THE Signature
SIGONELLA, SICILY

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Sigonella celebrates Asian-Pacific American Heritage Month

Participants in the Asian-Pacific American Heritage Month demonstrate traditional Asian clothing.

Article and photos by MC3 Jonathan Idle,
The Signature Staff

The smell of delicious Asian-inspired foods filled the air at Knight's Hall on Naval Air Station (NAS) Sigonella's support site on Saturday, May 9, as hoards of people came out to celebrate Asian Pacific American Heritage Month.

The theme for this year's Asian Pacific American Heritage Month is "Leadership to Meet the Challenges of a Changing World," and celebrates the accomplishments of Asians and Pacific Islanders in the United States. More specifically, the month celebrates those from all of the Asian continent and the Pacific islands such as Fiji, Guam, New Zealand, Samoa and more.

Organized yearly by the Filipino-American Association of Sigonella is the Asian-American

***CELEBRATION*, continued on page 12**

Dancers in the Asian-Pacific American Heritage Month perform the flower dance, a traditional Filipino dance.

NAS Sigonella participates in Phoenix Express

Article by MC3 Jonathan Idle,
The Signature Staff

Service members from Naval Air Station (NAS) Sigonella completed their participation in multinational exercise Phoenix Express '09 (PE09) May 4, on the operational side of Sigonella.

PE09 was a two-week long exercise designed to strengthen regional maritime partnerships with countries that included Algeria, Croatia, France, Greece, Italy, Libya, Portugal, Malta, Morocco, Senegal, Spain, Turkey and Tunisia.

Sigonella played a vital role in the exercise by providing aerial support from P-3C Orions and serving as the Combined Maritime Operations and Coordination Center (CMOCC) for the entire exercise.

"The overall reason why we're here is in support of Operation Phoenix Express," said Capt. Andy Jones, NAS Sigonella CMOCC Director for PE09. "Phoenix Express '09 is a multinational exercise that has ships at sea off the coast of Sicily, ships from 13 different nations. The team we have set up here is in support

***EXERCISE*, continued on page 12**

U.S. Navy photo by MCSA Whitfield M. Palmer/Released

Turkish sailors perform fast-rope exercises from a U.S. Navy MH-60S Sea Hawk helicopter during exercise Phoenix Express. Phoenix Express is part of the overall U.S. Africa Command and U.S. Naval Forces Europe, U.S. Naval Forces Africa, U.S. 6th Fleet Theatre Security Cooperation strategy to enhance regional stability in the region through increased interoperability and cooperation among regional allies from the United States, Africa, and Europe.

Are your whites ready for summer?

U.S. Navy photo by Photographer's Mate 2nd Class Jonathan R. Kulp. (RELEASED)

Sailors assigned to Fleet Activities Sasebo, Japan, stand ready to be inspected by Capt. Michael James, Commander Fleet Activities Sasebo. Capt. James conducted a service dress white uniform inspection.

We don't know the date yet, but with summer approaching, Naval Air Station (NAS) Sigonella will be moving to whites as soon as our host nation does. Are yours ready to go? Refer to Basic Military Requirements Chapter 10 for more information.

Weather Update

May 15	May 16	May 17	May 18	May 19	May 20	May 21
H:79F	H:77F	H:82F	H:82F	H:83F	H:81F	H:76F
L:59F	L:63F	L:54F	L:54F	L:55F	L:56F	L:61F

Top Stories

May brings in the breath of spring and everyone starts to think about getting into summer fitness. Let's follow Mother Natures lead and not take short cuts.

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First Lady Michelle Obama was surprised to learn that the majority of military families feel their struggles often go unnoticed, she said during an interview today with The Pentagon Channel and American Forces Press Service.

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One of the biggest characteristics of the expatriate experience is the necessity of making friends over and over again. You move, you get used to where you are, you meet people you like, develop friendships, and get settled.

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It's that time of the year again! The "Infiorata" flower festival is back to Noto. This beautiful Baroque town located in the Siracusa province is already a very attractive during any time of the year, but in spring it becomes an enchanting garden.

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This month's Fleet and Family Support Center cooking class led us past Motta S. Anastasia towards Enna until we headed down SS. 288 toward Piazza Armerina, where we came across an agriturismo in the middle of the countryside. The talented chef taught us how to make two Sicilian dishes.

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Traffic Numbers

	Jan. 09-May 09	Jan. 08-May 08
Accidents	82	143
Injuries	9	22
DUIs	0	5
Traffic Deaths	0	2

Please, don't become a statistic!

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DIRECT LINE NASSIG EXECUTIVE OFFICER(ACTING), CDR DENNIS SHELTON

Summer safety is a topic that cannot be stressed enough. Last year alone, 51 Sailors and Marines died off duty between Memorial Day and Labor Day. In order to prevent our people from becoming a part of this year's statistics NAS Sigonella is holding safety stand down briefs in the NAS I theater which started yesterday and will run today and Monday. If you missed yesterday or today's briefs make sure you attend one of the briefs at either 8 - 10 a.m. or 1 - 3 p.m. on Monday.

The period between Memorial Day weekend and Labor Day is historically the highest risk period of the year resulting in many preventable deaths. These incidents have historically occurred because of a number of factors unique to the summer season; increased travelling due to PCS's and vacations, increased amount of cookouts and parties which typically include alcohol, and increased levels of outdoor recreation in general.

According to the Naval Safety Center, in 2008, 32 Sailors, 19 Marines and one Air force LT assigned to the Navy died of non combat related injuries during the days between Memorial and Labor Day. 75% of the deaths were caused by vehicular accidents and in particular 52% of the total was due to motorcycle accidents. The rest of the deaths can be attributed to summer fun gone wrong; boating accidents, drowning, and alcohol consumption related deaths which sadly accounted for nearly 10% of the total.

High speed and poor choices were directly related to most of the vehicle accidents last summer. Had the Sailors and Marines involved allowed more time to get to their destination, slowed down, and planned rest stops, many of them would have actually arrived. Motorcycle riders in particular need to be especially cautious and always ride in a safe and controlled manner. The roads in Sicily are not forgiving. Given a large percentage of motorcycle fatalities from the past summer were caused by the rider losing control, simply slowing down could have saved their lives. Each and every rider needs to respect the road, their bike, and the motorists around them. Obey the speed limits. Operate your motorcycle safely. Remember to always be a defensive driver and watch out for motorists that aren't looking for motorcycles.

The most frustrating statistic is that nearly 10% of all recorded deaths were alcohol related. That is 10% that were 100% preventable! As the Skipper says, "The magic number is ZERO" and so far this year the whole Sigonella community has answered that call. I urge you to continue that trend for your safety and for those around you, our sailors and Italian hosts alike. Ensure your plan includes the next morning, just because you've slept "some" and feel "fine" does not mean you are necessarily ready to drive. Only time rids the body of alcohol. If you do plan to drink, have a designated driver arranged before you go out, drink in moderation and stick to your plan. Never combine any sort of boating or off-roading with alcohol, the consequences are just as deadly as operating on the roadways while impaired.

Make this summer a safe and fun filled season. When travelling remember to give yourself plenty of time to get to your destination, drive safely, and use common sense when enjoying outdoor recreation, cookouts and alcohol. Let's work together to keep Sigonella safe and not apart of 2009's safety statistics.

Health WATCH

Keeping Sigonella Community Healthy

Article by Lt. L. Skinner
Naval Hospital Sigonella

May brings in the breath of spring and everyone starts to think about getting into summer fitness. Let's follow Mother Natures lead and not take short cuts.

Flowers do not bloom over night, for their preparation to sprout started from the plantings in the fall.

With this in mind, please note that the FDA has issued a warning to discontinue any Hydroxycut product immediately. There have been 23 reports of serious health problems directly linked to the use of these products that range from jaundice with liver impairment to death.

Check all your medicine cabinets, supplements for energy or weight loss and over the counter items that might have any form of this product and toss it in the trash.

If you have any questions regarding these and other supplements, talk to your health care team. Just because an item is sold under the guise of being for your health does not mean it is safe. Many of the over the counter supplements are not FDA approved.

Sigonella has many safe and wonderful resources for your health and fitness goals.Your health care provider can assist you with a referral to learn health wise tools to implement a sensible meal plan, weight loss and fitness program that can give you the energy and looks you want to enjoy the summer without risking your over all well being.

The money you save not purchasing potential harmful supplements and the ones we now know cause harm, you can put towards an ITT trip enjoying your health and what Sicily has to offer.

So, live well Sigonella and use smart choices with proven results to

***HEALTH*, continued on page 12**

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC

Sunday

0830	Catholic Mass (NAS I Chapel)
1200	Catholic Mass (Mineo Community Center)
1600	Catholic Mass (NAS II Chapel)

Monday - Wednesday, Friday

1130	Catholic Mass (NAS II Chapel)

PROTESTANT

Sunday

0900	General Protestant (Mineo Community Center)
1000	Traditional Protestant (NAS I Chapel)
1130	Contemporary Protestant (NAS I Chapel)

Wednesday (NAS I 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)

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

When no one is looking . . .

Article by Chaplain Hank Wilson

As I drive in to work enjoying the beauty of the sun and the beginning of a new day, I turn my attention back to the road to realize the cars passing me one by one. Zoom, Zoom, Zoom! One by one the cars whiz by well over the speed limit. Some are Italians and some are Americans. Some are cars and some are motorcycles. I often wonder if they would change their speed f they knew they were passing the chaplain. Then I see one pass me and wave. I know now that they would not.

Every day we are faced with making decisions. Some are important and even life changing. But even for those that seem trivial or mundane, we have a responsibility for the choices we make. Today I want to talk about a lack of integrity in our decision making. In Webster's Dictionary the term integrity means a "firm adherence to a code of especially moral or artistic values." In the Navy we use this term to refer to the moral code or values that we have that influence our decision making. I often observe behavior in our society and even our immediate community in which decisions are made without a check with our moral code.

I have integrity defined as "doing the right thing even when no one else is looking." When we do things contrary to that which is

***CHAPLAIN*, 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

First Lady vows more support for military spouses, families

Article by Samantha L. Quigley
American Forces Press Service

WASHINGTON, May 7, 2009 – First Lady Michelle Obama was surprised to learn that the majority of military families feel their struggles often go unnoticed, she said during an interview today with The Pentagon Channel and American Forces Press Service.

"I just saw the results of a recent survey done by Blue Star Families that shows that 94 percent of military families feel as if the country doesn't understand their challenges," Obama said. "That's a pretty powerful statement."

The struggles include moving from city to city and trying to find good schools, or child care, or a new job. In the case of a military spouse, all of these struggles fall on one set of shoulders when a servicemember is deployed.

The administration is moving ahead with concrete measures to make military families' lives a little easier, Obama said.

"We're seeing a 2.9 percent increase in salary for our [servicemembers] to ensure that we're retaining and attracting new numbers of individuals who want to be part of the military forces and feel like they can build a life as a result," she said. "In terms of our spouses, the administration is investing $80 million just for career development and training for spouses, which is critical."

That's just the beginning.

"You'll see more down the line that will show, not just in word but in deed, that we have to invest in our military, their families, and our veterans in a real meaningful way," she added. "Whether that's job training, mental health support [or] whether that's ensuring that people have access to the health care they need."

These are all good steps to lowering the number of military families who feel disconnected from the rest of the American public, but more can be done, the first lady said.

"There's also a separate call to the nation that has nothing to do with the government," she said. "It's what we do in our own neighborhoods that's also an important part of what this community of families needs to feel."

It's about neighbors reaching out, businesses reaching out to new military families in the area. Even schools and colleges can help military families and spouses by thinking creatively about helping them transfer credits and gain access to training and other educational opportunities, she said.

The outreach doesn't need to be a grand gesture, as even the smallest act is a signal to the military community that the nation understands the sacrifices its servicemembers and their families are making, Obama said. And even though she, too, has endured having an absent spouse, she said there is no comparison to the extra burden on military spouses.

"I try not to compare my experience in any way to what a military spouse faces," the first lady said. "When I was away from my husband during the time of the campaign, he wasn't at war.

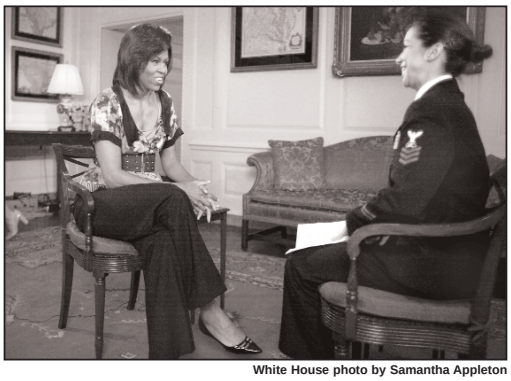
"What I do know is that when you're married to somebody who feels a call to serve, that you're part of that service as well," she said.

That means she'll stand behind, next to, or with her husband, Obama added. "The women and men that I've met who are serving alongside their spouses feel the same way," she said. "They feel a part of this challenge and they embrace it with pride and dignity and courage and strength."

Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen recently declared tomorrow "Military Spouse Appreciation Day." It's a wonderful recognition, Obama said, "but that's just one day. We should be doing it every day."

In light of the day, however, she said she wants every military spouse to know they're loved, valued and appreciated, and that the administration will work hard to make sure that's realized.

She had one other wish for them as well. "Hopefully somebody will take them out to lunch," she said with a chuckle.



White House photo by Samantha Appleton

First Lady Michelle Obama sits for an interview with Navy Petty Officer 1st Class Liz Murry, Pentagon Channel anchor and producer, for Military Spouses Day at the White House, May 7, 2009. The First Lady is a strong supporter of military spouses and families.

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 Josue L. Escobosa (Released)

Aviation Boatswain's Mate (Handling) 1st Class James Webb, from Yokosuka, Japan, directs a C-2A Greyhound from the "Providers" of Fleet Logistics Support Squadron (VRC) 30 before launching from the aircraft carrier USS John C. Stennis (CVN74). John C. Stennis and Carrier Air Wing (CVW) 9 are on a scheduled six-month deployment to the western Pacific Ocean.

Calvary Monika Volcano

Community Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				15 May **Alcoholics Anonymous** NAS II Chapel 7 p.m. 346-840-7745 **Thrift Saving Plan** FFSC 10 a.m. - 11:30 a.m. x4291	**16** **Nearly New Shop Open** NMCRS 10 a.m. - 1 p.m.	**17**
18 **Alcoholics Anonymous** NAS II Chapel 7 p.m. 346-840-7745 **Developing a Spending Plan** FFSC 2 p.m. - 3:30 p.m. x4291	**19** **Alcoholics Anonymous** NAS II Chapel 7 p.m. 346-840-7745 **Tobacco Cessation** Flight Line Clinic 12 p.m. - 1 p.m. x4710	**20** **Alcoholics Anonymous** NAS II Chapel 7 p.m. 346-840-7745 **Motta Castle Tour** FFSC 10:30 a.m. - 1 p.m. x4291	**21** **Return & Reunion** FFSC 2 p.m. - 3 p.m. x4291 **U.S. Citizen Brief** BETD 1 p.m. x9407	**22** **Arrivederci** FFSC 8 a.m. - 11:30 a.m. x4291	**23**	**24**
25 **Memorial Day** **AAA Dip Class** Safety Office 8 a.m. - 4 p.m. x2301	**26** **Tobacco Cessation** Flight Line Clinic 12 p.m. - 1 p.m. x4710 **IA Deployment Readiness** FFSC 10 a.m. - 11 a.m. x4291 **Motorcycle Training** Sport Bike - Bldg. 407 8 a.m. - 4 p.m. x2301	**27** **Survive & Thrive** FFSC 8 a.m. - 3 p.m. x4291 **Anger Management** FFSC 9 a.m. - 11 a.m. x4291 **Motorcycle Training** Experienced Rider Bldg. 407 8 a.m. - 4 p.m. x2301	**28** **Cooking Class** FFSC 9:30 a.m. - 3 p.m. x4291 **Daddy Boot Camp** FFSC 6 p.m. - 8 p.m. x4291 **Motorcycle Training** Basic Rider - Bldg. 407 8 a.m. - 4 p.m. x2301	**29** **Alcoholics Anonymous** NAS II Chapel 7 p.m. 346-840-7745 **10 Steps to a Federal Job** FFSC 8 a.m. - 12 p.m. x4291 **Motorcycle Training** Basic Rider - Bldg. 407 8 a.m. - 4 p.m. x2301	**30** **Latin Night** JOX 10 p.m. - 2 a.m.	**31**

Motta

Baseball

Alphio

Did you know that . . .

The Navy-Marine Corps Relief Society has a Vision? "We are a private, non-profit, Volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Service - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs."

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: A Helping Hand!
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

Making friends... again... and again

Article by Margarita Gokun Silver, founder of Globalcoachcenter.com

One of the biggest characteristics of the expatriate experience, and particularly of the repeat expatriate experience, is the necessity of making friends over and over again. You move, you get used to where you are, you meet people you like, develop friendships, and get settled. Before you know it, however, it may be time to move again and you start the entire cycle all over. The first days, weeks, or even months in the new place often feel lonely and frustrating as you try to not only figure out life but also struggle with small or non-existent support network. What are some ways you can help yourself create that network and keep creating it as you go from country to country (or even if you stay where you are)?

First, look at the whole experience of having to make friends as an opportunity rather than a hurdle. You get to explore what's out there. Your old friends are wonderful, of course, but if you have not moved you would have missed the ones you are going to meet. And you never know what awaits you in the future. You may meet someone who will inspire you to write a book, someone who you may partner with to develop a successful business, someone who is a great coffee companion, or & the list can go on and on. When you look at this experience as a possibility rather than a difficulty you have to overcome, it becomes a much easier process to start.

Second, manifest. We all manifest what we want although we sometimes don't realize it. Start by writing down your concerns and fears about finding the support you need. That will help empty your mind of the limiting thoughts that may be blocking you moving forward. Then manifest who you want to meet by writing down what kind of friend(s) you are looking for.

What do you want your new friend(s) to have? How do you want them to be? Let the universe know what you are looking for.

Third, spring into action. Now that the universe knows what you want, it's time for you to do your part. And your part is what dependent on you - the actions you can take to get what you want. Go to every meeting, every get together, and every gathering you can. After all, you never know who you are going to meet there. Yes, it could turn out to be a complete waste of time but you would not know that if you didn't go. Every meeting out there carries with it a new possibility.

Life is always offering us new beginnings, it's up to us if we want to act on them or not. We can choose to stay by sidelines waiting for things to happen to us or we may choose to be active and seek out every opportunity. Only by experiencing new things you will know what resonates and what's in harmony with who you are.

Cold Noses

WARM
HEARTS

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

Sigonella'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.

GENERAL (left) is one of our newer dogs. He is about 2 years old and he is quite the mellow character. He likes to be outdoors socializing with dogs and people. General is also the quinessential lap dog.

AJAX (right) our newest little puppy. He is still rather shy and quiet, but he does enjoy your attention. He enjoys running around outside and having you chase after him.

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.

Strike

Mondo Animale

Pentagon

Alberto Lunetta
The Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Flower festival blossoms in Noto

It's that time of the year again! The "Infiorata" flower festival is back in Noto. This beautiful Baroque town located in the Siracusa province is already very attractive during any time of the year, but in spring it becomes an enchanting garden.

Noto is a nicknamed "Garden of stone and gold" for the yellowish rosy color of its buildings and monuments. This town is part of the UNESCO World Heritage List just like seven other Sicilian towns (Caltagirone, Militello Val di Catania, Catania, Modica, Palazzolo, Ragusa and Scicli), most of which were rebuilt after the terrible earthquake that struck Sicily in 1693. During the festival, which runs through May 24, the streets of the historic center are decorated and embellished by elaborate flower displays. This festival's origin dates back to the 1980s, when Noto administrators decided to hold a celebration which would be similar to the one organized annually during the religious festival honoring the Virgin Mary in Genzano. Ever since, Sicilian craftsmen became skilled in the art of floral design and the festival earned a worldwide reputation.

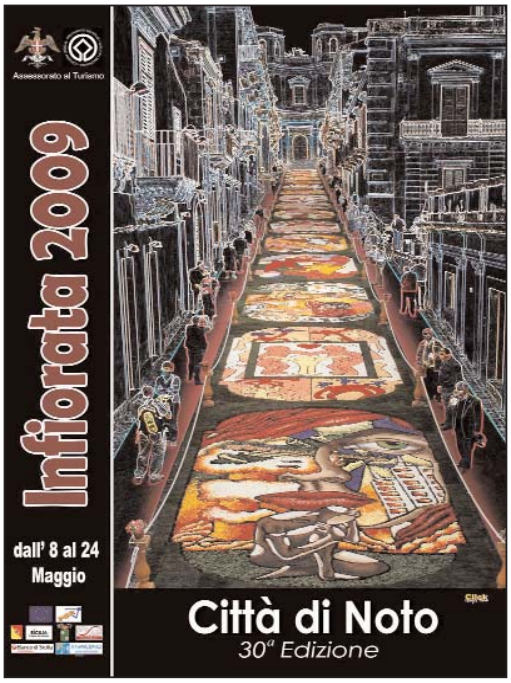
"Our Festival has developed a growing national reputation. We will host three weeks of celebrations for the entire family," Noto Mayor Corrado Valvo said.

Every year, the town holds a competition for the best sketches. An award is given to the best three drawers. Here are some of the not-to-miss festival's highlights. Tonight (May 15) at 4 p.m., Infioratori, (flowers exhibitors) begin to fill the drawings with petal colorful plants. Tons of flower petals (about 400,000 including carnations, gerberas, daisies, roses wild flowers and more) are used to create big carpets that typically reproduce holy images and modern topics. Via Corrado Nicolaci, one among Noto's main streets, will be covered by a mantel of flowers although there will be smaller decorations in some adjoining roads, courtyards and squares. The magnificent balconies of Palazzo Villadorata, the mesmerizing Montevergini Church and the elegance of the aristocratic palaces of Modica and Giunta, form a unique Baroque backdrop for the event. Those skilled artists will work all night through dawn to create magnificent horticultural shows.

The second day of the festival (Saturday, May 16) features the "Corteo Barocco," a spectacular all-day-long historic parade and flag wavers shows in Baroque costumes leaving from piazza Mazzini (the parade is repeated the following day, Sunday, May 17. Other highlights include arts and crafts, art exhibits, music shows and Baroque costumes exhibits.

Noto was rebuilt in 1703 on the ruins of the ancient Roman City of Netum on the Alveria Mount, which was destroyed in the 1693 earthquake.

Greeks, Romans, Byzantines, Arabs, Normans, Swabians, Aragoneses, and Spaniards conquered it throughout the centuries. But unfortunately, the earthquake left few traces of the pre-Baroque civilizations. Today's Noto showcases its 18th century baroque layout. Noto boasts a plethora of churches and palaces that are among the most valuable examples of the skills of talented artists of the time such as Gagliardi, Sinatra, Labisi. Graceful curves of floral interfacings, of foreshortened views of palaces, gardens, and capitals and of putts decorate the facades of churches and buildings like the Church of San Francesco, San Domenico, Immacolata. San Carlo, Santa Chiara, the Franciscan Convent and the Salvatore Benedictine Monastery. Among the aristocratic palaces, Palazzo Ducezio is definitely worth a visit. Architect Vincenzo Sinagra designed it in 1748. Beautiful neoclassical style frescoes by Antonio Mazza decorate the interiors. Don't miss to check the recently restored breathtaking cathedral which was restored last year after 10 years and the mosaics from the Roman Villa del Tellaro (open daily from 9 a.m. to 8 p.m. 0931-573883 or 331-5771472), which is located about four kilometers from Noto. For more information and detailed schedules, call Noto Tourist office at 0931-896651.



Celebrate spring at the spectacular Noto "Infiorata flower festival, a fun-filled family annual event which runs through May 24 featuring flower decorations, Baroque costume parades, fashion shows, art exhibits and entertainment.

Asparagus Festival this weekend in Mirabella Imbaccari

The 4th edition of the Mirabella Imbaccari Asparagus Festival is ready to tempt your taste buds. It will take place held on May 16 and 17 in the town historic center. This mouthwatering two-day event, kicking off tomorrow morning at 10 a.m. will feature asparagus-base specialties, music shows, arts and crafts booths ("Tombolo") traditional laces and embroidery, as well as fireworks and live music. Asparagus tasting will be held at 1 p.m. and 7 p.m. on both days. For more information and detailed schedules call the local tourist office at 338-6319595.

Photo by Gennarino

THE Signature SIGONELLA, SICILY

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

Magnolia

Marchi

THE Signature SIGONELLA, SICILY

San Cataldo and Pedagaggi associations tour Sigonella

Members of the San Cataldo (Caltanissetta) Historic Muzzleloaders Firearms Association and Pedagaggi (Carlentini) Pro Loco Tourist Office recently toured Sigonella. The groups had a chance to get a glimpse of NAS-SIG and the 41st Stormo Italian Air Force Base. "My group was very excited to be on base and to learn about the VP-4 Navy Squadron. I'd like to thank both the U.S. and the Italian Commanders for this unique opportunity," said Dr. Valerio Cimino from San Cataldo.

"It felt like I was ready to go on a flight mission," said his son Carlo.

"We had a great opportunity to see a lot of exciting things," said Mr. Italia, the president of the Pro Loco Pedagaggi Tourist Office. The groups also visited the 41st Stormo Radar and Weather Stations.

Base tours are aimed at explaining the operational two bases' operational activities, clear up misconceptions on the military and show how the Navy and the Italian Air Force work hand in hand to accomplish their missions.

Photos by Dr. Valerio Cimino

Photos by Dr. Valerio Cimino

Ancient Greek Drama Festival begins in Siracusa

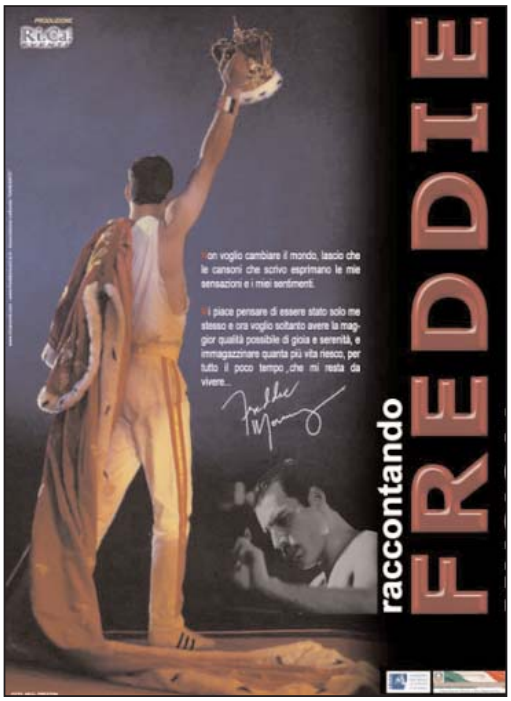
The INDA Ancient Greek Drama Festival, which boasts a world-renowned tradition dating back to 1914 and thousands of spectators, will be held through June 21 at the breathtaking Siracusa Greek Theater which dates back to the 5th century B.C.

Tragedy is one of the three dramatic genres of Ancient Greece dramas. The word tragedy comes from the term "tragedia" or "goat-song," named for the goatskins the chorus wore during the performance. It refers primarily to a tragic drama in which a central character, usually a king, queen or hero, suffers some serious ill-fated situation in which man seems to be deprived of all outward help and is forced to rely on himself. The man deals with external superior's forces, which appear to rule his life. Eventually, tragedies express the vulnerability of human beings whose suffering is caused by a combination of human and divine actions.

This year three dramas will be presented: "Medea" by Euripides, "Oedipus at Colonus" by Sophocles and "Suppliants" by Aeschylus. For more information call INDA at 0931-487248 or visit http://www.helloticket.it/ ; http://www.vivaticket.it/ ; http://indafondazione.org/allegati_multimediali/documenti/stag2009/prevendite.pdf

Photo by INDA

Freddie Mercury Tribute Musical in Sicily



The legendary Queen lead singer Freddie Mercury, who passed away in 1991, will be honored with a series of musical concerts to be held in Ragusa (tonight, Palatenda), Marsala (May 16, Teatro Impero) and Messina (May 17).

With as many as 15,000 spectators, this successful musical featuring the wonderful voice of Italian singer Alessandro Geddo, debuted last year in Taormina and ever since it has been touring northern Italy and Switzerland.

For more information and tickets visit www.ctbox.it or contact BOX OFFICE (Agrigento, #42 Via Cicerone, phone: 0922-20500.

Gegomotor

Tamoil

Kartodromo

Cin! Cin!

Celebrating the Food & Wine of Sicily

Authentic Sicilian cuisine - Parmigiana (eggplant lasagna) and Cotoletta alla Milanese (breaded veal)

Article and photos by MC1 Chris Delano,
The Signature Staff

This month's Fleet and Family Support Center cooking class led us past Motta S. Anastasia towards Enna until we headed down SS. 288 toward Piazza Armerina.

We traveled past many beautiful, scenic views until we came upon a lake created by the artificial damming of the Gornalunga River.

There, in between the province of Enna and the province of Catania, we found a very classy agriturismo whose manager, Mr. Michele and head chef, Mr. Salvatore were ready to teach us their Sicilian cooking skills. After a few introductions with the manager and chef, and pleasantries were exchanged, the two began to teach us a couple of their local recipes.

Parmigiana (eggplant lasagna)

Ingredients:
eggplant
tomato sauce
Parmesan cheese
basil
egg

1. Slice and fry an eggplant until it is gold in color. Add a little bit of olive oil to your tomato sauce and then heat the whole thing, adding garlic and salt to taste. Once complete, spread a light amount of the tomato sauce onto the bottom of a baking dish.

Oxidiana

2. Cover the tomato sauce with a layer of eggplant.

3. Add more sauce to the top of the eggplant, along with some Parmesan cheese and a basil leaf. Repeat this process until you have three layers of eggplant.

Gelso Bianco

4. On the very top layer of eggplant, add a little more sauce and Parmesan cheese.

5. Whisk an egg in a bowl. Add some Parmesan cheese to the mixture.

6. Spoon the egg/cheese mixture on top of the top layer of eggplant.

7. Bake for 10 minutes at 350F uncovered to get a nice top crusty layer. Best if served at room temperature.

The Signature Sigonella, Sicily

Cotoletta alla Milanese (breaded veal)

Ingredients:
thinly sliced pork, beef, or chicken
breadcrumbs
Parmesan cheese
egg
white flour

1. Pat meat in flour, making sure to coat both sides. Whisk one egg and a tablespoon of parsley, and wetten each side of the meat with the egg.

2. Mix together the breadcrumbs with some parsley and Parmesan cheese. Place the meat on the plate with the breadcrumbs, making sure to coat each side thoroughly. It helps if you firmly press the meat into the breadcrumbs.

3. Fry in olive oil until golden brown. Goes well with a nice salad, some grilled vegetables, and your favorite Sicilian wine.

For more information about the monthly cooking class or other trips like it, contact the Fleet and Family Support Center at 624-4291 and ask about the trip planned for May 28.

The Fleet & Family Support Center chooses agriturismos that are in remote, Sicilian farmland, which provide a beautiful look at the countryside.

Cafe Brasil

Palermo

News Briefs

Job Opportunities

Naval Hospital Sigonella

U.S. Naval Hospital Sigonella is seeking applicants for a full-time Mail and File Clerk. Applicant must be a U.S. citizen For inquiries concerning job applications, please call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: http://wwwsicily.navy.mil/positions/hro/.

NCTS Sicily

Computer technician needed!!!

NCTS Sicily has an opening for a Command Sponsored Dependent to support the computer systems in Sigonella. If you have computer skills and want to put them to work, please submit your application @ the local HRO office. If you have any questions, please call Agatina @ 624-4177.

Protestant Women of the Chapel

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

Go Green Sigonella!

Recycle your toner cartidges - you can reduce waste and save money

Did you know that you can turn in your old toner cartridges for recycling? Just place the old toner cartridge in the new box and ensure that they are placed in your office or shop toner recycling bin.

If you do not have a bin, call Filippo Rosolia at the Haz Min Center at 624-2625, or Wayne Hagwood at 624-2463.

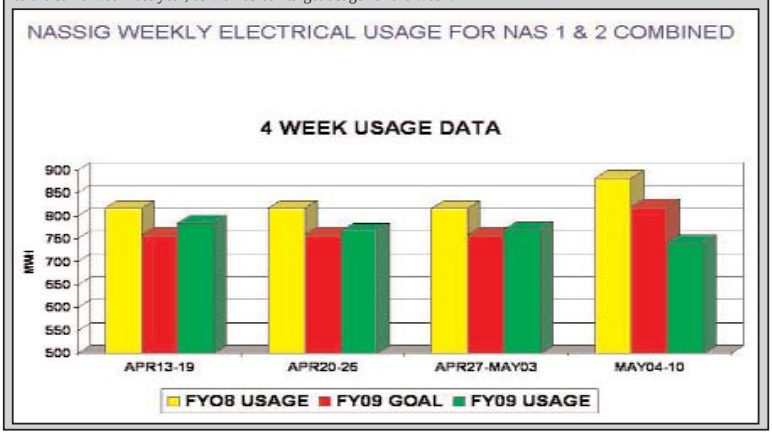
They will bring you a toner cartridge recycling bin and take the old toner cartridges.

Or, if you have a shop's Hazardous Waste Accumulation Point (HWAP) nearby, your designated HWAP Coordinator will take it from you.

The Haz Min Center is currently placing toner cartridge bins at or near HWAP collection points. HWAP Coordinators will periodically remove the used toner cartridges and deliver them to the Haz Min Center. Periodically, a local recycler comes and picks up the toner cartridges for recycling, and you save the government money and local landfill space by doing the right thing.

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.



Geico

Ristorante Bella Etna

15

Lunch: Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Penne Alla Norma, Steamed Rice, Calico Cabbage, Herbed Broccoli, Tartar Sauce, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin.
Speed line: Grilled Cheese/Hamburger, Turkey burger, Baked Beans, French Fried Potatoes
Dinner: Egg Drop Soup, Chicken Cacciatore, Beef Cordon Bleu, Rice Pilaf, Southern Green Beans, Savory Squash, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin.

16

Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.
Brunch: Breakfast Items, Chicken Gumbo Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Tossed Green Rice, Peas w/ Carrots, Cauliflower Au Gratin, Brown Gravy, Velvet Pound Cake, Vanilla Cream Pie.
Dinner: Zesty Bean Soup, Baked Italian Sausage, Veal Steak, Steamed Rice, Home Fried Potatoes, Glazed Carrots, Savory Style Beans, Chicken Gravy, Velvet Pound Cake, Vanilla Cream Pie.

17

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, Knickerbockers Soup, Creole Pork Chops, Macaroni and Cheese, Islander Rice, Corn O'Brien, Green Beans, Marble Cake, Sugar Cookies.
Dinner: Nutty Split Pea Soup, Roast Beef, Baked Fish, Mashed Potatoes, Steamed Rice, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Marble Cake, Sugar Cookies.

18

Lunch: Chicken Gumbo Soup, Beef Yakisoba, Veal Parmesan, Farfalle w/ Tomato Sauce & Shrimp, Steamed Rice, Oven Browned Potatoes, Green Peas, Seasoned Summer Squash, Spice Cake w/ Frosting, Vanilla Cookies, Fruit Gelatin..
Speed line: Sub Sandwich, Cartocciata, Pasta Primavera.
Dinner: Minestrone Soup, Cantonese Spareribs, Cranberry Glazed Chicken, Pork Fried Rice, Lima Beans, Broccoli Parmesan, Spice Sake w/ Frosting, Vanilla Cookies, Fruit Gelatin.

19

Breakfast: Farina, Baked Sausage, Oven Fried Bacon, Asstd Omelets, Roasted Potatoes, Waffles, Asstd Doughnuts, Blueberry Muffins.
Lunch: Egg Drop Soup, Sweet & Sour Pork, Chicken Chop Suey, Penne Amatricia, Egg Foo Young, Chinese Fried Rice, Oriental Fried Cabbage, Chow Mein Noodles, Corn Kernel, Fruit Cocktail Upside Down, Blueberry Pie.
Speed line: Philly Cheese Steak, Chili Dog, Fried Onion Rings, Macaroni & Cheese.
Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Shrimp Scampi, French Fried Potatoes, Seasoned Pasta, Spanish Beans, Fruit Cocktail Upside Down, Blueberry Pie

20

Lunch: Beef Noodle Soup, Pepper Steak, Chipper Fish, Carbonata Spaghetti, Steamed Rice, Franconia Potatoes, Creamed Corn, Eggplant Parmesan, Bruschetta, Carrot Cake, Almond Cookies, Chocolate Pudding.
Speed line: Grilled Hamburger & Cheeseburger, Turkey Burger, French Fried Potatoes, Beans, White W/ Tomatoes.
Dinner: French Onion Soup, Corn Beef & Cabbage, Chicken Gordon Blue, Steamed Rice, Potatoes Au Gratin, Club Spinach, Steamed Peas & Carrots, Almond Cookies, Chocolate Pudding, Carrot Cake.

21

Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.
Lunch: Vegetable Supreme Soup, Roast Porkloin, Honey Glazed Chicken, Farfalle Al Pesto, Steamed Rice, Garlic Potatoes, Mixed Vegetable, Collard Greens, Oatmeal Raisin Cookies, Cherry Cobbler.
Speed line: Asstd Pasta, Baked Italian Sausage, Sauteed Pepper & Onions.
Dinner: Tomato Bouillon Soup, Ginger Pot Roast, Swedish Meatballs, Red Beans W/ Rice, Mashed Potatoes, Natural Pan Gravy, Creole Green Beans, Whole Corn, Oatmeal Raisin Cookies, Cherry Cobbler.

On the Go with MWR

Massage your way to a better mind, body and soul

Whether you need to release some stress or just give yourself a treat, massage is the answer. Certified Massage Therapist, Simona Mangano, provides a by-appointment-only massage Monday to Friday, and offers a range of massage from deep tissue, reflexology, shiatsu, pre- natal and Chinese.

The benefits of massage include:

Enhanced immunity
Increased joint flexibility
Lessen depression and anxiety
Relieve migraine pain
Helps athletes prepare for and recover from workouts
Assists with easier labor for expectant mothers

Massage is one of the oldest healing arts. Chinese records date back 3,000 years document its use. The ancient Hindus, Persians and Egyptians applied forms of massage for many ailments.

To make an appointment or for price information call 328-888-5863.

Save the date of June 12 - 13 for MWR County Fair

Navy wives enjoy a day on the green at Sigonella's golf course in 1966.

Mark your calendar for June 12 and 13 for MWR's Sigonella County Fair. There will be food booths, games, carnival rides, special contests, live music and more.

Typically held earlier in spring, this year's county fair is set to coincide with Sigonella's 50th birthday. The base opened its doors on June 15, 1959.

On your next visit to the Midtown 2 Theaters, learn all about Sigonella's early days and historical highlights from around the world in 1959.

Midtown Movie Theaters
Schedule & Descriptions

Friday, May 15
3:00pm Monsters vs. Aliens PG
5:00pm Race to Witch Mountain PG
5:30pm Knowing PG-13
7:00pm Star Trek PG-13
8:00pm Adventureland R
9:15pm In Good Company PG-13 **FREE**

Saturday, May 16
2:00pm Star Trek PG-13
2:30pm Duplicity PG-13
4:15pm Knowing PG-13
5:00pm X-Men: Wolverine PG-13
6:15pm Adventureland R
7:00pm Street Fighter: Chun Li PG-13
8:15pm The Lost Boys R **FREE**

Sunday, May 17
2:00pm Monsters vs. Aliens PG
2:30pm Star Trek PG-13
4:30pm 12 Rounds PG-13
5:00pm I Love You, Man R
7:00pm The Last House on the Left R

Monday, May 18
3:00pm Monsters vs. Aliens PG
5:00pm Street Fighter: Chun Li PG-13
5:30pm X-Men: Wolverine PG-13
7:00pm Slumdog Millionaire R **FREE**
7:30pm The Last House on the Left R

Tuesday, May 19
3:00pm X-Men: Wolverine PG-13
5:00pm 12 Rounds PG-13
5:30pm Slumdog Millionaire R **FREE**
7:30pm Knowing PG-13
8:00pm I Love You, Man R

Wednesday, May 20
5:00pm Race to Witch Mountain PG
5:30pm I Love You, Man R
7:00pm Adventureland R
7:30pm Star Trek PG-13

Thursday, May 21
3:00pm Star Trek PG-13
5:00pm Knowing PG-13
5:30pm X-Men: Wolverine PG-13
7:00pm Slumdog Millionaire R **FREE**
7:30pm Crimson Tide R
FREE - Throwback Thursday

The Last House on the Left (R)
The night she arrives at the remote Collingwood Lakehouse, Mari and her friend are kidnapped by a prison escapee and his crew. Terrified and left for dead, Mari's only hope it to make it back to parents John and Emma. Unfortunately, her attackers unknowingly seek shelter at the one place she could be safe and when her family learns the horrifying story, they will make three strangers curse the day they came to the Last House on the Left. (110 min.)

Street Fighter: Legend of Chun Li (PG-13)
Warriors converge on the streets of Bangkok, preparing for the ultimate battle of terror versus beauty, light versus darkness and good versus evil. (97 min.)

X-Men Origins: Wolverine (PG-13)
X-Men Origins tells the story of Wolverine's epically violent and romantic past. Along the way, Wolverine encounters many mutants both familiar and new, including surprise appearances by several legends of the X-Men universe. (107 min.)

Knowing (PG-13)
In 1958, as part of the dedication ceremony for a new elementary school, a group of students is asked to draw pictures to be stored in a time capsule. But one mysterious girls fills her sheet of paper with rows of apparently random numbers instead. Fifty years laster, a new generation of students examine the capsule's contents and the girl's cryptic message ends up in the hands of young Caleb Koestler. But it is Caleb's father, professor John Koestler, who makes the startling discovery that the encoded message predicts with pinpoint accuracy the dates, death tolls and coordinates of every major disaster of the past 50 years. As John further unravels the documen's chillling secrets, he realizes the document foretells three additional events - the last of which hints at destruction on a global scale and seems to somehow involve John and his son. When John's attempts to alert the authorities fall on deaf ears, he takes it upon himself to try to prevent more destruction from taking place. With the reluctant help of Diana Wayland and Abby Wayland, the daughter and granddaughter of the now-deceased author of prophecies, John's increasingly desperate efforts take him on a heart-pounding race against time until he finds himself facing the ultimate disaster - and the ultimate sacrifice. (121 min.)

I Love You, Man (R)
Peter Klaven is a successful real estate agent who, upon getting engaged to the woman of his dream, Zooey, dissovers, to his dismay and chagrin, that he has no male friend close enough to serve as his Best Man. Peter immediately sets out to rectify the situation, embarking on a series of bizarre and awkward "man-dates," before meeting Sydney Fife, a charming, opinionated man with whom he instantly bonds. But the closer the two men get, the more Peter's relationship with Zooey suffers, ultimately forcing him to choose between his fiancee and his no found "bro," in a story that comically expresses what it truly means to be a "friend."

Movie dates and times are subject to change.

Showing Friday, May 22

3:00pm Monsters vs. Aliens PG
5:00pm Fast and Furious 4 PG-13
5:30pm Dragonball Evolution PG
7:00pm The Haunting in Conneticut PG-13
8:00pm Angels and Demons PG-13
9:15pm Black Hawk Down R **FREE**

Coming Soon

Sunshine Cleaning, Observe and Report

Movie Hotline: 624-4248

Enhance your language skills and learn Italian

Learn Italian with ITT's Alfina Rapisarda as she teaches Basic Italian once a week starting on Wednesday, May 27 until June 17, at Midtown Classroom on NAS I.

The four-week class series is $120 with the weekly morning sessions starting at 9 a.m. until 12 p.m. and the evening sessions are 5 p.m. to 8 p.m.

For more information call ITT Gear-n-Go at 624-4777.

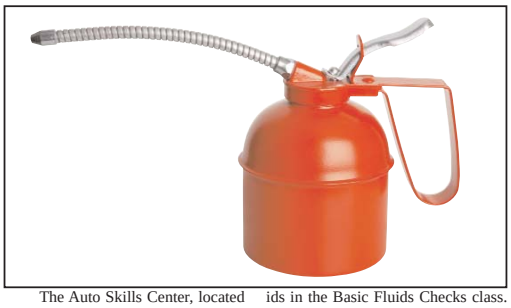
Swing in to May with a golf game

All skill levels are welcome for a golf outing set for Monday, May 25 at LeMadonie Golf Course in Cefalu with a shot gun start at 9:30 a.m. Greens fees are $25 and are available at ITT and Take 5. Bring euro for cart rental and lunch.

Relax and leave the driving to us. MWR will get you there for an additional $10 with pick-up in Mineo, Marinai and NAS I. Sign up at either ITT or Take 5.

For more information, call 624-2711.

Get under the hood



The Auto Skills Center, located on NAS II, is your one stop shop for car advice and do-it-yourself auto needs.

On May 22, sigonellans can prepare for the upcoming hot summer months and learn about their car fluids in the Basic Fluids Checks class. Each class is free and will only take about an hour. Pre-registration is encouraged with a limit of 10 people. Call 624-5244 to reserve your spot today.

Naval Air Station MWR Sigonella • Sicily
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.

***HEALTH,* continued from page 2**

keep you fit.

You can get additional information from the FDA website at the following address www.FDA.GOV/MEDWATCH/REPORT.HTM

***CHAPLAIN,* continued from page 2**

morally right, we do so for one of two reasons. First, we do so because we have decided to ignore our inner moral code and to do what we see fit. We do this because of the benefits it has for us in certain situations. We have decided to ignore the rules or the opportunity to do the right thing in order to benefit ourselves. We may even do the wrong things. Some people are even consistent in doing the wrong things by ignoring their moral compass all together and choosing to do the wrong things both in private and public.

Second, we may do things that are wrong based off of the fact that we have a messed up or misguided moral compass. Someone may have never learned that certain things are right and wrong. This one is usually not the case, but does happen. However, due to the uniqueness of our community, we actually have no excuses. Our moral compass has been dictated to us through out core values of Honor, Courage, and Commitment. So, in actuality every sailor has there moral compass set for them.

So, this leaves me with only one conclusion. When we do what is wrong, either in private or public, we show a lack of integrity. When we do we do this for one reason: we choose to do the wrong thing as opposed to the right thing. We have no integrity. If we choose to drive faster than the speed limit then we are not concerned with integrity. We do so against our better judgment and ignoring our moral compass. Now, I only use speeding as an example. I am not here to prove that I go the limit and others do not. I too have failed. But I also realize that there are consequences. Even if I never get caught, I will always have a lack of integrity. I know when I am doing the wrong thing, and even when I think I may get away with it, I can rest assured that someone will see it. My integrity, doing the right thing even when no one is looking, has been damaged. How is your integrity?

***EXERCISE*, continued from page 1**

of the exercise.

The extensive exercise allowed the nations involved a unique chance to train boarding parties and practice search and seizure techniques among other things, Capt. Jones said.

"We have ships at sea that are looking at target vessels," he said. "We have two very large target vessels that are t he size of tankers or oilers with suspected contraband materials on board, and we have boarding teams that are going to come alongside in small boats. They're going to climb onboard the ship and look throughout the ship for the materials that we're hiding. Then they're going to take the materials, get back in their boats and head back to the host vessel."

Capt. Jones stated that a top priority for the exercise was to implement a new security initiative that has taken on a high priority for the partners in the European region.

"One of the events that we're exercising, which is also very important for us, is a proliferation security initiative which is to intercept items that could be used for weapons of mass destruction," Capt. Jones said. "Almost all of the countries participating in this exercise are signatories to this initiative."

Capt. Jones believes the overall cohesiveness and cooperation demonstrated throughout the exercise made it a huge success.

"We feel we've created a better force, a better team, always looking towards the future where we can work together as partners," said Capt. Jones. "I think we're achieving success here, and you can see that when you look around and see Algerian officers, working with Moroccan officers, working with Spanish officers and Turkish officers. It's all countries working together to achieve the objective."

***CELEBRATION,* continued from page 1**

Heritage Show & Food Tasting Presentation, which allows fair goers to get a taste of the local cuisine, watch traditional dances, and view art work from various Asian-Pacific American countries.

"Our heritage in this show is represented through dance, song, decorations and food," said Frances Rosal, a coordinator for the event. "Along with that, our guest speakers discussed Asian Pacific Heritage."

Preparations for the event started in March and included recruiting dancers to learn a number of traditional dances from various Asian-Pacific American countries. Rosal feels the event was great opportunity for some Asian-Pacific American children to learn about their own culture and history.

"Many of our children grew up in the U.S.," Rosal said. "So they really didn't have any experience of dancing or singing in Filipino activities. Not like children who grew up in the Philippines. This actually is forum for them to learn those things and they have. It's wonderful."

Following the performance the crowd was able to sample a variety of foods including favorites from the Philippines like pancit, fried bananas and lumpia. This gave the crowd a chance to ask questions and mingle with the performers while getting a closer look at some of the intricate costumes from the show.

(Above) Participants of the Asian-Pacific American Hertiage Month demonstrate a fusion of traditional Filipino dance with hip-hop flair. (Below) Girls perform a traditional Pacific Island dance at the Asian-Pacific American Hertiage Month event.

The Signature SIGONELLA, SICILY

Do you have a passion for writing or are you looking for a litle 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.

Sushi

P C S

Auctions

U.S. Navy photo MCSA Whitfield M. Palmer/Released

Marines from Morocco participate in small arms practical training exercises during exercise Phoenix Express 2009. Phoenix Express is part of the overall U.S. Africa Command and U.S. Naval Forces Europe, U.S. Naval Forces Africa, U.S. 6th Fleet Theatre Security Cooperation strategy to enhance regional stability in the region through increased interoperability and cooperation among regional allies from the United States, Africa, and Europe.

NAS Sigonella Ombudsman Program

Our Mission:

-Primary liasion between families and the command

-To be an advocate for families and single sailors

-To dissiminate 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.

Knights of Columbus donate to Sigonella Scholarship Fund

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

Grilling safety

Article by Sandra Basile
Asst. Chief of Prevention
NAS Sigonella Fire Department

Summer is fast approaching and many Sigonella residents are getting ready to light up the grills. Barbecuing can be a safe and fun experience for everyone. Before striking up your grill, the NASSIG Fire and Emergency Services department has a few safety tips to help prevent injuries or damage to property:

-Keep children away from any hot charcoals or open flames.

-Ensure that your barbecue is in good working order.

-Make sure your barbecue is level and away from sheds, fences, fuel tanks and overhanging branches.

-Position the grill well away from siding, deck railings and out from under the car port.

-Never use a barbecue indoors or in tents.

-Never leave a barbecue unattended.

-Light barbecues with a long match or mechanical lighter. Keep all matches, lighters and barbeque lighters out of the reach of children.

-Use long-handled grilling tools to give the chef plenty of clearance from heat and flames and don't wear loose clothing.

-Allow the barbecue to cool before attempting to move it.

When Using Charcoal Briquette Barbecues:

-Use only sufficient charcoal to cover the base of the barbecue to a depth of about 2 inches.

-Store extra charcoal in a metal container with a tight– fitting lid to keep it dry, wet charcoal can spontaneously combust and start a fire.

-Use lighter fluid on cold briquettes only, adding fluid to burning or hot coals can cause a flash fire and result in serious burn injuries.

-When removing the ashes from the barbecue, make sure they are cool and put them into a non-combustible container such as a metal bucket.

-Do not put ashes into a garbage can or paper bag.

When Using Gas Barbecues:

-Follow the manufacturer's instructions.

-Check the gas cylinder, bombola or pipe for leaks by brushing or spraying soapy water around all connections and hoses watching for bubbles.

-If ever in doubt about the integrity of your gas cylinder, have it tested. Never use gas cylinders or hoses that are past their legal use date.

-Open the barbecue lid before turning on the gas or lighting.

-When you have finished cooking with a gas barbecue, turn off the gas cylinder.

-Change gas cylinders in the open air, not in a confined space.

-Do not store gas cylinders indoors.

Photo courtesy Act of Boar BBQ competition team

Stampa

Medusa

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.

Send Il Mercato advertisements to thesig@eu.navy.mil

If you are transferring to Sigonella and would like to see the Il Mercado section in its entirety, please email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the U.S. Military.

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@eu.navy.mil. Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in *The Signature*, call Stampa Generale @ 081-568-7884.

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Traslochi

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