medicine cabinets of old or expired medications. Bring your medications to your doctor or

SAFETY, 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 (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



Don't worry...be happy!

Article courtesy
Chaplain Al Concha

Have you ever thought about the time we spend worrying? Mark Twain said that "Most of the things we worry about never happen." But we go on worrying anyhow.

When we have special plans or a trip to take, we worry about the weather, if we'll have a good time or we'll forget something. When we are in a new or different situation, we worry about our appearance or what people will say. If we have a good health -thank God for that- but we worry about becoming ill. If we have a poor health we worry about getting better again, and want to get better now!

We worry about relationships in our families and about children growing up. What is going to be like

when my son or daughter is old enough in life? Money is a necessary 'evil' that we need to use properly. But do we have enough money? What else do we need buy right now? But we worry about money and how we spend our time. We worry about PCS orders, promotions and upcoming deployments. We become anxious about being on time, looking good, being faithful and so many other things.

Yet worrying keeps us from being free, from noticing and enjoying life's goodness. Worrying takes away our vision, our goals and dreams. Worrying takes our inner peace, and tends us to keep us

HAPPY, continued on page 12

Commanding Officer Capt. Thomas J. Quinn	Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@eu.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday proceeding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.
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	
This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of	

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

Sailors receive advancement points for college degrees

Article by Susan Lawson,
Center for Personal and
Professional Development
Public Affairs

VIRGINIA BEACH, Va. (NNS) --
The Navy's efforts to attract, recruit and retain the best and brightest men and women ranks high among its strategic initiatives, and key among those is education.

Sailors with college degrees from accredited institutions were eligible, beginning in August 2008, to submit their academic transcripts to the Navy College Office for an increase in advancement points.

"Navy leaders have long recognized that a strong educational foundation enhances a Sailor's technical skills, leadership traits, critical thinking skills, and their ability to adapt and overcome the ever-present challenges associated with working in the dynamic maritime environment. The recent changes in advancement policy sets the correct tone for Sailors to Stay Navy and continue their education," Master Chief(SW) Gretchen Boals, command master chief at the Center for Personal and Professional Development (CPPD).

In November 2007, the Chief of Naval Personnel released Naval Administration (NAVADMIN) message 301/07, which stated enlisted Sailors preparing for advancement to pay grades E-4 through E-6 will now be awarded two points for an accredited associate's degree and four points for an accredited baccalaureate degree or higher.

Sailors preparing for advancement to chief petty officer are also eligible to receive advancement points based on the same point struc-

ture as E-4-E-6 paygrades, while Sailors preparing for E-7 through E-9 selection boards will be given favorable consideration for their academic degrees based on the recent updates to selection board guidelines.

Both prior service and in-service degrees are recognized, and similar to awards, academic degrees count for multiple advancement cycles.

During the first cycle to award education points, September 2008, Navy enlisted force stabilization officials noted a slightly larger impact during the advancement cycle than they had anticipated. Of the 89,210 test takers, 2,264 reported a post-secondary degree. The tally surpassed the projected number of degrees reported for the advancement cycle by 731.

There were 21,663 Sailors advanced during the fall 2008 cycle, and from that number, 766 held a college degree. Of those with degrees, 33.8 percent advanced, 33.2 percent would have advanced regardless of education points, and 8 percent would not have advanced if it were not for education points.

"Here at CPPD, we support the learning and development needs of all Sailors, which is why we are thrilled that E3-E5 Sailors are now being recognized and promoted for both their professional and academic successes," said

Boals.

"CPPD is committed to offering academic support in the format that best meets the needs of the Sailor through counseling and academic advisement, the Navy's College Program for Afloat College Education, Tuition Assistance, and the College Level Examination Program, among others. Before even considering an academic program, every Sailor's first stop must be their local Navy College office," said Boals.

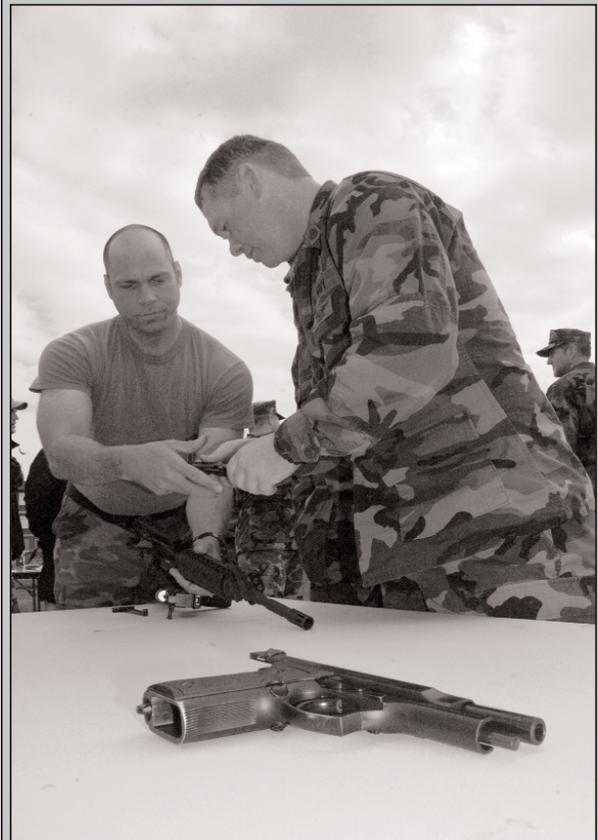
CPPD and the Navy College Program are responsible for a variety of education programs, including but not limited to the administration of the 52 Navy College offices located around the world, as well as the operations of the Navy College Program for Afloat College Education, Academic Skills Testing, and United States Military Apprenticeship Program.

Sailors interested in starting on a degree or taking advantage of any of these educational opportunities can start by visiting their local Navy College Office or the Navy College Web site at <https://www.navycollege.navy.mil>

For more news from Center for Personal and Professional Development, visit www.navy.mil/local/voled-pao/.

PHOTO FROM THE FLEET

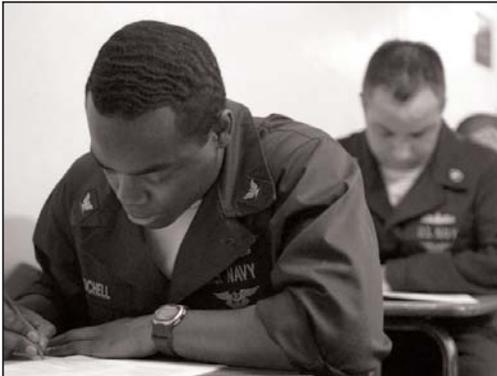
Check in weekly to find out what our fellow shipmates are doing around the fleet.



U.S. Navy photo by Tracie Barnhouse, *The Signature* Editor

Explosive Ordnance Disposal Mobile Unit 8 (EODMU-8) Sailors came out for a field day at Naval Air Station Sigonella on Wednesday, Feb. 25. The day included a variety of events, from a run, trailer backing with a boat attached, map reading, weapons range and an obstacle course. The event was designed to build camaraderie and brush up on important skills that every EODMU-8 Sailor needs to know. "The event is called Top Thunder Stealer and is a basic event that is team oriented," said Aircrew Survival Equipmentman First Class James Endicott. "It's a lot of Expeditionary Warfare (EXW) and GWOT (Global War on Terrorism) training." The 10 teams were judged both individually and as a unit, and the winning group won bragging rights until the next field day event.

Personnel Specialist 3rd Class Darryl Mitchell, from Dallas, takes a College Level Examination Program (CLEP) test on USS Kitty Hawk (CV 63). Sailors earn college credits for passing the exams, which are given on numerous different topics. Kitty Hawk is more than a month into her summer deployment from Fleet Activities Yokosuka, Japan.



U.S. Navy photo by MC2 Joseph R. Schmitt

NEW
Arrivals

Mellisa and Aaron Hanlon
Son
Jacob Lee Hanlon
February 23, 2009
Weight: 8 lbs 7 oz
Length: 21 in



New
Hop
Monika

Volcano

<p style="text-align: center;">COMMUNITY CALENDAR</p>				FRIDAY 6 MARCH Saving & Investing FFSC 2 p.m. - 4 p.m. x4291 Anger Management FFSC 1 p.m. - 3 p.m. x4291	SATURDAY 7 Nearly New Shop Open 10 a.m. - 1 p.m. x4212 Sugarland Concert MWR 9 p.m. Hangar 633 x3968	SUNDAY 8
				MONDAY 9 Stress Management FFSC 9 a.m. - 11 a.m. x4291	TUESDAY 10 Volunteer Orientation NMCRS 10 a.m. - 11:30 a.m. x4212	WEDNESDAY 11 Budget for Baby NMCRS NAS 1 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
16	17 Car Buying Strategies FFSC 2 p.m. - 3:30 p.m. x4291 Tips for a Successful Interview FFSC 11:00 a.m. - 1 p.m. x4291	18 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Men's Group 1:30 p.m. - 3 p.m. x4291	19 Money Management for Life FFSC 10 a.m. - 11:30 a.m. x4291 Anger Management FFSC 1 p.m. - 3 p.m. x4291	20 Effective Resume Writing FFSC 2 p.m. - 4 p.m. x4291	21	22

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 local NMCRS Office today! 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

Your career planning and job-search calendar

Adapted from an article by
 Katharine Hansen, Ph.D.
 (Quintcareers.com)

Need to launch, change, or fix your career? It's a daunting task. As we all know, however, experts say that if you break a task down into digestible bites, it doesn't seem quite so overwhelming. That's the idea behind our Career Planning and Job-Search Calendar -- to break down the task of starting or repairing your career into monthly components. If you follow this plan -- and all the planets are in alignment -- you just might find yourself in a job and/or career you love by this time next year. If you can't wait a year, feel free to compress this step-by-step guide into a shorter time frame.

January

Strike

Days Inn

Pentagon

It's resolution time and time to take stock. Ask yourself where you are in your career, where you are headed, and where you want to be. Make lists of what you like and don't like about your current job or career.

This is also a good time to take steps toward both short- and long-term career planning.

February

Get to know yourself better. Take some assessments to learn more about your skills, interests, personality, and values.

If your plans involve relocating for a new job or career, now's the time to start planning the move.

If you don't already do so, start

tracking your accomplishments in your current job and brainstorming achievements from your past jobs or from your education. This information will be important when you start sending out resumes and cover letters and going on interviews.

Keep networking!

March

If you're just starting your career or planning to change careers, use the information you learned about yourself in February from taking assessments and listing your accomplishments to explore career fields.

If you're not already a member of a professional organization, join one. Experts rate professional-organization membership as one of the best forms of networking. If you're already a member, consider joining another.

Consider developing a SWOT Analysis, a tool used in business to assess a product's strengths, weaknesses, opportunities, and threats. By looking at yourself as a product, you can assess your own internal strengths and weaknesses, as well as external opportunities, and threats.

April

Work on identifying the skills you possess that are transferable and applicable to multiple jobs and careers. Identifying transferable skills

CALENDAR, continued on page 12

M o n d o Animale

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.



Bobby (left) is still a puppy and he's grown so much in the time that he has been with us. He loves to play with his toys as well as other dogs. Bobby is extremely sportive and would be the perfect addition to any active family.



Ed (right) is one of our newer dogs. He is very playful and would really complement an active family as well.

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

SEXUAL ASSAULT / VICTIMS INTERVENTION

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

Alberto Lunetta
Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Salemi honors St. Joseph



Photo by Luigi Farina

Every year in Salemi, on St. Joseph's Day, many private houses become small sanctuaries showcasing elaborate "bread altars" and hosting, on March 19, the traditional dinners honoring the beloved saint.

Have you ever visited a Sicilian panificio (bakery)? If you have, then you probably have noticed the incredible variety of breads available. Bread has been the Sicilian farmers' staple food for centuries. But in Sicily it is more than that, it is an important religious symbol which is turned into a breathtaking work of art during the annual celebrations honoring San Giuseppe or St. Joseph. A popular Catholic saint, St. Joseph, who is also known as "St. Joseph the Worker," is the patron saint of the fathers, carpenters, the poor, the orphans and whoever is in need. Every year, several towns across the island host religious festivals featuring "Li Tavuli di San Giuseppe" (St. Joseph Tables) during Lent, a period of penitence and fasting which precedes Easter. Salemi, a picturesque medieval town in the Trapani province, boasts one of the most popular traditions of votive offerings of bread. Salemi was recently recognized by UNESCO as a World Heritage Site. The festival will be held from Sunday, March 15 through Sunday, March 22.

As it always happens during Sicilian town festivals, preparation involves the whole community. Women bake bread and cook traditional specialties while men set up the frames of the altar.

Breads are baked into elaborate shapes of flowers, animals, garlands, craftsman's tools, religious objects

and more. It is a "labor of love" offered to the beloved celestial patron that is performed by volunteers to thank him for a miracle received.

Bread making tradition in this area goes far back in time. According to history, the Elymians who were the inhabitants of the Western Sicily during the Bronze Age and Classical antiquity, used "elumos," an ancient grain, to bake bread. Some historians believe that Trojans, who also colonized the island, made bread from roasted spelt, which was grinded into flour.

San Giuseppe is honored through the custom of decorating "home-made" altars and setting up tables with local food that is symbolically offered first to the poor and needy and later to visitors. What makes special this festival is the fact that it is basically held inside the devotees' houses that are turned into a sort of "home sanctuaries." According to tradition, the number of items on the altar can't be less than 19 or more than 101. From March 15 through March 22, the tables and the altars will be showcased at several venues throughout the city's historic center. But the celebrations highlight is the "Invito dei santi" (Invitation to the Saints), a tradition which will be held at midday on Thursday, March 19, in private houses all over the town's historic heart. It consists of a banquet offered by devotees to a group of children who symbolize the

other religious objects, flowers, select foods, a jar of wine and three large and braided breads ("Cucciduri" which are divided into three categories: "Cuccidatu", "Vastuni" or Bastone di San Giuseppe" or St. Joseph's cane and "Palma" or Palm). A large framed print of St. Joseph or of the Holy Family is placed at the center of the chapel.

During the banquet, believers recite monologues and prayers named "Parti." At the end of the meal, landlords offer visitors some of the food including some "blessed" bread. This exciting religious festival draws thousands of tourists who throng the streets of the town's historic heart. This year, festival goers will have the chance to admire the "Adoration of the Shepherds," a world-renowned painting by the late 16th century master Caravaggio that will be on display at the Museo Civico (Civic Museum) during the festival. It was an idea from Vittorio Sgarbi, the famous Italian art critic who was elected mayor of Salemi in 2008. Although

he is not Sicilian, ever since he was elected, Sgarbi has been committed in promoting the town's artistic treasures and economy. He has even launched a sensational "bargain" house sale campaign. He basically offers houses in the historic center for just 1 Euro. Sounds tempting? Well, the real catch is that the houses need to be completely renovated from scratch as they were destroyed by a terrible earthquake in 1968.

Salemi, which is about a four-hour drive from Sigonella, is located on a hill in the heart of the Trapani province. It can be easily reached through the (A-19) Catania-Palermo highway. Once in Palermo, take the (A-29) Palermo-Mazara del Vallo highway and exit Salemi.

For more information, call Trapani Tourist Office at 0923/29000 or the Salemi Tourist Office 0924-981426.

Kartodromo

Medusa

The devotees hosting the event are people who want to publicly express gratitude and reverence to St. Joseph for a miracle or an intercession that the saint had granted them. The saint's help is invoked for the healing from a sickness or just to express devotion. The preparation of the dinner begins a month before the festival. Three children, referred to as "Santi (saints) or "Virgineddi" (virgins) who depict the Holy Family, are invited to the meal to celebrate the holiday. They embody the family and the poor of which St. Joseph is a protector.

Chapel-like structures, made of wood or iron, are placed next to the tables, where the Cena takes place. They feature a three-tiered devotional altar surrounded by an ornamental roof-like projection framed in myrtle and laurel and hung with lemons, oranges and hundreds of small, ornately shaped breads. The altars also contain candles, crosses and

Italians observe Women's Day



Mimosa flowers are the symbol of the March 8 "Festa della donna" (Women's Day), a day which is commemorated in Italy and all over the world to promote equal rights for women and celebrate their achievements in the field of art and science. In Italy, it is a popular custom to bring mimosa flowers to wives and girlfriends. Vendors sell those perfumed yellow flowers at every street corner. According to a tradition, the origin of this celebration dates back to the tragic events which occurred in 1911 in New York, when 145 immigrant female workers, who worked there under terrible conditions, died

during a fire in the sweatshop, where they were kept locked. This doomed tragedy sparked strong public outcry and, therefore, strikes were held to protest against inhumane working conditions and low wages. A few years later, during the Conference of Socialist Women in Copenhagen, Clara Zetkin, a German socialist leader, suggested that an International Day should be held each year to commemorate that ill-fated strike and assist in achieving universal suffrage for women.

Representatives from 17 countries supported the proposal. Today, Women's Day is commemorated all

over the world to draw attention to gender issues. Mimosa flower replaced red carnations as a symbol of feminist groups in the post WWII era. It was officially presented in 1946 during the first Women's Day in Rome, that was organized by a group of members from Italian Women's Trade Union League organized the first Women's Day in Rome. Women's Day is also a big commercial event just like Valentine's Day. Florists annually make big profits from selling mimosa bunches. Restaurants are all booked by crowds of women who go out to girls-only dinners.

Blood Orange Festival to be held in Scordia

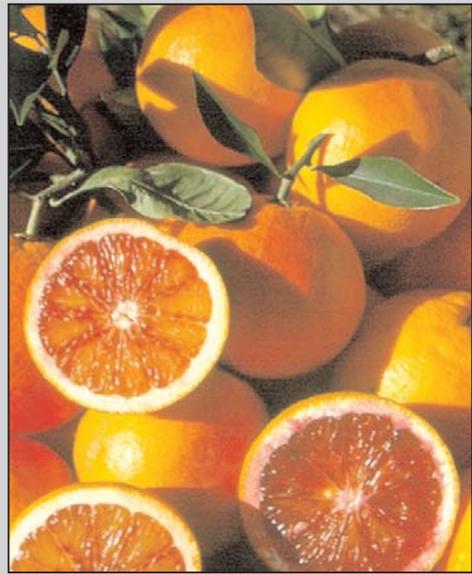
The annual Blood Orange Festival will be held in Scordia, a town nestled on a hilltop overlooking the plain of Catania, from Wednesday, March 18 through Sunday, March 22. The festival, which is a must for fresh-picked fruit lovers, will kick off at 5 p.m. on Wednesday, March 18, in the historic center and will feature exhibits, fashion shows, motorbike gathering, arts and crafts and entertainment.

Festival booths featuring orange-based specialties' tasting and will be open from 9 a.m. to 1 p.m. and from 4 p.m. through late night.

Tarocco orange has been successfully cultivated in Palagonia since the 18th century.

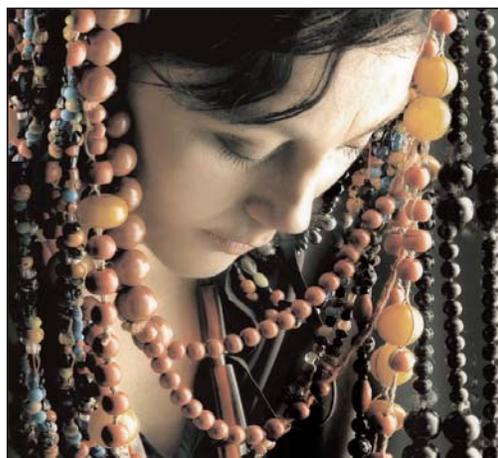
This orange variety is a very good source of Vitamin C, minerals and fibers. Tarocco's reddish feature is due to the presence of red pigments called anthocyanins which also give the oranges a berry-like taste and color that ranges from orange veined with ruby to vermilion to vivid crimson to almost black. Scientists believe that these pigments reduce the risk of cancer, strengthen the circulatory system, cure ulcers and inhibit cholesterol synthesis providing protection against heart disease.

For more information and detailed festival schedule call the Scordia Proloco Tourist Office at 095-7936082 (open Monday through Saturday from 10 a.m. to midday and 4 to 7 p.m.)



Gegomotor

Concerts in Catania



Make sure you don't miss the concert of Rita Botto, an inspired Sicilian singer and songwriter whose music blends jazz, contemporary folk and world music. Rita will share the stage with Feisal Taher, who was the Palestinian lead singer of former Sicilian folk band "Kunsertu." Other performers will be Carlo Cattano (saxophone), Giovanni Arena (double bass), Ruggero Rotolo (drums), Giuseppe Finocchiaro (piano) Giancarlo Parisi (bagpipe and accordion) and Luca Recupero (marranzano or Jew's harp). The concert will be held on Saturday, March 7 at the Y's Club (Le Dune Hotel/ # 10B viale Kennedy, Playa Beach area, Catania. For more information and tickets, call 095- 7233120/ 095- 7233148 or 392 9266069).

Happy Time



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

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

See Sicily from the other side - Reggio Calabria

Article by Tracie Barnhouse
The Signature Editor

I'm not a huge fan of flying, so anytime the opportunity arises to get off the island without hitting the skies, you can bet I'll be signed up. So was the case with an Information, Travel and Tours (ITT) trip offered last weekend. An ITT chartered bus smoothly and effortlessly drove onto the ferry from Messina and made the 30 minute sail from there to Reggio Calabria, where it smoothly and effortlessly drove off onto the mainland of Italy. Just for a day, we were off of Sicily, and ready to explore this beach town.

Site:

Reggio Calabria is a fairly large city with plenty to see and do, which is why it rates five out of five stars. If you're a shopper, you won't want to miss seeing the birthplace of Versace. The home he was born in now sits atop an actual Versace storefront. If your Euro doesn't stretch as far as Versace prices, don't worry, there's shopping for all budgets. Reggio Calabria has a nice market during the day that offers fresh produce, clothing, accessories and more. As with any market, you're going to have to do some digging to find exactly what

you want, but when you find it, it's all worth it. The market is up two streets from the lugomare (beachfront road) and easy to find. Chances are you'll stumble upon it without even trying.

Another not-to-miss is the town's main Cathedral. The chapel is very gothic in décor and features a small Baroque chapel off to the side of the main pulpit. The cathedral houses an important and historical piece of granite rock. The rock is from an ancient pillar from the days of when the Apostle Paul came to Reggio Calabria to share the gospel of Jesus Christ.

From the cathedral, head to the Museo Nazionale della Magna Grecia (National Museum of the Magna Grecia) and get lost in the three floors of ancient artifacts. The main draw to the museum are the two statues, known as the Bronzi di Riace (Riace bronzes), which were discovered by an amateur deep-sea diver off Calabria's Ionian coast in 1972. The pair of statues are thought to date back to the 5th century B.C. and have been attributed to both Pheidias and Polysleitos. It is said that it's possible that the statues were taken by the Romans as trophies from the site of Delphi and then the boat they were carried on was ship-

wrecked on their return to Italy. The statues are truly beautiful and amazing works of art. The eyes are inlaid with bone and glass and the teeth are silver. By the way the statues are positioned, it seems like at any moment one of them will move or twitch. The way the artist sculpted and molded the bronze is truly remarkable. In addition to the statues, the museum holds ancient coins, pottery, jewelry and more. The entrance fee to the museum is 4 euro for adults and they are open on Tuesday through Sunday from 9 a.m. until 7 p.m. One word of warning - the museum does not allow any sort of photography and there are many people (and cameras) watching to make sure you follow the rules, so don't try and be sneaky!

Reggio Calabria has many restaurants to choose from for lunch or dinner and you really can't go wrong. There are also many cafes and gelato shops along the beachfront, so if you get hot or tired and need a break, there are plenty of places to sit and people watch.

Family Friendly:

Reggio Calabria is a large city, so getting around with smaller children can be somewhat difficult, which is why it rates two out of five

stars. The sidewalks are narrow and bumpy, roads are busy, and there's a lot of pedestrian traffic. However, there is a newly paved walkway right along the waterside that allows kids to run free. The walkway is paved in marble and very wide, so it doesn't get too congested. It would be the perfect place to fly a kite, sit and eat some gelato, or just run around. Older kids will enjoy seeing some of the historical artifacts in the museum and will be the envy of their friends when they return, as the bronze statues are thought to be the "David" equivalent of southern Italy.

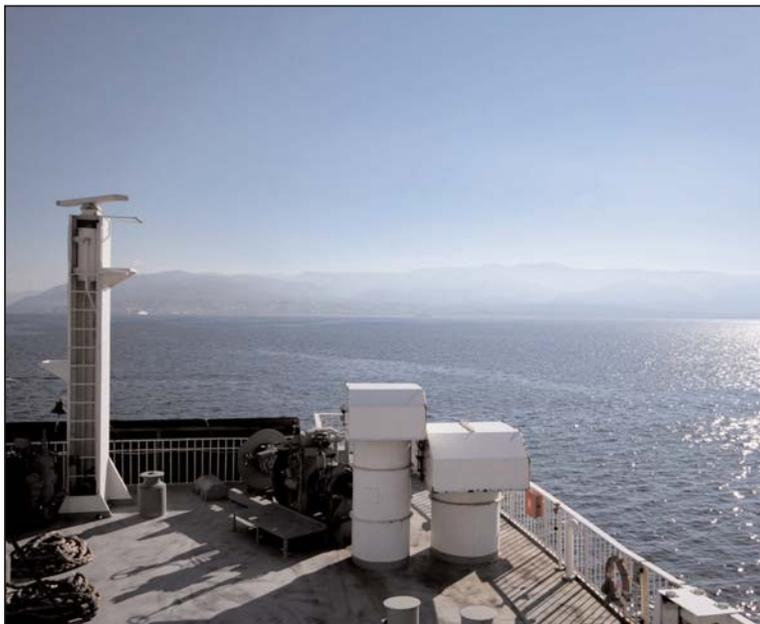
Accessibility:

Since this was an ITT trip, it rates five out of five stars. All you have to do is simply sit back and watch the landscape go by. If you plan on venturing out on your own, however, the trip would probably rate one out of five stars. It's fairly complicated and includes driving your vehicle onto a ferry and then navigating a new area. Adventurous people may like the rush of adrenaline, but most will be too intimidated with the

complicated instructions. My advice? Take the ITT trip. If you're still set on going on your own, here are some abbreviated instructions. Drive up to the Messina port. You have to get out of your car to buy a ticket to drive onto the ferry. Once you do that, wait for the boat's doors to open and then follow the line of traffic onto the ferry. The ride across to Reggio Calabria is about 30 minutes. During that time, you can go up to the deck and get something to eat, just make sure you get to your car with plenty of time to spare because as soon as the door is lifted, cars start pouring out. From there, follow the Autostrada signs to Reggio Calabria. It's a short drive from the port. Park in a blue space and buy a parking ticket from a Tabacchi store.

Travel Time:

This trip rates two out of five stars, due to the time it takes to get through all of the lines, the boat and navigating traffic. The drive from NAS 1 to Messina is approximately 1.5 hours.



The ride on the ferry from Messina to Calabria is a beautiful one - if you have good weather. You can see the mainland from the top deck of the boat and it's a great opportunity to get pictures.

Sushi



The main cathedral of Reggio Calabria is very ornate and gothic in decor. The cathedral has a granite rock from an ancient pillar that is from the church the Apostle Paul preached from when he came to Reggio Calabria.

Alphio



Inside Reggio Calabria's Cathedral, you can see the pulpit, lined with stained-glass windows and a domed ceiling with a statue of Jesus Christ.

THE Signature
SIGONELLA, SICILY

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.

REVIEW SUMMARY

Site:
★★★★★

Family Friendly:
★★

Accessibility:
★★★★★

Travel Time:
★★

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



Shoppers will be happy to see the birthplace of Versace. The home he was born in now sits atop an actual Versace showroom.



Along the lungomare there are ancient Roman ruins of what was once a spa. The area is now blocked off, but provides a glimpse of what it was like back in the Ancient Roman days.



(Left and above) The Reggio Calabria market offers fresh produce, breads and cheeses. It also has a lot of clothing, accessories, and other little trinkets that you can get inexpensively. It's worth a look if you're in town.

Oxidiana

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 inquires concerning job applications, call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: www.sicily.navy.mil and click local job vacancies.

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!

Reduce, Reuse, Recycle

Article courtesy
Debbie Hallahan,
The Signature Volunteer

Reduce, reuse, recycle. These words are familiar to us all, but to what extent can we reduce our household waste? The answer depends upon how much creativity one is willing to put into it.

According to the U. S. Environmental Protection Agency, our country recycles 32.5 percent of all solid waste. We can do better than this.

You may ask yourself if reducing the amount of waste going to landfills is really all that important, or if recycling is even worth the effort. Statistics at the National Recycling Coalition state that for every average American, 7.5 pounds of trash are sent to landfills daily. Recycling not only reduces our waste, it creates jobs and is good for the economy. Recycling saves energy, reduces water pollution, emissions, encroachment on natural habitats and reduces the need for raw materials.

When thinking of recycling, don't limit yourself to the kitchen trash. There are a variety of recycling opportunities within the Sigonella

community. Most obvious is to use the recycling bins provided both on and off base for traditional garbage such as paper, plastic bottles, aluminum cans and glass. Shopping specifically for goods which have been made from recycled materials is an important step in the recycling loop also.

Another method of recycling is by buying used items. Even goods manufactured from recycled materials create waste in shipping and manufacturing. Buying used items instead completely eliminates this waste. The Nearly New Shop sells items like clothes, house wares, toys and baby items, and accepts donations of items in good shape. Larger items can be listed in the Signature Classified section or simply given away.

Books are another great item to recycle. While e books are growing in popularity and do not require printing or shipping, sometimes there is just nothing like a good old fashioned book to read. The MWR Library offers a free book exchange program and has a large selection of books, or you can buy used ones from the Nearly New Shop.



The Commissary and NEX now have inexpensive, reusable shopping bags with which you can eliminate the need for plastic bags. Starting a compost bin for kitchen scraps can also help to reduce the amount of solid waste going to landfills, and is good for your garden to boot. If you don't have a need for compost, there are plenty of people who would be glad to have finished compost for their yards or as starter for their own bin.

Another great resource for recycling is at the Auto Hobby Shop. Here, you can recycle used oil and antifreeze as well as oily rags, fuel filters and oil filters. The Hobby Shop also has a parts cleaning machine which will safely clean auto parts covered with grease and road grime, and if you change your tires there, the old tires will be recycled for you.

The hardest part about recycling is developing the habit. All too often we toss recyclables into the garbage without thinking about it. Once that habit is broken, it is just a matter of giving a little extra thought to an item each time we head for the dumpster or clean the house. For example, that t-shirt your eight year old ruined may not be able to be donated to the thrift store, but it can be cut up to use as rags.

Recycling is a good habit to get into, but it may seem like an extra chore to add to your busy schedule at first. It helps to think of it more like a personal challenge. How far can you push your recycling habits? You just might surprise yourself!



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

6 **Lunch:** Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Farfalle Al Pistachio, Steamed Rice, Calico Cabbage, Steamed Broccoli, Tartar Sauce, Ginger Molasses Cookies, Lemon Meringue Pie.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes
Dinner: Bean and Bacon Soup, Veal Paprika Steak, Rice Pilaf, Southern Green Beans, Savory Squash, Ginger Molasses Cookies, Lemon Meringue Pie.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.

7 **Breakfast:** Farina, Creamed Ground Beef, Oven Fried Bacon, Assid Omelets, Eggs to Order, Hashed Brown Potatoes, Blueberry Pancakes, Doughnuts, Bran Muffin.
Brunch: Breakfast Items, Chicken Noodle Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Green Rice, Steamed Peas, Stewed Tomatoes, Brown Gravy, Carrot Cake, Vanilla Cream Pie.
Dinner: Vegetable Beef Soup, Baked Sausage, Fried Portion Fish, Rice Pilaf, Glazed Carrots, Southern Collard Greens, Chicken Fry, Carrot Cake, Vanilla Cream Pie.

8 **Breakfast:** Hominy Grits, Biscuit & Gravy, Oven Fried Bacon, Assid Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Doughnuts, Cherry Coffee Cake.
Brunch: Breakfast items, Knickerbockers Soup, Macaroni and Cheese, Aztec Rice, Hot Spiced Beets, Green Beans, Brownies, Shortbread Cookies.
Dinner: Chicken Rice Soup, Roast Beef Au Jus, Creole Pork Chops, Mashed Potatoes, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Brownies, Shortbread Cookies.

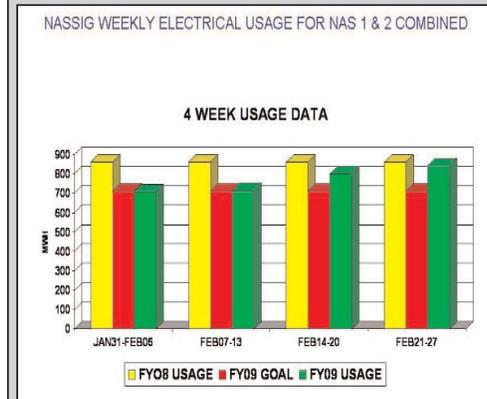
9 **Lunch:** Chicken Gumbo Soup, Beef Yakisoba, Mambo Roast Pork, Farfalle Pomodoro Gamber, Steamed Rice, Oven Brown Potatoes, Green Peas, Seasoned Summer Squash, Brown Gravy, Peanut Butter Cookies, Brownies.
Speed line: Sub Sandwich, Cartoccia.
Dinner: Minestrone Soup, Meatloaf, Boiled Pasta, Oriental Rice, Lima Beans, Steamed Cauliflower, Marinara, Peanut Butter Cookies, Brownies.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.

10 **Lunch:** Cream of Asparagus, BBQ Sparreribs, Fried Chicken, Penne Amatriciana, Creamy Chicken Gravy, Mashed Potatoes, Rice Beans, Corn on the Cob, Collard Green with Ham Hocks, Corn Bread, Devil's Food Cake, Pecan Pie.
Speed line: Philly Cheese Steak Sandwich, Hotdogs, Onion Rings.
Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Seasoned Pasta, Steamed Rice, Spanish Style Beans, Stewed Tomatoes, Devil's Food Cake, Pecan Pie.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.

11 **Lunch:** Beef Noodle Soup, Pepper Steak, Shrimp Scampi, Spaghetti Carbonara, Bruschetta, Steamed Rice, Oven Brown Potatoes, Cream Style Corn, Turnip and Bacon, Almond Cookies, Cheese Cake.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.
Dinner: Cream of Mushroom Soup, Roast Porkloin, Mashed Potatoes, Steamed Rice, Brown Gravy, Club Spinach, Steamed Peas and Celery, Almond Cookies, Cheese Cake.
Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.

12 **Lunch:** Chicken Rice Soup, New England Boiled Dinner, Chinese Five Spice Chicken, Farfalle Alfredo, Mustard Sauce, Spinach, Seasoned Mix Vegetables, Oatmeal Raisin Cookies, Apple Cobbler.
Speedline: Hotdogs, Assorted Pizza, Sauteed Mushroom, Baked Potatoes, Sourcream, Bacon Bits, Shredded Cheese.
Dinner: Beef Noodle Soup, Roast Beef, Red Beans w/ Rice, Greens Kale, Hot Spiced Beets, Brown Gravy, Oatmeal Raisin Cookies, Apple Cobbler.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat, Nachos.

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



Stampa

Ferderico

ON THE GO WITH MWR

mwr weekly island life fitness in march

monday	tuesday	wednesday	thursday	friday	saturday
NAS I Spin w/ Anna 7 - 8 am Cardio Jam 8:30 - 9:30 am Pilates 9:30 - 10:30 am Yoga w/ Shawna 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm NAS II Spin w/ Lorrie 7 - 8 am Pump it Up w/ Zee 4:30 - 5:30 pm (starts Mar.16) MINEO Yoga w/ Sara 5:30 - 6:30 pm	NAS I Spin w/ Dr. Hall 6 - 7 am Pump it Up 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Lisa 5:15 - 6:15 pm Cardio Jam 5 - 5:45 pm Pilates 5:45 - 6:15 pm NAS II Spin w/ Anna 3 - 4 pm Yoga w/ Shawna 4:30 - 5:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Yoga w/ Shawna 7 - 8 am Spin w/ Anna 7 - 8 am Cardio Jam 8:30 - 9:30 am Pilates 9:30 - 10:30 am Yoga 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm NAS II Pump it Up w/ Zee 4:30 - 5:30 pm (starts Mar.16) MINEO Yoga w/ Sara 5:30 - 6:30 pm	NAS I Spin w/ Dr. Hall 6 - 7 am Pump it Up 8:30 - 9:30 am Spin w/ Anna 8:30 - 9:30 am Cardio Jam 5 - 5:45 pm Pilates 5:45 - 6:15 pm NAS II Spin w/ Sara 3 - 4 pm Yoga w/ Shawna 4:30 - 5:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Yoga w/ Shawna 7 - 8 am NAS II Spin w/ Lorrie 7 - 8 am MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS II Kickboxing w/Angelica 9 - 10 am



Charge up your auto skills with two new classes this month

The Auto Skills Center offers two new classes to get your car ready for spring.

On Friday, March 13 from 2 to 2:30 p.m. charge it up at the Battery Maintenance & How to Jump Start your Vehicle class.

The second class features a rubber focus at the Tire Rotation & Balance and will be held on Friday, March 27 from 2 to 2:30 p.m.

Prior registration required for these free classes at 624-5244.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS

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

Saturday, March 7

2:00pm Not Easily Broken PG-13
2:30pm The Unborn PG-13
4:00pm Marley & Me PG
5:00pm Gran Torino R
6:00pm Valkyrie PG-13
7:30pm Defiance R
8:00pm The Upside of Anger R FREE

Sunday, March 8

2:00pm The Unborn PG-13
2:30pm Doubt PG-13
4:30pm He's Just Not That Into You PG-13
5:00pm Defiance R
7:00pm Not Easily Broken PG-13

Monday, March 9

5:00pm Bedtime Stories PG
5:30pm Doubt PG-13
7:30pm Bride Wars PG
8:00pm Gran Torino R

Tuesday, March 10

5:00pm The Curious Case of Benjamin Button PG-13
5:30pm Bride Wars PG
7:30pm Not Easily Broken PG-13
8:00pm Defiance R

Wednesday, March 11

3:00pm The Unborn PG-13
5:00pm Marley & Me PG
5:30pm Valkyrie PG-13
7:30pm The Spirit PG-13
8:00pm He's Just Not That Into You PG-13

Thursday, March 12

5:00pm The Curious Case of Benjamin Button PG-13
5:30pm Bedtime Stories PG
7:30pm Defiance R
8:00pm Jarhead R
FREE - Throwback Thursday

The Unborn (PG-13)

Casey hated her mother for abandoning her as a child. But when events begin to happen, Casey begins to understand why she left. A family curse is uncovered and her only chance at survival is to shut a doorway beyond our world. (88 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.)

Bride Wars (PG)

Lily and Emma are best friends who since childhood have planned every detail of their respective weddings. At the top of the "must have" list: a ceremony at New York's ultimate bridal destination, the Plaza Hotel. When a clerical error causes them to have the Plaza on the same day the best friends who would do anything for each other find themselves in a no-holds-barred, take no prisoners struggle that threatens to erupt into all out war. (89 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.)

Not Easily Broken (PG-13)

Dave and Clarice are in their second year of marriage when a car crash seriously injures Clarice and they find themselves on a rollercoaster of emotions trying to figure out if they were really meant to be together. (100 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 13

3:00pm Marley & Me PG
5:00pm Bride Wars PG
5:30pm Hotel for Dogs PG
7:00pm My Bloody Valentine R
8:00pm Watchmen R
9:00pm Soul Men R FREE

COMING SOON

Inkheart, Mall Cop, Underworld 3

MOVIE
HOTLINE:
624-4248

Rock into Spring at Jox Pub



As the season starts to warm up so too does the concert line-up at Jox Pub.

Drop by this month and enjoy great music from a host of live acts guaranteed to put a spring in your step all month long.

March 6 Hot 4 Blues at 10:30 p.m.

March 7 Appaloosa Victor at

10:30 p.m.

March 17 St. Patrick's Day Party at 9 p.m. Stephen Kellogg & the Sixers with Andrew Ripp (pictured above) Opening at 9 p.m.

March 27 The Revenge at 10:30 p.m.

Dates and times are subject to change. For more information call 624-5604.

Take fitness to new heights

On Friday, March 13, Fit District hosts Family Rock Climbing Orientation from 5 to 6:30 p.m. and 6:30 to 8 p.m. at the Cave.

Great benefits of rock climbing include developing dynamic muscle strength, flexibility, balance and

mental and physical focus.

Advance reservations are required so be sure to sign your family up for this fun orientation class.

For more information call 624-4483.



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.

NMCRS, continued from page 1

financial assistance NMCRS offers is in the form of interest-free loans and grants. For more than 105 years, the NMCRS has been the first organization our Sailors and Marines have turned to when they need help.

During the past year, the NMCRS responded to the financial needs of Sailors, Marines, and families 77,754 times, up 34 percent from a year ago, and provided over \$44.2 million in interest-free loans and outright grants. Those numbers are higher than anytime since 1994. The NMCRS new Quick Assist Loan (QAL) program expanded globally in 2008 and provided \$6.9 million in interest-free loans to nearly 24,000 active duty Sailors and Marines who need just a little help. The QAL program is designed as an alternative to high interest payday loans, and has been a tremendous success story. In 2006, that figure was decreased to \$340,000. Their registered visiting nurses continue to support our combat injured Marines, Sailors, and their families, providing long term case management for as long as needed. These nurses make face-to-face contact with the injured and their families while they are being treated in military medical facilities, then remain in close personal contact following their recovery or discharge. They currently follow more than 550 service members injured in Iraq, Afghanistan and the Arabian Gulf.

The NMCRS has always enjoyed a special relationship with Sailors and Marines because of your contributions that support their ability to deliver high quality services. The NMCRS web site at <http://www.nmcrs.org> shows the score and variety of assistance they offer as well as a complete listing of office locations, hours of operation, and more.

In 2008, your generosity resulted in donations of \$9.1 million or about 20 percent of the financial assistance provided by the NMCRS to you and your shipmates and fellow Marines. Navy and Marine Corps retirees contributed an additional \$2.5 million. With your strong support of the 2009 fund drive, the 3,600 volunteers and professional staff of the NMCRS will be there to help Sailors, Marines, and their families in need.

Please continue the tradition of taking care of our own by helping make this years campaign the most successful ever. Thanks for supporting your shipmates and fellow Marines. With the demands for their services significantly increased in 2008, your contributions to support these services will prove to be invaluable.

HAPPY, continued from page 2

occupied with ourselves instead of with the Lord and His people.

There are many reasons why we do worry about things. What is it that worries us most? Perhaps, a lack of belief in how much the Lord God personally cares for us, or a persistent attitude that says we can do it all by ourselves, without His power at work in us; or simply, it is difficult to accept the reality that not all of life will be positive.

I invite you to look into your life to see what worries you, what makes you afraid, what keeps you from mobilizing and using your giftedness and sharing all you are with others.

When you find yourself feeling anxious or troubled or worried, pause for a moment and hear the Lord talking to you in the Holy Book. "It is I. Do not be afraid" (John 6:20). "I tell you, do not worry about your life and

what you will eat, or about your body and what you will wear" (Luke 12:22); "I am with you always, until the end of time" (Matthew 28:20)

Don't worry...be happy!

CALENDAR, continued from page 5

is especially important for job-seekers with minimal experience, as well as career-changers. Learning to portray your transferable skills strategically is extremely important in resumes, cover letters, and interviews.

After assessing your skills this month and having explored careers in March, you may discover you need to update or sharpen your skills or add new ones. Start looking into schools, degrees, or certification courses that you might pursue. Don't forget about the possibility of distance learning, which will likely enable you to keep your current job while developing new skills and credentials.

May

Spend the month researching companies, a critical preparatory step both in planning your job search and which companies you'll apply to and later when you prepare for interviews.

If you're unemployed or a college student, consider working as a temp for the summer. It's a great way to network at various companies, build your skills, and garner items to add to your resume.

In the months to come, you'll get into the nitty-gritty of job-hunting. Keep networking!

June

Review the list of companies you researched in May and narrow it down to those you'd really like to work for so you can target them in your job search. Twenty companies is a good goal to shoot for. Work on identifying hiring managers for the companies you've decided to target.

Begin to explore a technique that's a highly effective subset of networking -- informational interviewing. Conduct informational interviews at the companies you've targeted. At this point, you'll probably find it more helpful to interview people holding the kind of job you'd like to hold in those companies, rather than hiring managers. Your goal is to find out more about these companies firsthand to affirm that you'd like to work for them, find out what their needs are, and learn more about the kind of position you want to hold

July

Start to get your resume in shape. Consider hiring a professional resume writer to write your resume or provide a makeover or critique of your existing resume.

Summer is a surprisingly great time to network, so take advantage of this time to network as much as you can.

August

Since about 80 percent of employers now want resumes to be sent to them online, you'll need a text version of your resume for at least some of those submissions (for others, employers will ask you to send your resume as an attachment, usually as a Microsoft Word document). Learn how to convert your resume to a text version.

Start thinking about cover letters.

If you decided earlier in the year that you needed additional training to land your dream job, you may be starting that training now or in September. Come up with a good time-management plan so you can handle your new school responsibilities along with everything else you're doing.

Keep networking!

September

Your cover letter should be specific for every job you apply for, but

this month you can write the basic "guts" of your letter so you'll have something you can adapt for each job. Ideally, you'll be targeting the 20 or so employers you listed in June and using information from your company research and informational interviewing to tell the employers in your cover letters how you can address their needs and solve problems for them.

Begin to learn everything you can about interviewing so you'll be ready when you start getting called for interviews.

October

The Internet should play an important but by no means pre-dominant role in your job search.

Before you go full throttle with your job search, make sure you have all your references lined up.

As you prepare for interviews, are you ready to negotiate your compensation package?

Consider compiling a portfolio to take to interviews and showcase your skills and accomplishments.

November

You've probably been job-hunting through the year, but with all the preparation you've done in the preceding months and all you've learned, now's the time to let loose your full-blown job-search campaign. Think it's crazy to job-hunt as the holidays approach? Any number of experts refutes that idea and cites the holidays as one of the best times to job-hunt.

Be sure you are poised to write a thank-you note after you go on each job interview.

December

Beyond the thank-you note, be sure you are following up after each interview.

Not getting interviews or job offers? Depending on how long you've been going at the job search full force, it may be too soon to panic. If all goes well, you may be able to quit your old job this month.

While it may be too soon for success, if you've followed these steps, you may just be able to ring in the New Year with a new job! Best of luck to you!

MANTA, continued from page 1

NATO forces had their air assets out there as well. So, it was a lot of detect and deter type missions for submarines to either keep the battle group safe or just go out and detect subs that may or may not have been there."

Noble Manta offered service members from different nations the unique chance to work alongside many of their NATO counterparts.

"It's good exposure for us to get over here and represent Canada, reinforce our role in the aviation community and work with our NATO allies," Canadian Cpl. Tim Johnston, an Aviation Systems Technician with the 14th Air Maintenance Squadron stationed in Greenwood, Nova Scotia, Canada, said. "The support that we have received from the others has been excellent. We're all on the same team here, and we have the same goal in mind."

SAFETY, continued from page 2

pharmacist for review. Obtain copies of all your healthcare records and keep them in a safe place. Write down and carry with you all of your prescription and over the counter medications (including doses), as well as any allergies. Include on that list, the names and numbers of all your healthcare providers and pharmacists. Identify an advocate (either family member or friend) who can accompany you and ask questions on your behalf.

Communication is key in any relationship including your medical and healthcare relationship! Talk with your family or other close individuals about what your preferences are for your healthcare in the event you are unable to speak for yourself. Remember the National Patient Safety Foundations initiative, SPEAK UP! Ask your hospital or healthcare professional about patient safety, and how communication and partnership between you and your providers can be improved. In addition,

attend our Open House Event and visit our table presentation at the Commissary during the week of March 9 - 13. Lastly, communicate with your provider about what your healthcare safety concerns are.

Get out there Sigonella! Get educated! Communicate your rights to optimum and safe patient care! It is USNH Sigonella's mission to ensure readiness, force health protection and consistently high quality health services for all entrusted to our care.



A P-3C Orion takes off from the runway at Naval Air Station Sigonella Feb. 25. The aircraft is part of the two-week Noble Manta exercise which concludes Feb. 27. The exercise is a cooperative effort between Command Task Force 67 and NATO allies from around the world. Noble Manta, held annually in the Mediterranean area, is the largest joint anti-submarine warfare exercise in the world.

NAS Sigonella Ombudsman Program

Our Mission:

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

Our Commitment:

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

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

Palermo

Stampa

FAMINE, continued from page 1

and then shared them with the group the following morning. During "meal" times, the group would set places for themselves even though they were consuming juice.

On Saturday morning, the youth made a trip to the base commissary where they were asked plan a month's worth of groceries on a budget of \$21. They were also asked to plan that evening's meal, which signified the end of the fast, on a budget of \$0.67.

"When we went to the commissary it was hard. When you're hungry, you want to eat everything you see," said [redacted]. "But it was fun to experience this and to spend time with everyone."

The day continued with bible study, fellowship and games. It concluded Saturday evening with a simple meal of rice, fruit, cheese and crackers and a stew.

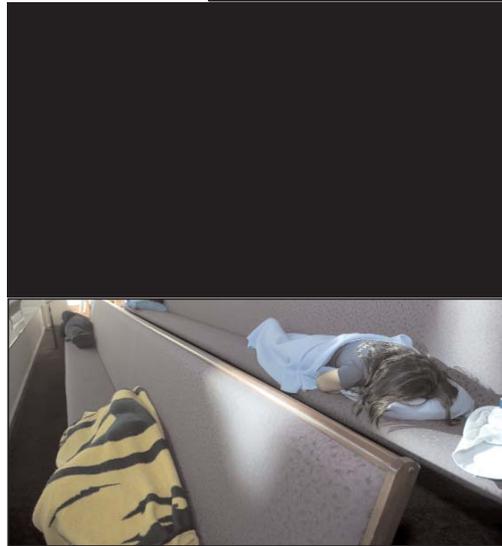
"We've tried to go very simply with the meal that ends the fast," said Coates. "They're not going to gorge themselves; it's not going to be a buffet. It's going to be very small portions and I'm hoping for most of the students that will be enough for the night. That will help remind them that a lot of people can't eat a whole lot and we'll be thankful for what little we get this evening."

For more information on World Vision and their 30 Hour Famine youth movement go to <http://www.30hourfamine.org/>

(From top) At the conclusion of the fast, youth group members served each other rice in addition to fruits, vegetables, cheese and crackers, and stew.

[redacted] plays a game of chess during the final hours of the fast.

Youth group members napped prior to fellowship, games, clean up and the evening meal.



Stampa

Sigonella Community Scholarship Council offers scholarships for NAS Sigonella students

The Sigonella Community Scholarship Council (SCSC) invites you to apply for a scholarship to help defray the cost of college education. These scholarships are for members of the Sigonella community and funded by generous donations from organizations and individuals at NAS Sigonella. The amount of the award is determined by available funds. Awards may be used in payment of tuition, fees, books, etc., and will be sent directly to the educational institution. Funds not used by September 30, 2009 will be forfeited and returned to the fund.

One scholarship will be awarded in each of 4 categories: Academics, Athletics, Arts & Music, and General. You may apply in one or more categories, but you can win in only one category. Selection advisors representing the organizations contributing to the fund will choose the scholarship recipients based on the following criteria: Grade Point Average (GPA): The GPA of all high school classes, including applicable weighted grades, will be obtained from the Sigonella Middle/High School administration. For those applicants who do not attend Sigonella High School, a High School transcript is required. A minimum GPA of 3.0 is required to apply.

Recommendations: Please submit two completed recommendation forms.

Profile: Please submit a summary of your participation in activities such as, sports, clubs, volunteer service, hobbies, student government, scouting, drama/musical productions,

employment, etc. Include only those activities in grades 9 -12. All Discipline and Character conduct will be reviewed.

Essay: Essays will be between 250 and 500 words, double-spaced, and typewritten or printed. The topic for the essay is: "What is your most outstanding personal quality? How do you plan to utilize and develop that quality in the future?"

Letter of Acceptance: Please include a copy of a letter of acceptance to the institution of higher education you plan to attend after graduating from high school. SCSC Applications can be picked up at the Schools' Liaison Office located at the Sigonella Elementary School, building #218 room #102A, or at the Middle/High School's Front Office. Please complete the application forms and attach it to the materials you submit. Your completed application package must be submitted no later than May 15, 2009 to the Sigonella Community Scholarship Council's Secretary, Chief Michael Ewert, at the Schools' Liaison Office. Congratulations on applying for the Sigonella Community Scholarship.

The Sigonella Community Scholarship Council wishes you continued success as you continue your education. If you have any questions about contributing to, donations towards, applications, or selection process please contact Chief Michael Ewert, Schools' Liaison Officer at 624-3242 or michael.ewert@eu.dodea.edu. All donations towards the SCSC must be collected prior to 15 May 2009.

U.S. NAVAL HOSPITAL SIGONELLA NOTE 5050

From: Commanding Officer, U.S. Naval Hospital Sigonella, IT
 Subj: PUBLIC NOTICE

1. Purpose. To publish information about the upcoming Medical Inspector General (MEDINSGEN) and the Joint Commission inspection/survey at U.S. Naval Hospital Sigonella from Tuesday, 10 March 2009 to Friday, 13 March 2009.

2. Information

a. Patients and staff members may contact a Joint Commission surveyor during this survey and request a public information interview. The Joint Commission surveyor can be contacted during the survey by calling 624-4576 (095-56-4576).

b. Concerns may also be brought to the attention of the Medical Inspector General by calling the MEDINSGEN Hotline at DSN 314-295-9019 or via e-mail at NavyMEDIGHotline@med.navy.mil. MEDINSGEN surveyors can be contacted during the survey by calling 624-4576 (095-56-4576).

3. Action

a. The Director for Administration is responsible for monitoring the effectiveness of this notice.

J. R. BLOOM

Stampa

Days Inn

Il Mercato

All classified ads are free to the community. Their intent is for advertising personal property for sale, trade or giveaway. No commercial ads will be accepted. Ads run for two weeks. Classified ads are due no later than 5 p.m. of the Friday before the week of publication. For more information, call 624-5440, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Stampa

Grande Cina

Delivery

Tattoo

Joes



Casablanca

Calvary

Presto

Volcano

Senor Stampa

Hi-Tech

NFCU

AFC