



Don't forget to set your clock forward March 29



Doesn't it just seem like yesterday we were turning our clocks back an hour to account for the winter? Well, now it's time to move them up an hour, an action that is affectionately known as 'springing forward.' The United States moved their clocks up an hour at 2:00 a.m. on March 8, but in Europe, they wait until the end of the month, on March 29 at 1:00

a.m. to spring forward. So before you go to bed on March 29, don't forget to move your clock up one hour. For example, say you go to bed at 10 p.m. With daylight savings time, it'll now be 11 p.m. Forget to spring ahead and you might be late to work on Monday, March 30, since 8 a.m. will now be 9 a.m. So, don't forget!

Change your clocks, change your batteries

Article by **Sanda S. Basile**
Asst. Chief of Prevention
NASSIG Fire Department

According to the National Fire Protection Association, properly installed and maintained smoke alarms play a vital role in reducing fire deaths and injuries, and have contributed to an almost 50% decrease in fire deaths since the late 1970s. A properly working detector could make the difference in whether or not your family will survive a fire in your home.

Unfortunately, the NASSIG Fire Department has encountered too many instances of occupants disabling their detectors because they don't have a battery available or it is the middle of the night. We have even found smoke detectors and carbon monoxide detectors removed from the walls and placed in a drawer. Smoke detectors that are disabled because of nuisance alarms provide no protection at all and place your

family at much greater risk.

To help reduce these nuisance alarms, the NASSIG Fire Department has implemented a campaign to "Change your clock, Change your battery" on March 29, Daylight Savings Time. We strongly encourage all personnel, whether you reside in military family housing or off-base, to take the time to change your smoke detector batteries and test the system to ensure that your detectors are working properly.

Another simple way to keep your family safe and to ensure the detector is functioning correctly is to test your detectors monthly. Every smoke detector has a test button; push the button until you hear the alarm sound. This easy test takes less than one minute. Regularly changing your batteries and conducting a monthly test can give you the peace of mind that you and your loved ones will be alerted quickly to any fires that may occur in your home.

Come cheer on the Catania Elephants



Article by **Tracie Barnthouse**
The Signature Editor

The NFL football season ended back in February. Are you already biting at the bit waiting for the new season to start up? Well, to tide you over until August, why not come out and support the Catania Elephants, an American Football Club that plays against nine other cities in Italy? "What?" you ask? It's true, there is an American style football league in Italy that fully embodies the passion and fever of the NFL, and we are lucky enough to have one of the teams right here in Catania.

If you've read the book *Playing for Pizza* by John Grisham (and you should!), you know all about the football league in Italy. Each team is only allowed three Americans, and the rest of the team is made up of Italian lawyers, butchers, firemen, etc. The book follows the story of the football team from Parma and their star quarterback from the United States.

The Catania Elephants have the chance to play the Parma Panthers in a home game on May 10, but prior to that, the team plays their home opener on April 4 at 2 p.m. in a match against the Bologna Warriors. Admission to the game is free and Morale, Welfare and Recreation's (MWR) Information, Travel and Tours (ITT) has a bus scheduled for those who want a ride for a price. They will also be bringing along two grills and you are encouraged to bring your own food to cook and drinks to drink (no hard alcohol is permitted, but you can bring beer and wine), just as if you were tailgating at a game back home. That also means you'll need to bring cooking and eating utensils and folding chairs and tables. You may want to bring along a blanket or cushion to sit on, too, as the stadium has concrete bleachers. ITT will have a bus available for all of the Elephants home games throughout the season and into the home playoff

games. If you want to drive on your own, the games are held at the Catania University Sportivo (CUS) in the heart of Catania.

In addition, MWR is putting together free football clinics for youths to be held on April 14. The clinics will be run by the American players and coaches of the team. For those youth ages 10-14 years old, the clinic will be from 3 p.m. - 4 p.m. and for high school students, from 4:15 p.m. until 6:15 p.m. Both clinics will be held at the Land Annex on NAS I and they are free to attend. The clinics are designed to concentrate on important techniques for different football positions. For those who sign up at the Fit District Desk in Midtown before April 1, they will receive a free Catania Elephants Football Clinic T-shirt. Sign ups will be taken until April 13. Contact the MWR office at 624-0506 for more
ELEPHANTS, continued on page 12

Predeployment preparation

Article by **MCSA Whitfield Palmer**
Navy Public Affairs Support
Element-East Detachment
Sigonella

Sooner or later most Sailors will be on some sort of deployment. Whether you're assigned to a ship and about to go underway for six months or a Seabee off to a remote part of the world to deal with infrastructure, it's best to have a plan to make sure every thing is in order. Working within your chain of command, medical, and Personal Support Detachment (PSD) will ensure a smooth transition.

Chain of Command - Your chain of command is your key to a successful predeployment. Your LPO and LCPO will make sure your orders are cut. They will that you and your loved ones will be alerted quickly to any fires that may occur in your home.

Chain of command will also sign off for a government travel card which is essential for travel expenses and emergencies. Also your chain of command will make sure you are registered in the Defense Travel System (DTS) where you will be able to access travel itineraries and submit claims for reimbursement of travel expenses.

PSD - Some deployments require additional travel documents, particularly deployments to countries where entering and exiting are not covered under the Status of Forces Agreement (SOFA). Having a military passport on hand is often necessary. This should be taken care of well before any deployment as processing times for military passports are up to eight weeks.

Sea bag - Make sure your sea bag is always squared away. Apart from the required items, make sure

anything your command requires is included. Insect repellent and sunscreen are additional items you may want to include. If you're off to a cold climate, make sure you have all of your cold weather gear.

Medical - Many regions where Sailors are deployed require specific vaccinations to prevent sometimes deadly illnesses. Contact medical as soon as possible to schedule vaccinations. Make sure any other pending medical requirements are met.

Being squared away is essential to a successful deployment. Plan ahead and work with your chain of command to make sure everything is in order well before your departure. Following the above suggestions is a great start to prevent frustrations and put you on the right track.

WEATHER UPDATE

March 27
H:64F
L:55F



March 28
H:70F
L:55F



March 29
H:73F
L:59F



March 30
H:75F
L:55F



March 31
H:73F
L:54F



April 1
H:74F
L:54F



April 2
H:74F
L:52F



TOP STORIES

Now that you've seen the island and traveled all around Europe, are you considering returning to nursing to help pay off those bills? Are you a Registered Nurse who moved to Sigonella and wants to maintain your skills?

High speed vessel Swift (HSV 2) returned to Barbados March 9 to begin a 10-day training mission and complete the Barbados portion of Southern Partnership Station (SPS).

Although celebrated on March 8, International Woman's Day, called "La Festa della Donna," recognizes the significance women's history. On this day and during the month of March, it is customary to give sprigs of bright yellow mimosas to every woman you know.

Lent has began as a preparation for Easter; several Catholic communities across the island are getting ready for the Settimana Santa (Holy Week) a special week-long celebration featuring street processions and ceremonies and culminating in Easter Sunday.

Cefalu is a picturesque city lying on the northern coast of Sicily in the province of Palermo. The city's coastline of lava rock and sandy beaches lies on the clear turquoise waters of the Tyrrhenian Sea.

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TRAFFIC NUMBERS

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

Accidents	47	84
Injuries	6	12
DUIs	0	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG EXECUTIVE OFFICER CAPT. JOSEPH W. BEADLES

Sailors helping Sailors. It really is a simple idea, and one that has really been embraced at NAS Sigonella. In my eight months here, I have witnessed acts of generosity both large and small. I have seen the entire community come together to save a life as well as individuals giving their time to keep our many volunteer organizations going strong. These acts are one of the many reasons that NAS Sigonella is such a wonderful community to live and work.

This month we all have an opportunity to contribute to an organization which has been there for Sailors, Marines and their families for the past 105 years providing support in times of need. This historic organization is

the Navy Marine Corps Relief Society and in the month of March the NMCRS Active Duty Fund Drive is in full swing.

I can't think of a better way to make sure that your time and money goes to support members of our own community than to get involved and help out the Active Duty Fund Drive. In 2008 \$75,000 was raised and all of that went back to the community. In fact in 2008 NMCRS Sigonella provided a total of \$126,625 in financial assistance to members of the Sigonella community. This financial assistance went to everything from emergency relief for food, shelter, vehicle repairs and emergency transportation to providing educational disbursements.

This year the fund drive has come up with a lot of ways to make it fun to be involved which range from car washes to "Flamingo Flocking" your neighbors yard or buying insurance against getting your own yard "Flocked." The Fund drive started 1 March and is running until 15 April. I highly encourage that you get out and get involved, give what you can, whether that is volunteering time or a monetary donation and know that your gift will directly help the Sigonella community. This is truly a perfect way for Sailors to help Sailors in our community.



Health WATCH

Nursing Career Opportunities

Article by Lt. Bradley S. Hazen, Public Affairs Officer Naval Hospital Sigonella

Now that you've seen the island and traveled all around Europe, are you considering returning to nursing to help pay off those bills? Are you a Registered Nurse who moved to Sigonella and wants to maintain your skills? Would you like to work side-by-side with fellow nursing colleagues and patients again? Do you miss the professional challenge and personal satisfaction that comes from being a patient advocate? It's that kind of motivation combined with a commitment to integrity that makes the Naval Hospital a perfect career partner for you.

expressed desire for civilian Registered Nursing positions, Naval Hospital Sigonella has opened a number of nursing career choices in a variety of care settings: emergency, ambulatory, medical-surgical, obstetric, pediatric, same day surgical nursing care, and nurse consultant. Full and part time placement is available with hours to match the school day schedule as needed.

Put some balance back into your life. If you are a Registered Nurse who's considering rekindling your career and you would like to earn some extra money, call the HRO office at DSN: 624-4165 or visit <http://www.sicily.navy.mil> for more information. The Public Affairs Office is also standing by at DSN: 624-3849 to answer your questions.



Assignment of Choice: Predicting Results

Article by Chaplain Stephen M. Coates

Do you remember the scene in "Crimson Tide" when the Captain gives the order to "seal the hatch" in order to save the boat? It seems clear enough. An engineering space is taking on water. You either seal the hatch or lose the boat.

The dilemma arises because the Captain still has men in that compartment. In order to achieve a greater good, he has to sacrifice the lives of good Sailors.

This is an example of yet another grid for making choices. It is known by a number of names - utilitarianism, consequentialism, results-based thinking. The chief determinant for whether an action is right or wrong is what result the action will bring.

A lot of people, and especially politicians, like this one. They are comfortable with whatever produces the greatest good for the greatest number. It is the moral equivalent of cost-benefit analysis. You examine the possible results and pick the one that produces the most good over the broadest range. If you have to let an employee go for the sake of the bottom line of the company - so be it.

Sometimes we apply this method to every day situations. Should I get out of my rack and report to Quarters? Many Sailors

CHOICE, 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

Swift and Southern Partnership Station returns to Barbados

Article by MC1 Daniel Ball, Southern Partnership Station Public Affairs

BRIDGETOWN, Barbados (NNS) -- High speed vessel Swift (HSV 2) returned to Barbados March 9 to begin a 10-day training mission and complete the Barbados portion of Southern Partnership Station (SPS).

Southern Partnership Station is an annual deployment of various specialty platforms to the U.S. Southern Command area of focus in the Caribbean and Latin America. The mission goal is primarily information sharing with navies, coast guards, and civilian services throughout the region. SPS is comprised of Navy training and support teams, Marine Corps training teams, foreign naval

officers and civilian contract mariners on a Military Sealift Command platform.

SPS's return was marked by an opening ceremony aboard Swift. Afterwards, instructors set out to various classrooms located on Swift and in local military facilities to begin instruction.

"We came out to teach them how to drive the boats and because of the training from our last visit here they were ready for the next course," said small boat instructor Boatswain's Mate 1st Class Albert Perret, from Franklin, La. "This time around, we are teaching waterborne security which focuses on formations and patrol geared toward how to protect their home port and ships. They were

very motivated about the class and eager to learn. I think they will take away a lot from this course."

Training teams from Navy Expeditionary Training Command, Naval Criminal Investigative Service and the Marine Corps Training and Advisory Group began their courses today with 127 students from the Royal Barbados Defense Forces and member nations of the Regional Security System (which includes Antigua and Barbuda, Dominica, Grenada, St. Kitts and Nevis, St. Lucia, and St. Vincent and the Grenadines). The courses provide instruction in waterborne security, port security, leadership, instructor training, generator maintenance, search and rescue planning, combat

patrol and urban raid tactics.

The final SPS visit to Barbados comes on the heels of an eight-day training evolution in the Dominican Republic. While there SPS instructors trained 80 students in a variety of topics including small boat operations, Marine Corps martial arts and port security.

The return to Barbados is the ninth stop for SPS. Afterwards SPS is scheduled to visit Colombia, Nicaragua and Jamaica.

The mission is coordinated through U.S. Naval Forces Southern Command/U.S. Fourth Fleet (NAVSO/ 4th Fleet) with partner nations to meet their specific training requests. As the Naval Component Command of SOUTHCOM,

NAVSO's mission is to direct U.S. Naval Forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Various operations include counter-illicit trafficking, Theater Security Cooperation, Humanitarian Assistance and Disaster Relief, military-to-military interaction and bilateral and multinational training.

Fourth Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces in the SOUTHCOM area of focus.

For more information on U.S. Naval Forces Southern Command / U.S. Fourth Fleet, go to www.navy.mil/local/cusns.

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 Dmitry Chepusov

Helicopter Control Officer Lt. j.g. Trinity Phillips, from Mars Hills, N.C., observes an MH-60S Sea Hawk helicopter from the "Eightballers" of Helicopter Sea Combat Squadron (HSC) 8 as it lands on the flight deck aboard the Arleigh Burke-class guided-missile destroyer USS Kidd (DDG 100). Kidd, as a part of the John C. Stennis Carrier Strike Group, is on a scheduled six-month deployment to the western Pacific Ocean.



U.S. Navy photo by MC1 Daniel Ball

Students from the Royal Barbados Defense Force crosses a Southern Partnership Station small boat in order to board high speed vessel Swift (HSV 2) for training. Southern Partnership Station is a training mission to Central America, South America and the Caribbean Basin.

NEW Arrivals



Torva Monika
 to

Volcano

				FRIDAY	SATURDAY	SUNDAY
				27 MARCH	28	29
				Arriverderci FFSC x4231 or x9407 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		
COMMUNITY CALENDAR						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
30	31	1 APRIL	2	3	4	5
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Disaster Action Team Meeting Red Cross 11:30 a.m. x4900	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291	Ricotta Cheese Workshop FFSC 9 a.m. - 2 p.m. x4291 Anger Management FFSC 1 p.m. - 3 p.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		
6	7	8	9	10	11	12
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Stress Management FFSC 9 a.m. - 11 a.m. x4291	Retirement Planning CSB/Redux FFSC 1 p.m. - 3 p.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Homebuying Strategies FFSC 9 a.m. - 11:30 a.m. x4291	Ombudsman Assembly FFSC 9 a.m. - 11 a.m. x4291 10 Steps to a Federal Job FFSC 12 p.m. - 4 p.m. x4291	Arriverderci FFSC x4231 or x9407 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Conflict Resolution FFSC 1 p.m. - 2 p.m. x4291		Easter Sunday

Motta

Days Inn

Sol

Magnolia

Did you know that . . . Remembering Navy-Marine Corps Relief Society in your will (or living trust) is one of the easiest and best ways to ensure that the Society's crucial work will continue for generations to come? Including the Society as a beneficiary of your will can be as simple as adding an amendment (or codicil) to your existing document. NMCRS can provide sample bequest wording and a codicil form. Please contact the Society for further information! Let them know how they can be of assistance.

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

Mimosa: The Woman's Day Flower

Article by Stefania Santagati,
 Information & Referral

Although celebrated on March 8, International Woman's Day, called "La Festa della Donna," recognizes the significance of women's history. On this day and during the month of March, it is customary to give sprigs of bright yellow mimosas to every woman you know. Men give mimosas to women, but even women can give the flower to one to another.

The bright yellow flower, although carrying some different meanings, is believed to have been chosen as a symbol of strength, femininity, determination, and love. In other cultures, the mimosa has other meanings:

According to the Romans, mimosa signifies sensitivity, a trait that propels many women to stand strong for their beliefs.

According to ancient customs of the Native American Indians, the mimosa is a sign of passionate love. A passionate man would give a sprig of mimosa to the woman who had stolen his heart.

In England, girls used mimosa to express their ideas. They would thread a mimosa

flower through their hair or buttonhole as a symbol of strength and determination.

Today, this flower signifies "concealed love" to many people.

In actuality, the tradition of giving a mimosa during Woman's Day is not very old. It was introduced after the Second World War. Choosing the yellow mimosa for this day was not a casual choice. In 1946, the UDI (Unione Donne Italiane) chose these beautiful yellow flowers particularly for their wonderful fragrance, but, more so, they are in bloom during this season and not very expensive. Additionally, they feel that the yellow flower represent crossing from death into life. It echoes the revolutions of all women, who have even sacrificed their life, so that others can be born in a "right world."

Additionally in New York in the early 1900s a fire broke out in a textile factory. Inside the factory, while on strike for many days over horrible work conditions, all 129 employees were trapped. The fire devastated the building and killed all therein, all were women. According to the legend, on that

tragic day, people gathered to lay down wild mimosa in the vacant lot adjacent to the factory.

Although strictly legend, it is derived from a romanticized elaboration of a real historical disaster: The Triangle Shirtwaist Factory fire in New York City on March 25, 1911. The fire was largest industrial disaster in the history of the city of New York, causing the death of 146 garment workers who either died from the fire or jumped to their deaths. Most of the employees were immigrant women, of which 40 percent were Italian and about 60 percent were Eastern European Jewish descent.

Just one week before the fire on March 19, 1911, Europe marked its very first International Women's Day. On that day, more than one million women and men in four countries rallied for women's rights to vote and right to work. Unfortunately, only six days later, the deaths of teenage immigrant girls halfway around the world occurred, which historically led to sweeping changes in labor legislation and to a worldwide observance of International Women's Day.

Strike

Mondo Animale

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
Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Easter Week to begin in Enna

Lent has begun as a preparation for Easter and several Catholic communities across the island are getting ready for the Settimana Santa (Holy Week), a special week-long celebration featuring street processions and ceremonies and culminating in Easter Sunday. This year, Holy Week will last from April 5 (Palm Sunday) to April 9 (Easter Sunday). Street processions featuring decorated religious

floats, representing the Passion of Christ, will be carried out across the island. Elaborate statues of Jesus and the Virgin Mary, which are mounted on top of the floats, are accompanied by penitents who mourn the Passion of Christ and rejoice for his resurrection.

Enna's Settimana Santa celebrations come straight from the Spanish Catholic traditions. Spaniards ruled

Sicily from the 14th to the 18th century. Today, just as it happens in Andalusia, processions featuring traditional costumes still show the intensity of the devotees' mysticism.

Thousands of visitors swarm Enna to see the fervent pilgrims belonging to different city's Confraternite (confraternities). They walk slowly in procession wearing colorful robes and hoods through the

cobblestone streets of the historic center while town bands play mournful melodies. Brotherhoods are citizens' associations coming from medieval guilds, which date back to the period of the Spanish rule. They are in charge of keeping alive the religious heritage of the city. Over the centuries, these religious clubs have been tasked with organizing religious and charitable activities. In the past, they played a leading role in the social life of the town providing spiritual and material assistance to the poor and the sick and even to the ones sentenced to death. In 1740, there were 34 confraternities. Today, there are only 15 and they include Confrati (members of the confraternities) belonging to all ranks and classes with the only exception of women. In the past, confraternities were mainly composed of sulphur miners and farmers. The color of the robes and the mantel worn during the processions has a particular meaning that can be either related to the cult of their own patron saint or to the role that they played in the past in town.

Good Friday (April 10) is undoubtedly one of the Enna Settimana Santa highlights. It begins at 4:30 p.m. with the "Confraternity of the Passion" leading once again the procession while carrying the 33 symbols and the insignia related to Jesus martyrdom that are called "Misteri." Some among those include the cross, the purse with thirty pieces of silver, the crown, the lantern, the rooster, the nails, and the scourges, jug of water, gloves, etc. The procession, which leaves from the Church of Saint Leonardo, is headed towards the Duomo or cathedral. As the confraternity proceeds in penitence along via Roma through the narrow streets of the city, the other fourteen Confraternite join this mournful religious parade. The

procession follows a definite order.

Brotherhoods parade from the most recent to the oldest. Over 2,500 hooded and silent penitents' walk toward the Church of Our Lady of Sorrows, which hosts a statue depicting the Virgin Mary, then, this statue is taken to the cathedral where an Urna (urn) containing a life-size statue of dead Christ, was previously placed. At 7 p.m., the procession leaves from the cathedral and reaches the Church of St. Paolini near the cemetery, where a benediction is given with the Reliquary Cross, which, according to tradition, contains a thorn from the crown of Christ. Eventually, the procession returns to the Cathedral. Later, the two statues are taken back to the churches.

On April 12 (Easter Sunday), in the morning, Pasqua is celebrated at the church of S. Salvatore around 10 a.m. Later in the evening, Paci (peace), a ceremony symbolizing the encounter of resurrected Christ with the Virgin Mary, begins at 6 p.m. Two statues depicting Jesus and his mother are carried on the shoulders of confraternity members and taken from the churches of SS. Salvatore and S. Giuseppe to piazza Mazzini where the Paci is eventually staged. As soon as Christ appears, the black veil covering the statue of the Lady of Sorrows comes down. At that point, the statues run toward each other and after that, are taken inside the Cathedral. A week later, the melancholic "Spartenza" ceremony takes place in piazza Mazzini. The two statues, which participated in the Paci on Easter day, are taken back to the churches where they are usually kept. The statue of Christ goes back to church of SS. Salvatore, and the Virgin Mary one is taken Church of San Giuseppe.

For more information, detailed schedules and guided tours opportunities, call Enna Tourist Office at 0935-528288/504892.



Photo by Giuseppe Stimolo

The April 10 Good Friday Enna mournful procession is a century-old tradition which displays the authentic faith and religious passion of local believers.

Catania Antique Fair

Make sure you don't miss the exciting annual Antique Fair, called Catania Antiqua, featuring period furniture, brick and brack glass, ceramics, housewares, paintings and more.

There will be 40 exhibitors coming from all over Italy. The exhibit will be held at the Ciminiere Convention Center, which is located near the Catania Bus station. Opening hours

Friday, March 27 through Sunday, March 29 10 a.m. - 9 p.m. and Monday, March 30 from 10 a.m. through 4 p.m. For more information, contact 095 401 1111.

Fredrico

Kartodromo

Protestant Women of the Chapel



ALL WOMEN WELCOME!
Women's Ministries
Tuesdays: 9:15 a.m.
NAS I Chapel, 7 p.m.
Mineo & Marinai
Community Centers
For more info
www.pwocsig.com

Harp concert in Catania

Internationally renowned Dutch Harpist Lavinia Meijer will enchant her spectators with a unique concert that will be held on Monday, March 30 at the Catania Bellini Opera House.

As a solo-harpist, Meijer has been touring Europe, America and Asia, earning prestigious awards such as first prize at the Dutch Harp Competition in the Netherlands, first prize at the International Harp Competition in Brussels, a second prize at the International Harp Competition in Vienna, a third prize at both the International USA Harp Competition and the International Harp Competition in Israel, the "Mees Pierson" award and the "Vriendenkrans" of the Royal Concertgebouw from Amsterdam and the "Borletti-Buitoni" Trust from London.

Besides the traditional harp repertoire, Meijer experiments with electronic music, theatrical music and jazz.

Herald Times' music critics wrote: "As if the multicolored strings were her canvas, Lavinia Meijer of the Netherlands "finger painted" her musical montage – rocking back and forth against her harp in rhythms of lively expression."

The concert program will feature music by Bach, Flothuis, Caplet, Walter-Kühne, Scarlatti, Cantone, Pierson and Salzedo.



For more information and tickets visit <http://www.teatromassimobellini.it>

Gegomotor



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.

Tempt your taste buds with Sicilian Easter Cakes



Photo by Alberto Lunetta

Knowing the importance of food in the Sicilian culture, it should be no surprise that home cooks and pastry chefs get very busy during Easter. As the Sicilian saying goes "Aviri cchiu' chiffari di lu furnu di Pasqua," (being more busy than an oven during Easter), during the Easter Sicilians bake a lot of scrumptious pastries that are still prepared according to secret ancient recipes handed down from Sicilian nuns and Moorish bakers. There is wide variety of Sicilian treats, which are basically made with eggs, flour, almonds, candied fruits and ricotta cheese.

Although chocolate Easter eggs, which come in assorted sizes, are big sellers in Sicily, traditional dolci (treats) are still very popular in the island. Among the most famous treats there is the "Cuddura ccu l'ovu" that is a cookie with hard-boiled eggs placed in the middle.

The marzipan "Agneddu Pasquali" (which in Sicilian means Easter Lamb) is undoubtedly, the most peculiar Easter cake. It comes from a Jewish tradition, and it is made with sugar and clove paste. It is shaped as the "Agnus Dei" (Lamb of God), whose bronze prototype is in Palermo's National Museum. The lamb is always set in a grassy background with a banner placed in the back. The banner is a small reproduction of the medieval symbol of the French kings who ruled Sicily. The tantalizing "Agneddu di Pasta di Zuccaru e Jarofulu," which is still made by hand with sugar and clove paste is a pretty traditional variety of Easter lambs. The most valuable lambs are the "Agneddi di Pasta Riali," or marzipan lambs, made with ground almonds and sugar, covered with icing and painted like the Martorana fruit. These particular lambs are often filled with citron jam and are a specialty of the towns of Erice and

Acireale, where they're made close to life size. Pasta Riali in Sicilian means royal paste because it was made in the kitchens of the great nobles and nuns of the Martorana Convent in Palermo. Another essential Easter cake is "Cassata," (photo above), one of the world's most famous Sicilian pastries. It is made with ricotta, coated with icing and decorated with candied fruit. Cassata is also available in smaller and differently shaped versions named "Cassateddi." Eating Cassata is a must for any good Sicilian as the saying tells, "Tintu cu nun mancia cassati la matina ri Pasqua," which in Sicilian means: "Bad is the one who doesn't eat Cassate on Easter morning."

Cassata was first prepared in 998 at the palace of Emir Yussuf in Palermo during the Arab rule. Its name derives from "Quas'at," which in Arabic means: round bowl. Historians believe that this cake was prepared in a round bowl 33 cm in diameter and its inventor used all the delicacies available at the time.

Over the centuries, this cake became so popular that in 1575, the Ecclesiastical Council of Mazara (province of Trapani) banned its production in convents and monasteries to prevent the nuns, who were very skilled and popular confectioners, from being disturbed during the Holy Week's prayers.

According to scholars, the first prototype of modern Cassata, which included sophisticated decorations with candied fruits, was prepared in the second half of the 16th century by the nuns of the Valverde Monastery in Palermo. "Viscotta di casa," is another type of Sicilian Easter cookies worth mentioning. They are traditional home baked biscuits that are still prepared according to ancient recipes.

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.

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Visiting scenic Cefalu

**Article by MC3 Jonathan Idle,
Photos by Tracie Barnthouse**
The Signature Staff

Cefalu is a picturesque city lying on the northern coast of Sicily in the province of Palermo. The city's coastline of lava rock and sandy beaches lies on the clear turquoise waters of the Tyrrhenian Sea.

The skyline of the city is dominated by a large mountain called the "Rocca" which is topped by the remains of a medieval castle.

The heart of the city was built into the lower slope of the rock. Cobblestone streets line the town center leading to the Piazza Duomo where the 11th century Norman Cathedral of Cefalu stands.

Site:

For things to see and do, Cefalu gets a rating of four stars. What the

city may lack in historical ruins and museums compared to other places like Agrigento, it makes up for with its beautiful beaches, shopping and scenic views. That is why only one star was removed from this category.

That is not to say the city is without historical sites or significance. The cathedral is definitely worth visiting. The architecture, stone work and intricate paintings inside make for great photo opportunities.

The view from the castle atop the summit is worth the walk or bus ride up. It allows for expansive views of the entire town and coastline below.

However, the real attractions in the summer are the beaches and shops. There are several "lidos," or beaches, to choose from which are

very popular spots. In the winter, Cefalu is not very busy, which gives those who don't want to fight the beach crowds a chance to roam around the city virtually uninterrupted.

If you feel like venturing off the beaten path, you can find stairways leading down to more secluded sections of coastline consisting of lava rock. Either way, the water is very temperate and makes for very enjoyable swimming in the summer. There are many shops to choose from throughout the town. Intricate Roman and Greek style potteries are common in the shops and make for nice souvenirs.

Family Friendly:

Cefalu only rates three stars in this category for the simple reason that the town is not very handicap or

stroller accessible. The sloping streets, limited handicap access to the beaches and the climb up the mountain to get to the castle make it difficult for anyone with small children or a disability to get around.

With that said, there is plenty to do for families with children. The beaches are clean and safe. The traffic in the streets is very light and mostly consists of scooters. There are family friendly restaurants along the beach with outdoor seating and there are plenty of cafes with cool drinks and gelato to fight the heat during the hot summer months. During the cooler winter months, families will enjoy walking along the nearly deserted beaches and have the chance to see sites that are generally very crowded during the summer.

Accessibility:

The trip to Cefalu gets five stars for ease of travel because the trip was offered through ITT. ITT hosts regular trips to Cefalu and busses passengers there in the morning and returns them to base in the evening.

It is not difficult to reach the town by a privately owned vehicle. The route is mostly along main roads with very little twists and turns.

To get to Cefalu take A-19 (Catania to Messina). Followed by A-20 (Messina to Palermo). Take the Cefalu Cefalu exit.

Travel Time:

For travel time, this trip rates two stars because it take close to three hours by bus.

Traveling by a privately owned vehicle will take anywhere from two to three hours.



The view from Cefalu provides a beautiful panoramic of the ocean. During the summer, the beaches are very crowded with sun worshippers. In the winter, it is less crowded, which provides a great time for those who don't want to fight the crowds a chance to explore.

Alphio



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

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

For more information visit - www.kofc.org/



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 streets of Cefalu are mostly cobblestone and are so narrow that most of the locals get around via scooter.



The cathedral in Cefalu is very old and the outside is not any indication of what it looks like inside. Inside there are beautiful stained glass windows and intricate artworks on the walls.

REVIEW SUMMARY

Site:



Family Friendly:



Accessibility:



Travel Time:



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



Back in the old days when there was no such thing as washing machines, the women of Cefalu would come down to these water basins to wash their families' clothing and linens. The ITT tour guide willed us to imagine the gossip that went on down here back in the day. (Right) The walk into town is beautiful, as you stroll along the oceanside. Along the way there are many cafes and restaurants to choose from.



The gates in front of Cefalu's cathedral feature figurines and rod-iron.



Sushi

Tamoil



Go Green Sigonella!

Tips for water and energy conservation



Article courtesy blogs.abc.com/greenarmy

With an energy crisis upon us, these tips might come in handy to remind you how the little things add up.

Leaving lights on

There's an old wives' tale that it's better to leave a light on rather than turn it off. In fact even the greediest switch on surge, and that's from a fluorescent light, only uses as much energy as it would if it were left on for 23 seconds. So if you're going to be out of the room for more than 23 seconds, turn the light off.

Water heater thermostat

If you have to add lots of cold water to your shower, you're wasting energy. Turn the thermostat down on your water heater, so that you've still got comfortably hot water, but you're not heating water unnecessarily. On an average electric storage unit you could save \$120 a year.

New shower head

Installing a three star rated shower head at a cost of between \$20 and \$100 would save 1 tonne of greenhouse gas emissions, and save you personally between 70 and 100 dollars per year. That's the new shower head paid for and money in your pocket.

Shutters and curtains

If at your home you have about 8 square metres of west facing windows, and your home is airconditioned, simply by shading the windows with awnings, shutters, shade cloth or even shrubs and trees will save you between 160 and 200 dollars per annum in energy costs.

Renewable energy

100% renewable or "Natural" energy is now available from your supplier. For an extra \$3 per week for the average household, you can pre-

vent 5.5 tonnes of greenhouse gases spewing into the atmosphere. That extra three bucks a week can easily be offset by your other actions.

Standby mode

Many appliances in your home sit in stand by mode when not actually being used. An action as simple as switching off these appliances at the wall when they're not in use will save you between \$35 and \$40 depending upon the type of appliances.

Ceiling insulation

If you don't have insulation in your ceiling ... do it ... you'll save heaps of energy when you heat or cool your home, not to mention reduced greenhouse gas emissions. Adding another layer can bring old insulation up to modern standards.

Door snakes

Old fashioned door snakes are readily available, and cost next to nothing, yet laid along the bottom of doors, they can cut heat and cold exchange, thereby saving energy. My favourite at home I've called "Hissing Sid", and he's anything but cold blooded.

Shower timing devices

Shower timing devices are readily available, and you'll be amazed how spotless you can get yourself in three minutes. Use a mug of water for shaving or brushing your teeth, and share your shower with a bucket to collect water for the garden or indoor plants.

Mulching

More than a third of household water is used on the garden...simply by mulching with leaves, grass clip-



pings, shredded garden waste or even newspaper, you can reduce the amount of water wasted through evaporation by up to 70%.

Drips around the house?

Any dripping taps in your home? One tap can waste over 20,000 litres of water a year. A leaky toilet can waste up to 100,000 litres a year, that's more than three average backyard swimming pools.

Single flush toilet

A single flush toilet uses 11 litres of water per flush or 60,000 litres or two swimming pools per year in the average household. Replace it with a dual flush, and you'll save between 30 and 40 thousand litres a year or 30 to 50 dollars from your water bill.

Rainwater tanks

While our dams aren't catching the rain they need to, there's no reason your house can't. The single biggest water saver you can buy is a rainwater tank. A roof is more effective than a dry dam catchment and will collect water from the smallest shower.



Galley Menu Hours

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

27 **Lunch:** New England Clam Chowder, Lemon Pepper Catfish, Grilled Pork Chops, Tortellini, Steamed Rice, Garlic Roasted Potatoes, Seasoned Asparagus, Creole Green Beans, Sugar Cookies, Cheese Cake, Vanilla Cream Pudding.
Speed line: Grilled Cheeseburger/Hamburger, Turkey Burger, French Fried Potatoes, Pork and Beans.
Dinner: Vegetable Supreme Soup, Italian Rice and Beef, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding.
Made to Order: Grilled Chicken Breast Sandwich, Tuna Salad on Wheat Bread, Potato Chips.

28 **Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Pepper Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterscotch.
Brunch: Breakfast Items, Logging Soup, Baked Tuna and Noodles, Beef Stirfry, Pork Fried Rice, Cajun Oven Fries, Steamed Broccoli, Glazed Carrots, Almond Cookies, Blueberry Pie.
Dinner: Cream of Mushroom Soup, Beef & Corn Pie, Jamaican Rum Chicken, Steamed Rice, Fried Okra, Corn Whole Kernel, Almond Cookies, Blueberry Pie.

29 **Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Pepper Potatoes, French Toast, Asstd Doughnuts, Kolaches.
Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Monte Cristo Sandwiches, Cheddar and Chicken Broccoli, Rosemary Potatoes Wedges, Steamed Brussels Sprouts, Glazed Carrots, Hermit's, Velvet Pound Cake.
Dinner: Pepper Pot Soup, Pasta Alla Sicilian, Jaegerschnitzel, Rice Pilaf, Cauliflower Polonaise, Seasoned Succotash, Garlic Bread, Hermit's, Velvet Pound Cake.

30 **Lunch:** Beef Noodle Soup, Fish Florentine, Yankee Pot Roast, Penne Amatriciana, Southwestern Rice, Parsley Buttered Potatoes, Calico Cabbage, Sprouts Superba, Almond Cake, Peach Crunch, Butterscotch Pudding.
Speed line: Sub Sandwich, Pasta Primavera, Cartoccia.
Dinner: Cream of Potato Soup, Salisbury Steak, Brown Rice w/ Tomatoes, Collard Greens, Lyonnaise Wax Beans, Almond Cake, Peach Crunch, Butterscotch Pudding.
Made to Order: Grilled Chicken Breast Sandwich, Tuna Salad on Wheat Bread, Potato Chips.

31 **Lunch:** Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Penne Boscaiola, Steamed Rice, Cut Green Beans, Steamed Carrots, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.
Speed line: Philly Cheese Steak, Hotdogs, Onion Rings, Pasta Primavera.
Dinner: Manhattan Clam Chowder, Creole Shrimp, Buttered Noodles, Cream Style Corn, Baked Hubbard Squash, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.
Made to Order: Turkey Wrap, Potato Chips.

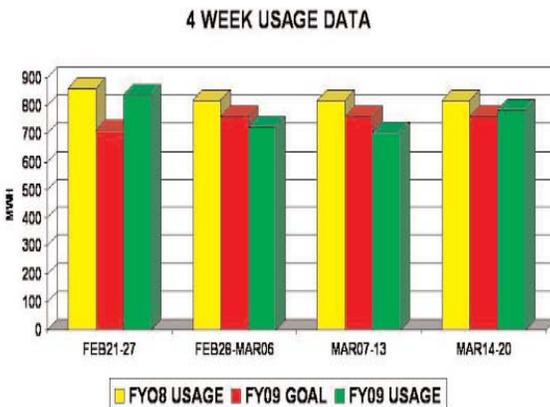
1 **Lunch:** Mulligatawny Soup, Roast Turkey, Meatloaf, Spaghetti Carbonara, Steamed Rice, Mashed Potatoes, Chicken Gravy, Peas & Carrots, Steamed Cauliflower, Sweet Potato Pie, Shortbread Cookies, Peach Gelatin.
Speed line: Grilled Cheese/Hamburger, Turkey Burger, Pork & Beans, French Fried Potatoes.
Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Steamed Rice, Lima Beans, Vegetable Stir Fry, Sweet Potato Pie, Shortbread Cookies.
Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.

2 **Lunch:** Corn Chowder Soup, Pineapple Chicken, Beef Sauerbraten, Farfalle Alfredo, Orange Rice, Mashed Potatoes, Steamed Asparagus, Summer Squash, Devils Food Cake, Fruit Nut Bar.
Speed line: Hotdogs, Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Assorted Pizza, Baked Italian Sausage, Sautéed Pepper & Onions.
Dinner: Beef Noodle Soup, Momo Roast Pork, Steamed Rice, Steamed Broccoli, Seasoned Carrots, Devils Food Cake, Fruit Nut Bar.
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.

NASSIG WEEKLY ELECTRICAL USAGE FOR NAS 1 & 2 COMBINED



Stampa

ON THE GO WITH MWR

50th Anniversary County Fair welcomes groups to fundraise

MWR invites private organizations, commands, clubs, friends and families to get involved in the Spring County Fair set for June 12th and 13th. Groups can sponsor booths and host activities including games, food and crafts at the two-day festival. The nominal fee helps to cover cleaning and other event expenses.

MWR also encourages groups and individuals to get involved as event volunteers.

For more information, contact Token Barnhouse at 624-4941.

Tips and classes to make you gas coupons go farther

Although gas coupons enable Sigonellans to fill the tank for much less than what Sicilians pay (\$8 per gallon), there are still ways in which you can save even more, according to MWR's Auto Skills Center. The center will offer two classes to help: Tuneup Your Skills & Car on April 10 and Get Cool for Spring on April 24.

Both classes are at 2 p.m. The April 10 class will offer a guided do-it-yourself tune up. And the April 24 class will teach everything you wanted to know about your car's cooling system.

MWR's Auto Skills Center also offers the following tips.

Slow Down – One of the best ways to save gas is to simply reduce speed. As speed increases, fuel economy decreases.

Check Tire Pressure – Under-

inflated tires have more rolling resistance, which means you need to burn more gas to keep your car moving.

Check your Air Filter – A dirty air filter restricts the flow of air into the engine, which harms performance and economy.

Accelerate with Care – Jackrabbit starts are an obvious fuel-waster.

Air Condition the Natural Way – Roll down the windows and enjoy the breeze, which will help you save fuel.

Following some of these tips will gradually decrease your fuel consumption and make your gas coupons stretch that much farther.

Be sure to drop in to the MWR Auto Skills Center for more car care tips.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS

Friday, March 27

3:00pm Inkheart PG
5:00pm Frost/Nixon R
5:30pm Not Easily Broken PG-13
7:00pm New in Town PG
8:00pm Taken PG-13
9:00pm Gran Torino R
FREE to E4 & below

The Uninvited (PG-13)

Anna returns home after spending time in the hospital following the tragic death of her mother. Her recovery suffers a setback when she discovers her father has become estranged to her mother's former nurse. Anna is visited by her mother's ghost, who warns her of Rachel's intentions. Together, Anna and her sister try to convince their father that his current fiancée is not who she pretends to be, and what should have been a happy family reunion becomes a lethal battle of wills between stepdaughters and stepmother. (87 min.)

Inkheart (PG)

Mo Folchart possesses a secret ability to bring characters from books to life when he reads them aloud. But when Mo accidentally brings power-hungry villain from a rare children's fable to life, the villain kidnaps Mo's daughter and demands Mo to bring other evil fictional characters to life. In an attempt to rescue his daughter, Mo assembles a disparate group of friends, both real and magic, and he embarks on a journey to save her and set things right. (106 min.)

Hotel for Dogs (PG)

When their new guardians forbid 16-year old Andi and her younger brother Bruce to have a pet, Andi has to use her quick wit to help find a new home for their dog, Friday. The resourceful kids stumble upon an abandoned hotel and using Bruce's talents as a mechanical genius, transform it into a magical dog paradise for Friday and eventually Friday's friends. When barking dogs make the neighbors suspicious, the kids use every intention they have to avoid anyone discovering who let the dogs in. (100 min.)

Not Easily Broken (PG-13)

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

Watchmen (R)

In an alternate 1985, someone is killing former costumed heroes, inspiring the few who remain to don their disguises again to uncover the truth. (155 min.)

My Bloody Valentine (R)

Ten years ago, a tragedy changed the town of Harmony forever. Tom Harniger caused an accident in the tunnels that trapped and killed five men and sent one into a coma. A year later on Valentine's Day, the coma victim awoke and murdered twenty-two people with a pickaxe before being killed. Ten years later, Tom returns to Harmony on Valentine's Day still haunted by the deaths he caused. Something from Harmony's dark past has returned to killing wearing a miner's mask and armed with a pickaxe, could it be Harry. (101 min.)

Movie dates and times are subject to change.

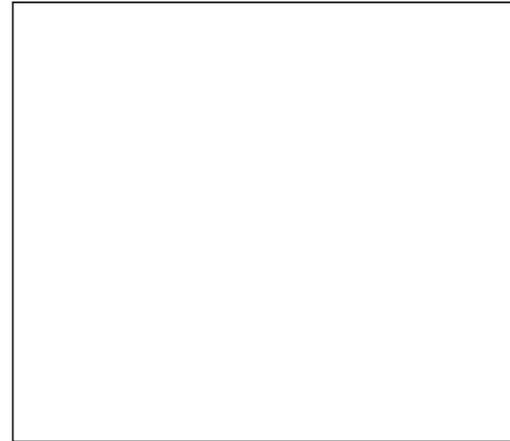
SHOWING FRIDAY, APRIL 3

12:00pm Mulan G **FREE**
1:00pm Hotel for Dogs PG
3:00pm Inkheart PG
5:00pm Frost/Nixon R
5:30pm He's Just Not Into You PG-13
7:00pm Monster vs. Aliens PG
8:00pm Madea Goes to Jail PG-13
9:00pm 40-Year Old Virgin R **FREE**

COMING SOON

Push, Friday the 13th, Confessions of a Shopaholic

CDC offers home-style child-care and job opportunities for care providers



Child and Youth Programs (CYP) offer home-style childcare and job opportunities for providers. Child Development Home Care offers high-quality professional care in a home environment with a comparable curriculum to the CDC. Providers are always needed.

Child Development Home Program (CDH) serves as an extension for the MWR CDC and is a team of certified care providers and homes. This service is beneficial to parents because of the flexible hours and locations close to home. Cost of childcare is determined by a family's

income.

"CDH is all about high quality care in the comfort of home," says Lisa Gasporra, CDH Child Development Monitor. Gasporra is responsible for recruiting and screening new providers.

CDH providers undergo rigorous training and home assessments to qualify in a range of competencies from safety and health to physical and creative child development. Caregivers are based in both Marina and Mineo housing.

Contact Lisa Gasporra for more information at 624-3736.

**MOVIE
HOTLINE:
624-4248**

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.

ELEPHANTS, continued from page 1

information. Also, the NEX will soon be selling Catania Elephant American Football League gear, such as shirts to wear at the games.

The head coach of the Catania Elephants is George Contreras, who has coached high school in Ventura County, north of Los Angeles for 39 years. This season is his second in Catania, and his first as head coach. Other coaching staff includes defensive line coach Paul Petrich Jr. from San Pedro, California who has over 40 years of experience coaching at the California high school and junior college levels, as well as in three different European leagues. Offensive line coach is Denver Wade, an offensive lineman at Wabash College in Indiana and getting ready for his senior season. Wade is currently studying in Catania though a Duke University semester abroad program.

The team features three American players, including the quarterback, Luke Tracy, who attended high school in Irvine, California and played for Fullerton College and the University of Idaho. Taber LeMarr, from Phoenix, Arizona is the team's wide receiver. LeMarr played college football at the University of Wyoming and the University of San Diego. Defensive backfield is Larry Atkinson from Washington D.C. who played for the University of Nebraska-Omaha.

For more information about the team, go the elephantscatania.it, coachingforpizza.blogspot.com or ileauge.it.

Catania Elephants American Football 2009 Schedule (home games are bolded)

Saturday, April 4 Bologna Warriors 14:00

Sunday, April 12 **BYE**

Sunday, April 19 Reggio Emilia Hogs 13:30

Saturday, April 25 Bolzano Giants 14:30

Saturday, May 2 at Bologna Doves 20:30

Sunday, May 10 Parma Panthers 13:00

Sunday, May 17 **BYE**

Sunday, May 24 at Milan Rhinos 14:30

Sunday, May 31 Lazio Marines 14:00

Saturday & Sunday June 20/21 Playoff Semi-Finals 15:00

Sunday, June 28 Championship Game 20:30

CLINIC, continued from page 2

answer 'yes' not because they are internally convinced it is the right thing to do. They simply weigh the possible consequences and decide to comply.

Should I reenlist? What will I gain? At what cost? Beyond myself, what is the benefit to my family, to my country, to the world? Am I willing to sacrifice myself for a greater cause determined by those in authority over me?

Those are good questions and it sounds noble simply to raise them. But are there any aspects of this basis of ethical decision-making that should beget caution? You can decide but I will ask a couple questions.

First, how do you know what consequences your actions will bring? You may have some success in predicting possibilities but you do not have exhaustive knowledge of what the future holds. Even if you succeed in achieving the primary consequence you desire, unintended consequences often foil your larger intent. Letting that one employee go may have far greater ramifications than freeing up the payroll.

Second, can you be sure the ends you desire justify the means to

Sigonella Swordfish compete at European Championships

Article provided courtesy MCPO James Burke, CTF-67

Twenty-six swimmers from the Sigonella Swordfish recently competed in the European Forces Swim League championships held in

Berlin, Germany. A total of 17 teams from all over Europe competed in the two-day event. According to head coach Rich McKeown "Champs is a qualifier only individual championship, and

our team qualified more than 50% of our swimmers, which I am pretty sure is the highest in the whole league." The Swordfish team with a total of over 1200 points finished in 6th place. The coaching staff couldn't have been more proud

of all the swimmers. The overall winning team was the Kaiserslautern Kingfish. After taking a six-week break, the Swordfish will be back to the pool in April to start training for next season.

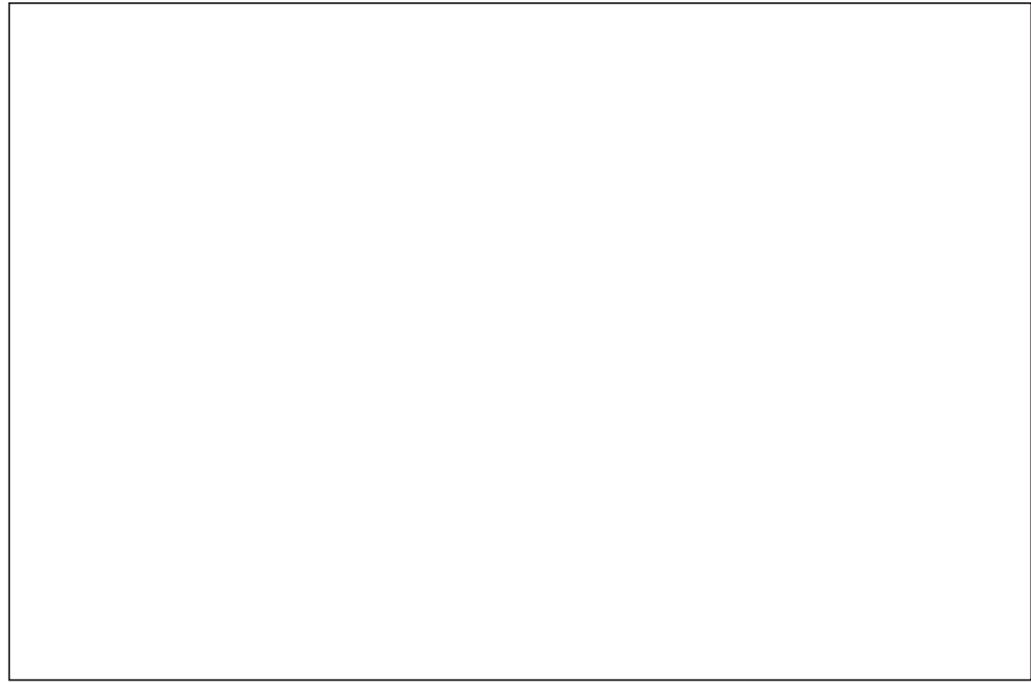


Photo by Mandy Berryhill

The Sigonella Swordfish pose for a photo at the pool they practice, Splashers on NAS I, after the 2009 European Forces Swim League championships held in Berlin, Germany. The team did very well during the tournament and competed against 17 teams from all over Europe. The Swordfish team finished in 6th place, with over 1200 points.

Sabbiadoro

Medusa



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get there? How will you decide? Last century, some leaders thought everyone would be better served if private property and personal rights were abolished. They justified the systematic murder of millions in an attempt to achieve a greater good for the state. What safeguards will you put in place to make sure the means you employ are justifiable?

I can't speak with absolute certainty but I suspect the decision to drop an atomic bomb was made primarily on utilitarian grounds. Only terrorists would argue that it is always right and proper to drop atomic bombs on large cities. The rest of us must employ our very best deliberation to justify such an act. Whether or not you support that particular decision is not my focus. I am simply suggesting that those who made the gut-wrenching decision did so because of results-based thinking. They were attempting to hasten the end of the war and to save thousands of lives in the long term.

The consequences of that global decision, both good and bad, still endure. In the same way, your everyday decisions, will have enduring consequences -- even those choices made here in Sigonella, the Hub of the Med. I wish you well.

Go green, save green at the Nearly New Spring Fashion Show

Article by Jennifer Dermody, Nearly New Shop Chairperson

Looking to turn over a new leaf this spring? Well, there is a place in Sigonella where you can become a whole new you. If you want a fabulous wardrobe for next to nothing, are interested in helping the environment and would like to support fellow military families in need, stop by the Nearly New Shop on April 2. It's the first ever Spring Fashion Show, silent and live auction, and store boutique sale. All proceeds from the evening benefit the Navy-Marine Corps Relief Society through the Active Duty Fund Drive.

What is the point of a fashion show at a thrift shop? It's a way to highlight the famous name brand fashions from Abercrombie & Fitch, Tommy Hilfiger, Gap, Coach and more that are donated on a regular basis. Sigonella celebrity models will walk the catwalk, and these outfits for women, men and children of all ages will be available for purchase during the silent auction. The Nearly New Shop will also be open from 4:00-7:00 p.m. showcasing spring and summer merchandise released for the first time in our Spring Boutique. Many items are new with tags and are priced at a fraction of the original retail price. We sell our regular clothing for just \$3 a bag!

"Why would somebody get rid of this?" is a commonly asked question by our volunteers as they sort through the boxes and bags of items received throughout the week. One person's trash is another's treasure every day at the Nearly New Shop. Here are just a sample of the donated items that make up our silent auction

baskets: A leather Travelon shoulder bag, LL Bean key-chain flash light, an Italian language audio lab, a perfect Mother's Day Basket which includes a Vera Bradley wallet, the bestselling book "The Secret" and Mary Kay Satin Hands lotion. For that little princess in the house we have a Tween Girl Basket including a Webkin Persian Cat with codes.

Our live auction includes items and services from local vendors as well as fellow Sigonellans. These include a framed Italian tapestry from Giovanni's Framing, an Iron donation by Mario's Iron Works, tire rotation and balance from American Auto Services, a Sicilian dinner for you and five friends cooked in your home, a weekend of dog sitting, private yoga lessons, professional photo session and more.

Shopping nearly new is a great way to go green while saving green. Joanna Yarrow, author of [How to Reduce Your Carbon Footprint: 365 Simple Ways to Save Energy, Resources, and Money](#) says, "Up to 15% of Americans shop at consignment or resale stores, preventing 2 1/2 billion pounds of clothing from entering the waste stream each year." As the nation's economy continues to struggle, we have to be more conscious of our spending. A budget goes much further when you can buy new cleats for \$1 or a dress for the Ball for \$5.

If you are interested in a new wardrobe, want to help the environment or want to get a great bargain, turn over a new leaf this spring. Join us on April 2 for fashion, food and fun. Please call 624-4212 for more information.

Stampa

VP-8 Flight Surgeon treats patients, wins hearts and minds in Ethiopia

Article by Lt. j.g. Don Lauderdale, VP-8 Public Affairs

Camp Lemonier, Djibouti- For most of the "Fighting Tigers" of VP-8 have been focused on fixing and flying the venerable P-3 Orion in maritime security and anti-piracy operations in the Gulf of Aden and Arabian Gulf during their current deployment to the Middle East and Horn of Africa. However, VP-8's flight surgeon, Lt. Rob Worthing, executed a different kind of mission, using his medical training to positive effect in the battle for hearts and minds in the Horn of Africa Region.

Lt Worthing participated in a 17-day Medical humanitarian Civil Affairs Program (MEDCAP) in rural Ethiopia as part of Combined Joint Task Force Horn of Africa's efforts to build security and stability. The MEDCAP team included U.S. military doctors, dentists, medical technicians and Corpsmen. Operating out of Dira Dawa, Ethiopia the team visited four remote villages in the eastern part of that country, spending two days in each village.

"These areas are difficult for other aid organizations such as the WHO (World Health Organization) and USAID (United States Agency for International Development) to access due to political instability and security concerns due to lawlessness. We are in the unique position of having the logistics and airlift support at our disposal that allows us to visit such remote sites," said Worthing.

A typical day saw the group leave Dira Dawa before dawn and travel across the Ethiopian landscape

in 4x4 vehicles for up to three hours to reach a village. Upon arrival at each village, they would encounter as many as a 1000 patients, lined up, waiting to be seen. The group usually worked out of local school buildings, but in some cases, would work on nothing more than a concrete slab with a few folding chairs.

Many of the patients suffer from diseases that are nearly unheard of in American hospitals and doctors offices.

"The MEDCAP provided an opportunity to learn to recognize and treat many conditions not frequently seen in the United States, including active tuberculosis, worm infections such as schistosomiasis and filariasis, chronic malaria and many other neglected tropical diseases," said Worthing. "Other notable cases included a young boy with supernumerary digits (two extra fingers) that we were able to remove, forever changing how others in his village

view him, and an elderly gentleman with the classic leonine facies (lion face) of leprosy," he went on to say.

But to think that the patients were the only people to take anything away from the efforts of the CJTF-HOA medical mission would be false.

"What was personally inspiring was how cheerful and welcoming the local population was and how warmly we were greeted despite all of the challenges our African hosts face on a daily basis. What was professionally inspiring was recognizing what a difference in the arena of public health the military is poised to make in the Horn of Africa. We have the training and logistical capabilities to make a truly historic impact on hundreds of thousands of lives in large regions that other (groups) simply cannot access. In that sense, we really can help save the world," said Dr. Worthing.

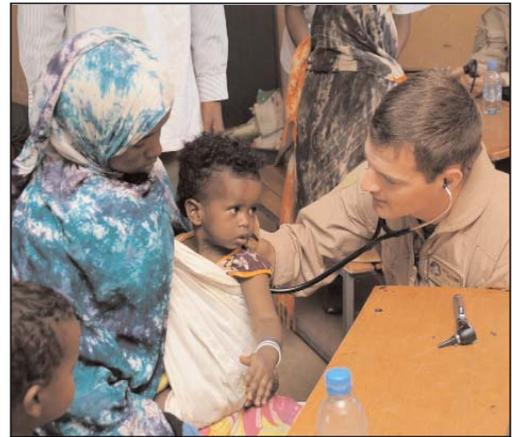


Photo by Air Force Tech. Sgt. Joe Zuccaro

NEWS

All Officers Spouses Club Annual Donations Notification

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

Please submit requests by LOCAL MPS to:

All Officers Spouses' Club
PSC 824 NAS 1 General Delivery
FPO, AE 09623

Nearly New Shop Spring Fashion Show
April 2, 5:00 p.m.

Do you like fashion? Featuring designer

BRIEFS

clothes from around the world, our Sigonella celebrity models will be stutting down the catwalk. Don't miss the exclusive showing of our spring line, silent and live auctions, great food, and lots of fun for the whole family. Call 624-4212 for more information.

Go Green, Save Green, Shop at the Nearly New.

2009 Spring Craft Bazaar

Saturday, 28 March 0900 to 1400 Knights Hall
Stephen Decatur Elementary NAS I
Sigonella Community Crafters and Shoppers invited to an old-fashioned American craft fair. Come, enjoy the holiday spirit and a taste of home. Handmade crafts - Photography - Art - Beading and much more.

Sponsored by Girl Scouts Sigonella.
Call 624-1451 for table reservations or more information.

Days Inn

Il Mercato

If you would like to see the Il Mercato 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.

Senor Volcano

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Delivery

Tattoo

Stampa

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New Hope Calva
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