

# THE Signature

## SIGONELLA, SICILY



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NOVEMBER 6, 2009

### Jaguars lose heartbreaker to Alconbury Dragons



Wide receiver [redacted] throws a block for wide receiver [redacted] on a punt return during the Sigonella Jaguars Division III playoff loss to the Alconbury Dragons Oct. 31.

By MC3 Jonathan Idle  
The Signature Staff

Alconbury Dragon's running back Devin Pryor scored on a 52 yard touchdown run late in the fourth quarter to lift the Dragons to a 35-28 victory over the Sigonella Jaguars in their Division III playoff game Oct. 31 at the Land Annex on NAS I.

Pryor was the player of the game after he scored four rushing

touchdowns and intercepted Jaguar's quarterback Brett Gilbert three times.

The Dragon's scored first behind solid blocking from their offensive line. After marching down the field, Pryor was able to take it up the gut from four yards out for the first score of the game. At the end of the first quarter the score was 7-0 Dragons.

The teams traded possessions

back and forth in the second quarter until Dragon's cornerback Nathan Shirley intercepted Gilbert. The interception set-up the Dragons for another scoring drive, and once again Pryor ran the ball up the middle for the touchdown to give the Dragons a 14-0 lead.

With their backs against the

JAGS, continued on page 5

### Sigonellan's get together to "Walk the Pink out of it"

By MC2 Gary Prill  
NPASE East Det. Sigonella

October brings many well known events for Sigonellans. Along with events like the Autumn Festival, and the much anticipated Halloween Night, October is also Breast Cancer Awareness Month.

To emphasize the importance of breast cancer awareness and the seriousness of breast cancer in both women as well as men Sigonella dedicated a 3 mile walk, sponsored by Naval Hospital Sigonella's Health Promotions Department, and Morale Welfare and Recreation.

The 2nd Annual event, which took place on Friday, Oct. 30, at the Midtown Complex, of NAS1, involved nearly 200 participants wearing a multitude of different pink ensembles, or simply donning a pink

pin-on ribbon to show support. Included in the group were not only supporters for breast cancer awareness, but also, survivors, and family members of survivors.

Shance McGuffey, and his wife Francillia McGuffey, brought their two kids Sam, and Tyler out for the event.

"Breast Cancer runs in our family," said Francillia. "My aunt is a breast cancer survivor, and we want to make others aware of the importance of yearly exams"

To initiate the walk Dr. Aaron Cho, Lead Interpreter, for mammograms in Radiology Department, Naval Hospital Sigonella, shared statistics about Breast Cancer, and treatments. He stressed the importance for early diagnosis as the key for fighting breast cancer. He also shared the con-

PINK, continued on page 9

### AIMD opens doors to Sigonella community



Aviation Machinist's Mate Airman Kenneth Easter guides the prop of a P-3C Orion on to a stand during a demonstration at the AIMD Sigonella open house Oct. 30.

By MC3 Jonathan Idle  
The Signature Staff

Personnel from the Aircraft Intermediate Maintenance Detachment (AIMD) Sigonella opened their doors to the Sigonella community during an open house Oct. 30 on NAS II.

The purpose of the open house was to give community members a chance to see part of Sigonella that is closed off to most personnel and dependants on base, said Lt. Cmdr. Michael Morrero, AIMD Sigonella officer-in-charge.

"We wanted to open our doors

AIMD, continued on page 12

### Presidential ban on texting

In Executive Order 13513, President Barack Obama banned federal employees from text messaging while driving on government business. Text messaging, or "texting," encompasses more than simply sending a text message via a handheld communication device. It also includes reading the text for the purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information, or "engaging in any other form of electronic data retrieval or electronic data communication," according to the order. The executive order is available on [whitehouse.gov](http://whitehouse.gov).



WEATHER UPDATE	November 6	November 7	November 8	November 9	November 10	November 11	November 12
	H:71F L:54F	H:70F L:52F	H:72F L:58F	H:71F L:53F	H:65F L:52F	H:67F L:54F	H:68F L:46F

TOP STORIES	Page 2	Page 3	Page 5	Page 7	Page 8
I grew up in the south. I grew up watching the leaves change colors in the fall. The array of colors that looked like a firework display on the 4th of July. I saw the mountains hide the sun in the morning as it rose and envelope it at the end of the day as it set.		President Barack Obama signed a national emergency declaration on H1N1 influenza over the weekend to accommodate American health care facilities' ability to address the pandemic.	For the first time in its four year history, Fleet & Industrial Supply Center (FISC) Sigonella has received the 2008 National Defense Transportation Association (NDTA) Military Unit Award.	King, Queen, Prince, Princess – these are some of the Homecoming nominations made by Sigonella students in preparation for their dance held Oct. 10.	With its tree-lined, quiet streets, cafes serving thick, rich hot chocolate, the laid-back, cool vibe, and close proximity to Mt. Etna, Nicolosi is as close as you're going to get to a ski town in Sicily.

INSIDE	Direct Line	Navy News	Community Calendar	MWR Corner	Il Mercato
	2	3	4	11	14

TRAFFIC NUMBERS		
	Jan. 09- Oct. 09	Jan. 08- Oct. 08
Accidents	227	266
Injuries	24	44
DUIs	3	5
Traffic Deaths	1	2

PLEASE,  
DON'T BECOME  
A STATISTIC!

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

In the end of October NAS Sigonella participated in the National Energy Conservation week with our "Kill-A-Watt" program. This program was designed to promote energy conservation and awareness onboard NAS Sigonella and help lower our energy usage. Even though Energy Conservation Week is over everyone on NASSIG needs to keep working on conserving energy. The DOD has mandated that every base reduce its energy usage by three percent each year until 2015. The only way NASSIG is going to continue to meet that goal is to have every service member, civilian and dependant change their habits and be more aware of energy wasteful habits.

NAS Sigonella really raised the bar in fiscal year 2009 reducing our energy consumption by 5.63% saving \$502,029.69 from last year's bill. These are remarkable numbers and I want to thank each and every one of you for doing your part, but we must always be looking forward and finding new ways to be more efficient. Finding further ways to trim will

be challenging so I need your help to make Sigonella a more energy efficiency base. This will be an all hands effort – but one that is truly worth it. In order to reduce our energy appetite, we must continue to change our habits and ways of thinking. A lot of small changes can lead to big savings in the end of the year as we saw this past year.

The base has implemented major system upgrades like our new waste water recycling system that has and will make a big impact on our water usage especially during the summer months. However, as we proved this past year the individual plays a huge part in our success. Implementing small changes like making sure doors and windows are closed when running the heat or AC, turning off lights when leaving a room, unplugging all non-essential equipment when not in use, and reporting leaky pipes and faucets can yield big energy savings. Another habit that can potentially tip the scales is turning off your computer when you go to lunch and

before you go home at night. The massive power savings far outweighs the small inconvenience of waiting for the computer to start up when you return.

The changing face of the Navy is leading towards better energy conservation, smaller budgets and more creative ways of doing business. To keep pace NAS Sigonella needs to continue changing our habits and be aware of how all the little things we do add up in the end. It's your chance to be Green!



## Good or Bad Snack?

### Materials taken from American Academy of Pediatric Dentistry

A cracker is safer for teeth than a caramel, right? Wrong. Cooked starches (fermentable carbohydrates) can lead to cavities just as sugars can. In fact, such cooked starches as breads, crackers, pasta, pretzels, and potato chips frequently take longer to clear the mouth than sugars. So the decay risk may last even longer.

To cavity-causing bacteria in the mouth, sugars are essentially the same, whether natural or processed. All types of sugars and the foods that contain them can play a role in tooth decay.

A child who licks a lollipop every few minutes or slowly sips a sugared drink while studying is flirting with a high risk of tooth decay. Such long-lasting snacks create an acid attack on teeth for the entire time they are in the mouth.

#### FACTS ON FOOD

A person's dental health depends less on what they eat and more on how often they eat it.

About 90% of all foods contain sugars or starches that enable bacteria in dental plaque to produce acids. This attack by bacterial acid, lasting 20 minutes or more, can lead to loss of tooth mineral and to cavities.

A food with sugar or starch is safer for teeth if it is eaten with a meal, not as a snack.

Snacks, served no more than three or four times a day, should contribute to the overall nutrition and health of the child. Some healthy snacks are: cheese, vegetables, yogurt, peanut butter and chocolate milk.

Certain cheeses have been shown to have characteristics that disrupt the development of cavities when eaten alone as a snack or at the end of a meal.

Cheeses such as aged cheddar, Swiss, mozzarella, and monterey jack stimulate the flow of saliva, clearing the mouth of food debris and acting

as a buffer to neutralize the acids that attack teeth. The calcium and phosphorous found in cheese also reduce or prevent decreases in pH levels of saliva and promote remineralization of tooth enamel.

Munching a cracker instead of a chocolate bar gives oral bacteria more time to produce enamel-destroying acids. But before you switch the family to an all-chocolate diet, understand this: No food is real-

**TIRED, continued on page 12**

## HEALTH WATCH

**NASSIG WORSHIP SERVICES**  
Chapel Offices: NAS I 095-56-3975, NAS II 095-86-9049

<p style="text-align: center;"><b>ROMAN CATHOLIC</b></p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Thursday</u></p> <p>1130 Catholic Mass (NAS II Chapel)</p>	<p style="text-align: center;"><b>PROTESTANT</b></p> <p style="text-align: center;"><u>Sunday</u></p> <p>0900 General Protestant (Mineo Community Center) 1000 Traditional Protestant (NAS I Chapel) 1130 Contemporary Protestant (NAS I Chapel)</p> <p style="text-align: center;"><b>CHURCH OF CHRIST LAY SERVICE</b></p> <p style="text-align: center;"><u>Sunday</u> 1530 NAS I Chapel Rooms 3 &amp; 4 (Call 624-5128 or 335-841-8069)</p>
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**JEWISH SERVICES:** Please call 095-86-1205

**OTHER SERVICES/ACTIVITIES POINTS OF CONTACT**

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

### CHAPLAIN CORNER



Chaplain Wilson

## In All Its Beauty . . .

I grew up in the south. I grew up watching the leaves change colors in the fall. The array of colors that looked like a firework display on the 4th of July. I saw the mountains hide the sun in the morning as it set. I had viewed the vastness of the Tennessee River as it flowed around one bend to the next, weaving its way south through the lush valley. I sat on the porch watching the clouds roll in darkening the sky as if the depths of the ocean were overcoming everything. I stood in the rain as it fell to the ground to water and feed the plants that were starting to bloom. I watched as the heat of the earth evaporated like a cloud floating toward the sky as the drops

cooled the earth. I sat on the porch as the lightning streaked across the sky filing the darkness with flashes of light as if I were on stage with crowds of people taking my picture. I grew up in the south . . . I saw its beauty.

I recently returned to the area to visit with friends and family. I arrived just in time to see the colors once again. I had forgotten the beauty. I had forgotten the sharp contrast of the leaves; the reds, yellows, oranges, against the backdrop of dark woods. Now, once again I was able to observe it and the reminder of it's beauty was overwhelming. While, I was excited to return and enjoy the fellowship with others who I also had missed, the beauty of nature was stirring an emotion in me that had long been forgotten.

King Solomon stated that: "He has made everything beautiful in its time." (Ecclesiastes 3:11) He means that God, the creator of all things and giver of life did so with beauty. For me as I look out

**BEAUTY, 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

## Obama Declares H1N1 Influenza National Emergency

By Army Sgt. 1st Class  
 Michael J. Carden

American Forces Press Service

WASHINGTON (NNS) -- President Barack Obama signed a national emergency declaration on H1N1 influenza over the weekend to accommodate American health care facilities' ability to address the pandemic.

"By rapidly identifying the virus, implementing public health measures, providing guidance for health professionals and the general public, and developing an effective vaccine, we have taken proactive

steps to reduce the impact of the pandemic and protect the health of our citizens," the president said in his proclamation Oct. 24.

Health and Human Services Secretary Kathleen Sebelius has twice declared a public health emergency due to the H1N1 strain. The first came July 24, and the most recent was Oct. 1.

"As a nation, we have prepared at all levels of government, and as individuals and communities, taking unprecedented steps to counter the emerging pandemic," Obama

said. "Nevertheless, the 2009 H1N1 pandemic continues to evolve. In recognition of the continuing progression of the pandemic, and in further preparation as a nation, we are taking additional steps to facilitate our response."

The declaration grants authority to the Department of Health and Human Services to waive legal requirements and gives medical facilities the ability to set up alternate care sites, modify patient triage protocols, alter patient transfer procedures and other actions to employ disaster operations and

relief, Pentagon spokeswoman Rene White said.

Temporary waivers are petitioned to HHS by the individual medical facilities under Section 1135 of the Social Security Act. Although the president declared the pandemic a national emergency, waivers still require specific requests to HHS, and some state laws may need to be addressed, according to a White House statement released yesterday.

"The H1N1 [pandemic] is moving rapidly," White said. "By the time regions or health care systems recognize they are becoming overburdened, they need to implement disaster plans quickly. Adding a potential delay while waiting for a national emergency declaration is not in the best interest of the public, particularly if this step can be done proactively, as we are doing here."

The most recent examples of a U.S. president granting the

Section 1135 waivers was in the aftermath of Hurricane Katrina in 2005, Hurricanes Ike and Gustav in 2008, the North Dakota flooding in March and as a protocol for January's presidential inauguration.

Although thousands of U.S. servicemembers were called to duty in these events, the Defense Department does not anticipate a major call up of forces due to the H1N1, White said. However, the department is prepared to respond if needed.

"At this time, the Defense Department is evaluating the impacts the president's declaration has on [Defense Department] H1N1 operations," she said. "One of our first priorities right now continues to be vaccine availability and distribution -- first protecting uniformed personnel, deployed [personnel], training sites, ships afloat and submarines, as well as our health care personnel."

### 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 Jonathan Idle

U.S. service members and members of the Italian Air Force 41st Stormo perform a foreign object debris (FOD) walk-down from Oct. 27 on the flight-line at Naval Air Station (NAS) Sigonella. NAS Sigonella provides logistical support for Commander, U.S. 6th Fleet and NATO forces in the Mediterranean area.



U.S. Navy photo by MC1 Leah Stiles

President Barack Obama delivers remarks to about 3500 Sailors, Marines and other service members during a visit to Naval Air Station Jacksonville. During his visit he also met with gold star families - families that have lost a loved one in Iraq or Afghanistan, to personally thank them for their sacrifice.

N e w  
 Hope  
 Monika

Volcano

COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				<b>6 NOVEMBER</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  FFSC ICR 1230-1530 ARRIVEDERCI 0800-1130	<b>7</b>	<b>8</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>9</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  FFSC ICR 0800-1530 Stress & Single Parenting 1400-1600	<b>10</b> Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710  FFSC ICR 0800-1530 Interview Techniques 1300-1500 Sponsor Training 0900-1030	<b>11</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Veterans Day	<b>12</b> ARC Orientation American Red Cross 10 a.m. - 1 p.m. 624-4900  FFSC Ombudsmen Assembly 1430-1630 Resume Writing 0900-1100 Survive & Thrive 0800-1500	<b>13</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>14</b> FFSC Surviving the Holidays Financially 1000-1100	<b>15</b>
<b>16</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  FFSC TAP 0800-1600 ICR for youth Topolino 0800-1130	<b>17</b> Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710  FFSC TAP 0800-1600	<b>18</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  FFSC Mens Group 1330-1500 TAP 0800-1600	<b>19</b> FFSC TAP 0800-1600 Ricotta Cheese Workshop ICR for youth BENVENUTI 0800-1200	<b>20</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  FFSC ICR 1230-1530 Anger Management 0900-1100 ARRIVEDERCI 0800-1130	<b>21</b> Babysitting Training American Red Cross 9 a.m. - 4 p.m. x4900	<b>22</b>

Marricriu

Motta

Funny Island

Magnolia

**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](http://www.nmcrs.org)

# FISC Sigonella Receives NDTA Military Unit Award

## Article provided by FISC Sigonella

For the first time in its four year history, Fleet & Industrial Supply Center (FISC) Sigonella has received the 2008 National Defense Transportation Association (NDTA) Military Unit Award. This award was accepted by FISC Sigonella's Executive Officer, Cmdr. Jeffrey A. Schmidt during the NDTA's 63rd Annual Transportation & Logistics Forum and Exposition in Nashville, Tenn. on September 21.

FISC Sigonella was selected as the CNO's nominee for this award for its transportation & logistics support to U.S. European Command, U.S. Central Command, and U.S. Africa Command. Highlighted accomplishments include:

- Established a prototype expeditionary support group (ESG) shore-based support solution for USS IWO JIMA & USS PELELIU during their

deployments to the 5th Fleet & 6th Fleet AORs. This support eliminated the requirement for the traditional beach detachment, returning significant dollars & man-hours to the fleet.

- Provided key transportation coordination efforts in supporting the end-to-end deployment for war materiel rotating downrange to/from Bagram and Kandahar in Afghanistan for the U.S. Army's 82nd and 101st Airborne Divisions. This involved FISC Sigonella's Rota site facilitating the offload and transfer of 139 helicopters and over 2.1 million pounds of equipment onto 32 C-5s and C-17s with zero delays or mishaps.

Fleet and Industrial Supply Center Sigonella provides logistics, business and support services to fleet, shore and industrial commands of the Navy, Coast Guard, Military Sealift Command, and other Joint and Allied Forces in Europe, Africa, and

Southwest Asia.

FISC Sigonella, the newest of seven supply centers under Commander, Fleet and Industrial Supply Centers, provides supply chain management, contracting and transportation services, technical and customer support, hazardous materials management, consolidated mail services and worldwide movement of personal property.

COMFISCS comprises more than 7,500 military and civilian logistics professionals operating as a single cohesive team providing global logistics services from more than 135 locations worldwide. A component of the Naval Supply Systems Command, headquartered in Mechanicsburg, Pa., COMFISCS is part of a worldwide logistics network of more than 25,000 military and civilian personnel providing combat capability through logistics.



**Commander Jeffrey A. Schmidt, FISC Sigonella's Executive Officer, is presented the 2008 NDTA Military Unit Award by General Arthur J. Lichte, Commander, Air Mobility Command, and Rear Admiral Robert D. Reilly, Jr., Commander, Military Sealift Command.**

# Marchi

## JAGS, continued from page 1

wall, the Jaguars were able to answer back with a score of their own. After a screen pass to wide receiver Tyrone Andrews put the Jaguars in the red zone, Gilbert scampered in untouched on a quarterback keeper to bring the Jaguars back within seven points.

The Jaguars took a gamble on the ensuing kick-off and attempted an onside kick. The gamble paid off as fullback/linebacker Andrew Barclay

recovered the kick in Dragon territory.

With the clock ticking down toward halftime the Jaguars marched down once again. Andrews caught a pass from Gilbert in the inzone for the touchdown to bring the game to a tie at halftime.

The Jaguars started the second half inauspiciously as Pryor pulled in his third interception for the game. The Dragons took advantage of the turnover and marched toward another scoring drive. This time it was full-

back Kerry Kuheana who took the ball up the middle to put the Dragons back into lead 21-14.

After the Jaguars next offensive drive stalled, the Dragons took over the ball deep in their own territory. Pryor took the ball and torched the Jaguar's defense for a 75 yard touchdown run to make the score 28-14 Dragons through three quarters.

The Jaguars weren't going to go down without a fight though. Gilbert found wide receiver James Campbell in the flat and Campbell was able to break free of the defense for a 50-yard touchdown.

The Jaguars faked the extra point attempt, but failed to convert the two-point conversion making the score 28-20 Dragons.

With time working against the Jaguars, Gilbert tossed a beautiful pass to a streaking Campbell who hauled the pass in one-handed and sped down the sideline for a 77 yard score.

Fullback Jeff Lastrella took the handoff on the two-point conversion and punched it in to tie the game 28-28.

The Jaguars looked primed for a Cinderella story fourth quarter comeback before Pryor's final touchdown run.

The Jaguars finished the regular season 5-0 before the loss to the Dragons knocked them out of the playoffs.

# Agip Area

# Navy Lodge



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.

Alberto Lunetta  
 The Signature Staff



# Italian NEWS

*Sicilian Culture, Events and Lifestyle*

## Fall is caldarroste time

During the fall you can see those brown smoker pans in every street corner surrounded by a cloud of smoke and perfume of "caldarroste" or roasted chestnuts.

The fall is that time of the year when the chestnuts are ripe so they are ready to be cooked with different recipes. One of the best ways to eat them is to buy them warm, roasted and tasty! They are perfect for cold winter evenings.

Roasted chestnuts are cooked with salt on special pans with holes. Chestnuts are cut on the rounded side to avoid popping during cooking and roasted until the peel becomes whitish. The custom of eating chestnuts dates back to the ancient Roman world when castagne were considered as food for the aristocracy. A famous chef from Imperial Rome prepared them with a pepper sauce and other spices including mint, vinegar, honey and "garum" (sauce made up of fish entrails). In the Middle Ages and following centuries, chestnuts progressively became the staple food of peasants across Italy. Chestnuts are easy to find in the woods and rich of proteins. For centuries they helped the population to survive during famine. During wars, Medieval and Renaissance

European armies used to store chestnut flour because it can be preserved for a long time and used to bake as substitute of bread. In the 18th century an Italian company from

French chef suggested eating them roasted while sitting around a fire with friends sipping a light wine such as "Beaujolais Nouveau!"

The chestnuts and wine coupling is a delight which is typical of one of the most important fall's attractions in Italy: the "Estate di San Martino" or

"Summer of St. Martin," a festivity, falling during a period of unusual warm weather, similar to the Indian summer, which is celebrated in late autumn. The Summer of St. Martin is named after St. Martin of Tours and remembers the wine- racking (separation of wine from its sediment) period, when farmers used to pay visits to each other to compare the products of the winemaking process and dine together with fresh bread, salami, cheese and obviously, "caldarroste."

Legend has it that, during a cold day in the 4th century (on Nov. 11), during a cold night, Roman officer Martino, who later became a bishop and then a saint, rescued a beggar by giving him half of his cloak. As Martino was on his way back home, there was a sudden weather change; weather became beautifully warm! Today, this festivity still keeps alive a tradition blending of pagan (celebration of fertility, end of harvest and wine-making season etc.) and Christian (remembering the good heart of St. Martin) elements.



Piedmont called Marengo created "Marron Glaces" (glazed chestnuts) covering with sugar syrup the best quality of large chestnuts called "marroni" or marrons. Today, chestnuts can be cooked in a thousand ways and represent the symbol of the upcoming Christmas. A



Signonella mushroom lovers will be happy to hear that the fourth edition of the Sagra del Fungo di Ferla (Ferla Mushroom festival) will be held in Caltavuturo from November 13 through 15. Caltavuturo is a small enchanting village nestled on a hilltop in the Madonie Mountains, about 80 kilometers from Palermo. The Ferla or Ferula mushroom, which grows on the roots of the plant "Ferula Communis" or Giant Fennel, is a delicious variety of fungi that is native to some Mediterranean areas of Europe, the Middle

## Mushroom Festival to be held in Caltavuturo

East, North Africa and Asia. The festival will kick off on Friday, Nov. 13 at 6 p.m. Festival booths will be set up in the historic center along via Giovanni Falcone and corso Vittorio Emanuele (main road).

The festival's main highlight is the mushroom-based specialties tasting which will be held on Sunday, Nov. 15 at 12:30 p.m. in via IV Aprile (northern part of the town). Locally produced foodstuffs such as cheese, honey, fresh pasta, sweets (cannoli filled with ricotta cheese and "sfinci" fritters) sausage (salsiccia), salami and wine will also be available at the festival to tempt you taste buds!

The local tourist office will also offer guided tours to allow festival visitors to enjoy not only the spectacular seasonal foliage but also all the town's attractions such as the Terravecchia upland, where locals settled in ancient times, which still hosts the ruins of the Castello Saraceno (Saracen Castle) and the S. Bartolomeo Church; as well as the Gazzarra Gorges, the town's breathtaking 18th century palaces (Palazzo Muscarella, Palazzo Giuffrè, Palazzo Bonomo and Palazzo Cipolla) and churches (Chiesa Madre, Chiesa

di Santa Maria La Nova, Convento dei Benedettini and the Chiesa di Sant'Agostino in which the gold-covered statue of the patroness saint is still housed). This family-oriented celebration of the harvest season will also feature entertainment, local craft shows and more.

Reaching Caltavuturo from the base is fairly easy. Exit Tremonzelli on A19 highway (Catania-Palermo) and drive for about 10 kilometers until you reach Caltavuturo. For more information and detailed festival schedules contact the Caltavuturo Pro Loco Tourist Office at 0921-541759.

oxidiana

## Antique Fair in Giardini Naxos



Photo by Roberto Cosentino

The 58th edition of Nassoantica, the prestigious antique fair featuring finest period furnishings, vintage textiles and fashion, pottery, porcelain, bric-a-brac, arts and crafts, clocks, tapestries, jewelry, deco objects and more, will be held from Nov. 13 through 15 at the Russot Hotel located in # 47 Viale Jannuzzo in Giardini Naxos. Opening hours: 3 to 9 p.m. (Friday, Nov. 13); 9:30 a.m. to 9 p.m. (Saturday, Nov. 14 and Sunday, Nov. 15). For more information call SICILIAEXPO at 0942-47618 or send an email to nassoantica@libero.it

Medusa

# School NEWS

## A Note of Appreciation to the Sigonella Community from the 2009 Jaguar Football Team & Coaching Staff

The Jaguar Football Team would like to say thank you very much for all the hard work and passion you put forward this football season towards our team. In no small part, because of your efforts we were able to field a winning team and create a positive high school football culture within our community. The coaching staff and players cannot express enough gratitude your enthusiastic admiration from the stands. Your support made this season a joy to coach and a football season to remember, for everyone at Sigonella. GO JAGS!

-Coach McKown Coach Summerfield Coach Hauisen Coach Seiber Coach Dickson Coach Hicks Coach Buck Coach England

# Homecoming Court

By Adrienne Moore  
Sigonella High School Student

King, Queen, Prince, Princess – these are some of the Homecoming nominations made by Sigonella students in preparation for their dance held Oct. 10.

Students voted for the eight positions in the Homecoming Court. The senior nominees for Homecoming King were: Trevor Arcand, Andrew Barclay, Patrick Burke, and Brett Gilbert. The lucky ladies are as follows: Mackenzie Jacks, Denice Patron, Rachel Sherrick, and Jackie Swishhelm.

"I was excited that people voted for me," Sherrick, senior, said about being nominated for Queen. "I wasn't really expecting it."

In the running for Prince were Thomas Berak, James Campbell, and Marco Summerfield. Up for Princess were Bailey Berryhill, Asia McGee, and

Samantha Niemann. Jack Johnson, Jeff Lastrella, Bobby Lazenby, and Darrion Sands were nominated for Sophomore Duke. Alexia Charlot, Elizabeth Frost, Amy Kayes, and Tianna Klaput were the Duchess nominees.

"I was really excited to hear that I was nominated again," Johnson, last year's freshmen Lord, said about being in the running again.

Joseph Coleman, Peter Swishhelm, and Benjamin Jacks were all competing for the title of freshman Lord. The freshman candidates for Lady were Deanna Brown, Adrienne Moore, and Cassie Reed.

"I was excited and really surprised," Swishhelm said about being nominated.

The anxiety rose as the votes were cast. On Oct. 6th, grades nine through twelve voted for the students they thought would make the best court member. Although each class voted, the nominees didn't find

out if they had made the cut until half time of the Homecoming football game. At that time the Homecoming Court was announced by Amy Driscoll, Sigonella athletic director.

The winners were... Freshman Lord and Lady were Joseph Coleman and Adrienne Moore. Jeff Lastrella and Liz Frost were the Sophomore Duke and Duchess.

"It's not that big of a deal," Coleman said about gaining the title of Freshman Lord. "I'm excited that I won though."

Junior winners were Marco Summerfield and Bailey Berryhill. Senior King and Queen were Andrew Barclay and Denice Patron.

"I was surprised and not really expecting to win, but I'm glad I did," Patron said about winning Homecoming Queen.

# Powder Puff Football

By Mitchell Wegman  
Sigonella High School Student

Boys with pompoms, girls in football jerseys, this was the crazy mix-up at Sigonella's powder puff football game. Thirty five boys signed up for the cheerleading and 32 girls signed up for football.

"Doing the Power Puff cheerleading is very enjoyable and a fun

experience," Tristan Morris, freshman, said. "We got a taste of what the actual cheerleaders do at a normal practice."

The boys cheerleading squad appeared at the Sigonella pep rally and showed their dance moves. The football game was played on the Sigonella high school football field.

"We did better than I thought we would," Tony Peppers, a powder

puff cheerleader, said.

For the powder puff game, the two teams wore blue or white uniforms.

As soon as the first touchdown was scored, the boys cheerleading began their routines. They continued for the entire game, only taking a few breaks for water and during time-outs.

Eventually, the blue team won with a score of 21-0.

"Nobody likes to lose, so losing the game upset me," Kayla Simmons, a white team player, said.

# Take it to the limit - Almost

By Adrienne Moore  
Sigonella High School Student

Blue and yellow balloons covered the floor, and Christmas lights hung from the ceiling. Girls in heels were accompanied by boys looking classy in button-down shirts and nice slacks. "Take It To the Limit" was the theme for this year's Homecoming Dance, held October 10.

Between disco lights and pounding basses, the party was alive. Chips, cookies, and chicken wings were available to keep the student's appetites satisfied.

The school sold 120 tickets,

which meant that almost the whole student body participated.

"The fact that we sold that many tickets was great," Teresa Urquilla, faculty sponsor, said. "It was my first dance and I learned a lot. The kids who wanted to have a good time did."

Halfway into the party, the Homecoming Court slow danced to the song "Take It to the Limit." The song was the inspiration for the theme of the night.

"It was awkward because we had to dance in a half-moon with the rest of the high school watching us," Joseph Coleman, voted freshman Lord, said.

When the music didn't keep the students pumped, the DJ quickly realized this and blasted hip tunes.

"There wasn't a lot of dancing," Erica Cartwright, freshman, said. "Some people just stood there, while others actually danced."

Twelve volunteers took the time out of their night to chaperone the dance. It was the volunteers' job to make sure no one was grinding or dancing too close to their partner.

"I didn't see anyone dancing inappropriately," John Moore, chaperone, said. "Most of the students danced with their friends."

# Dott. Sterla

# Doca

# Alphio's Garden

# Doca

# Chiechio



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.

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## Nicolosi - gateway to Mt. Etna

Article and photos by  
**Tracie Barnhouse**  
*The Signature* Editor

With its tree-lined, quiet streets, cafes serving thick, rich hot chocolate, the laid-back, cool vibe, and close proximity to Mt. Etna, Nicolosi is as close as you're going to get to a ski town in Sicily.

**Site:** Nicolosi rates five out of five stars. The town is small but bustling, and Via Etna, Nicolosi's main street that cuts through the city, is the main route to get up to Mt. Etna, which means that you'll find plenty of restaurants and things to do.

For the Sigonella shopper, you'll be happy to know that there is a large variety of shopping to be had in Nicolosi. From fresh produce straight from the fields surrounding Etna to clothing, shoes, ceramics, home furnishings and souvenirs, there's something for everyone.

There are also many restaurants, and you can't go wrong with where you end up choosing to eat. Most of the restaurants keep that "ski

town" feel by lighting a wood fire in the fireplace and having storage for weary skiers and sledding fans to store their gear. Do keep in mind that Nicolosi virtually shuts down during the hours of 1 p.m. until 4 p.m. During this time, Via Etna is practically deserted and most of the stores and restaurants are closed, so plan your trip accordingly. It is recommended to tour the city in the morning before making your way up to Mt. Etna's south side, since Nicolosi is the last city you go through before heading up onto the mountain.

As Nicolosi is the "Gateway to Etna," it's only natural that it houses Sicily's Volcanological Museum and Observatory. For a one Euro entrance fee, you receive an audio



Benevenuti A Nicolosi - Welcome to Nicolosi, Gateway to Etna

tour through Mt. Etna's past eruptions, what insects and mammals can be found around the volcano, and other educational information. Make sure that the employee giving you the audio player knows that you need the tour in English. After the MP3 tour, you will be guided to a room to watch a short film about Mt. Etna's past and more specifically, about the eruption from 2002. An interesting fact about Nicolosi is that officials used a new tactic to divert the flow of lava away from the city by placing strategically located explosives to tempt the lava to flow in another direction. This ingenuity may have saved Nicolosi from Mt. Etna's wrath. After the 15-minute film, tour the Volcano museum and see the various lava rocks that came from the mountain, the heat suits used when gathering lava samples, and photos from past eruptions,

even going back to the 1800s! The museum is open on Tuesday to Sunday from 9:30 a.m. until 12:30 p.m. On Tuesday and Thursday, it is also open in the afternoon, from 3:30 p.m. until 5:30 p.m. It is closed on Monday.

Nicolosi is home to a number of cathedrals. There is the Cathedral church, with a wooden Crucifix from the 16th century, the Church of Santa Maria delle Grazie, which is a 17th century church that was rebuilt in 1884 and whose unique characteristic is that there are no side aisles, the simple and elegant San Giuseppe church, which is embellished by canvases dating from the end of the 18th century, and the Church of SS Cosmas and Damian or "Souls in Purgatory," which was ruined in 1669 and rebuilt in the same place in the 18th century. Other churches include the Church of the Madonna del Carmelo, which is located in the oldest part of town, and inside includes numerous paintings, and the San Nicola Monastery, which was found-



(Above left) The Volcanological Museum and Observatory offers a 360-degree view of Mt. Etna and the surrounding cities and their proximity to the lava flow. (Above) The museum gives tour-goers a look at the various rocks formed from Mt. Etna's eruptions, as well as historical photos of past eruptions.



(Above) The streets of Nicolosi are dotted with various restaurants and shops. The savvy shopper can find fruits and vegetables, clothing, shoes, ceramics, jams and jellies from Mt. Etna's surrounding fields. Restaurants range from casual pizzerias to family run and operated fine dining.

## Kartodromo

## Morobishi

ed in the 12th century and has a storied past. In 1558, the monks abandoned the monastery after the eruptions of 1536, 1537 and 1542 earthquake destroyed the village. Afterward, Nicolosi was rebuilt further down the valley to its present site, but in 1669, the eruptive mouths of Monti Rossi opened a few hundred meters from the village and the monastery was invaded by lava. The eruption of 1669 is by far the largest eruption in Mt. Etna's past, with lava flowing as far as Catania and to the coast. The people of Nicolosi refused to move elsewhere and started to rebuild, only to once again be knocked down by an earthquake in 1693. The Monastery has since been completely rebuilt and renovated and is located only a few kilometers from the city center.

If you are looking for a place to do some ice skating this season, Nicolosi is the place to be. To organize the crowds, the officials of the rink have set up three sessions for skaters. The first session is from 5:15 p.m. until 6:15 p.m., the second from 6:30 p.m. until 7:30 p.m. and the third from 7:45 p.m. until 8:45 p.m. The rink is open everyday except Wednesday and admission for those with their own skates is two Euro, for those who need skate rental, four Euro, and they even sell disposable socks for 0.50 Euro. After all of that



There are a few parks and open spaces in Nicolosi for kids to run and play. Also, Nicolosi is very dog-friendly, so if you have a furry four-legged friend, bring him/her along. Enjoy the fresh air and cool mountain breeze while sitting on a bench people-watching, or bring a book along to enjoy the day.

# Orange

skating, head to one of the many risorantes or pizzerias for a late dinner, as most places open around 7:30 p.m. or so.

**Helpful hints:** Since Nicolosi is located high on Mt. Etna, the weather is a bit chillier than you'd normally find down on base. Because of that, be sure to bring a heavy coat, gloves and scarf in the winter, as the temperature goes down at night. During the day, a light coat is advisable. In the summer, a trip to Nicolosi is highly recommended, as it is a few degrees cooler than the cities located further down the mountain.

**Accessibility:** Four out of five stars. Reaching Nicolosi is fairly simple. As with most locations, there are dozens of ways to get to them, but if you don't own a GPS unit, the easiest way to get to Nicolosi is: get on the A19 toward Catania, merge onto A18 toward Messina and take the exit toward SP10/Gravina/Etna. Stay right where the road forks to go on Via Etna. Enter the next roundabout and take the first exit onto Via Antonio Gramsci/SP10. Go straight through one roundabout. Enter the next roundabout and take the second exit onto Via Alcide de Gasperi/SP10. Go straight through one roundabout. Enter the next roundabout and take the second exit onto SP10. Enter the next roundabout and take the first exit onto Via

Bosco/SP10. Via Bosco/SP10 becomes Via Glavagno. Stay straight to go onto Via Etna. Or, to make it easier, get off on the Gravina exit and follow the brown 'Etna Sud' signs to Nicolosi. Parking in Nicolosi is a cinch. Simply find a spot along one of the tree-lined streets and pull in. The town is fairly small and quite walk-able, so you will never be too far away from your vehicle.

**Travel time:** Four out of five stars. The trip to Nicolosi rates four out of five stars because it takes 40-45 minutes to get there.

**Family Friendly:** Five out of five stars. Nicolosi is an ideal town for families with kids of all ages. Small toddlers will enjoy wandering around the public parks, playing on the numerous outdoor jungle gyms, and enjoying the fresh, crisp air. There is a slight incline along the way, but nothing that's not too difficult for children. The older kids will enjoy learning about Mt. Etna's past eruptions, touring the various mountain climbing stores, and enjoying a fresh slice of pizza. A great day would be to venture out to Nicolosi in the afternoon, wander around the stores and museums, go ice skating, and then grab a bite to eat at one of the many family-friendly restaurants. Your kids will be fast asleep long before you hit the road to head back down to base.



One of the not-to-miss activities during the winter season in Nicolosi is ice skating. Located at the very tip of the main road in town, Via Etna the ice skating rink offers skating every night of the week, excluding Wednesdays. The rink offers skate rental for a small fee, as well as an admission fee.

## 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@nassig.sicily.navy.mil

### PINK, continued from page 1

veniences of getting all the appropriate test completed in a single visit to the clinic.

According to "The National Cancer Institute", 12.8% of all women will at some point in their lives be diagnosed with breast cancer, and every 13 minutes a

woman dies from it. Breast Cancer is treatable, if diagnosed early enough. Even if you do not have a history of breast cancer in your family, Breast Self examinations should be performed monthly, and mammograms should be obtained every year. To order a mammogram see your Primary Care Manager, or Health Care Provider. Don't wait till it's too late.



Volunteers gathered in NAS1's Midtown Complex courtyard, for "Walk the Pink out of it", a Breast Cancer Awareness walk, on Friday, Oct. 30, 2009.

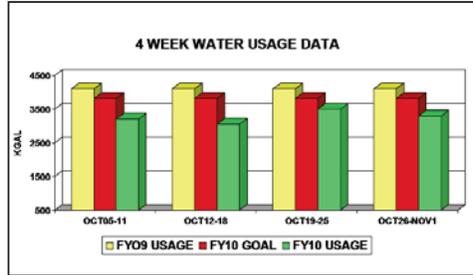
# AGIP



# Go Green Sigonella!

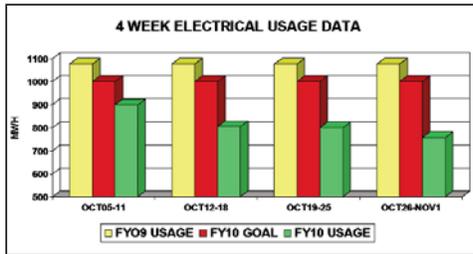
## Water Consumption at NASSIG

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



## Electrical Consumption at NASSIG

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



# Sabbiadoro

## Ristorante Bella Etna

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

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

**8** Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant.  
 Brunch: Breakfast Items, Knickerbockers Soup, Creole Pork Chops, Macaroni and Cheese, Islander Rice, Corn O'Brien, Green Beans, Marble Cake, Sugar Cookies.  
 Dinner: Nutty Split Pea Soup, Roast Beef, Baked Fish, Mashed Potatoes, Steamed Rice, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Marble Cake, Sugar Cookies.

**9** Breakfast: Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.  
 Lunch: Chicken Gumbo Soup, Beef Yakisoba, Veal Parmesan, Farfalle w/ Tomato Sauce, Steamed Rice, Oven Browned Potatoes, Green Peas, Seasoned Summer Squash, Spice Cake w/ Frosting, Vanilla Cookies, Fruit Gelatin.\*Speed line: Assorted Pizza, RIKPAK.  
 Dinner: Minestrone Soup, Cantonese Spareribs, Cranberry Glazed Chicken, Pork Fried Rice, Lima Beans, Broccoli Parmesan, Spice Sake w/ Frosting, Vanilla Cookies, Fruit Gelatin, RIKPAK.

**10** Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Blueberry Muffins.  
 Lunch: Egg Drop Soup, Sweet & Sour Pork, Chicken Chopsuey, Egg Foo Young, Chinese Fried Rice, Chow Mein Noodles, Oriental Fried Cabbage, Corn Kernel, Fruit Cocktail Upside Down Cake, Blueberry Pie.  
 Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, RIKPAK.  
 Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Shrimp Scampi, Seasoned Boiled Pasta, Spanish Style Beans, Carrots Slices, Fruit Cocktail Upside Down Cake, Blueberry Pie, RIKPAK.

**11** Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Biscuits, Asstd Doughnuts, Bear Claw.  
 Lunch: Beef Noodle Soup, Pepper Steak, Chipper Fish, Spaghetti Carbonara, Bruschetta, Steamed Rice, Franconia Potatoes, Cream Style Corn, Eggplant Parmesan, Almond Cookies, Carrot Cake, Chocolate Pudding.  
 Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.  
 Dinner: French Onion Soup, Corned Beef & Cabbage, Chicken Cordon Bleu, Steamed Rice, Potatoes Au Gratin, Club Spinach, Steamed Peas & Carrots, Almond Cookies, Carrot Cake, Chocolate Pudding, RIKPAK.

**12** Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.  
 Lunch: Vegetable Supreme Soup, Roast Porkloin, Honey Glazed Chicken, Steamed Rice, Roasted Garlic Potatoes, Seasoned Mix Vegetables, Club Spinach, Oatmeal Raisin Cookies, Cherry Cobbler.  
 Speedline: Assorted Pizza, RIKPAK.  
 Dinner: Tomato Bouillon Soup, Roast Turkey, Swedish Meatballs, Red Beans w/ Rice, Mashed Potatoes, Natural Pan Gravy, Creole Green Beans, Corn Kernel, Oatmeal Raisin Cookies, Cherry Cobbler, RIKPAK.

# Navy Federal

# Subway

# ON THE GO WITH MWR

## Holiday Hold'em Connections



Calling all Card-Sharks: Ante-up and be a part of Connections Holiday Hold'em Tournament. This 6-week tournament runs every Thursday from Nov. 12 until Dec. 31 (excluding Christmas Eve). First, second, and third place winners advance to the final table Thursday, Dec. 31, at Connections New Year's Eve Party. Over \$1000 in prizes available at the final table.

Players sign up starting the Monday prior to the game at Connections and Take 5. There is a \$10 entry fee per week, which includes food and prizes. Games begin at 5:30 p.m. and all players must be present 30 minutes prior to game time.

Never played Hold'em before? Learn the basics during Texas Hold'em 101 with the 2008 Hold'em

winner, Kimberly Bott, held on Monday and Tuesday, Nov. 9 and 10, at 6 p.m. at Connections. Get the Lowdown on when to hold'em and when to fold'em and perhaps learn a few tricks just in time for the Holiday Hold'em.

For more information call Connections at 624-4264.

## MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



### Friday, November 6

1:00pm Aliens in the Attic PG FREE  
2:00pm G-Force PG FREE  
2:30pm Harry Potter: Half Blood Prince PG FREE  
5:00pm Where the Wild Things Are PG  
5:30pm Michael Jackson's This Is It PG  
7:30pm Love Happens PG-13  
8:00pm The Informant R

### Saturday, November 7

2:00pm Michael Jackson's This Is It PG  
2:30pm All About Steve PG-13  
5:00pm Julie & Julia PG-13  
5:30pm Sorority Row R  
7:30pm Inglorious Basterds R  
8:00pm Whiteout R

### Sunday, November 8

2:00pm Love Happens PG-13  
2:30pm All About Steve PG-13  
5:00pm Michael Jackson's This Is It PG  
5:30pm The Informant R  
7:30pm The Final Destination R

### Monday, November 9

5:00pm Michael Jackson's This Is It PG  
5:30pm Love Happens PG-13  
7:00pm All About Steve PG-13  
7:30pm The Informant R

### Tuesday, November 10

5:00pm Julie & Julia PG-13  
5:30pm I Can Do Bad All By Myself PG-13  
7:00pm Whiteout R  
7:30pm Halloween 2 R

### Wednesday, November 11

1:00pm Ice Princess G FREE  
3:00pm GI Joe: Rise of Cobra PG-13 FREE  
5:00pm All About Steve PG-13  
5:30pm Love Happens PG-13  
7:30pm Inglorious Basterds R  
8:00pm Sorority Row R

### Thursday, November 12

1:00pm Igor PG FREE  
3:00pm High School Musical 3 G FREE  
5:00pm 500 Days of Summer PG-13  
5:30pm Michael Jackson's This Is It PG  
7:00pm Halloween 2 R  
7:30pm The Final Destination

MOVIE HOTLINE:  
624-4248

## Military families celebrated with MWR



In honor of Month of the Military Families MWR and Navy Entertainment present TEAM M&M Saturday, Nov. 14, at 3 pm in the Midtown Atrium and at a special Mineo show on Sunday, Nov. 15, at 2 pm at the Mineo Community Center!

This husband and wife duo entertain in a new way with their

amazing airbrush face-painting and balloon manipulation talents for all ages to enjoy!

On Saturday, after the show in Midtown, treat yourself to free bowling at SpareTime Bowling Center and free family movies at Midtown 2 Theaters. Call 624-4502 for more info.

## Chili Cook-Off Winner

Congratulations to MA1 Shance McGuffey, winner of the 3rd Annual Chili Cook-off! He won a DVD player, popcorn tin and microwavable popcorn.

Winning Recipe:  
Tomato sauce  
Diced tomatoes  
Chili powder

Chorizo  
Sirloin steak  
Red hot peppers  
Jalapenos  
Kidney beans  
Dark brown sugar  
Cayenne pepper

The amounts and directions remain a mystery...

## MWR ensures a safe arrival

The safety of sailors and their families has become a priority for the Navy and MWR is doing its part to make sure Sigonellans stay safe and sound while have a night on the town.

The Designated Driver Program is set up to reward responsible sailors all night long. All the person has to do is identify themselves as a designated driver entitling them to free non-alcoholic beverages all night at MWR facilities such as Connections Recreation Center, Jox Pub, and SpareTime Bowling Center. Plus, the DD is entered in a monthly drawing

for a free \$20 NEX phone card. For more information on the designated driver program, call 624-4263.

On top of the Designated Driver Program, MWR has contracted a taxi service. Taxi drivers can drop off holiday revelers right to the barracks or housing community. Rates are available for locations on the economy as well. Taxi information fliers are available at all MWR facilities or on Facebook at [www.facebook.com/mwrsigonella](http://www.facebook.com/mwrsigonella).

For more information, stop by any MWR Facility.

### All About Steve

Sandra Bullock, Thomas Hayden Church, Bradley Cooper, Ken Jeong. Mary Horowitz is a cruciverbalist - a crossword puzzle constructor. Her brain spins at warp speed with an endless stream of arcane information. She can come up with the perfect word - and dozens with the same meaning - at a moment's notice, but "normal" behavior eludes her. For Mary, nothing is typical, especially relationships. When she is set up on a blind date with handsome cable-news cameraman Steve, Mary thinks the chemistry is undeniable - that Steve is "the one." Steve, on the other hand, thinks Mary is crazy. Mary, who just knows she's found her soul mate, decides to do anything and go anywhere to be with him. She begins to pursue Steve relentlessly as he crisscrosses the country, covering breaking news stories. Mary's escalating infatuation with Steve is encouraged by the self-serving actions of news reporter Hartman Hughes, who enjoys torturing his insolent cameraman at every opportunity. With Mary never far behind and Hartman urging her on, Steve becomes increasingly unhinged. But when Mary becomes embroiled in the news story of the year, Steve and Hartman begin to see her differently. Hartman is plagued by guilt, knowing his game of one-upmanship with Steve has played her squarely in harms way, while Steve is feeling his own pangs of remorse at his callous behavior. Despite the media storm surrounding her, Mary with her upbeat, unaffected manner brings together a small community of new friends. And all who encounter Mary will realize that sometimes the ones who don't fit in are the ones who really stand out. (98 min.)

### Disney's A Christmas Carol

Jim Carey, Gary Oldman, Bob Hoskins, Colin Firth, Robin Wright Penn. Ebenezer Scrooge begins the Christmas holiday with his usual misery contempt, barking at his faithful clerk and his cheery nephew. But when the ghosts of Christmas Past, Present and Yet to Come take him on an eye-opening journey revealing truths Old Scrooge is reluctant to face, he must open his heart to undo years of ill will before it's too late. (76 min.)

### Fame

Kherington Payne, Anna Marie Perez, Paul McGill, Asher Book, Kristy Flores. A reinvention of the original 1980 hit film, Fame follows a talented group of dancers, singers, actors, and artists over four years at the New York City High School of Performing Arts, a diverse, creative powerhouse where students from all walks of life are given a chance to live out their dreams and achieve real and lasting fame...the kind that comes only from talent, dedication, and hard work. In an incredibly competitive atmosphere, plagued by self-doubt, each student's passion will be put to the test. In addition to their artistic goals, they have to deal with everything else that goes along with high school, a tumultuous time full of schoolwork, deep friendships, budding romance, and self-discovery. As each student strives for his or her moment in the spotlight, they'll discover who among them has the innate talent and necessary discipline to succeed. With the love and support of their friends and fellow artists, they'll find out who amongst them will achieve Fame... (107 min.) her old ways with Raymond and the new possibilities of family, faith... and even true love. (113 min.)

Movie dates and times are subject to change

SHOWING FRIDAY, NOVEMBER 13

1:00pm Ice Age 2: The Melt Down PG FREE  
3:00pm Land of the Lost PG-13 FREE  
5:00pm Fame PG  
5:30pm Michael Jackson's This Is It PG  
7:30pm Jennifer's Body R PREMIERE  
8:00pm Whiteout R

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



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.

**AIMD, continued from page 1**

to NASSIG tenant commands," Morrero said. "We also wanted to open the doors to the dependents of our sailors to give the opportunity for families, their sons and daughters, their husbands and wives, and their friends that are working here at other NASSIG tenant commands to come into our buildings and look at what their family member or friend does for AIMD and for NASSIG. They had an opportunity to look at their work center, look at the equipment they work on and even have some demonstrations on the gear that they repair."

Morrero believes it's important to make the community aware of the work and mission that his sailors carry out every day.

"It's a tier of aviation maintenance that is between the squadron organizational level maintenance and the depot level maintenance," said

Morrero. "We're the intermediate between those two. We will take equipment that comes off of the aircraft and do off-wing maintenance in house according to the SIRD codes which allow us to touch and repair those items. Within our capabilities of repair we will make those repairs to those aircraft components and return them back to the supply shelf so that the customer can retrieve those back."

Morrero explained that the work AIMD does is vital to Sigonella and all of the missions that the base supports.

"Sigonella is a hub," Morrero said. "It's always been a hub historically speaking, and we're poised in a position where we can support EUCOM, AFRICOM and CENTCOM. CTF-67 is our ISIC (immediate senior in command) and from their tasking we support their deployments and their missions to a wide

variety of areas."

Morrero made it a point to highlight the fact that it takes many divisions within the detachment to make AIMD work.

"There are a lot of departments inside of AIMD including the propulsion plant division, aircraft structures division, avionics division, armament division, aviation life support systems division, ground support equipment division, maintenance administration, executive staff administration and quality assurance division," said Morrero.

Guests were treated to guided tours of entire facility including all of the separate divisions which had static displays mixed AIMD sailors performing their daily jobs.

"I expect to do this on an annual basis, and some point hopefully this will get senior echelon people to come out as well and have boots on the ground to visit AIMD Sigonella."

**TIRED, continued from page 1**

ly 'bad' for children who don't snack often, brush twice a day with a dab of fluoride toothpaste and protect their back teeth with sealants.

If children have poor diets, their teeth may not develop properly. Children need protein, vitamins and minerals, especially calcium and phosphorous, to build strong

teeth and resist tooth decay and gum disease. Parents should select meals and snacks for dental health by caring for the whole child, providing sound nutrition as defined by the food pyramid of the U.S. Department of Agriculture. TIPS FOR PARENTS: DIET AND DENTAL HEALTH : 1. Ask your physician or dentist to help you assess your child's diet. 2. Provide a balanced diet and save foods with sugar or starch for meal times. 3.

Serve snacks no more than three or four times a day. Choose such nutritious snacks as cheese, vegetables, yogurt and chocolate milk. 4. Shop smart. Do not routinely stock your pantry with sugary or starchy snacks. Buy "fun foods" just for special times. 5. Do not put your young child to bed with a bottle of milk, formula, or juice. If your child chews gum or sips soda, select products that are sugar-free.

**BEAUTY, continued from page 2**

at the fall colors and the vastness of the mountains and valleys of the south, I am reminded of this beauty. I am reminded of the joy of life. There is a reason I returned just in time to see this scientific change that happens when photosynthesis slows and sugars turn into beautiful colors within leaves of varying trees. It was to observe the beauty that God has placed within this process. Even when a tree begins to

prepare for winter, shorter days, less light, harsh cold air, less water, and less nutrients, a hibernation of sorts, the beauty is glorious.

Beauty is all around us. It does not happen just in the southern states of America. Life is full of beauty and as King Solomon reminds us "everything" is beautiful. Often, as I did growing up with the colors in the fall, we grow content in our life. We forget the beauty that surrounds us. We neglect to enjoy life and look at the joy around us. Stop for a minute . . .

look around you . . . soak it in. There is beauty in everything around us. Life is beautiful. Look around . . . enjoy it . . . in all of its beauty.

**THE**  
*Signature*  
**SIGONELLA, SICILY**

Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature is looking for you! We are seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

# Magnolia

# Stampa

# Marchi

# Days Inn

# THE SPORTS LINE

## PIGSKIN PICKS

17 Ohio State at 12 Penn State  
 Navy at 23 Notre Dame  
 Northwestern at 4 Iowa  
 Connecticut at 8 Cincinnati  
 Baltimore at Cincinnati  
 Dallas at Philadelphia  
 Pittsburgh at Denver  
 Miami at New England

## Game of the Week: 9 LSU at 2 Alabama

	Penn St.	ND	Iowa	Cincinnati	Ravens	Eagles	Broncos	Patriots
 Overall Record: 56-24 NFL: 26-9 NCAA: 30-15 SN Kaminski, PSD								
 Overall Record: 53-17 NFL: 24-11 NCAA: 29-16 D Day								
 Overall Record: 51-19 NFL: 23-12 NCAA: 28-17 Joe Cunningham, NCTS								
 Overall Record: 51-19 NFL: 22-13 NCAA: 29-16 MC3 Idle, Exec Admin								
 Overall Record: 46-34 NFL: 22-13 NCAA: 24-21 Capt. Jaeger, USNH Sigonella								
 Overall Record: 41-38 NFL: 20-15 NCAA: 21-23 Chief Payne, Weapons								

**MC3 Idle: Bama**  
 As much as I hate to admit it, I think Alabama is the best team in the country.

I can't stand Nick Saban or Crimson Tide fans that're still holding onto memories of the Bear Bryant era. Despite my intense dislike for their coach, they have one of the most physical defenses I have seen in awhile.

The Tide have a number of outstanding skill players like running back Mark Ingram and wide receiver Julio Jones (even if they can't seem to get him the ball.) I'm still of the opinion that LSU is overrated and it doesn't help that the game is in Tuscaloosa.

I think it will be a physical, grind-it-out, low-scoring (read typical boring SEC game) affair. In the end Bama will take it by two scores at least.

**Chief Payne: Bama**  
 Roll Tide!  
**D-Day: Bama**  
 Saban isn't done making statements against LSU. Tide will be up bigtime for this game and will roll over the Tigers at home.

**Capt. Jaeger: Bama**  
 Bama has been playing tired, but a week off has the batteries charged and ready to beat the purple out of the "Bengal Tigers." Stand-by as the Crimson train comes rolling through, the only purple LSU will see is the purple of the bruises they will sustain from the beat down Bama is going to give them. Roll Tide Roll...Bama all the way!!!

**Joe Cunningham: Bama**  
 Roll Tide Roll! Alabama isn't going to lose until they meet Florida in the SEC championship game, after surviving their scare against Tennessee. Maybe I'm getting ahead of myself but the Crimson Tide won't drop this one. Alabama wins.

**PSSN Kaminski: Bama**  
 This game will be grind-it-out gridiron football. With the game being played in Tuscaloosa, the running game with Ingram and their phenomenal defense LSU is going to have to find some way to pull one away from the rolling Tide.



# Sigonella Inn

# Pistopne

# New Place

# Eno



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/](http://www.kofc.org/)

# Il Mercato

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

Send Il Mercato advertisements to [thesig@eu.navy.mil](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.

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# Joe's University

Volcano

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# AFC