

## SECNAV visits NAS Sigonella



Photo by Mass Communication Specialist 3rd Class Jonathan P. Idle

Secretary of the Navy (SECNAV) the Honorable Ray Mabus meets sailors from Naval Air Station (NAS) Sigonella during a lunchtime meet-and-greet Nov. 24 on the operational side of Sigonella. Mabus toured base facilities and held an all-hands call with Sigonella service members. NAS Sigonella provides logistical support for Commander, U.S. 6th Fleet and NATO forces in the Mediterranean area.

**By MC3 Jonathan Idle**  
*The Signature Staff*

Secretary of the Navy (SECNAV) the Honorable Ray Mabus held an all-hands call for Naval Air Station (NAS) Sigonella service members Nov. 24 on the operational side of Sigonella.

Before holding the all-hands call Mabus toured base facilities and held a lunchtime meet-and-greet

with a select group of Sigonella sailors.

During his speech, Mabus discussed all of the great work being done by sailors and Marines in places like Sigonella, Okinawa, Afghanistan and Iraq.

"The jobs that are being done by sailors and Marines around the world are dangerous, they're necessary and they do more for America

than you can ever imagine," Mabus said.

Mabus urged the service members who were present to share their questions and concerns with him.

"If there is something we can do better let me know, and we might be able to do it better," said Mabus.

**SECNAV, continued on page 12**

## AIMD Sailors get "Pied"; Raise money for command



A Sailor from Aircraft Intermediate Maintenance Department gets a pie thrown at him during AIMD's annual Pie-in-the-Face fundraiser. Sailors were nominated and auctioned off for the opportunity to have a pie thrown at them. Proceeds from the event went to the command's annual Christmas party.

**By MCSN Whitfield Palmer**  
*NPASE-East Det Sigonella*

SIGONELLA, Sicily - Aircraft Intermediate Maintenance Department (AIMD), Detachment Sigonella held their annual "Pie-in-the-Face" fundraiser at the command Wednesday, Nov. 25.

Five Sailors from the command were nominated to have pies thrown at them by fellow AIMD Sailors. The opportunity to throw a pie at them was then auctioned off with the winner able to throw a pie of their own creation. Proceeds from the auction

**Pied, continued on page 12**

## Women's Health Information



**By Lt.Cmdr E. Jenkins.**

US Naval Hospital Sigonella.

With so much information, and many news outlets; who has the time to go through all of the resources in order to figure out what impacts and makes sense to you. Well, this is where your health team at Naval Hospital Sigonella can assist you. Recently a news story broke out with information that turned everyone's head regarding breast cancer screening recommendations from the US Preventive Services Task Force.

Let's take a look at the history behind the task force:

The USPSTF is essentially a body of individuals who read current and past medical studies, addressing a certain concern that would affect patients who have not exhibited "signs or symptoms of" a particular disease, and then gives recommendations on how to provide "preventive care services" to those same patients. These current recommendations, just released a few days ago, relate to women and breast cancer screening. It is important to keep in mind that these are only recommendations from one group. At this time the USPSTF chose to address breast cancer screening. This has been a topic of interest for years, regarding questions on what to do for women of all ages, especially those who have no known signs or symptoms of breast cancer. The big questions are; when to screen, who to screen, how to screen, and why to screen. Which are just a few of the questions that USPSTF is attempting to answer.

Now let's look at what the recommendations are as well as what this means for you in the NASSIG community.

Briefly, recommen-

dations are as follows:

No routine screening mammography in women age 40 to 49; unless there is an individual reason (such as patient belief regarding benefits of early screening, or clinical history) to screen them sooner. Screen women with mammography every 2 years starting at the age 50 until 74 years old, No self breast examination. How does this affect you?

It is additional information ensuring you; your providers are up-to-date on the cutting edge of medical information and technology. Now that does not sound so bad, does it? The truth is that NH Sigonella has been and will continue to provide excellent care for all patients including a complete plan of care regarding women's health. NH Sigonella providers will still recommend screening for women of all ages based on their individual risks and clinical history; continue to offer mammography to women age 40 to 49 (and above); and has made no changes in the current practice despite this news. Most importantly, remember, if you have any questions you can contact your primary care provider or women's health provider for an appointment to discuss any issues or concerns. Please also note that this is not an official statement from Navy Medicine, and is intended for your information to keep you up to date on matters that may affect your health.

So there you have it. That's the latest from the OB Clinic at NH SIGONELLA. Enjoy your life and stay healthy everyone. Until next time, remember we care about you and your wellness. (Reference: 17 November 2009 Annals of Internal Medicine Volume 151 • Number 10)

### WEATHER UPDATE

**December 4**  
H:67F  
L:46F



**December 5**  
H:66F  
L:46F



**December 6**  
H:70F  
L:45F



**December 7**  
H:71F  
L:45F



**December 8**  
H:69F  
L:46F



**December 9**  
H:67F  
L:46F



**December 10**  
H:68F  
L:46F



### TOP STORIES

Middle Eastern publication reporting that the uses of Sheesha or hookah pipes are contributing to the spread of H1N1. See article for more information.

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The vice chief of naval operations has released the Arctic roadmap developed by the Navy's Task Force Climate Change. For more information turn to page three.

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Intercultural communication is important to international businesses because it defines how people who have different cultures, beliefs and religions, come together to work and communicate with each other.

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Hospitals and clinics located throughout the Europe, Africa, Southwest Asia (EURAFSWA) Region continue to execute a strategy of information awareness and vaccination of personnel to combat what has become a worldwide fight against the H1N1 flu.

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**NEW ADDITION!!!!**  
Check out our Photo Story

Lt. Cdr. Brendan Tully, and his staff from NAS Sigonella's Dental department, packed up a traveling dental team to perform a root canal and filling on a military working German Shepherd by the name of Rico.

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### TRAFFIC NUMBERS

	Jan. 09- Dec. 09	Jan. 08- Dec. 08
Accidents	242	292
Injuries	24	44
DUIs	3	5
Traffic Deaths	1	2

PLEASE,  
DON'T BECOME  
A STATISTIC!

# DIRECT LINE NASSIG COMMANDING OFFICER, THOMAS J. QUINN

Today marks the end of the 2009 Combined Federal Campaign fund drive at NAS Sigonella and we still have a long way to go to make our goal. As of Monday, 30 November we were only at roughly 60% of our \$150,000 goal. I know that money is tight around the holidays but I encourage everyone to give what they can. I have been informed that even though the campaign is over the CFC reps will be still accepting donations through 11 December as they wrap up the 2009 drive.

CFC is a unique program which allows federal employees to

support charitable organizations around the world. These range from charities that protect the rainforest to ones that support cancer research or other non profit organizations. I personally give to St. Jude Children's Research Hospital each year and really enjoy knowing that my money goes to a worthwhile cause. There are over 2300 causes and I know that one of them could be right for you.

The Combined Federal Campaign started in the early 1960's to coordinate the fundraising efforts of charitable organizations so that federal employees would only be solicited once in the workplace and

have the opportunity to make charitable contributions through payroll deduction.

Today, CFC has evolved and has even more ways to find your favorite charity and donate through the [cfcoverseas.org](http://cfcoverseas.org) website. This site allows any overseas federal employee to browse to the site denate from their workstation or from home. It only takes a few minutes and all you have to do is browse to [cfcoverseas.org](http://cfcoverseas.org) and select "e-Giving" on the left hand side. If you don't already have an account simply enter in your work email and desired password and then type 512

into the "Reporting Unit" to bring up all of the Sigonella departments/commands. Once you select your unit and hit continue you will immediately be able to search for your charity and donate via credit card or direct deposit.

No matter if you want to donate through the website or through your CFC representatives I highly encourage everyone to participate. This is one way to make a difference in the world by supporting the cause the means something personally to you.

If you have questions about the campaign contact your CFC repre-



sentative or the base CFC representatives, LT Vaught or Chief Dooney at [jess.vaught@eu.navy.mil](mailto:jess.vaught@eu.navy.mil) and [john.dooney@eu.navy.mil](mailto:john.dooney@eu.navy.mil).

## Did you know?

### Article provided by LT Skinner Naval Hospital Sigonella

Middle Eastern publication reporting that the uses of Sheesha or hookah pipes are contributing to the spread of H1N1. See article enclosed listed below:

*Manama: Tue, 15 Sep 2009*  
*Sheesha smokers at high risk of catching virus.* Sheesha smokers could be contributing to the spread of the swine flu, it has been claimed.

According to the Bahrain Anti-Smoking Society, sheesha pipes are an ideal tool for users to catch the virus since they are often passed from person to person.

'This is a real threat and all sheesha users should be careful,' said society vice-president Dr Kadhem Al Halwachi.

'We have already been told smokers are at an increased risk of getting complications from the swine flu because a smoker's lungs are already compromised.'

Health officials last week added smokers to a list of 'high risk' individuals who could contract the H1N1 virus.

Public health and primary care assistant under-secretary Dr Mariam Al Jalahma had said smokers' lungs were already weakened, so the virus, which affects the respiratory system,

was more dangerous for them than for non-smokers.

She said smokers were as much at risk as cardiac patients, diabetics, and children under five and those suffering from morbid obesity.

The warning has since been included in the Health Ministry's swine flu awareness campaign.-TradeArabia News Service

Let's not forget the hazards of second hand smoke while we are on a similar topic.

- Secondhand smoke, also known as environmental tobacco

smoke, is a complex mixture of gases and particles that includes smoke from the burning cigarette, cigar, or pipe tip (side stream smoke) and exhaled main-

stream smoke.

- Secondhand smoke contains at least 250 chemicals known to be toxic, including more than 50 that can cause cancer.

- Secondhand smoke exposure causes heart disease and lung cancer in nonsmoking adults.

- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25-30% and their lung

**DID YOU KNOW, continued on page 12**

## HEALTH WATCH

## NASSIG WORSHIP SERVICES

### ROMAN CATHOLIC

#### Sunday

0830 Catholic Mass (NAS I Chapel) 0900  
1200 Catholic Mass (Mineo Community Center) 1000  
1600 Catholic Mass (NAS II Chapel) 1130

#### Monday - Thursday

1130 Catholic Mass (NAS II Chapel)

### PROTESTANT

#### Sunday

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

### 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](mailto:ldssig@gmail.com) or call 624-1314 or 349-1977-116

**AA Meetings:** Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

**SEE OUR HOLIDAY SCHEDULE ON PAGE 7**

## CHAPLAIN CORNER



Chaplain Wilson

As I sit on the stage looking out over the crowd I sit in awe. This is my second retirement ceremony in as many weeks. I have another one coming up. From my perspective on

## I sit in Awe . . .

stage I see the family, fellow shipmates and co-workers, senior enlisted, junior officers, and even the Skipper. I see a family sitting out there who have come to support, celebrate, and reflect upon a career of a fellow shipmate; a family which is not related by blood, but related through the common bond of being a part of the US Navy. I see not only one, but a multitude of individuals who come to see one of their own turn the page and move on to the next chapter in their life. I sit and feel proud to be a part! I sit in awe.

I sit thinking to myself how I came to be a part of this great

organization: an organization in which people sacrifice of their time and talents in order to bring other people their freedom. I sit there looking at people who have been through deployments and hardships that many others will never experience. I see people I know well and others I do not. As the words are read and spoken to describe the great sailor who is retiring I can't help but think about how many others in the audience have experienced or will experience those same things. I sit there looking at people who are willing to lay their own desires

**AWE, continued on page 12**

## 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.*

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# NAVY NEWS

## Arctic Roadmap: A Guide for the Future

By Bob Freeman, Office of the Oceanographer of the Navy

WASHINGTON (NNS) -- The vice chief of naval operations has released a new roadmap that will guide Navy policy, strategy and investments related to a changing Arctic.

The Arctic roadmap was developed by the Navy's Task

Force Climate Change, a matrixed organization that includes representatives from various staff and program offices and the operational fleet, with the collaboration of the U.S. Coast Guard and the National Oceanic and Atmospheric Administration.

"As the Arctic Ocean continues to show a long-term

trend in sea ice decline, the potential for increased human access and activity in the region will some day likely require a greater Navy presence there to protect national interests," said Rear Adm. Dave Titley, oceanographer of the Navy, who is leading the task force.

Although the Arctic

remains a challenging environment, the potential for resource extraction, like oil, gas, and minerals, and the attraction of significantly shorter shipping routes, will likely attract commercial interests.

With more than a thousand miles of coastline and potential sovereign rights to several hundred thousand square miles of ocean area in the Arctic, the U.S. has a strong national security and homeland defense interest in the region. A presidential memorandum signed by in January 2009 tasks the Department of Defense to "project a sovereign maritime presence" in the Arctic.

The goal of the roadmap is to ensure naval readiness and capability and promote maritime security in the Arctic region. Key elements of the plan include increasing operational experience, promoting cooperative partner-

ships and improving environmental understanding.

Recommendations from the roadmap include an assessment of Navy readiness for operating under harsh Arctic conditions, with a methodical review of current capabilities and gaps; the continuation of Arctic and sub-Arctic training exercises, including joint search and rescue, humanitarian assistance and disaster relief exercises with the Coast Guard; and investments in sensors and platforms to expand awareness of the Arctic maritime domain, including more robust environmental sensors to support enhanced modeling that will lead to better predictive capabilities.

"We are using a timeline based on the best science available to assist Navy leadership in determining what investments will be needed to meet future mission requirements," Titley explained.

### PHOTO FROM THE FLEET

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



(U.S. Navy photo by Mass Communication Specialist 1st Class Tiffini M. Jones)

**ARCTIC OCEAN (Mar. 21, 2009)** Members of the Applied Physics Laboratory Ice Station clear ice from the hatch of the Los Angeles-class submarine USS Annapolis (SSN 760) after the sub broke through the ice while participating in Ice Exercise 2009 in the Arctic Ocean. Annapolis and the Los Angeles-class attack submarine USS Helena (SSN 725) are participating in ICEX to operate and train in the challenging and unique environment that characterizes the Arctic region.

# COMMUNITY CALENDAR



COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				<b>4 DECEMBER</b>	<b>5</b> NMCRS Santa Helper Sale	<b>6</b>
				FFSC ICR 1200-1530		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	NMCRS Volunteer Orientation  FFSC Sponsor Training 0900-1000  Stress and Single Parenting 1400-1600	NMCRS Budget for Baby  FFSC ICR 0800-1530  Mens Group 1330-1500	<b>DODDS NO SCHOOL</b>  NMCRS Breast Feeding Support Group  FFSC Ombudsman Assembly 0900-1100 Daddy Boot Camp 1800-2000 Survive and Thrive	FFSC Arrivederci Class 0800-1130  Jaguars Basketball Home vs Milan	Jaguars Basketball Home vs Milan	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
FFSC Anger Management 0900-1100  ICR for youth 0800-1130	FFSC Saving and Investing 1000-1100	FFSC Mens Group 1330-1500			Nearly New Shop OPEN	<b>DODDS Begin winter recess</b>

**Did you know that . . .**

Money gobblers eat away at your cash flow week after week? Want a shock? Record what you spend on miscellaneous items for a week, then multiply by 52. A partial listing might include magazines, paperback novels, soft drinks, beer and alcohol, fast food restaurants, video games, movies and VCR rentals, lottery tickets, photo/film supplies, cassette tapes and CDs, exercise classes, long-distance telephone calls, cigarettes, arts and crafts, toys, and pet supplies.

If you'd like additional information on how to better budget your hard-earned income, contact your local NMCRS Office. You'll be glad you did!

NMCRS: Service with a Smile!  
www.nmcrs.org



**NAS I**

**Fleet and Family Support Center**  
**Administration Building 319**

**Monday-Friday 0730-1630**  
**DSN 624-4291**  
**Commercial 095-56-4291**

## AN INTRODUCTION TO INTERCULTURAL COMMUNICATION

**Article courtesy of the Fleet and Family Support Center**

Intercultural communication is important to international businesses because it defines how people who have different cultures, beliefs and religions, come together to work and communicate with each other.

Demands for intercultural communication skills are increasing as more and more businesses operate globally. These international businesses realize that they face cultural barriers and limitations when entering a foreign territory. With the help of intercultural communication they can avoid causing confusion and misunderstandings. International businesses must acknowledge cultural barriers they encounter when stepping onto foreign soil. In order for these businesses to do that, it is necessary for business leaders to fully understand the cultural differences that exist. When business leaders understand cultural

differences, they can prevent cultural communication gaps impeding the work environment.

There are many theories and principles that help interpret the basis of intercultural communication. These theories help to iron out misunderstanding by giving basic guidelines on how to address situations. These guidelines help prevent clashes and misperceptions between cultural groups.

The basic skills of intercultural communication are fundamental communication skills that can be used universally by all cultures and races. These skills are simply tweaked in a direction that takes the cultural limitation into consideration. Examples of good communication skills used in the intercultural environment are: (1) listen without judging, (2) repeat what you understand, (3) confirm meanings, (4) give suggestions and (5) acknowledge a mutual understanding.

When business leaders are

able to communicate respect for cultural differences, they automatically earn respect. Anyone can incorporate these skills into their daily communication process. Whether you are an international leader developing a global business network or a member of the Sigonella community using respectful cultural communication increases collaboration, understanding and appreciation for similarities and differences.



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.

# Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta  
The Signature Staff



## Saint Barbara Festival in Paternò this weekend



Photo by: Gianluigi Caruso

This weekend, Paternò will honor Saint Barbara, the town's patron saint with a not-be-missed religious festival featuring processions, arts and crafts displays, fireworks and music shows.

The Paternò Catholic community will honor Santa Barbara or Saint Barbara, the town's beloved patron saint, through a spectacular religious festival taking place this weekend in the historic heart

The festival will include processions, arts and crafts displays, fireworks and music shows.

The Paternò community is grateful to Santa Barbara because it had benefited from her help in 1576, then a deadly plague epidemic hit the town killing thousands. According to legend, Saint Barbara appeared in a dream to a nun promising to save the town if townspeople would proclaim her as the patron saint. The nun disclosed the dream to the community that accepted the request and enthusiastically acclaimed her as the Santa Patrona (patron saint). A few days later the plague miraculously ended. So Paternò townspeople dedicated a sanctuary to their savior.

Tradition also holds that Santa Barbara succeeded in becoming the town celestial patron as she "got the better of her opponents," two saints both named Vincent. The first Saint Vincent, a 4th century Spanish martyr whose veneration had been introduced or actually imposed by Spanish prince Moncada

of Paternò, the town governor in the 16th century. The second is Saint Vincent Ferreri, a preacher belonging to the Dominican Order who was sanctified in 1455. Santa Barbara is also said to have interceded with God to stop two terrible Etna eruptions occurred in 1780 and in 1983, as well as the catastrophic 1908 Messina tsunami.

Saint Barbara is typically invoked to grant safety from thunderstorms, fires and natural disasters.

Since the Middle Age, she has been regarded as the patron saint of those who are in danger of fire or explosions. So she has been associated with artillerymen, fire fighters and ordnance disposal technicians. In the past, her image was displayed on arsenals and powder magazines. In Italian, the ammunition magazine on a war ship is still called "Santabarbara."

"Life of Saint Barbara"

According to one legend, Saint Barbara lived in Nicomedia (Izmit, Turkey) around 273 AD during the

rule of Maximus, an anti-Christian emperor. She was the beautiful and intelligent daughter of Dioscuros, a wealthy pagan nobleman and a jealous father. An ambitious man, he wanted to marry Barbara off to a mighty pagan prince. But she refused saying she was already devoted to Christ. Because of her stubborn refusal, Dioscorous had her locked in a tower (that is why Saint Barbara is usually represented standing by a tower with three windows, carrying the palm of a martyr or the chalice of happy death in her hand) to punish her and to keep her away from the teachings of Jesus. But Barbara was not upset with her father's decision and actually "enjoyed" her imprisonment spending her time praying with her friend Giuliana. One day, upon his return from a long trip, Dioscorous discovered that Barbara had carved a cross on her bathtub and that another window had been added to the tower, the three windows symbolizing the Holy Trinity. Furious at discovering her perseverance in the Christian faith, Dioscorous threw himself with a blind impulse against Barbara who managed to escape toward a mountain and hid behind a rock that miraculously opened and closed behind her. The evil father eventually caught her and dragged her before Marcian, a Roman prefect who tried to convince her to give up her faith. As she kept refusing to abjure her Christian faith, Marcian decreed that she would be tortured and put to death by beheading. Dioscorous himself carried out the execution by grabbing her beautiful long hair and beheading her on Dec. 4, 290 AD. Immediately after her execution God punished this cruel father by striking him with a thunder.

Festival Schedule Highlights

Today (Friday, Dec 4), festivities will begin early in the morning with cannon shots from the Norman Castle, town band's

performances and bell ringing at dawn. Later, the statue depicting the saint and her holy relics will be unveiled at the end of the 8:30 a.m. holy mass (Svelata del Simulacro) held at the Santa Barbara Church (piazza Santa Barbara).

Following this ceremony, a music show by the local city band will be held at 10:15 a.m. in piazza Indipendenza to accompany the coming out of the statue and the relics that will be taken to the Church of Idria, where devotion started in 1576.

At noon, an amazing firework show will be performed in piazza Vittorio Veneto. At 10:30 a.m., a solemn holy mass will be celebrated at the church of Saint Barbara.

Two solemn religious processions will then be held at 10 a.m. and at 4:30 p.m. During the first one, the holy relics of the saint will be brought in procession throughout the historic center of the town, leaving from the Church of Saint Barbara and reaching the Church of Saint Antonio Abate.

From there, the second procession will be repeated in the afternoon. A group of nine varette or cerei

(Baroque styled carts containing a tall wax candle decorated with lights, small flags and statues depicting angels, saints and flowers) will lead the procession. Around midnight, the afternoon procession will return to the Church of Saint Barbara.

Spectacular fireworks, to be held by the Norman castle, will end this breathtaking festival that will also feature art and crafts, exhibitions, poetry presentations and sports activities.

On Saturday, Dec. 5, the holy relics of the saint will again tour the historic center of the town at 4 p.m. and 9:30 p.m. where a breathtaking music and fireworks show will be in piazza Indipendenza.

For more information and detailed schedule call City of Paternò 095-7970420 or the Santa Barbara Parish at 095-621380.

## New 2010 Catania Opera, ballet and symphonic seasons announced



Photo by Giuseppe Stimolo

Sigonella classic music buffs will be happy to hear that the Catania Opera Company has unveiled its complete 2010 schedule of Opera, ballet and symphonic seasons' activities.

The 2010 lineup, which is rich and varied as usual, consists of five operas, fourteen concerts and two ballets featuring the best Italian and international musicians, dancers and opera singers.

The Opera season will begin on January 16 with Charles Gounod's masterpiece "Faust." This spectacular five-act opera will be held on Jan. 16, 17, 19, 21, 22, 23 and 24. The Opera season schedule will continue as follows: Richard Strauss' opera "Elektra" (Feb. 18, 20, 21, 23, 24, 25

and 26); Wolfgang Amadeus Mozart's "Così fan tutte" (All women act that way): March 12, 14, 16, 18, 21, 23 and 25; Giacomo Puccini's "La Bohème" ( Oct. 19, 20, 21, 22, 24, 26, 27 and 29) and Vincenzo Bellini's "Beatrice di Tenda" (Dec. 1, 3, 4, 5, 7, 9 and 10).

Ballets: Sergei Prokofiev's ballet "Romeo and Juliet" performed by Eleonora Abbagnato (Italian Dancer Etoile of the Opera de Paris): (Apr. 16, 17, 18, 20, 21, 22 and 23) and French ballet company Roland Petit (May 8, 9, 11, 12, 13 and 14).

Concerts: January 30, 31 – Conductor Marko Letonja, Vito Imperato (violin), Vadim Pavlov (cello) – music by Sibelius, Saint-Saens and Grieg; February 8: Italian Jazz Quartet & Sicilian star saxophonist Francisco Cafiso; March 1: Peter De Maria piano recital, music by Chopin; March 15: Eggner Trio Recital, music by Beethoven, Sciostakovic and Ravel; March 22 Antonio Meneses (cello) and Gerard Wyss (piano) recital, music by

Schumann, Chopin and Franck; March 26, 27: Conductor Marzio Conti, Arabella Steinbacher (violin), Choir Director Tiziana Carlini, music by Sollima and Mendelssohn; April 2, 3: Director Marc Soustrot, Choir Director Tiziana Carlini, music by Franck, Mozart and Verdi; April 19: Victoria Mullova (violin) music by J.S. Bach; April 29, 30: Conductor Evan Christ, Choir Director Tiziana Carlini, music by Tchaikovsky and Mussorgsky; May 21, 22: Conductor Will Humburg, Soprano Ines Krome, music by R. Strauss and Mahler; May 28, 29: Conductor Enrique Mazzola, horn player Stefan Dohr, music by Turina and R. Strauss; June 5, 6: Conductor Donato Renzetti, Choir Director Tiziana Carlini, music by Marinuzzi, Bernstein, Warlock and Stravinskij; June 11, 12: Conductor Hubert Soudant, Choir Director Tiziana Carlini, music by Mozart and Brahms Concert; June 18, 19: Conductor Pietro Rizzo, pianist Jin Ju; music by Ravel, Tchaikovsky and Brahms.

For more information, subscriptions packages or single tickets call ITT at 624-4777 or Catania Opera House at 095-7150921 or visit the following website where you can purchase tickets on line: <http://www.teatromassimobellini.it/>

# Region News

## 2009 RELIGIOUS MINISTRIES: HOLIDAY SCHEDULE

### CATHOLIC MASS

Thanksgiving Mass			
26 November 2009	1000	NAS 1 Chapel	
Immaculate Conception Mass			
8 December 2009	1130	NAS 2 Chapel	
OL of Guadalupe Mass			
12 December 2009	1800	NAS 1 Chapel	
Christmas Eve Children's Mass			
24 December 2009	1630	NAS 1 Chapel	
Christmas Day Mass			
25 December 2009	1000	NAS 1 Chapel	
New Years Day Mass			
1 January 2010	1000	NAS 1 Chapel	

### PROTESTANT CHRISTMAS EVE SERVICE

24 December 1830 NAS I Chapel

### FESTIVAL OF LIGHTS: A COMMUNITY CHRISTMAS CELEBRATION

Festival of Lights is a special candlelight service that will feature music selections by an adult choir, a youth choir, a children's choir, a nativity scene, congregational caroling and a few special surprises.

### CHRISTMAS COMMUNITY CHOIR

ALL COMMUNITY

ALL CHAPEL

ALL AGES

December 13, 2009 – 1800

### JEWISH HANUKKAH

For information regarding Jewish community observances, please contact our Jewish Lay Leader, Rebekah Jacobs (x1203).

## EURAFSWA Region committed to fight against H1N1

By Mass Communication Specialist  
2nd Class (SW/AW) Marc Rockwell-Pate

NAPLES, Italy—Hospitals and clinics located throughout the Europe, Africa, Southwest Asia (EURAF-SWA) Region continue to execute a strategy of information awareness and vaccination of personnel to combat what has become a worldwide fight against the H1N1 flu.

“The vaccination program is going very well,” said Cmdr. Timothy Halenkamp, director, public health services at Naval Hospital Naples, Italy. “To date we have vaccinated more than 80 percent of the active duty personnel in the area.”

Currently all active duty personnel and high-risk Department of Defense (DoD) beneficiaries are eligible to receive the H1N1 vaccine. High-risk beneficiaries include personnel deploying or stationed aboard a ship, health care workers, pregnant family members, people with blood and cardiovascular disorders, as well as many other factors.

Other beneficiaries, including children, are starting

to get the vaccination based upon the availability of the vaccine at each installation.

Though not all beneficiaries are required to get the vaccine, Halenkamp says everyone should consider receiving the H1N1 vaccine.

“Military members are required to receive the vaccination unless they have a documented medical or religious contraindication,” Halenkamp said. “For everyone else the vaccine is not mandatory, but it is highly encouraged since this is the number one way to protect ourselves and others against this pandemic flu.”

Halenkamp said that the H1N1 vaccine is produced using the same methods as the seasonal flu vaccine, which has proven to be extremely safe and effective. The H1N1 vaccine contains no live virus, so there is no risk of contracting the flu from the immunization itself.

To stay a step ahead of the H1N1 virus, Navy Medicine tracks the number of influenza-like illnesses at each hospital and clinic in the region in order to detect outbreaks of illness very early on and intervene appropriately, said Capt. Mark Malakooti, preventive medicine

officer at Commander, U.S. Naval Forces Europe/Africa – U.S. Sixth Fleet Fleet Surgeon's office.

“The United States CDC [Center for Disease Control and Prevention] months ago stopped tracking and reporting cases of H1N1 because testing had become impractical,” said Malakooti. “In addition they recommended that only patients with serious illness and those admitted to hospitals be tested for H1N1 if it was suspected.”

Navy Medicine continues to follow these recommendations this flu season according to Malakooti.

Together with the vaccine efforts, medical professionals in the region are also helping disseminate information about the flu using flyers and radio and television commercials. The Commander, Navy Installations Command (CNIC) Web site, located at [www.cnic.navy.mil](http://www.cnic.navy.mil), also provides valuable information about H1N1 flu, how it spreads, who is at the greatest risk and how to prevent contracting the virus.

According to the CNIC Web site, personnel can do a number of things to minimize the impact of H1N1, including maintaining a healthy lifestyle, eating well, exercising, and getting at least eight hours of sleep. Other prevention methods include frequently washing your hands with soap and water, limiting unnecessary exposure to people with coughs or fevers, and utilizing medical facemasks in high-risk environments.

For additional information on the H1N1 flu or the vaccine, please visit the CNIC Web site or the CDC Web site at [www.cdc.gov](http://www.cdc.gov).

## Protestant Women of the Chapel



**ALL WOMEN  
WELCOME!**

**Women's Ministries  
Tuesdays  
9:15 a.m. -  
11:30 a.m.**

**NAS I Chapel  
Fellowship Hall  
Childcare Provided  
For more info.**

**[www.pwocsig.com](http://www.pwocsig.com)**



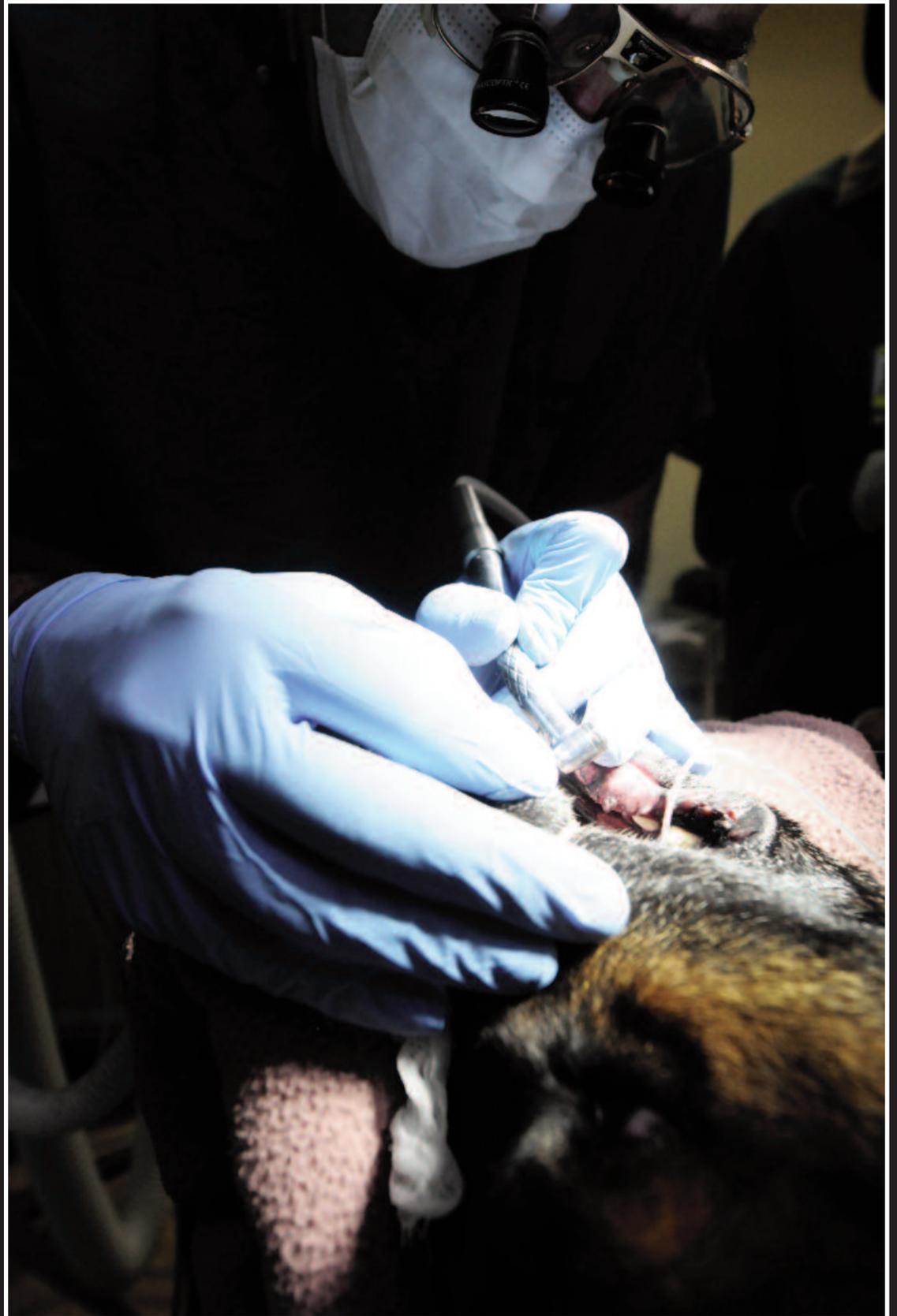
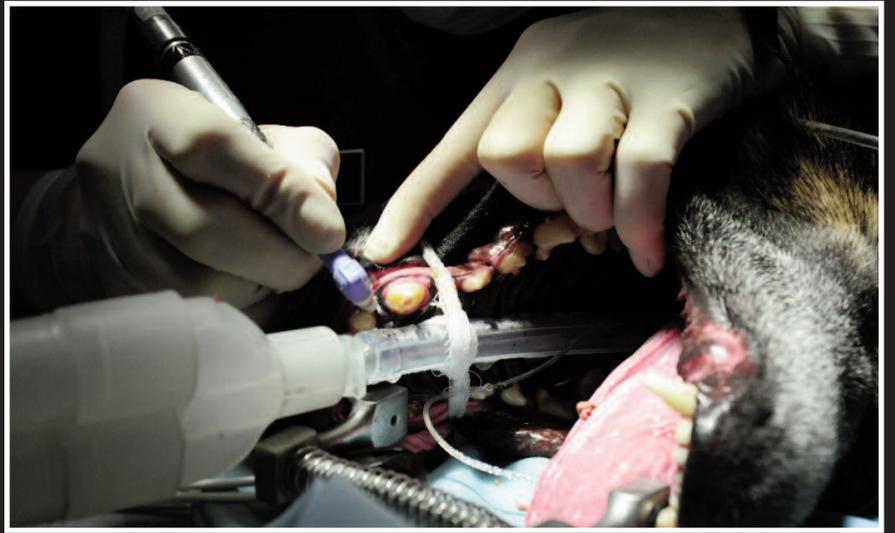
# Rico's trip to the Dentist

By MC2 Gary Prill  
NPASE-E Det Sigonella

On the afternoon of November 24, 2009 Lt. Cdr. Brendan Tully, and his staff from Naval Air Station Sigonella's Dental department, packed up a traveling dental team enroute to NAS1's veterinary clinic. Tully was there to perform a root canal and filling on a military working German Shepherd by the name of Rico. Tully was assisted by Army Veterinarian Capt. Sarah Cooper and the Veterinary clinic staff. This is Tully's second canine root canal, but a first for the staff at the clinic. The procedure went as planned for Rico, and he should be back to active status shortly.

If you or someone at your command has an idea for an interesting photo story, or would like to submit a photo story please send an email to [THESIG@EU.NAVY.MIL](mailto:THESIG@EU.NAVY.MIL) or call the public affairs office at 624-5440.





THE *Signature*  
SIGONELLA, SICILY

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

## Go Green Sigonella!

Have an idea to improve efficiencies in your workspace, department, base, or region?

Submit your idea to:

<https://www.cnic.navy.mil/europe/suggestion-box/index.htm>



NAS Sigonella Public works is now installing Low-flow showerheads in the NAS 1&2 gym locker rooms which will soon be followed by other NASSIG spaces. These units will make a large impact on the base water usage and together are expected to save 800,000 gallons annually. These are top of the line showerheads that will lower a typical shower water usage from 6 Gallons per Minute (GPM) to 1.5 GPM and are self cleaning and pressure constant. These fixtures will fix problems experienced around base in showers that had low pressure previously. Public works requests that no-one take these out on their own. If there is a problem with the fixture please call the public works trouble desk or the base energy manager at X 2064.

## Ristorante Bella Etna

**27** \*Lunch: New England Clam Chowder, Lemon Pepper Catfish, Grilled Pork Chops, Steamed Rice, Garlic Roasted Potatoes, Asparagus, Creole Green Beans, Sugar Cookies, Cheese Cake, Vanilla Cream Pudding.  
Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.\*Dinner: Vegetable Supreme Soup, Italian Rice and Beef, Teriyaki Chicken Breast, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding, RIKPAK.

**28** \*Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.  
\*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, Grilled Steaks, 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 Potatoes, French Toast, Asstd Doughnuts, Kolaches.  
\*Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Monte Cristo Sandwich, Cheddar and Chicken Broccoli, Rosemary Potato Wedges, Steamed Brussels Sprouts, Glazed Carrots, Hermits, Velvet Pound Cake.  
\*Dinner: Pepper Pot Soup, Pasta Alla Siciliana, Jaegerschnitzel, Rice Pilaf, Cauliflower Polonaise, Seasoned Succotash, Garlic Bread, Hermits, Velvet Pound Cake.

**30** \*Breakfast: Hominy Grits, Minced Beef w/ Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls.  
\*Lunch: Beef Noodle Soup, Fish Florentine, Yankee Pot Roast, Southwestern Rice, Parsley Buttered Potatoes, Calico Cabbage, Sprouts Superba, Almond Cake, Peach Crunch, Butterscotch Pudding.  
\*Speed line: Assorted Pizza, Pasta Primavera, RIKPAK.

**1** \*Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Biscuits and Gravy, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Butterfly Rolls.  
\*Lunch: Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Steamed Rice, Cut Green Beans, Steamed Carrots, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.  
Speed line: Philly Cheese Steak, Onion Rings, RIKPAK.  
Dinner: Manhattan Clam Chowder, Creole Shrimp, Stuffed Green Peppers, Boiled Pasta, Cream Style Corn, Baked Hubbard Squash, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies, RIKPAK.

**2** \*Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.  
\*Lunch: Mulligatawny Soup, Roast Turkey, Meatloaf, Steamed Rice, Mashed Potatoes, Chicken Gravy, Peas & Carrots, Steamed Cauliflower, Sweet Potato Pie, Shortbread Cookies, Peach Gelatin.  
\*Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.  
\*Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Fishwich, Steamed Rice, Lima Beans, Vegetable Stir Fry, Sweet Potato Pie, Shortbread Cookies, RIKPAK.

**3** Lunch: Corn Chowder Soup, Pineapple Chicken, Beef Sauerbraten, Orange Rice, Mashed Potatoes, Steamed Asparagus, Summer Squash, Devils Food Cake, FruitNut Bar.  
\*Speed line: Assorted Pizza, Baked Italian Sausage, Sautéed Pepper&Onions, Cartoccieta, Bruschetta, RIKPAK.  
\*Dinner: Beef Noodle Soup, Mambo Roast Pork, Chicken Parmesan, Steamed Rice, Steamed Broccoli, Seasoned Carrots, Devils Food Cake, Fruit Nut Bar.

# ON THE GO WITH MWR

## MWR December Fitness Schedule

### DECEMBER FITNESS SCHEDULE



#### Fit District

	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 7 am		Spin w/ Sarah		Spin w/ Sarah	
8:30 - 9:30 am	Kickboxing w/ Jill B	ABC w/ Lisa	Kickboxing w/ Jill B	ABC w/ Lisa	Yoga w/ Danielle
9:30 - 10:30 am	Pilates w/ Danielle	Spin w/ Jill	Pilates w/ Danielle	Spin w/ Jill	
4:30 - 5:30 pm	Cardio Jam w/ Danielle	Pilates w/ Danielle		Pilates w/ Danielle	
5:15 - 6:15 pm		Spin w/ Lisa		Spin w/ Lisa	
5:30 - 6:30 pm	Yoga w/ Luisa	20/20/20 w/ Angelica	Yoga w/ Luisa	Zumba w/ Angelica	

#### Flight Line Fitness Center

	Monday	Tuesday	Wednesday	Thursday
4:15 - 5:15 pm			Spin w/ Sarah	
5:15 - 6:15 pm	Pump It Up w/ Angelica		Pump It Up w/ Angelica	
5 - 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

#### Mineo Community Center

	Monday	Tuesday	Wednesday	Thursday
8:30 am - 9:30 am		Step w/ Michelle		Step w/ Michelle
5:30 - 6:30		Triple Shot w/ Melinda		Triple Shot w/ Melinda

## MIDTOWN MOVIE THEATERS

### SCHEDULE & DESCRIPTIONS



2012- John Cusack, Chiwetel Ejiofor, Amanda Peet, Oliver Platt, Thandie Newton

Never has a date in history been so significant to so many cultures, so many religions, scientist, and governments. A global cataclysm brings an end to the world, and tells of the heroic struggle of the survivors. (158 min.)

AMELIA- Hilary Swank, Richard Gere, Ewan McGregor, Christopher Eccleston, Joe Anderson

After becoming the first woman to fly across the Atlantic, Amelia was thrust into a new role as America's sweetheart - the legendary "goddess of light," known for her bold, larger-than-life charisma. Yet, even with her global fame solidified, her belief in flirting with danger and standing up as her own, outspoken woman never changed. She was an inspiration to people everywhere, from First Lady Eleanor Roosevelt to the men closest to her heart: her husband, promoter and publishing magnate George P. Putnam, and her long time friend and lover, pilot Gene Vidal. In the summer of 1937, Amelia set off on her most daunting mission yet: a solo flight around the world that, whatever the outcome, was to become one of the most talked-about journeys in history. (111 min.)

ASTRO BOY- Freddie Highmore, Kristen Bell, Nicolas Cage, Samuel L. Jackson, Nathan Lane

Set in futuristic Metro City, Astro Boy is a young robot with incredible powers created by a brilliant scientist named Dr. Tenma. Powered by positive "blue" energy, Astro Boy is endowed with super strength, x-ray vision, unbelievable speed and the ability to fly. Through his adventures, he learns the joys and emotions of being human, and gains the strength to embrace his destiny. Ultimately learning his friends and family are in danger, Astro Boy marshals his awesome super powers and returns to Metro City in a valiant effort to save everything he cares about and to understand what it means to be a hero. (94 min.)

CIRQUE DU FREAK: VAMPIRE'S ASSISTANT- John C. Riley, Ken Watanabe, Josh Hutcherson, Chris Massoglia, Ray Stevenson

A boy unknowingly breaks a 200-year-old truce between two warring factions of vampires. Pulled into a fantastic life of misunderstood sideshow freaks and grotesque creatures of the night, one teen will vanish from the safety of a boring existence and fulfill his destiny in a place drawn from nightmares. 14-year-old Darren was like most kids in his suburban neighborhood. He hung out with his best friend, got decent grades and usually stayed out of trouble. But when he and his buddy stumble upon a traveling freak show, things begin to change inside Darren. That's the exact moment when a vampire named Larten Crepsley turns him into something, well, bloodthirsty. (109 min.)

#### Movie dates and times are subject to change

SHOWING FRIDAY, DECEMBER 4

#### Friday, December 11

3:00pm Where the Wild Things Are PG  
5:00pm Planet 51 PG  
5:30pm Amelia PG PREMIERE  
7:00pm Cirque Du Freak: Vampire's Assistant PG-13  
7:30pm Law Abiding Citizen R

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

## Miles of smiles with Santa



Leave your sleigh at home and get on your feet with MWR Fitness for the Annual Mistletoe Mile on Saturday, Dec. 12, at 9:30 a.m. at the Midtown Piazza. This fun run is in honor of the many miles that Santa travels for us every year! Register day of the event at 9 a.m. Run begins at 9:30 a.m.

After working up a sweat at the Mistletoe Mile, enjoy Sig's the Season as the Midtown Atrium is transformed in to Winter Wonderland. Kids can enjoy a holiday breakfast feast sponsored by Child and Youth Programs with special guest, Santa, at 10 am. Throughout the morning there are special holiday activities including movies, arts and crafts, all-day free bowling for kids, and Work created by the Sigonella's young Picassos on display at the Boys & Girls Clubs of America Fine Arts Exhibit in the Fit District Gallery.

Don't forget your camera for photos with old St. Nick himself.

Sig's the Season to donate! In honor of the season, bring a pet toy or treat for homeless animals or children's gift to be donated to a local orphanage.

For more information, call 624-4941.

## Holiday happenings all month long



There's more than 12 days of Christmas fun at Take 5 and Connections. Drop in all through December and enjoy a wealth of festivities.

Stop in for treats like hot apple cider, free candy canes, and morning munchies on Jan. 1. Check out our special events like Make Your Own Ornaments, White Elephant Gift-Giving and Spades Tournament. Enjoy Connections Cocktail of the Month, a Poinsettia; a mix of champagne and cranberry.

Break out the stadium chairs and face paint for the Army/Navy Football Game Tailgating Party

Saturday, Dec. 12, at 2 p.m. at Connections.

Drop in for a special holiday door prize drawing at either Connections on Monday, Dec. 21, or Take 5 on Tuesday, Dec. 22. Take part in the Santa Scavenger Hunt for a chance to win a holiday prize pack. Christmas Eve at Connections and Christmas Day at Take 5, take part in the Santa Scavenger hunt for a chance at a holiday gift basket.

For more information, pick up an activity calendar at either Take 5 or Connections or call 624-5602 or 624-4264.

## Disco Kids at Jox

Come by Jox Pub Friday, Dec. 11, for a special event. 70's tribute band The Disco Kids are performing the greatest hits of the era beginning at 10 p.m. Shake your groove thang to hits by KC and The Sunshine Band, The Beegees, and Donna Summer. Call 624-4263 for more info.

MOVIE HOTLINE:  
624-4248

**AWE, continued from page 2**

aside in order to provide for a populous they barely know. I sit in awe. As the ceremony goes on and the achievements of one individual are read and reflected upon, I see others in the audience who nod in a sign of affirmation. Some nod as a sign of a shared accomplishment, others with hopes to one day accomplish these same feats. Others like myself just nod and smile in recognition of someone doing something

great. Either way everyone confirms without a word the greatness that is represented in the one retiring standing on stage. I see an individual who represents many who have gone before and many who will come after. I sit in awe.

I sit in awe of a group of individuals who represent a larger group of individuals, but who represent the best of the best. I sit and see around me nothing but greatness. I see those who have been away from their families for an extended time. I see those who have seen combat or have been

in harms way. I see those who have been where many back home dare not to go. I see these individuals do this is the name of freedom, for their God, and for their country. I am amazed at how a ceremony can help us reflect on such greatness of so many individuals by celebrating the accomplishments of one individual. I sit in awe at the greatness that surrounds me. I sit in awe and say thank you to each and everyone for what you have done, are doing, and will do. I sit in awe.

**SECNAV, continued from page 1**

“You’re the ones on the front lines, you’re the ones dealing with the equipment, you’re the ones dealing with all the paperwork the Navy gives you and you’re the ones dealing with the stuff that comes up day-to-day. If we can do something better let me know.”

Mabus answered questions regarding topics such as the role of U.S. Africa Command, advancement and retention before praising everyone in attendance for their service.

“Thank you for everything that you do,” Mabus said. “Thank you for the roles you serve. We have 300 million Americans, and less than one percent wears the uniform.

Less than one percent keeps the other 300 million safe and secure. Thank you for your service to this country. Nobody else, no other country on earth can do what we do.”

Following the question and answer portion of the all-hands call, Mabus took the time to take photos and talk with anyone who wished to meet him before he departed.



You are cordially invited to an Open house 9 Dec, 11-1800 @ Bldg 318, designed to let the involved commands share useful information about support available to the community during the Holiday season.

**DID YOU KNOW, continued on page 12**

cancer risk by 20–30%.  
 • Breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk of heart attack. People who already have heart disease are at especially high risk.  
 • Secondhand smoke exposure causes respiratory symptoms in children and slows their lung growth.  
 • Secondhand smoke causes sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.  
 • There is no risk-free level of secondhand smoke exposure. Even brief exposure can be dangerous.  
 • More than 126 million non-smoking Americans continue to be exposed to secondhand smoke in homes, vehicles, workplaces, and public places.

- Most exposure to tobacco smoke occurs in homes and workplaces.
- Almost 60% of U.S. children aged 3–11 years—or almost 22 million children—are exposed to secondhand smoke.
- About 25% of children aged 3–11 years live with at least one smoker, compared to only about 7% of nonsmoking adults.
- The California Environmental Protection Agency estimates that secondhand smoke exposure causes approximately 3,400 lung cancer deaths and 22,700–69,600 heart disease deaths annually among adult nonsmokers in the United States.
- Each year in the United States, secondhand smoke exposure

is responsible for 150,000–300,000 new cases of bronchitis and pneumonia in children aged less than 18 months. This results in 7,500–15,000 hospitalizations, annually.  
 If you are still smoking, please see your NH Sigonella provider for assistance in making your life smoke-free and do not forget all the great resources and classes through Health Promotions.  
 Information above provided by CDC website.  
 Additional references to check out:  
 American Heart Association web address: [www.american.heart.org](http://www.american.heart.org)  
 American Lung Association web address: [www.lungusa.org](http://www.lungusa.org)

**PIED, continued from page 1**

help with command’s Christmas party.

“It’s all for a good cause, of course,” said Aviation Electronics Technician Chief Chad Hutchens (AW/SW). “The command has done a lot this year and this is all about the holiday spirit and the moral of the command.”

This year, AIMD held various community relations (COMREL) projects including a fundraiser that donated food and clothing to the Maria Ausillia Trice institute in Catania, passing out candy at Naval Air Station Sigonella’s Autumn Fest, and donating T-shirts at the last Jaguar football game.

Anyone interested in donating food or clothing for AIMD’s various COMREL projects can contact the command at 624-5432 or 624-5967. Donations can also be dropped at the command’s quarterdeck located in building 426 on NAS 2.

# THE SPORTS LINE

## PIGSKIN PICKS

16 Oregon St. at 8 Oregon

5 Cincinnati at 9 Pittsburgh

3 Texas vs. Nebraska

7 Georgia Tech vs. 18 Clemson

Minnesota at Arizona

Houston at Jacksonville

Dallas at NY Giants

Philadelphia at Atlanta

## Game of the Week: Florida Gators vs Bama Crimson Tide

 Overall Record: 75-41 NFL: 35-18 NCAA: 40-23 SN Kaminski, PSD	Oregon	Pitt.	Texas	GT	Vikings	Texans	Cowboys	Eagles
 Overall Record: 71-45 NFL: 32-21 NCAA: 39-24 D Day	Oregon	Cincinnati	Texas	GT	Vikings	Texans	Giants	Falcons
 Overall Record: 71-45 NFL: 30-23 NCAA: 41-22 MC3 Idle, Exec Admin	Oregon	Cincinnati	Texas	GT	Cardinals	Texans	Giants	Eagles
 Overall Record: 70-46 NFL: 32-21 NCAA: 38-25 Joe Cunningham, NCTS	Oregon	Cincinnati	Texas	GT	Vikings	Jaguars	Giants	Falcons
 Overall Record: 69-47 NFL: 35-18 NCAA: 34-29 Capt. Jaeger, USNH Sigonella	Oregon	Cincinnati	Texas	Clemson	Cardinals	Jaguars	Giants	Eagles
 Overall Record: 60-56 NFL: 27-25 NCAA: 33-30 Chief Payne, Weapons	Oregon	Cincinnati	Nebraska	Clemson	Vikings	Texans	Giants	Eagles

MC3 Idle: Florida

These are two of my least favorite teams in college football. I don't like their fans or their coaches. I think Alabama is the best overall team in college football this, but my gut tells me to go with the Gators. I see Tim Tebow and Urban Meyer pulling out every trick from their collective sleeves. I think it will be close, but Florida will cement their dynasty after they beat Bama and roll over a soft Texas team in the BCS Championship.

GMC Payne: Alabama

It is about time Florida gets their butts kicked, and the Heisman hype is huge in this one..... Bama!!!

D-Day: Alabama

This should be a great game, hard one to call as it could go either way. In the end, though, I think the Tide are the better team, and are going to show up at home with a huge victory to claim the top spot in the rankings.

Capt. Jaeger: Alabama

Okay, my CMC is telling me to tell all of you "Stop the Shot Bubbling"!! Two least favorite teams hah? Got it, but (according to my CMC) Alabama and Florida are by far the best two teams in country from the BEST conference, unlike

the Big Ten (oh, my spouse isn't gonna like that line!). Stop hating and start appreciating. SEC Rules, and Alabama Rolls. Bama tenderizes some "Gator" meat and heads to Pasadena. On a side note, my spouse is telling me the SEC stands for "Second Rate Conference" but I am not surprised a Big 10 alum would say that! Regardless, going with BAMA!

PSSN Kaminski: Alabama

For some reason my gut tells me Alabama is going to squeak this one out. This is the game everyone has been waiting for. BAMA'S defenceneed to step up and put the pressure on Tebow if they want to pull out the "W". Also Mcelroy and his offense need to come out firing and score every chance they get no mistakes. That will be the difference mistake free ball.

Joe Cunningham: Florida

Finally a real test for both teams, as they played repectively Florida International and Tennessee-Chattanooga last week! So.... I still like the Gators in this one. Sure they have not been dominating in recent SEC games, but they keep coming up with the W. They'll do so once again as no one on the team wants to face Tim Tebow after the game and explain how they blew it. Gators win.

# 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 or 095-86-5440. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884. Send Il Mercato advertisements to [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil)

Anyone interested in sending ads via email should leave a phone number and point of contact name at [thesig@eu.navy.mil](mailto: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.



