



Catania Elephants hold football seminar for Sigonella youth



Article and photos by
MC3 Jonathan Idle,
The Signature Staff

Members of the Catania Elephants football team held an afternoon training session for students from Sigonella Middle and High School Apr. 14 at the Land Annex on NAS I.

The training was split up into two sessions, one for the middle school students and one for the high school students.

The early session for the younger kids focused on basic fundamentals and rules about the game of football.

"With the young kids we're just doing some basic things," said Taber Lemarr, wide receiver and safety for the Elephants. "We weren't trying to get to technical with them. We're just teaching them the rules, the fundamentals of playing football and showing them that football is a fun sport."

The players split the students up

by positional groups to give tips specific to what each student plays during a game situation, Lemarr said.

"I worked with the receivers and the defensive backs," Lemarr said. "We just did basic route-running, some one-on-one receiver drills."

Lemarr stated that the seminar went extremely well, and he feels the students enjoyed the opportunity.

"I think they had a lot of fun," he said. "You could tell by everyone yelling and having a good time. It just shows that it's a fun sport."

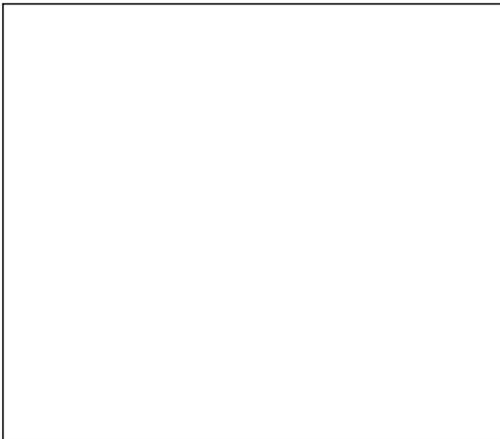
Lemarr said the experience was also a rewarding one for the Elephant players involved.

"It was fun. Living outside of the base you don't hear much English on a daily basis. It's nice just to interact with some American kids."

For more information or a schedule of the Elephants upcoming games go to www.ElephantsCatania.it.

Catania Elephants head coach, George Contreras, explains technique to some of Sigonella's youth football players. The Elephants visited NAS Sigonella and put on a football clinic on April 14.

Sigonellans walk to raise awareness for Sexual Assault prevention



Article and photos by
MC3 Jonathan Idle,
The Signature Staff

Approximately 150 service members and dependants from Naval Air Station (NAS) Sigonella participated in the 4th annual Sigonella Sexual Assault Victim Intervention (SAVI) Walk Apr. 17 on NAS I.

The purpose of the SAVI Walk was to raise awareness and help prevent sexual assault during Sexual Assault Awareness Month in April.

Capt. Thomas J. Quinn, NAS Sigonella Commanding Officer, began the event by signing the official proclamation declaring April as Sexual Assault Month in Sigonella.

Gunner's Mate 1st Class Kirk Reiner, a SAVI advocate, was pleased with the turnout for the event and he believes it provides a strong message of awareness in the community.

"We were surprised how many people showed up," Reiner said. "We

AWARENESS, continued on page 12

Members of the Sigonella community walk through the Land Annex during the 4th annual SAVI Walk April 17 on NAS I. The walk was designed to raise awareness for sexual assault prevention.

Former Sigonellan, author Karen Landes visits base



Photo by MC1 Chris Delano, *The Signature Staff*

Karen Landes, a military dependent and former Sigonellan, talks with Sigonella patrons about the joys of Sicily and the time she spent here while autographing her new book, In Etna's Shadow: Culinary Adventures from Eastern Sicily, which highlights Sicily and the great culinary options here on April 14 at the NEX on Naval Air Station Sigonella's support base.

WEATHER UPDATE

April 24
H:67F
L:53F



April 25
H:71F
L:50F



April 26
H:69F
L:58F



April 27
H:67F
L:53F



April 28
H:69F
L:60F



April 29
H:71F
L:53F



April 30
H:69F
L:54F



TOP STORIES

In the movie, *Extreme Measures*, Gene Hackman plays a doctor who kidnaps street people to use them in research to cure spinal injuries. His argument for doing so is the system of ethics I wrote about last time – result-based ethics. As we discussed, the system is widely used and has some positive elements.

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USS Theodore Roosevelt (CVN 71) returned to its homeport of Norfolk, Va., April 18 after a successful seven-month deployment supporting Operation Enduring Freedom (OEF) and maritime security and coalition operations in the U.S. 5th Fleet Area of Responsibility (AOR).

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As an individual and as a member of your community, you have the power to prevent child abuse and neglect. Here are some ways to contribute your ounce—or more—of effort to prevention.

Page 5

If you did not go to last weekend's Ricotta festival in Buscemi, you should know that you still have another chance to sample this scrumptious Italian cheese! This weekend, Vizzini, a town nestled in the Iblei Mountains in the Ragusa province, will host the 35th edition of the annual Ricotta and Cheese Festival.

Page 6

April third through the fifth Ramacca hosted their 19th annual "Sagra del carciofo" or Artichoke Festival. For three days Ramacca and thousands of visitors from surrounding communities came together in a delightful celebration of everything artichoke, one of the primary agricultural products of the town.

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TRAFFIC NUMBERS

Jan. 09-	Jan. 08-
Apr. 09	Apr. 08

Accidents	72	84
Injuries	8	12
DUIs	0	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

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DIRECT LINE NASSIG COMMANDING OFFICER, CAPT. THOMAS J. QUINN

Since NAS Sigonella started our big push towards conserving energy last October, we have made remarkable strides conserving electricity. Our electricity usage has dropped considerably as we change our habits and our way of doing business. But one often overlooked area is water conservation.

NAS Sigonella needs to put the same resolve that is making our electricity conservation a success towards conserving water. The water usage on base is considerably higher than it should be and can be brought in check if we all just pay attention to the little things.

At work or around base stay aware of your surroundings, especially around utilities that use water. If you hear a dripping faucet or running toilet, don't just walk by; check it out. If everyone just takes a few seconds to turn off the faucet or fiddle with the toilet plunger, we will conserve much more water.

If the water faucet, toilet or other device can't be secured, report it to Public Works at 624-5771 or the owner of the workspace/building so they can make the repair.

All too often I have gone into a public restroom on base and seen countless people walk right by a sink which is dripping or a toilet that is running constantly. A single toilet can make a huge negative impact once you figure that each flush takes several gallons of water. Just think of how many 10's of gallons if not hundreds of gallons are used if it is ignored and left to run for hours. It really comes down to being aware of your surroundings and being a positive contributing member of our community.

Conserving our resources is the responsibility of each and every one of us that live and work on NAS Sigonella. We need to continue our positive trend with electricity, turning off unused devices,

computers, lights and utilities and being aware of how we use them. Also, we need to focus on conserving water which really comes down to taking an active role in correcting issues in not only our own, but also public spaces. I firmly believe that NAS Sigonella can turn around our water usage like we did our electrical usage if we all keep working to change our habits.



Health WATCH

Speak up: Join our Patient Safety Team

Article by
Lt. Charles Trotter, R.N.
Patient Safety Manager,
Naval Hospital Sigonella

Patient safety is a priority at Naval Hospital, Sigonella. Everyone has a role in ensuring health care is safe. As a patient, you can play a vital role in patient safety by becoming an active, involved and informed member of your healthcare team. As a team we can create a safer environment.

Here are five ways you can help:

- Speak up if you have questions or concerns. If you don't understand, ask again.
- Your health is too important to worry about being embarrassed if you don't understand something that your doctor, nurse, or healthcare professional tells you.
- Don't be afraid to ask about patient safety issues.
- Take a relative or friend with

you to help you ask questions and understand the answers.

-Keep and bring a list of ALL the medications you take.

-Make sure your healthcare provider knows of any allergies and unusual reactions you have had to medications.

-Ask about side effects and what to avoid while taking the medicine.

-Read the label when you get your medicine, including all warnings.

-Make sure your medicine is what the doctor ordered and know how to use it.

-If the medication looks different than you expected, ask questions.

-Make sure you get the results of any test procedure.

-Ask the nurse or doctor when and how you will get your test results.

SAFETY, continued on page 12

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

<p>ROMAN CATHOLIC</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Wednesday, Friday</u></p> <p>1130 Catholic Mass (NAS II Chapel)</p>	<p>PROTESTANT</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0900 General Protestant (Mineo Community Center) 1000 Traditional Protestant (NAS I Chapel) 1130 Contemporary Protestant (NAS I Chapel)</p> <p style="text-align: center;"><u>Wednesday (NAS I Chapel)</u></p> <p>1700 Protestant Fellowship Dinner 1800 Bible Studies for All Ages</p>
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CHURCH OF CHRIST LAY SERVICE

Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745



Article by
Chaplain Stephen Coates

Editor's Note: This is the third article in a series of eight on character.

In the movie, "Extreme Measures," Gene Hackman portrays a doctor who kidnaps street people to use them in research to cure spinal injuries and paralysis. His argument for doing so is the system of ethics I wrote about last time - result-based ethics. He simply asked, "What produces the greatest good for the greatest number?" As we discussed, the system is widely used and has some positive elements.

What do you think? Is it justified to sacrifice human lives against their knowledge and will in order to attain a greater good for a greater number of people in the future? On the grounds of utility alone, the doctor had a point. How would you argue against it?

Right actions - right reasons

Immanuel Kant lived in the 1700's and exposed the weaknesses of making decisions based on consequences alone. He knew it is impossible to separate such choices from the self-centered motives of reward and punishment. Besides, consequences are hard to predict.

Kant reasoned that ethics should have higher grounding than results alone. He posited the existence of moral absolutes - principles

CHARACTER, continued on page 12

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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

USS Theodore Roosevelt returns from deployment

Article by MC2 Bonnie Williams,
USS Theodore Roosevelt Public Affairs
NORFOLK, Va. (NNS) -- USS Theodore Roosevelt (CVN 71) returned to its homeport of Norfolk, Va., April 18 after a successful seven-month deployment supporting Operation Enduring Freedom (OEF) and maritime security and coalition operations in the U.S. 5th Fleet Area of Responsibility (AOR).

TR and embarked Carrier Air Wing (CVW) 8 flew 3,105 sorties in support of OEF, with more than 61,000 pounds of ordnance dropped on target in support of coalition forces.

"The dedication of the ship's crew and naval aviators enabled TR to successfully complete its mission supporting Sailors, soldiers, airmen and Marines on the ground in Afghanistan," said TR's Commanding Officer Capt. Ladd Wheeler. "Sailors aboard TR set a high standard for themselves and the ship with their mission-focused mentality. TR has completed a deployment to be proud of."

Along with five months of combat operations, TR played host to a variety of distinguished visitors. President Hamid Karzai, of the Islamic Republic of Afghanistan, made his first visit to a U.S. aircraft carrier aboard TR in December. Army Gen. David H. Petraeus, Commander, U.S. Central Command, made a special Thanksgiving visit to TR to thank the crew for their service. Adm. Jonathan Greenert, - Forces Command also embarked the ship along with dignitaries and military officials from South Africa, Dakar, Jordan, Egypt and England. More than 300 distinguished visitors from nine different countries visited TR during this deployment.

During the course of the deployment, TR made port visits to such diverse localities as Portsmouth, England, and Cape Town, South Africa. The Cape Town visit marked the first time in more than 40 years that a U.S. Navy aircraft carrier visited South Africa, and the first time a nuclear-powered vessel was permitted to visit the area.

TR Sailors gave back to the international community by partici-

pating in seven community relations projects with 324 volunteers, contributing 88 hours to various communities the ship's crew visited. TR Sailors also raised more than \$186,155 for the Combined Federal Campaign.

The deployment also saw the crew "staying Navy", with 427 Sailors reenlisting and earning more than \$11 million in selective reenlistment bonuses. Other achievements included 980 Sailors completing 63 college classes, and congratulating more than 140 new dads.

Mail, both electronic and the traditional kind, were in high demand, with more than 8.7 million e-mails processed, and 635,001 pounds of U.S. mail sent out, and 87,986 pounds delivered to the ship.

The total distance steamed during deployment was 67,000 miles, or nearly three times around the circumference of the globe. Electrical power generated during deployment totaled more than 63,500 megawatts of power, enough to power more than 2.8 billion 60-watt light bulbs 24 hours-a-day. Fresh water produced totaled more than 45 million gallons,

which would be equal to a water bill of more than \$139,000.

Wheeler said the returning Sailors have earned some well-deserved time off from the 222 days deployed.

"Homecoming is an incredible experience that the crew will remember for a long time to come. The atmosphere is a culmination of emo-

tions for the hard working Sailors and the families who have provided so much support," he said. "Having thousands of friends and family members awaiting them on the pier is a moment they will never forget."

For more news from USS Theodore Roosevelt, visit www.navy.mil/local/cvn71.



U.S. Navy photo by MC2 Nathan Laird

Aircraft from Carrier Air Wing (CVW) 8 fly over the aircraft carrier USS Theodore Roosevelt (CVN 71) during an air power demonstration. Theodore Roosevelt and CVW-8 are transiting the Atlantic Ocean after completion of a seven-month deployment operating in the U.S. 5th and 6th Fleet areas of responsibility.

Some PCS moves delayed until October

Article from Navy Personnel Command Public Affairs
MILLINGTON, Tenn. (NNS) -- The Navy announced plans April 14 to place a temporary hold on selected permanent change of station (PCS) moves in order to remain within budget.

The decision means that as many as 14,000 Sailors who have not already received orders may not be able to transfer until after Oct. 1 when the new fiscal year begins.

Individuals currently under orders will be allowed to rotate as planned.

"Delaying these moves will help us live within the manpower resources we have been allocated," said Rear Adm. Don Quinn, commander, Navy Personnel Command. "We have chosen this path instead of other more painful options, such as involuntary separations. We fully understand the impact on our Sailors

and their families, but this was clearly the best option in these extraordinary times."

Exceptions to the PCS hold include orders for Sailors separating from the service, individual augmentees and Global War On Terrorism Support Assignments (GSA), new accessions, organization moves as well as selected Joint Professional Military Education (JPME), graduate education moves and readiness moves.

Navy leaders will continue to work this issue and should additional funds become available, Navy will act promptly to restore these delayed PCS moves.

"We are working very hard to focus the remaining PCS funds on critical moves that are directly tied to fleet readiness," said Quinn.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

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 Daniel Viramontes

Seaman Joseph Bean mans a sound-powered telephone aboard the amphibious command ship USS Blue Ridge (LCC 19) during a crash and salvage drill simulating an emergency Helicopter landing and crash on the flight deck.

Torva Monika

Volcano

to

				FRIDAY 24 APRIL Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Arrivederci FFSC x4231 or x9407	SATURDAY 25 Italian Holiday Liberation Day Latin Night Jox 10 p.m. - 3 a.m.	SUNDAY 26
				MONDAY 27 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Stress Management FFSC 9 a.m. - 11 a.m. x4291	TUESDAY 28 Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	WEDNESDAY 29 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291
4 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	5 Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	6 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	7	8 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	9	10

Motta

Days Inn

Medusa

Magnolia

Did you know that . . .

The Mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs''?

Located at approximately 250 offices ashore and afloat throughout the world, the Society's work is accomplished mainly by its 3,600 dedicated, trained and caring Volunteers who are supported by a small cadre of employees. NMCRS: Your First Resource!
www.nmcrs.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

You have the power to prevent child abuse and neglect

Article courtesy of the National Clearinghouse on Child Abuse and Neglect Information

As an individual and as a member of your community, you have the power to prevent child abuse and neglect. Here are some ways to contribute your ounce—or more—of effort to prevention.

Understand the problem. Child abuse and neglect affect children of all ages, races, and incomes. According to the National Child Abuse and Neglect Data System, in 2001, an estimated 903,000 children nationwide were victims of maltreatment. Most experts believe that actual incidents of abuse and neglect are more numerous than statistics indicate.

Understand the terms. Child abuse and neglect take more than one form. Federal and State laws address four main types of child maltreatment: physical abuse, physical or emotional neglect, sexual abuse, and emotional abuse. Often more than one type of abuse or neglect occurs within families. Some types of maltreatment, such as emotional abuse, are much harder to substantiate than others, such as physical abuse.

Understand the causes. Most

parents don't hurt or neglect their children intentionally. Many were themselves abused or neglected. Very young or inexperienced parents might not know how to take care of their babies or what they can reasonably expect from children at different stages of development. Circumstances that place families under extraordinary stress—for instance, poverty, divorce, sickness, disability—sometimes take their toll in child maltreatment. Parents who abuse alcohol or other drugs are more likely to abuse or neglect their children.

Support programs that support families. Parent education, community centers, respite care services, and substance abuse treatment programs help to protect children by addressing circumstances that place families at risk for child abuse and neglect. Donate your time or money, if you can.

Report suspected abuse and neglect. Some states require everyone to report suspected abuse or neglect; others specify members of certain professions, such as educators and

doctors. But whether or not you are mandated by law to report child abuse and neglect, doing so may save a child—and a family. If you suspect a child is being abused or neglected, call the police or your local child welfare agency.

Spread the word. Help educate others in your community about child abuse and neglect. See the list below for sources of free materials. Ask if you can leave a stack of brochures at your local public library, recreation or community center, government center, or other public place. You also might make material available at your church, synagogue, mosque, temple, or other faith institutions. Even grocery stores usually have places to distribute community materials.

Strengthen the fabric of your community. Know your neighbors' names and the names of their children, and make sure they know yours. Give stressed parents a break by offering to watch their children. Volunteer. If you like interacting with children, great, but you do not have to volunteer directly with kids to contribute to prevention. All activities

ABUSE, continued on page 12

Strike

Brasil

Pentagon

Cold Noses

WARM
 HEARTS



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

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



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



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

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

SEXUAL ASSAULT / VICTIMS INTERVENTION

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

Alberto Lunetta
The Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Ricotta & Cheese Festival in Vizzini

If you did not go to last weekend's Ricotta festival in Buscemi, you should know that you still have another chance to sample this scrumptious Italian cheese! This weekend, Vizzini, a town nestled in the Iblei Mountains in the Ragusa province, will host the 35th edition of the annual "Sagra della Ricotta e del Formaggio (Ricotta and Cheese Festival). This weekend-long event will take place between Friday, April 24 and Sunday, April 26, and features a plethora of delicious cheese-themed festivities to be held in the heart of Vizzini, a town filled with history. The town is mostly famous for being the birthplace of Sicilian novelist Giovanni Verga, an author who focused on the life of poor peasants and fishermen of Sicily, and for having been chosen as the setting for

"Cavalleria Rusticana," an opera about jealousy, honor and passion by Italian composer Pietro Mascagni.

The sagra will feature the traditional "Mescita" (the preparation of ricotta by local cheese makers inside the traditional "Quarara" pot), arts and crafts booths, Sicilian carts parades, live music, arts exhibits. The festival, which draws annually over 30,000 tourists, will kick off tonight at 9 p.m. in piazza Marconi and will be preceded by a theatrical show based on Mascagni's Cavalleria rusticana that will begin at 8:30 in piazzetta Santa Teresa. This show will be repeated on Apr. 25 at 6 p.m. and Apr. 26 at 5 p.m. (this latter show will also include a performance based on Verga's realistic novel "Mastro Don Gesualdo").

Festival highlights will include

the following events: town band concerts (Apr. 25 - 9:30 a.m. and Apr. 26 - 10 a.m.), Sicilian cart parades (Apr. 25 - 10:30 a.m.), folklore parades (Apr. 25 - 11:30 a.m. / 4:30 p.m. and Apr. 26 - 11 a.m.), vintage cars and motorcycle parades (Apr. 26 - 10:30 a.m. and 11:30 p.m.). The festival will also feature art exhibits and live music that will be performed all day long.

The cultural association "Vizzini da Scoprire" (Discovering Vizzini) offers walking tours of the main monuments, attractions and all the places which were used by Italian novelist Verga for his stories. For reservations, visit www.vizzinidascoprire.it

Once in Vizzini don't forget to sample Cudduruna and Impanate, two delicious local specialties. They are plain pizza shells topped with

sun-dried tomatoes (Cudduruna) or vegetables (Impanate) such as broccoli, spinach and more.

Vizzini is located about 40 miles from Catania. The town was first colonized by the Ancient Greeks then fell it under the Roman rule. Byzantines, Arabs, Normans, Swedes and eventually Spaniards also conquered it.

In 1693, Vizzini was struck by a terrible earthquake, which destroyed most of its historic center. It took over 100 years to build it again.

The Chiesa Madre (main church) and the Basilica of San Giovanni Battista are definitely worth a visit. The Chiesa Madre was partly affected by the 1693 earthquake and was rebuilt on the old Senatorial Palace and on the remains of Benedictine monastery founded by Gregory the Great, patron of the town.

On the left flank of the church, a beautiful Catalan Gothic style portal decorates the entrance portal. A wooden ceiling by Natale Bonaiuto and two paintings by Florence master

Filippo Paladini embellish the interiors.

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

A walk downtown Vizzini tour will also lead you to the Capuchin Convent. Capuchins are among the first religious orders that settled in Vizzini. Dominican and Augustinian Convents were also built in the area. The fascinating painting "Deposizione" (the Deposition) painted in 1607 by Filippo Paladini is preserved in the Capuchins Church.

Vizzini can be easily reached by taking the Tangenziale beltway toward Siracusa. Once you arrive at the Primosole Bridge (located on river Simeto) turn right and take State Road 194 to Ragusa. Drive for about 25 miles and then follow the signs for Vizzini.

For more information and detailed festival schedules, call Vizzini Tourist Office at 0933-1937251/319.



Photo by Carlulco

(Above) Looking for something to do this weekend? Vizzini, one of the most beautiful historic towns of the Ragusa province, will host the annual Ricotta and Cheese Festival a truly unique culinary experience running from Apr. 24 through Apr. 26 in the historic center. (Right) The enchanting Baroque Basilica San Giovanni Battista is one of the historic jewels of Vizzini, a picturesque town which makes a beautiful backdrop for the annual Ricotta and Cheese festival.



Photo by Bidini

Opera in Catania

The Catania Bellini Opera is currently showing through May 5 Giuseppe Verdi's "Ernani." This rarely staged four-act Verdi's masterpiece has not been performed in Catania in 22 years. The cast will feature Sicilian world renowned tenor Marcello Giordani, Georgian soprano Iano Tamar, conductor Antonio Pirolli, and other outstanding performers. Based on Victor Hugo's play, "Hernani" this tragic opera was first staged in 1844.

For more information <http://www.teatromassimo-bellini.it/>

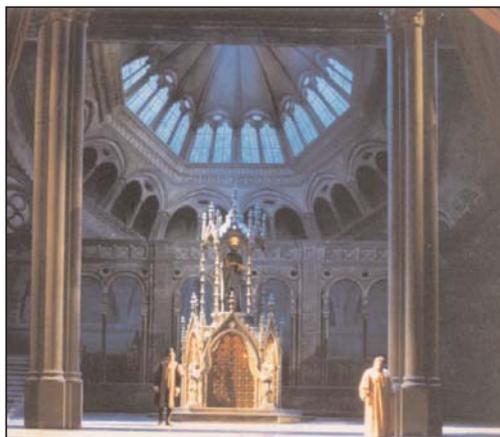


Photo by Bellini Opera House Press Office

Kartodromo

Alphio

Chocolate Festival returns to Modica

The Chocolate Festival is back in Modica! As it happens every year, the breathtaking Modica's churches and palaces, which are part of UNESCO World heritage list, will be the perfect backdrop for the "Chocobarocco" festival that will take place from April 30 to May 3 in the town historic heart.

The festival will offer a plethora of chocolate-themed events, exhibits, fashion parades, workshops, and seminars, patisseries walking tours, chocolate art, and chocolate making demonstrations, street artists' entertainment arts and crafts, activities for children and music.

Modica boasts a unique and ancient chocolate making tradition. For centuries, the nuns of the local convents have been credited for keeping that tradition alive. Today, those secret recipes are still preserved by local pastry shops that continue to produce this unique version of the "food of the gods."

Modica's chocolate is different from the chocolate bars that people are used to eat. It is still made from cocoa beans using a secret Aztec recipe that was brought to the town by Spaniards conquistadors in the 16th century. Dark chocolate bars are grainy, crumbly and bitter. The reason for it is that sugar remains crystallized because of the low temperatures used during the so-called "cold production process," that contributes to keeping aromas unaltered. Bars can be natural or typically flavored with cinnamon, chili pepper or vanilla but also with lemon, oranges, coffee, pistachio, carob etc.

What many people don't realize is that many classic chocolate bars contain a very low percentage of cocoa. So instead of enjoying the benefits of the dark chocolate's polyphenol antioxidants, one gets all the unhealthy effects of the "junk food" vegetable fats contained in some of those bars. Festivalgoers will not only get a chance to



enjoy the Modica cioccolato and other scrumptious treats, but will also find a huge selection of high quality chocolates coming from all over Italy.

But Modica is not only about chocolate, patisseries will indeed have other delicious pastries such as "mpanattigghie." They are ravioli-shaped sweets, similar to mince pies, which were originally prepared by convent nuns to feed pilgrims and priests. They are filled with cinnamon, almonds, honey, chocolate, cloves and beef, an unusual ingredient that

was added to enrich the pastry, but was also kept secret because of Lent restrictions.

Festival highlights include the traditional chocolate market featuring pastry chefs and chocolate artists showcasing their rich chocolate creations (San Domenico Palace, piazza Matteotti); Baroque fashion parade (Saturday, May 2- 8 p.m. San Pietro Stairs, historic center); "Metate from Mexico to Modica," a fascinating exhibit on the Modica chocolate's historical and cultural evolution which links Sicily to Spain and Mexico (Palazzo della Cultura); touristic tours of the historic center on traditional FIAT 500 cars and Vespa scooters and a playground area which promises fun for children of all ages.

For detailed festival schedules visit <http://www.chocobarocco.it>

Modica is called the "Città del Merletto," (City of Lace) because of its Baroque-styled buildings and churches which feature elaborate motifs. It lies on a 1,000-foot hill located among the Iblei Mountains. This picturesque Baroque town is located just a few miles from Ragusa. Modica is fairly easy to reach. Take State Road 514 south from Catania, drive until you reach Ragusa (approximately 60 miles) and then follow directions to Modica. For more information call the Modica Tourist Office at 0932-759634

Pecorino Cheese festival begins in Franchetto



Photo by grandepino

Signonella cheese lovers will be happy to hear that the 14th edition of the exciting annual festival celebrating Pecorino Pepato, a scrumptious Sicilian sheep's milk gourmet cheese studded with peppercorns, will be held this weekend in the Catania province. The festival will take place in the main square of Franchetto, a neighborhood of Castel di Judica. Visitors of this festival will enjoy horse parades, Sicilian folklore, arts and crafts and entertainment kicking off on both festival days (Apr. 25 and 26) at 9:30 a.m.

Castel di Judica is easy to reach. Exit Gerbini Sferro on highways A19 (Catania-Palermo) and follow signs for Castel di Judica. For more information call 095-661036.

Antique Fairs in Catania and Caltagirone

Make sure you don't miss these two exciting fairs in Catania and Caltagirone. The Catania Antique Fair will be held from April 27 through April 30 and will be open from 10 a.m. to 9 p.m. and on Monday, April 30, from 10 a.m. to 2 p.m. The fair will be held at the Catania Ciminiera Convention Center, located near the Catania Train Station. The Caltagirone Antique Fair will be held on April 24 through April 26 at the public gardens. For more information about the fair in Caltagirone, go to www.comune.caltagirone.ct.it.

Stampa

Gegomotor

Feste di Sicilia

CELEBRATING SICILIAN CULTURE

For the love of artichokes... Ramacca Sagra del Carciofo

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

During the weekend of April 3-5, the town of Ramacca hosted their 19th annual "Sagra del carciofo" or Artichoke Festival. For three days, Ramacca and thousands of visitors from surrounding communities came together in a delightful celebration of

everything artichoke; one of the primary agricultural products of the town. The three-day event hosted countless vendors which were offering artichokes in every variety from raw to roasted as well as a many other local delicacies.

Each day had an assortment of events to add to the food vendors, including a parade of flag wavers, a folklore parade, majorettes and music

band parade, ballroom dancing, car show featuring Fiat 500's, artichoke dish tasting and entertainers. The entire town, starting from the town square and radiating outward, was filled as far as the eye could see with vendors and festival attendees.

Throughout the festival the streets were filled with the mouth watering smoky smell of artichokes roasting in nearby open charcoal pits.

The roasting artichokes were generously doused with olive oil and stuffed with spices and chopped up onions making a tasty treat. For a couple euro a festival attendee could walk away with a plate full of the smoky green treats to be enjoyed with friends or family.

The trip to Ramacca is an easy 30 - 45 min trip from NAS II and much shorter if going there from

Mineo Housing. Simply take SS 417 from NAS II towards Mineo and about 2/3rds of the way to Mineo Housing take the exit labeled Ramacca which will wind its way into the town.



Artichokes at the festival were not only the focus of food but also used artistically to dress up other local items for sale which were offered at many vendors throughout the town.



(Above) As part of Saturdays festivities, a parade including majorettes and a local band marched through the town square and past all the food booths on the main avenue. (Left) The festival brought not only food vendors but also a variety of artists who offered their creative wares to passerby's for a small fee. This vendor painted artistic renditions of a name which included birds and animals in the letters.



Mondo
animale

Sushi

Sabbiadorio

Protestant Women
of the Chapel

Summer Program
June 23-July 28
10 a.m. - 11:30 a.m.
NAS I Chapel
Childcare provided
to age 12
www.pwocsig.com





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.

The variety of items available at vendors at the Ramacca Artichoke festival ranged from sweet drinks of coconut flavored water to assorted Cannolis as well as a wide variety of roasted artichokes catering to any taste a festival goer may have.



One of the specialties offered during the festival was fish battered in a blend of spices and then deep fried.

Sicilians love artichokes. The most common way of eating artichokes is with a drizzle of good olive oil. The outer layer of the artichoke is removed, and you eat the inner pulp.



The landscape around Ramacca this time of the year is filled with wildflowers that line the streets and green covered rolling hills.



During the festival, vendors were on hand to sell candies, nuts and toys for the kids.

Go Green Sigonella!

More tips to make your home green



Tips provided by stopglobalwarming.org

HANG UP YOUR DRYER It goes without saying—clothes dryers are huge energy gluttons. Hints to reduce energy use: Clean the lint filter after each load (improves air circulation). Use the cool-down cycle (allows clothes to finish drying from the residual heat inside). Better yet, abandon your dryer and buy some drying racks, if you don't have a clothesline. Generally, clothes dry overnight.

GET A GOLD LAUNDRY STAR An Energy Star-qualified washing machine uses 50 percent less energy and could reduce your utility bills by \$110 annually. Standard machines use about 40 gallons of water per wash; most Energy Star machines use only 18 to 25 gallons, thus also saving water. Whenever possible, wash your clothes in cold water using cold-water detergents (designed to remove soils at low temperatures). And do your laundry only when you have a full load. If you must do a small load, adjust the water level accordingly.

GREEN PAINT Most paint is made from petrochemicals, and its manufacturing process can create 10 times its own weight in toxic waste. It also releases volatile organic compounds that threaten public health. (V.O.C.'s are solvents that rapidly evaporate, allowing paint to dry quickly.) They cause photochemical reactions in the atmosphere, leading

to ground-level smog that can cause eye and skin irritation, lung and breathing problems, headaches, nausea, and nervous-system and kidney damage. The best alternative? Natural paints. Manufactured using plant oils, natural paints pose far fewer health risks, are breathable, and in some cases are 100 percent biodegradable. Remember: Never throw your paint away. Check out Earth 911's "Paint Wise" section for re-use programs in your community; earth911.org.

BUILD GREEN Before embarking on any home remodeling, make sure your architect has green credentials. Although there is no national organization of green architects in the U.S., that doesn't mean you can't get an architect who will build along sustainable lines. Ask where he or she sources materials, and request that energy-saving devices, such as solar paneling, be installed.

PLAY IT COOL Avoid placing your air conditioner next to a TV, lamp, or other electrical appliance that generates heat. A heat source will confuse the unit's thermostat, causing it to misread how hot the room is and make the air conditioner run longer than it should. You can also program an air conditioner to start running 30 minutes before you arrive home (as with heating). There is no need to cool a home if no one is in it.

FOOD MILES MATTER Food is traveling farther than ever.

Once upon a time people ate seasonally—artichokes in the winter, cherries in June. Now you can buy most fruits and vegetables practically year-round. The average American meal contains ingredients produced in at least five other countries. The transportation of food and agricultural products constitutes more than 20 percent of total commodity transport within the U.S. To help reduce CO2 emissions, it's best to buy food that's in season, organic, and grown locally.

GO VEGETARIAN ONE DAY A WEEK To produce one pound of beef requires 2,500 gallons of water—that's 40 times more water than is used to produce a pound of potatoes. Before buying beef, think about the immense cost of energy used to raise cattle and to transport meat to your supermarket shelf. Besides all this, cows consume enormous amounts of antibiotics and are a prodigious source of methane, which is the number-two greenhouse gas; livestock are responsible for almost 20 percent of the methane in the atmosphere.

BUY EGGS IN CARDBOARD CARTONS Cardboard egg cartons are normally made from recycled paper, which biodegrades relatively quickly, and are also again recyclable—Styrofoam or plastic cartons take a much longer time to biodegrade and their manufacture produces harmful by-products.

STOP THE WATER By leaving the water running while you brush your teeth, you can waste 150 gallons of water per month—that's 1,800 gallons a year! Turning the water off while you brush can save several gallons of water per minute. Also pay attention to this water-saving principle while shaving or washing your face.

Ristorante Bella Etna

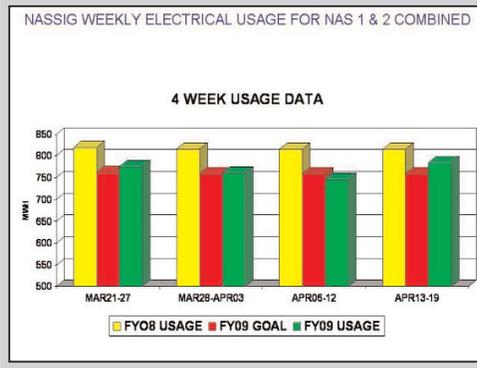
Galley Menu Hours	
Monday-Friday	Saturday-Sunday-Holiday
Breakfast 0600-0830	Breakfast 0700-0900
Lunch 1100-1300	Brunch 1000-1300
Dinner 1630-1830	Dinner 1630-1830

24	Lunch: Cream of Potato Soup, Beef with Broccoli, Baked Fish, Tempura Fish, Penne Alla Norma, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding. Speed Line: Grilled Hamburger/ Cheeseburger, Turkey burger, French Fried Potatoes, Baked Beans. Dinner: French Onion Soup, Oriental Pepper Steak, Steamed Rice, Spinach, Cauliflower Polonaise, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding. Made to Order: Grilled Chicken Breast Sandwich, Tuna Salad on Wheat Bread, Potato Chips.
25	Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake. Brunch: Breakfast Items, Beef Barley Soup, Swedish Meatballs, Chicken Caesar Roll Up, Buttered Pasta, Brown Gravy, Sprout Savory, Fried Cabbage w/ Bacon, Snickerdoodle Cookies, Apple Crisp. Dinner: Pepper Pot Soup, Baked Parmesan Fish, El Rancho Stew, Mediterranean Brown Rice, O'Brien Potatoes, Peas w/ Celery, Okra Melange, Snickerdoodle Cookies, Apple Crisp.
26	Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant. Brunch: Breakfast items, Chicken Gumbo Soup, Beef & Turkey Sandwich, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, White Cake w/ Frosting. Dinner: Manhattan Clam Chowder Soup, Teriyaki Chicken, Roast Beef, Paprika Buttered Potatoes, Pork Fried Rice, Normandy Carrots, Cream Style Corn, Peach Cobbler, White Cake w/ Frosting.
27	Lunch: Creole Soup, Turkey Curry, Baked Fish Fillet, Vegetable Lasagna, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin. Speed line: Sub Sandwich, Baked Macaroni & Cheese, Cartoccia. Dinner: Tomato Bouillon Soup, Baked Stuff Pork Chops, Steamed Rice, Brown Gravy, Green Beans Nicoise, Carrot Slices, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin. Made to Order: Grilled Chicken Breast Sandwich, Tuna Salad on Wheat Bread, Potato Chips.
28	Lunch: Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajitas, Penne Arrabiata, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Cornbread, Raspberry Filled Cake, Pecan Pie. Speed line: Philly Cheese Steak Sandwich, Hotdogs, Onion Rings, Macaroni and Cheese. Dinner: Navy Bean Soup, Roast Beef w/ Gravy, Steamed Rice, Seasoned Asparagus, Honey Dijon Vegetables, Raspberry Filled Cake, Pecan Pie. Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.
29	Lunch: Puree Mongole Soup, Fish Amandine, Country Fried Steak w/ Gravy, Farfalle Al Pesto Genovese, Potatoes Au Gratin, Steamed Rice, Turnip Greens, Peas w/ Carrots, Strawberry Shortcake, Vanilla Cookies, Tapioca Pudding. Speed line: Grilled Hamburger/Cheeseburger, Turkey Burger, French Fries, Pork and Beans. Dinner: Beef Barley Soup, Shrimp Curry, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding. Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.
30	Lunch: Velvet Corn Soup, Shrimp Jambalaya, Braised Beef and Onions, Rigatoni Zucchini and Eggplant, Oriental Rice, Oven Brownded Potatoes, Steamed Cabbage, Cauliflower AuGratin, Easy Chocolate Cake, Crisp Drop Cookies. Speed line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredder Cheese, Hotdogs, Assorted Pizza, Fishwich. Dinner: Cream of Asparagus Soup, Chicken Tetrizzini, Ratatouille Eggplant, Lyonnaise Rice, Mustard Greens, Easy Chocolate, Crisp Drop Cookies. Made to Order: Turkey Wrap, French Fries.



Electrical Consumption at NASSIG

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



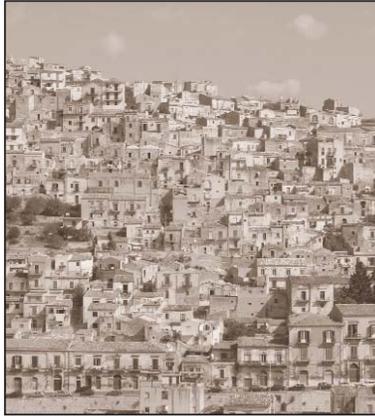
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ON THE GO WITH MWR

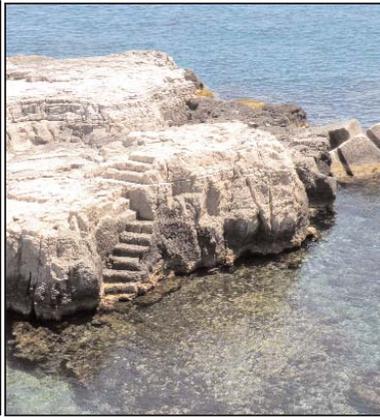
Winners selected for MWR's 50th Anniversary photo contest

This year MWR sponsored a photo contest titled "Then & Now: 50 years in Sicily" to commemorate Sigonella's 50th anniversary on the island. Twenty-five winning photographs were selected and will be featured on-screen at Midtown

2 Theaters throughout May and June. Congratulations to the following winners:

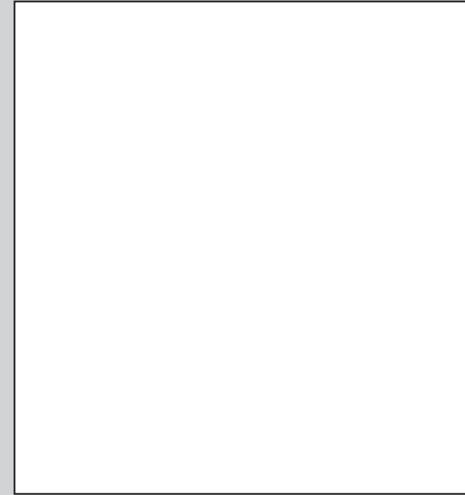


Greyscale Town Modica by



Steps into ocean - Island of Ortigia by

Egg hunt success at Midtown



Saturday, April 11 turned Midtown into a frenzy of egg hunting fun.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Friday, April 24
 3:00pm Monsters vs. Aliens PG
 5:00pm Push PG-13
 5:30pm Race to Witch Mountain PG
 7:00pm Fired Up PG-13
 8:00pm Watchmen R
 9:00pm Mr. Brooks R FREE

Saturday, April 25
 2:00pm Race to Witch Mountain PG
 2:30pm Hannah Montana The Movie G
 4:00pm The International R
 5:00pm Coraline PG
 6:00pm Friday the 13th R
 7:30pm Watchmen R
 8:00pm Sigonella Sky Night!

Sunday, April 26
 2:00pm Race to Witch Mountain PG
 2:30pm Monsters vs. Aliens PG
 4:30pm Coraline PG
 5:00pm The International R
 7:00pm Fired Up PG-13

Monday, April 27
 3:00pm Monsters vs. Aliens PG
 5:00pm Coraline PG
 5:30pm Watchmen R
 7:30pm Madea Goes to Jail PG-13
 8:00pm The International R

Tuesday, April 28
 3:00pm Race to Witch Mountain PG
 5:00pm Hannah Montana The Movie G
 5:30pm Fired Up PG-13
 7:30pm Confessions of a Shopaholic PG
 8:00pm Friday the 13th R

Wednesday, April 29
 3:00pm Monsters vs. Aliens PG
 5:00pm The International R
 5:30pm Race to Witch Mountain PG
 7:30pm Madea Goes to Jail PG-13
 8:00pm Watchmen R

Thursday, April 30
 3:00pm Hannah Montana The Movie G
 5:00pm Monsters vs. Aliens PG
 5:30pm Not that Into You PG-13
 7:30pm The Pink Panther 2 PG
 8:00pm Clerks R
FREE - Throwback Thursday

Hannah Montana The Movie (R)

As Hannah Montana's popularity begins to take over her life, Miley Stewart, on the urging from her father, takes a trip to her hometown of Crowley Corners, Tennessee to get some perspective on what matters the most in life. (102 min.)

The International (R)

Interpol Agent Louis Salinger and Manhattan District Attorney Eleanor Whitman are determined to bring justice to one of the world's most powerful banks. Uncovering myriad and reprehensible illegal activities, Salinger and Whitman follow the money from Berlin to Milan to New York to Istanbul. Finding themselves in a high-stakes chase across the globe, their relentless tenacity puts their own lives at risk as their targets will stop at nothing - even murder - to continue financing war and terror. (118 min.)

Race to Witch Mountain (PG)

A taxi driver gets more than he bargained for when he picks up two teen run-aways. Not only does the pair possess supernatural powers, but they're also trying desperately to escape people who have made them their targets. (99 min.)

Confessions of a Shopaholic (PG)

Rebecca Bloomwood is a sweet and charming New York City girl who has a tiny, little problem that is rapidly turning into a big problem: she's hopelessly addicted to shopping and drowning in a sea of debt. While Rebecca has dreams of working for a top fashion magazine, she can't quite get her foot in the door -- that is, until she snags a job as an advice columnist for a new financial magazine published by the same company. Overnight, her column becomes hugely popular, turning her into an overnight celebrity, but when her shopping and debt issues threaten to destroy her love life and derail her career, she struggles to keep it all from spiraling out of control. (105 min.)

Coraline (PG-13)

Coraline Jones is an 11 year old girl who is feisty, curious, and adventurous beyond her years. She and her parents have just relocated from Michigan to Oregon. Missing her friends and finding her parents to be distracted by their work, Coraline tries to find some excitement in her new environment. She uncovers a secret door in the house discovering a "new family" and has to muster all of her resourcefulness, determination and bravery to get back home and save her real family. (101 min.)

Fired Up (PG-13)

Shawn Colfax and Nick Brady, the stars of the Gerald R. Ford High School football team, are dreading the prospect of another summer at football camp. When Nick hatches a scheme for the two to join their school's cheerleaders at cheer camp instead, they find themselves awash in a sea of gorgeous young women. It all goes great until Shawn falls for Carly, the beautiful head cheerleader who sees right through them. (94 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, MAY 1

3:00pm Race to Witch Mountain PG
 5:00pm Confessions of a Shopaholic PG
 5:30pm Street Fighter: Legend of Chun Li PG-13
 7:00pm The Last House on the Left R
 8:00pm Watchmen R
 9:00pm Team America FREE

COMING SOON

Duplicity, I Love You, Fast and Furious 4

MOVIE HOTLINE:
624-4248

Bowl in to summer for Sigonella's 50th Anniversary fun

Stop by SpareTime Bowling Center for the summertime special of buy one game and get one free every Monday and Tuesday from 11 a.m. to 3 p.m. Those ages 5 to 14 can join the Sunday Bowling Youth League starting on Sunday, May 3 until Sunday,

June 14.

Registration fee of \$30 includes bowling, shoe rentals, league shirts and end of season party.

For more information, visit the SpareTime Bowling Center or call 624-4302.

Bowling center offers unique venue for gatherings

For your next command or social function, consider SpareTime Bowling Center on NAS I. The center offers special rates and services for gatherings. Their wall screen is ideal for PowerPoint presentations and seating capacity can accommodate up to 101 guests.

Party packages are available and can include party-themed tableware, goody bags, beverages and snacks, and reduced-rate bowling for all.

Locker rentals are also available for use with a monthly fee of \$2.50 or \$30 for the year.

For more information call 624-4302.

Get Fit, Get Prizes, Get FitFactor

Need a reason to get your kids active? Sign up to FitFactor and gain points that win you prizes as you get fit.

Power, with each level offering exciting prizes and incentives for staying fit.

FitFactor is an exciting web-based program designed to encourage youth, ages 6 to 18, to get fit. FitFactor provides children with fun activities that will make physical activity a part of their daily routine and offer basic nutrition education in well-supervised environments and via the Internet at www.navygetfit.com.

Registration for FitFactor is simple and can be done at the Youth Center or Fit District on NAS I. Each child who signs up to the program establishes a username and password that enables them to log their daily fitness activities online.

The online accounts stay valid when families transfer in and out of Sigonella.

There are five exciting levels that FitFactor offers youth and teens to achieve. Energy, Strength, Agility, Adventure, Endurance and Feel the

For more information on this program, call the Youth Center at 624-3711 or stop by Fit District to enroll and join in the fun.

March Madness winners

Congratulations to the winners of the Take 5 March Madness competition.

teams that made the final drafts and will receive NEX Gift Cards:

The following winners each picked the U.S. national basketball

For more information on MWR's programs and services, call 624-3968.

**CHARACTER, continued
from page 2**

that determine whether an action is right or wrong, regardless of consequences. These moral absolutes would be true for all persons at all times in all situations. They may not produce the result you want but that is not the issue.

So how do we determine what these moral absolutes are? Kant had a few suggestions.

First, only act on those principles that should be followed by everyone in every situation. Ask, "Is this the best course of action for this particular situation or is it simply the right thing to do?" The doctor wanted to make a medical breakthrough that would revolutionize treatment. However, the doctor had a vested interest in researching paralysis and spinal injuries. Would not another doctor be equally justified to sacrifice paralytics for the sake of research in some other area?

Second, always treat others with dignity and respect. People should never be treated as a means, but as an end. Bottom line – don't use people in an effort to simply get what you want. In the case of "Extreme Measures," the homeless were being used as a means to find a solution for spinal injuries.

Finally, ask, "If everyone in the world followed the rule I am following, would that create the greatest worth of character?" If not, check your motives. The nice thing about having a list of rules is that it creates clear boundaries for making decisions that always apply. They are not manipulated by selfish inclinations or that tired old phrase, "well . . . it all depends."

Adm. James Stockdale liked rule-based ethics. He said, "The obligation to do our duty is unconditional. That is, we must do it for the sake of duty, because it is the right thing to do, not because it will profit us psychologically, or economically, not because if we don't do it and get caught we'll be punished. The only true moral act is done from a pure sense of duty."

What course will you choose while stationed in Sigonella? Why? What if no one sees? Consequences are often associated with knowledge. If no one knows, the consequences may seem to disappear. However, if an action is wrong regardless of consequences, if all people are to be respected and treated with dignity, then our actions will take a different course.

The uniform you wear stands for more than avoiding punishment and receiving reward. Do the right thing for the right reason; it is your duty. Now . . . whether or not you uphold your duty is your choice. Will you?

**SAFETY, continued from
page 2**

-Don't assume the results are fine; if you do not get them when expected, ask.

-Contact your provider to inquire about your results and what the results mean to your care.

Make sure you understand what will happen if you need surgery. Ask your surgeon:

-Exactly what will you be doing?

-About how long will it take?

-What will happen after the surgery?

-How can I expect to feel during recovery?

-Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reaction to anesthesia, and any medications you are taking.

-Pay attention to the care you are receiving. Make sure you are get-

ting the right treatments or medications by your health care professional.

-Tell the Doctor, Nurse or Corpsman if something does not seem quite right.

-Expect staff to introduce themselves and look for identification badge.

-Notice whether your care givers have washed their hands. Don't be afraid to gently remind a Doctor, Nurse or Corpsman to do this.

-Know what time of day you are scheduled to receive medications. If this is not followed bring this to the attention of your caregivers.

-Make sure that hospital staff confirms your identity by checking your wrist band or asking your name before administering medications or treatments.

You as the patient can help us ensure a safer experience with the health care system by being involved and informed in your treatment and by asking questions. Improving patient safety requires continuous learning and the constant communication of information between caregivers and patients. We all have a role in patient safety, and everyone will benefit from its successes.

**ABUSE, continued from
page 5**

that strengthen communities, such as service to civic clubs and participation on boards and committees, ultimately contribute to the well-being of children.

Be ready in an emergency. We've all witnessed the screaming-child-in-the-supermarket scenario. If we are parents, at least once that screaming child has been ours. Most parents take the typical tantrum in stride. But what if you witness a scene—in the supermarket or anywhere else—where you believe a child is being, or is about to be, physically or verbally abused? Responding in these circumstances technically moves beyond prevention to intervention, and intervention is best handled by professionals. Still, if you find yourself in a situation where you believe a child is being or will be abused at that moment, there are steps you can take. Prevent Child Abuse America suggests the following:

Talk to the adult to get their attention away from the child. Be friendly.

Say something like, "Children can really wear you out, can't they?" or "My child has done the same thing."

Ask if you can help in any way—could you carry some packages? Play with an older child so the baby can be fed or changed? Call someone on your cell phone?

If you see a child alone in a public place—for example, unattended in a grocery cart—stay with the child until the parent returns.

Finally—and most important if you are a parent—remember that prevention, like most positive things, begins at home. Take time to re-evaluate your parenting skills. Be honest with yourself—are you yelling at your children a lot or hitting them? Do you enjoy being a parent at least most of the time? If you could benefit from some help with parenting, seek it—getting help when you need it is an essential part of being a good parent. Talk to a professional that you trust; take a parenting class; read a book about child development. To locate places that parents can get help, please visit <http://www.parentsanonymous.org> or <http://preventchildabuse.org>.

**AWARENESS, continued
from page 1**

had over one hundred people show up and help spread the word. There are people from all over the community, and they go back to their work centers and commands and spread the word there."

The walk began in front of the Fleet and Family Support Center (FFSC) and went through all of the major areas of NAS I, including the Midtown Complex, the Navy Exchange area and the Land Annex.

Volunteers wore teal ribbons, the official sexual assault awareness ribbon, and 2009 SAVI Walk t-shirts which displayed the motto "Our strength is for defending." The motto was adopted by the Department of Defense for their campaign against sexual assault.

While Reiner was pleased with the turnout he believes that the fight against sexual assault is still far from over.

"It's important just to try and get the word out and try to stop it," Reiner said. "Seventy-three women in America every hour are assaulted. That's something that should be reduced and stopped."

Reiner enjoys the rewarding feeling he receives from helping out with the SAVI program.

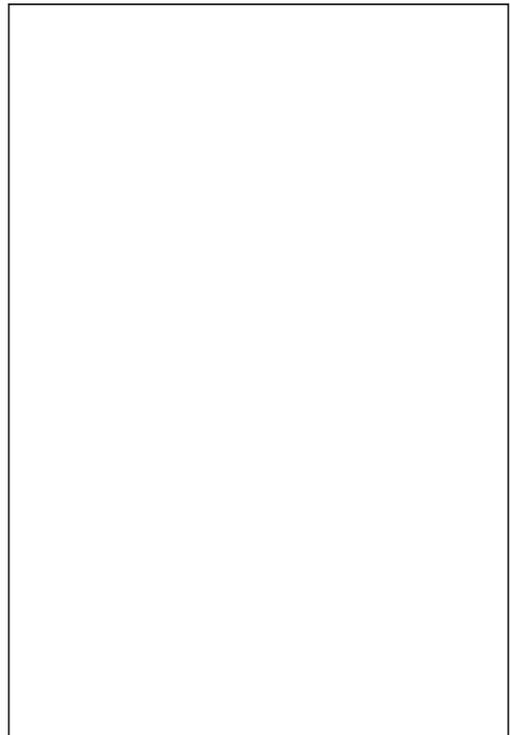
"I like to think that I help people. I'm happy to be a part of this organization because SAVI is a really good program, and it helps out a lot of people who utilize it. It makes me feel good to know that someone out there is getting help. It's a big burden for someone to carry by themselves."

Mary Arnold, the NAS Sigonella Sexual Assault Response Coordinator (SARC), hopes events such as the SAVI Walk will cause more people to report cases of sexual assault or at least look into the options they have with the SAVI program.

"There are two different reporting options, restricted and unrestricted," Arnold said. "If you're afraid, if you're scared or if you don't know what's going to happen call SAVI. Get your options. You can always go restricted where not everyone will know about it. There are options. There are ways to get help."

Arnold urges victims of sexual assault to reach out for support.

"It's something that you don't have to deal with alone," said Arnold. "You can have help, have counseling and have an advocate. Dealing with trauma, dealing with this by your self is just going to cause more problems."



Approximately 150 community members walk towards the Midtown Complex during the 4th annual SAVI Walk on NAS I.



Debbie Hicks, a SAVI advocate, receives a certificate of appreciation from NAS Sigonella Commanding Officer, Capt. Thomas J. Quinn at a ceremony at NAS I on April 17.

Tamoil

Days Inn



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 is 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.

Sigonella Boy Scouts compete in Pinewood Derby

Article and photos by
Lt. Matt Knight,
NAS Sigonella Public Affairs
Officer

Sigonella Cub Scout Pack #53 hosted their annual Pinewood Derby Races Saturday, April 18 from 12:30 p.m. to 3 p.m. at Midtown on NAS I.

The races provided an opportunity for the scouts to demonstrate both their craftsmanship, as well as creative ingenuity in crafting the cars.

Over 50 people attended the races and the baked goods auction which followed and helped cheer on the cars and their cre-

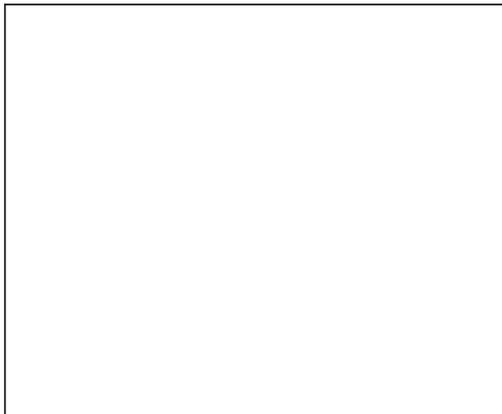
ators. Nearly 30 cars were raced with designs that varied from simple to complex, each one demonstrating its creator's style and preferences for decoration and design. While the cars raced, the cubmaster, Bud Turner, entertained the racers and the crowd with the history, facts and figures of Pinewood derby racing. Throughout the races, each scout took part in preparing the track, releasing and timing the cars which allowed the races to continue smoothly through all the cars.



Cub Scouts watch the Pinewood Derby cars as they cross the finish line and the winner is displayed on the board above.



Cub Scouts and ready three of the Pinewood Derby cars to be released down the track.



Nearly 30 cars were entered into the 2009 Pinewood Derby races at Midtown to be raced. The cars represented the Cub Scouts' creative and engineering ability.

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.

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