

## New gas coupons now available

Article and photo by  
MCSN Jonathan Idle  
Signature Staff

The gas coupons for fiscal year 2009 became available for purchase Oct. 1 at the NEX on NAS I. Coupons from the previous fiscal year expired Sept. 30 and those wishing to get a refund must return them to customer services, Harold Laird, Naval Exchange Sigonella Services Operation Manager said.

"The coupons are refundable," Laird said. "So, if you buy 100 liters on the 29th and you only use 40, the remaining 60 we will refund."

Customers should refund their expired coupons as soon as possible because there is a cut off date to get

their money back, Laird said. "We will refund expired coupons through Dec. 31, 2008. After that, we will not refund any longer, and the reason for it is not that we don't want to, it's because the distributing companies, which are Esso and Agip, will no longer accept the expired coupons for credit. So, we'll take them and give a refund to customers, and then we'll send them off to the distributors for a

**At A Glance:**

**What:** New gas coupons available for purchase and expired coupon refund process.

**When:** New gas coupons are available for purchase now. Refunds for expired coupons, which is any coupon dated after Sept. 30, begin on Oct. 6. You have until Dec. 31 to get a refund for your expired gas coupons.

**Where:** Get new coupons at the NEX Customer Service on NAS I. For a refund of expired coupons, go to the Navy Exchange after Oct. 6.

refund. If we send them to them after Dec. 31 we don't get a refund," he said.

Laird explained that the refunds for expired coupons are not being given until Oct. 6.

"Refunds for those coupons will start to offer on the Oct. 6," he said. "You can come to the Navy Exchange and we'll give you a refund for the coupons that you have."



Laird stated that it's important for people to use their coupons properly and to keep a close eye on them because of the possibility of theft if they're neglected.

"Safeguard your coupons," he

said. "Don't leave them in your car. This is the usual stuff that we tell people. You can't barter, you can't sell them, and you can't use them in gas stations other than Agip and Esso. People will get in trouble."



## Popular PBS host visits Sigonella

National experts offer 'Moneywise in the Military' Seminar

Article courtesy of FFSC

Kelvin Boston, the host of the award-winning PBS financial literacy series, Moneywise, brings his financial readiness event "Moneywise in the Military" to Naval Air Station (NAS) Sigonella, during two half-day presentations designed to bring financial empowerment to service members, their family members, and

civilians here.

Boston is the author of the book, Who's Afraid to be a Millionaire?, a book that provides guidance and information to become a millionaire, even on military pay. Accompanying Boston is Peter Bielagus, who is known as "Young America's Financial Coach." Bielagus is a dynamic public speaker

*Story continued on page 12*

## Celebrate National Hispanic Heritage Month

Getting Involved: Our Families, Our Community, Our Nation

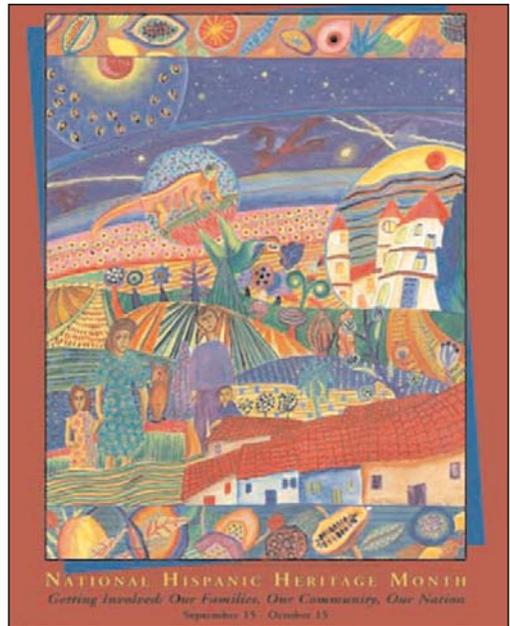
Article by Tracie Barnhouse  
Signature Editor

October is Hispanic Heritage Month, and to celebrate the Hispanic culture, as well as contributions made to the United States by Hispanic Americans, Naval Air Station Sigonella has a number of activities and events planned.

First introduced in 1968 as Hispanic Heritage Week by President Lyndon Johnson, the celebration was expanded by President Ronald Reagan in 1988 to cover 31 days, from Sept. 15 to Oct. 15. The date of Sept. 15 was chosen to start off the festivities because it is the anniversary of five Latin countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Also, Mexico declared independence on Sept. 16, Chile on Sept. 18, Belize on Sept. 21, and Columbus Day is on Oct. 13.

President George W. Bush issued a statement praising Hispanic Americans serving in the military. "We also honor Hispanic Americans for their strong tradition of service in the Armed Forces. These proud patriots have fought in every war since

*Story continued on page 13*



WEATHER UPDATE	October 3	October 4	October 5	October 6	October 7	October 8	October 9
	H:79F L:61F	H:79F L:63F	H:77F L:64F	H:79F L:64F	H:82F L:66F	H:84F L:63F	H:75F L:64F

TOP STORIES	October 3	October 4	October 5	October 6	October 7	October 8	October 9
	<p>If you are thinking about starting a family, you're probably thinking a lot about the timing issue. How will parenthood fit in with your career plans and goals? How will you know when it's the "right" time in your life to start a family?</p> <p style="text-align: right;"><b>Page 2</b></p>	<p>The amphibious assault ship USS Nassau (LHA 4) and other military units continue recovery efforts in the wake of Hurricane Ike, and many Sailors involved have ties to the affected areas.</p> <p style="text-align: right;"><b>Page 3</b></p>	<p>Fall has arrived and it's time to take a break from the heat and humidity of Sicily's summers! Read up on all of the exciting fall festivals going on around town. You won't want to miss them.</p> <p style="text-align: right;"><b>Page 6</b></p>	<p>Are you a chess fanatic? Read all about the upcoming chess tournament going on in Grammichele.</p> <p style="text-align: right;"><b>Page 7</b></p>	<p>Reale Capo Mullini is a small village a couple miles south of Acireale. After wandering around the beachside community of Acireale, pick a restaurant out of the dozens to choose from and have a relaxing dinner.</p> <p style="text-align: right;"><b>Page 8</b></p>		

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

TRAFFIC NUMBERS			
	Jan.- Sept. '08	Jan.- Sept. '07	Diff.
Accidents	208	203	+5
Injuries	34	30	+4
DUIs	7	7	0
Traffic Deaths	2	0	+2

**PLEASE, DON'T BECOME A STATISTIC!**

# DIRECT LINE NASSIG EXECUTIVE OFFICER CAPT. JOSEPH W. BEADLES

Temperatures are dropping, days are getting shorter, and school is in full swing as we get further from the summer months and closer to winter. In this time of transition, I would like to remind parents to be mindful of the activities of their children outside of the school house and in the Marinai, Mineo and NAS I housing. There are rules and regulations in place in the Family Housing Occupancy Handbook that need to be followed and are in place to ensure the safety and security of our children.

Parents need to know where their children are at all times to ensure that they are safe, and also to monitor the child's activities. The handbook has specific guidelines

for supervision based on the age of the child. Children one- to three-years of age require close supervision and must be under direct visual contact, where the supervisor can respond immediately to a threat or emergency. Children four- to six-years of age may play in an appropriately designated safe area that is within eyesight or hearing distance of a supervisor who can respond within one minute. Children seven- to nine-years of age must have access to adult supervision where the adult can be contacted quickly and the adult knows exactly where the child is.

Children should be instructed on how to be safe while in housing and to follow rules, like not playing in the street, looking before crossing

the street, and how to safely ride a bicycle through housing, following the rules of the road. They should also be told what forms of play are appropriate in housing and that they should not be misusing play equipment. Parents are financially responsible for damages caused by their children.

NASSIG housing has a curfew that applies to all unsupervised children 18-years-old and under. On school nights, the curfew is 10 p.m. to 6 a.m. and on non-school nights, it is 11 p.m. to 6 a.m. Children participating in organized sporting events are considered exempt from the curfew hours as long as they go directly home after the event finishes. NASSIG Security is tasked to enforce the

curfew, and children who are out past curfew will be taken into custody and the sponsor will be cited for failing to obey the regulations. Three curfew violations will automatically result in actions being taken against the sponsor/parent and Fleet and Family Support Center personnel will investigate possible child endangerment.

The bottom line is that parents must know where their children are at all times and realize that they are always responsible for the actions of the dependents under their care. These rules are in place to ensure the safety and security of all of the children who live in Marinai, Mineo and NAS I.



# Health WATCH

## Planning for parenthood: choosing the "right" time to start a family

Courtesy of **MilitaryOneSource.com**

If you are thinking about starting a family, you're probably thinking a lot about the timing issue.

How will parenthood fit in with your career plans and goals?

How will you know when it's the "right" time in your life to start a family?

You may be talking about the timing decision with friends and family. Or you may not be talking about it at all, but it may be weighing on your mind all the time. Choosing the "right" time is a very personal decision. And it's one that only you can and your spouse or partner can make. Things to think about. Starting a family is one of the biggest and most per-

sonal decisions of a lifetime. There is no checklist of factors that can tell you when the "right" time to start a family is. Many women and many couples, however, think deeply about a number of issues as they weigh the decision to start a family:

"Do I want children?" For some this may be a difficult question, and one that may take some time to answer.

"How many children do I want?" If you want a large family this question may be a factor in your timing decision.

Career. For some, reaching a certain level of achievement at work, or being in a workplace that supports working mothers is an important goal. Many women would like to be at a place in their careers where they feel comfortable "taking a break" or taking time out to start a family.

Financial security. Many couples feel it's important to have money saved, or to own their own home before starting a family.

Is your relationship ready for children? "Readiness" can feel different for everyone. And sometimes people in a

*Story continued on page 13*

**NASSIG WORSHIP SERVICES**  
Chapel Office: 095-86-3975

<b>ROMAN CATHOLIC</b>	<b>PROTESTANT</b>
<b>Sunday</b> 0845 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)	<b>Sunday</b> 0900 Protestant Worship (Mineo Community Center) 1045 Protestant Worship (NAS I Chapel)
<b>Monday - Wednesday, Friday</b> 1130 Catholic Mass (NAS II Chapel)	<b>Wednesday</b> 1700 Protestant Fellowship Dinner 1800 Bible Studies for All Ages (NAS I Chapel)
<b>CHURCH OF CHRIST LAY SERVICE</b>	
Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)	
<b>OTHER SERVICES/ACTIVITIES POINTS OF CONTACT</b>	
Latter-day Saints: Please email ldssig@gmail.com or call 624-1671 or 349-197-7119	
Jewish Services: Please call 095-86-1205	
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 339-344-9332	



## Look beyond appearances!

Courtesy of Chaplain Ken Rodes

Every day, each of us makes judgments on people or situations - many times based on appearances and/or stereotypes. We've all heard the statistics about first impressions: when you meet someone for the first time, only 7 percent of their impression of you is based on what you say, 38 percent on how you say it, and a massive 55 percent on your appearance and manner. But appearances are very often not the basis of a sound or accurate judgment, because we often miss the big or complete picture. Things are very often not always as they appear.

How many times have we judged a person by the clothes he or she wears? Yet when we got to know that person, we have a completely different view or judgment. Seneca, an ancient venerable, put it well when he said, "A

man is a fool if he looks only at the saddle and bridle and not at the horse itself when he is going to buy one; he is a greater fool if he values a man by his clothing and condition." Or a more familiar quote, "Don't judge a book by its cover."

How many times do we judge others by age, race, religion, or some other stereotype that we hold on to? I was in a self-service restaurant in a large store one day and about three or four teens wandered over to the counter. They were casually dressed, one had a hooded top, and

*Story continued on page 13*

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<b>Public Affairs Officer</b> Lt. j.g. Matt Knight	
<b>Deputy Public Affairs Officer</b> Dott. Alberto Lunetta	
<b>Editor</b> Tracie Barnhouse	
<b>Staff Writers/ Photographers</b> Lt. j.g. Glen Sanders MC1 Brian Goyak MC2 Jason Poplin MCSN Jonathan Idle MCSA Whitfield Palmer	
<b>Interns and Volunteers</b>	
<b>The Signature editorial office is located at:</b> Naval Air Station Sigonella, Sicily PSC 812 Box 3020 FPO, AE 09627 Telephone: 095-86-5440; DSN 624-5440	
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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.*

**WEEKLY TRAFFIC/  
SAFETY UPDATE**  
*Traffic Court Results*

**E5 - Speeding.** Ticket dismissed due to traffic report and statement of the member.

**E7 -Following too close.** Member was awarded 4 points.

# NAVY News

## Texas Sailors return to assist in Hurricane Ike recovery efforts

**By Mass Communication Specialist 3rd Class (SW) David Wyscaver, USS Nassau Public Affairs**

The amphibious assault ship USS Nassau (LHA 4) and other military units continue recovery efforts in the wake of Hurricane Ike, and many Sailors involved have ties to the affected areas.

"I'm originally from Houston, and I'm the only one in my family who left the area, the rest of my family still resides there," said Aviation Electronics Technician Senior Chief

(AW/SW) Raul Castro, quality assurance officer on board Nassau. "The majority of them did lose power, suffer structural damage and other effects from the storm, but they're all okay."

"I'm from Laporte, Texas, and a lot of individuals in the area were affected by Hurricane Ike, including my parents and the house I grew up in," said Aviation Ordnance Airman (AW) Cody Blair. "My aunt was also affected by the storm, and her vacation home was ruined, but no one was hurt or injured."

The military brings many capabilities during times of need, including during and after natural disasters like Hurricane Ike. Texas natives and others alike say it is meaningful to have the opportunity to give back to these communities.

"It feels great to be here helping out," said Operations Specialist Third Class (SW/AW) Terrance Bellock, Amphibious Squadron 6 operations yeoman and Texas resident. "I joined the military to help out, and to be able to participate in something like this is rewarding for so many reasons."

"It feels really good being out

here and working together with everyone to make a difference," Blair added. "The hurricane has devastated so many people and it's nice to give back to those in need."

Nassau and her embarked units, Amphibious Construction Battalion 2 (ACB-2), Assault Craft Unit 2 (ACU-2), Fleet Surgical Team 2 (FST-2) and others bring essential resources to the area to help aid in the recovery process.

"We have a tremendous capability to help support in the efforts of disaster response," said Capt. Bob Lineberry, Amphibious Squadron 6 commander. "This is what the United States Navy trains for and is ready to perform at any time."

"The type of situation we're see-

ing with the aftermath of Hurricane Ike is the kind of scenario we train and prepare for," said Builder Second Class (SCW) Anthony Marshall, Amphibious Construction Battalion 2.

"Every task we receive involves providing relief in one way or another, whether it be helping overseas, assisting our fellow military members or providing assistance stateside. We help improve conditions all around the world."

USS Nassau and other military units are working together in support of civil authorities to help the recovery process in Galveston and other areas of Texas damaged in the wake of Hurricane Ike.

### PHOTO FROM THE FLEET

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



U.S. Navy photo by MC1 Edward Fagg)

The United States Air Force Heritage Flight performs with the World War II P-51 Mustang and the state-of-the-art F-22 Raptor during the 50th Anniversary Naval Air Station Oceana Air Show. The three-day event marked 50 years of air shows at NAS Oceana and included performances by the Navy's flight demonstration team the Blue Angels and the Navy's parachute jump team, the Leap Frogs, as well as a variety of aerial demonstrations and static displays of military and civilian aircraft.



U.S. Navy photo by MC3 Elizabeth Merriam

Construction Mechanic 3rd Class Timothy Long, left, and Construction Mechanic Constructionman Michael Gibbs, both assigned to Amphibious Construction Battalion (ACB) 2, hook a winch to a capsized trailer for removal. ACB-2 is working with the amphibious assault ship USS Nassau (LHA 4), which is anchored off the coast of Galveston, Texas, to render disaster response and aid to civil authorities as directed in the wake of Hurricane Ike.

### NEW Arrivals

*Shantell and Bill Reeve*  
Girl

*Bethany Anne Reeve*  
Born: September 2, 2008  
Length: 19 inches  
Weight: 3 lbs 0.65 oz

*Maria Cardenas and Joel Gil*

Boy  
*Joel Armando Gil Junior*  
Born: September 23, 2008  
Length: 20.5 inches  
Weight: 7 lbs 8 oz

*Ashley Butler and Joshua*  
Rahberger

Boy  
*Christian Charles Rahberger*  
Born: September 24, 2008  
Length: 19 in.  
Weight: 6 lbs 12 oz

*Katherine and David Austin*  
Girl

*Cassidy Sophia Austin*  
September, 2008  
Length: 19.25 inches  
Weight: 6 lbs 11 oz

New Medusa  
Hop

Volcano



# COMMUNITY CALENDAR

				FRIDAY	SATURDAY	SUNDAY
				<b>3 - OCTOBER</b>	<b>4</b>	<b>5</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>6</b> NMCRS Spouse Tuition Aid Program x4212 to sign up	<b>7</b> Healthy Pregnancy, Healthy Baby NAS I 4:30 p.m. - 7 p.m. x4900  BETD Sponsor Training 9 a.m. x9201	<b>8</b> Diversity Committee NAVFAAC Cookout NAS II Sports Complex 2 p.m. - 5 p.m. x4925 FFSC Motta Castle Tour 9:30 a.m. - 11:30 a.m. x4291 FFSC Men's Group 1:30 p.m. - 3 p.m. x4291 NMCRS Budget for Baby 5 p.m. - 7 p.m. NAS I x4212	<b>9</b> Diversity Committee NASSIG Celebration NAS I MidTown 5 p.m. - 8 p.m. x4925  Ombudsman Assembly FFSC 9 a.m. - 11 a.m. x4291	<b>10</b>  BETD FFSC 8 a.m. x9201	<b>11</b> Healthy Pregnancy, Healthy Baby NAS I 4:30 p.m. - 7 p.m. x4900	<b>12</b>
<b>13</b>  <i>Columbus Day</i>	<b>14</b> NMCRS Volunteer Orientation 10 a.m. - 11:30 a.m. Call x4212 for more info	<b>15</b> Diversity Committee NAVHOSP Diversity Celeb Closeout NAS I Hospital Lounge 11 a.m. - 1 p.m. x4925  Survive & Thrive FFSC 8 a.m. - 2:30 p.m. x4291 FFSC Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	<b>16</b> BETD Adam/Aware 12:30 p.m. x9201  Effective Resume Writing FFSC 10 a.m. - 12 p.m. x4291 Home Buying Strategies FFSC 1 p.m. - 4 p.m. x4291	<b>17</b> BETD Military Indoc 8 a.m. x9201  10 Steps to a Federal Job FFSC 12 p.m. - 4 p.m. x4291	<b>18</b> CPR Class NAS I 8 a.m. - 5 p.m. x4900  CPR Class Mineo 8 a.m. - 5 p.m. x4900	<b>19</b>

# Motta

# Days Inn

# Stags

# Marchi

*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



# The COMPASS experience

If you were about to go on an extended journey to a foreign country, you would want to do research and learn as much as you could to make your trip enjoyable and successful. You might need a passport, guidebook, and map to start off in the right direction. Now, think about a spouse embarking on his or her journey as a Navy spouse for the first time. To this spouse, the Navy seems

like a foreign land with its' own language, customs, traditions, health care system, inherent moves, and deployments.

COMPASS is a standardized Team-Mentoring program developed by spouses, for spouses. COMPASS focuses on spouses new to the Navy, however; all spouses are welcome. COMPASS improves quality of life through education, enabling spouses

to understand, experience, and meet the challenges of the Navy lifestyle. With this knowledge and realistic expectations, their journeys can be successful and rewarding.

COMPASS is a 12-hour program taught in three four-hour sessions. With Mentors acting as discussion leaders, participants are encouraged to ask any questions they may have in a non-judgmental climate. There is one Mentor Team at each location. Session Teams come from the main Mentor Team and teach each COMPASS session. Typically, Session Teams consist of four Mentors.

Participants are introduced to many aspects of the Navy. The standardized curriculum includes need-to-know topics such as the Navy mission, history, organization, customs and traditions, rights and benefits (health, use of the commissary and exchange, Fleet and Family Support Centers), deployment, pay, moving, interpersonal communication, and investing in self and community. Another important benefit of COMPASS is the opportunity for spouses to establish a peer network. Because experienced spouses pass on their Navy lifestyle insights, the concept of "helping others to help themselves" is clearly observable and becomes an on-going action-oriented process.

COMPASS is one of the many innovative ideas coming to fruition at Naval Services FamilyLine. Sigonella is working to bring this wonderful program to this base. If you are an experienced spouse and are interested in becoming a Mentor, or interested in volunteering for this program, please contact Trisha

# Orange

# Pentagon

*Cold Noses*



WARM HEARTS

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

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

**Bobby (Right)** is still a puppy and he's grown so much in the short time that he has been with us. He loves to play with his toys, as well as other dogs. Bobby is extremely sportive and would be the perfect addition to any active family.



**Hannibal (Left)** is one of our newer dogs and he is an absolute bundle of energy. He loves the attention of people and is very thankful for a good belly rub.

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

## SEXUAL ASSAULT / VICTIMS INTERVENTION

*SAVI offers a Sexual Assault Hotline*

*staffed with trained advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.*

Alberto Lunetta  
Signature Staff



# Italian NEWS

*Sicilian Culture, Events and Lifestyle*

## Sicilian Fall festivals promise fun for the entire family

Fall has arrived and it's time to take a break from the heat and humidity of Sicily's summers!

Fall is the perfect time to take your family to enjoy some delicious Sicilian food, free entertainment with live music and shows, and great fun.

Every weekend, several picturesque towns scattered all across Sicily will host a food festival featuring special dishes and produce for which their communities are well-known.

Those festivals attract thousands of visitors who flock the streets of the towns' historic centers to have fun by sampling scrumptious dishes and enjoy entertainment and activities for people of all ages.

Here is a sampling of what the first weekend in October brings.

In the Catania province, the traditional "Ottobrata" festival booths will be filling the streets of the historic heart of Zafferana this Sunday, Oct. 5. As it happens every year, this exciting fall festival will feature a plethora of food and craft vendors. The festival will be held every Sunday in October in the town's historic center, and each Sunday will have a different theme. The first Sunday in October will be dedicated to grape growing, while the local honey industry will be highlighted on Oct. 12. Etna's Apples (Mele dell'Etna), a variety of delicious apples grown in the local area, will be celebrated on the third Sunday in October. The last Sunday (Oct. 26) will indeed be centered on mushrooms and chestnuts. Festival planners say that the festival will also fea-

ture arts and crafts booths, textiles, wearable art, handcrafted ceramics, embroidery products, decorative and functional wood, pottery, jewelry, leather, paintings, drawings, prints, and metal work. Festival booths will be open all day, starting at 9 a.m., throughout Zafferana's historic center. Those selling local produce and confectionary products will be set up in piazza Belvedere, the main square while food will be cooked in the area located below the square, close to the public gardens.

Food highlights include "panino con salsiccia e funghi" (sandwich with sausage and mushrooms) and "panino con carne di cavallo" or horsemeat sandwich. If you have a sweet tooth, you can try the scrumptious "gelato al pistachio" or pistachio ice cream that is served on a freshly baked wafer, the mouthwatering "foglie da tè" (tea-leaf shaped biscuits made with almonds and also available with pistachio and hazelnut) and last but not least the "sciatore" cookies (made with milk and covered by a scrumptious dark chocolate frosting).

While you are in Zafferana, don't forget to sample the delicious "Siciliana," a fried calzone filled with tuma cheese and either anchovies or ham that are prepared by local cafes. For more information on the festival and detailed schedules call the Proloco Tourist Office at 095-7082825.

If you have a taste for honey, head to Sortino, a small town in the Siracusa province, nestled in the Iblei Mountains, which will host the annu-

al "Sagra del Miele" (Honey Festival) kicking off this weekend (Oct. 3 - Oct. 5).

The festival, which attracts over 60,000 visitors annually, features three full days of arts and crafts, and food booths celebrating all the local honey varieties. Complementing the festival, there will be folklore shows and concerts. The event, which will be held at several locations throughout the city's historic center (along corso Umberto and via Libertà), celebrates the local beekeeping industry that produces over 100 tons of honey annually. Festival hours are 6 p.m. to late night (Oct. 4 and 5). Festival goers will get a chance to sample a number of locally produced honeys made from different pollens including "Zagara" (orange-blossom), "Timo" (Thyme), "Carrubbo" (Carob) and "Eucalipto" (Eucalyptus) and "Millefiori" (Wildflower honey).

A large assortment of honey based sweets or "dolci di miele" will also be there to tempt your taste buds. Here is a list of the most popular ones: "Sanfuricchi", "A Pignuccata", "Piretti", "Giuggiulena" (sesame and honey) and honey nougat or



Photo by Zafferana Tourist Office

(Above Right) Make sure you go the new edition of the "Ottobrata" Fall Festival, running every Sunday in October in Zafferana. At the festival, enjoy some family time with art and crafts, music, entertainment, and good Sicilian food.

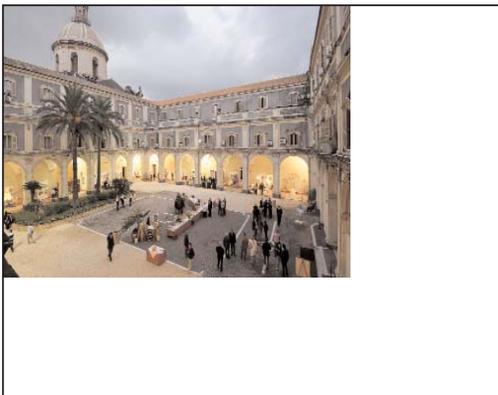


Photo by Regional Province of Catania Press Office

## Arts, Crafts Fair in Catania

The Regional Province of Catania will host an arts and crafts fair through Oct. 5 at the Minoriti Palace courtyard, which is located in # 67 via Etna.

Twenty-four local craftsmen will display and sell their unique creations which include wrought-iron

and lava stone works, embroidery and mosaics art, jewelry, ceramics, and Sicilian carts decorations. Open daily from 5 to 10 p.m. For more information call the Regional Province of Catania Office at 095-7306266/ 277.

THE  
*Signature*  
SIGNONELLA, SICILIA

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.

## Kartodromo

## Magnolia

"Torrone." Other local specialties and produce of interest include olive oil, pecorino cheese, cakes and lemons.

If you go, you will have a chance to see the "Fasciddari" (local beekeepers) who will display the old "Fasceddi" (containers used to transport hives).

Before you leave the festival, don't forget to visit Sortino's beautiful churches, the Sicilian puppet museum, and admire the mesmerizing Baroque buildings. Also popular is "Pantalica," a noteworthy archeological area that is located about three miles outside Sortino. An imposing necropolis, Pantalica, was a major center of the late Bronze Age in eastern Sicily featuring over 8,000 tombs and small caves dug into the soft limestone cliffs of the local mountainside. The rivers Calcinara and Anapo delimit the necropolis. For more information and free-guided excursions to the main city attractions (Sicilian Puppet Museum, tour of the city churches, Anapo Valley, Pantalica Necropolis, and the Capuchin Convent) call Sortino Tourist Office at 0931-917433.

Sortino can be easily reached from Sigonella. Exit Sortino on State Road 114 Catania-Siracusa.

If you think that it is too late to sample taste juicy Sicilian "summer" peaches, you are wrong! Leonforte, a town in the Enna province, will host the annual "Sagra delle Pesche" (Peach festival).

The Festival celebrates the "pesche tardive," a unique variety of peaches that ripen in the fall.

These peaches are wrapped one-by-one up in plastic bags since June. Each peach is encased in small parchment paper containers to protect it from parasites and harsh weather conditions. The fastest worker can bind about 2,000 peaches per day! It is a job requiring an infinite patience, but the result is a tasty pale yellow and red shaded fruit with yellow flesh.

Peaches are of such abundance in Leonforte also because of the city's unlimited water supply system. The fields surrounding the town are watered by several springs such as the Grande Fonte, a huge 24-canal fountain. All Leonforte fountains date

back to the 17th century when Prince Nicolò Placido Branciforti, the founder of the city, commissioned a building with magnificent Baroque styled gardens. Branciforti's majestic 365-room palace still overlooks the city's historic center. "Our peaches are the jewels of the Enna province's hills," Giovanni Trovati, one of the major Leonforte peach's producers said. Trovati also added that the Leonforte peaches qualify as PGI (Protected Geographical Indication), a label given by the European Union, which protects the quality and geographical origin of products.

The Leonforte Peach Festival will be held on Oct. 4 and 5. The first festival day will starting at 10:30 a.m. There will be booths offering peach tasting and selling peaches and other local produce such as almonds, cakes, bread, olive oil and chickpeas, broad beans. They will be set up in piazza Margherita and piazza Branciforti all day long. On Oct. 5, the festival will begin at 9 a.m.

During the festival, folklore groups and bands entertain on vari-

ous outdoor stages in the beautiful city's historic center. Arts and crafts exhibitors are on hand to sell typical Sicilian crafts. For more information, call Leonforte City hall at 0935-665134. Leonforte can be easily reached by exiting Mulinello on the Catania-Palermo highway.

Make sure you also go to the "Walnut Festival" in Motta Camastra, an event which celebrates the three local walnut varieties: "Noce Panuzzara", "Currò" and "Pacienza." The festival will take place this weekend (Oct. 3 through 5) in the historic center (piazza Croce, piazza Giovanni Verga Corso Umbero). It will kick off this afternoon at 4 p.m. Highlights include walnut-based specialties such as pasta with walnut pesto, bread with walnut, mostarda must with walnut and vino galore!

Motta Camastra (which should not be confused with Motta S. Anastasia) is located in the Messina province. This town is pretty easy to reach. Exit Giardini Naxos on A-18 Catania Messina Highway and drive for about 15 kilometers following directions for Francaviglia di Sicilia and then Motta Camastra. For more information call the Motta tourist office at 0942-985007.



**FISCSI wants to hear from you!**

The Fleet and Industrial Supply Center Sigonella handles services such as Postal, HAZMAT, Household Goods, Personal Property, POV Shipments, Logistical Support Centers, Contracting, Purchasing, and more.

In order to better serve the military community with these services, a website has been established to track feedback - both positive and negative - to let the command know how it is doing and how the services provided can be more effective and efficient for personnel stationed at Sigonella.

Visit the site and give your feedback today!  
[http://ice.disa.mil/index.cfm?fa=site&site\\_id=819](http://ice.disa.mil/index.cfm?fa=site&site_id=819)



(Left) Paolo Pagliaro, president of the Sortino beekeepers, who has been organizing the annual Sortino Honey festival for over 25 years, performs a beekeeping demonstration. This exciting festival will run this weekend in the town historic center.

Photo by Orazio Cristaldi

# American Forces

## Show off your chess skills



The Sicilian Chess Federation will host an international chess tournament on Oct. 4 and 5 and Oct. 11 and 12 at the Valle dei Margi Agriturismo in Grammichele. For advanced registration call 338-7779689. You can also register 30 minutes before the start of the tournament. For more information and directions visit <http://www.siciliascacchi.it/>

# Strike

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## Beachside at Reale Capo Mullini, Acireale

Article and Photos by  
Lt. j.g. Glen Sanders

Acireale is a large city located on the coast between Catania and Taormina. It boasts beautiful baroque architecture highlighted by the Cattedrale Maria Annunziata. The church is crowned by twin tiled belfries atop its main entrance. The city is a popular destination during carnival due to its colorful parades and festive décor. Capo Mullini is a cozy fishing village that brims with great seafood restaurants. It can be found only a few miles south of Acireale. One could easily work up an appetite traipsing about the

Acireale area and then arrive ready for the delicacies abundant in quaint Capo Mullini.

**Site: 5 stars**

These destinations rate 5 out of 5 stars for their variety of experiences. Acireale's baroque architecture makes for great scenery at every turn. Villa Belvedere is a large public park that holds several beautiful sculptures, most notably the statue of "Aci and Galatea." The Aci's derive their name from this local myth about the two lovers. The park also provides a nice view of the Ionian Sea. Shopping abounds with numerous stores located along Via



An example of the baroque architecture that abounds in Acireale.



The view of Capo Mullini's small harbor from a bar located on the waterfront. The calm, quaint atmosphere of this tiny village is very inviting.

Umberto and Corso Italia, the city's two main thoroughfares. Via Umberto leads to the Villa Belvedere park and Corso Italia is not a far walk. It would be best to find parking along the street close to the park and then venture out on foot. Grotta del Presepe (Grotto of the Crib) and Museo dei Pupi dell'Opera are other

interesting places just outside of Acireale. The Grotta del Presepe is a lifesized nativity scene of 32 figures set in a lava ravine. The Museo dei Pupi offers a view of traditional craftsmanship and contains puppets dating back to the 1800's. Both locations can be accessed from SS 114. In Capo Mullini it is all about

the food. The village is tiny; one main road loops around and is lined with eateries. A range of restaurants can be enjoyed - everything from cozy trattorias to those with paired-down, simple ambience built right on the water. Take your time. It is a choice place to relax and experience

# Stampa

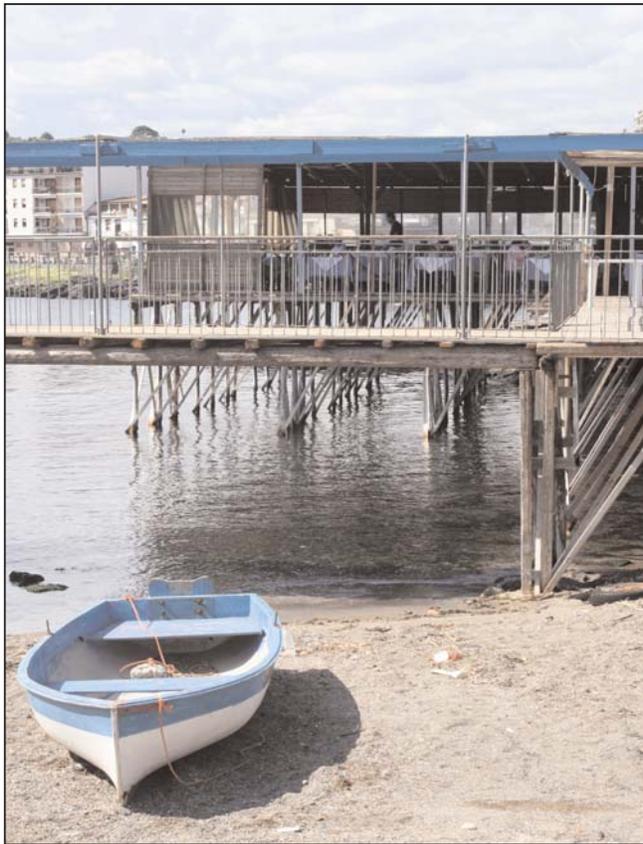
# Rigattiere



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The statue of Aci and Galatea is located in Acireale's Villa Belvedere park.



(Above) Several of the restaurants in Capo Mullini are built right over the water, allowing visitors to enjoy great, paired down ambience along with delicious seafood.

# Scuba

an unhurried meal.

**Family Friendly: 5 stars**

Both locations are very family friendly and rate the full five stars. The park in Acireale provides space for kids to play. Capo Mullini is a perfect location for families to enjoy good food together, be it a full Italian meal or just a refreshing gelato.

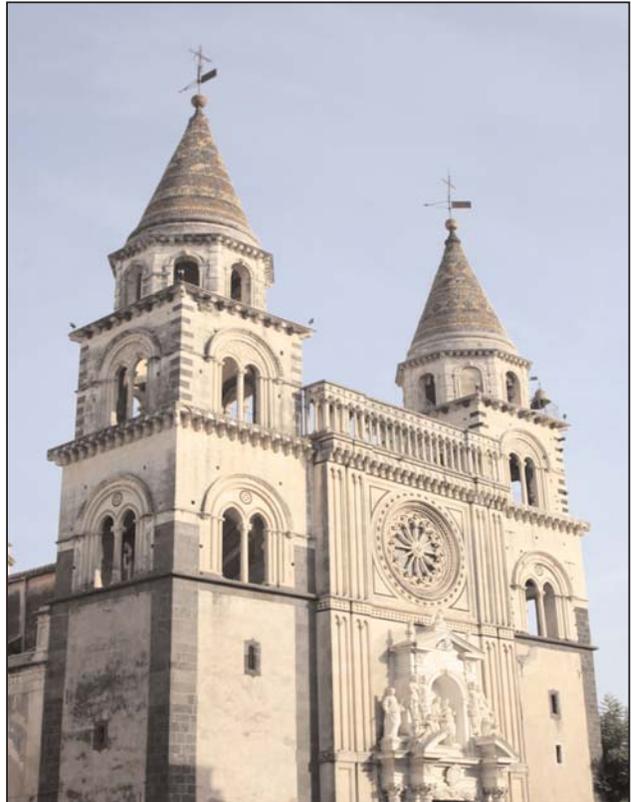
**Accessibility: 4 stars**

One star was detracted because parking must be found on the street at both locations and can take time and patience, especially in Capo Mullini as it is a very small town. To arrive by car take the A-18 and exit at Acireale. To travel from Acireale to Capo Mullini take

SS 114 south. Remain on SS 114 for roughly two miles and turn left at the blue road sign for Capo Mullini. Smaller cars are suggested because both Acireale and Capo Mullini have some very tight roadways.

**Travel Time: 4 stars**

These locations rate 4 out of 5 stars because the travel time is roughly forty-five minutes to one hour by car.



(Above) The Cathedral Maria Annunziata boasts two beautifully tiled towers. This church is one of the most beautiful structures in Acireale. The area immediately surrounding the church contains many shops, restaurants and bars.



A view of the Ionian coast from the edge of Villa Belvedere.

**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



The Sigonella Galley is open from 5:30 a.m. to 8:00 a.m. for breakfast, 11:00 a.m. to 1:00 p.m. for lunch and 4:30 p.m. to 6:30 p.m. for dinner. The galley is located on NAS III. This menu is subject to change without notice.

<p><b>Friday</b> 3</p> <p><b>Lunch:</b> New England Clam Chowder, Lemon Pepper Catfish, Pork Chop w/ Mushroom Gravy, Potatoes garlic Roasted, Seasoned Asparagus, Creole Green Beans, Lemon Cookies, Carrot Cake. <b>Speedline:</b> Grilled Cheeseburger/Hamburger, French Fried Potatoes, Baked Beans. <b>Dinner:</b> Cream Of Mushroom Soup, Beef Stir Fry, Pork Fried Rice, Oven Potatoes, Whole Corn, Stir Fry Vegetables, Lemon Cookies, Carrot Cake. <b>Made to Order:</b> Vegetarian Burger, Turkey Wrap, French Fries.</p>	<p><b>Saturday</b> 4</p> <p><b>Breakfast:</b> Farina, Baked Sausage Patties, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Pecan Sweet Roll. <b>Lunch:</b> Vegetable Beef Soup, Baked Tuna &amp; Noodles, Chicken Nuggets, Garlic Roasted Potatoes Wedges, Mixed Vegetables, Hot Beets, Sweet &amp; Sour Sauce, Chocolate Drop Cookies, Apple Crisp. <b>Dinner:</b> Manhattan Clam Chowder, Beef &amp; Corn Pie, Jamaican Chicken, Steamed Rice, Steamed Okra, Stewed Tomatoes, Chocolate Drop Cookies, Apple Crisp.</p>	<p><b>Sunday</b> 5</p> <p><b>Breakfast:</b> Rolled Oats, Biscuits &amp; Gravy, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Waffles, Asstd Doughnuts, Twist Coffee Cake. <b>Brunch:</b> Breakfast Items, Bean &amp; Bacon Soup, Grilled Reuben Sandwiches, Rosemary Potatoes Wedges, Steamed Brussels Sprout, Hermits, Yellow Cake w/ Icing. <b>Dinner:</b> Split Pea Soup, Pasta Alla Sicilian, Jaegerschnitzel, Rice Pilaf, Steamed Cauliflower, Seasoned Succotash, Garlic Bread, Hermits, Yellow Cake w/ Icing.</p>	<p><b>Monday</b> 6</p> <p><b>Lunch:</b> Beef Noodle Soup, Baked Fish Scandia, Penne Boscaiola, Parsley Potatoes, Mixed Vegetables, Seasoned Spinach, Tartar Sauce, Yellow Cake w/ Frosting, Chocolate Cream Pudding. <b>Speed line:</b> Sub Sandwich, Pasta Sicilian. <b>Dinner:</b> Cream of Potato Soup, Country Fried Steak, Hopping John, Collard Greens, Lyonnaise Wax Beans, Corn Bread, Garlic Bread, Yellow Cake w/ Frosting, Chocolate Cream Pudding. <b>Made to Order:</b> Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.</p>
<p><b>Tuesday</b> 7</p> <p><b>Lunch:</b> Arroz Caldo Soup, Chicken Adobo, Beef Kare-Kare(Beef Stew), Steamed Rice, Cut Green Beans, Steamed Carrots, Dinner Roll, Yellow Cake w/ Icing, Chocolate Chip Cookies. <b>Speed line:</b> Chicken Patties Sandwich, Onion Rings, Pasta Primavera. <b>Dinner:</b> Manhattan Clam Chowder, Spaghetti w/ Meat Sauce, Buttered Noodles, Seasoned Green Beans, Harvard Beets, Yellow Cake w/ Icing, Chocolate Chip Cookies. <b>Made to Order:</b> Vegetarian Burger, Turkey Wrap, Potato Chips.</p>	<p><b>Wednesday</b> 8</p> <p><b>Lunch:</b> Corn Chowder Soup, Pineapple Chicken, Vegetarian Spaghetti, Scalloped Potatoes, Rice Pilaf, Steamed Mixed Vegetable, Seasoned Spinach, Sweet Potato Pie, Shortbread Cookies. <b>Speed line:</b> Grilled Cheese/Hamburger, Baked Beans, French fried Potatoes. <b>Dinner:</b> Shrimp Gumbo Soup, Mexican Pepper Steak, Steamed Rice, Parsley Buttered Potatoes, Vegetable Stir Fry, Pineapple Green Pepper, Sweet Potato Pie, Shortbread Cookies. <b>Made to Order:</b> Sicilian Submarine, Grilled Cheese, Onion Rings.</p>	<p><b>Thursday</b> 9</p> <p><b>Lunch:</b> Mulligatawny Soup, Turkey Pot Pie, Meat Loaf, Brown Gravy, Mashed Potatoes, Steamed Rice, Seasoned Peas &amp; Carrots, Steamed Cauliflower, White Cake w/ Icing, Fruit Nuts Bar. <b>Speed line:</b> Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredded Cheese, Assorted Pizza. <b>Dinner:</b> Beef Noodle Soup, Baked Ham Slices, Garlic Cheese Potatoes, Steamed Broccoli, Stewed Tomatoes, White Cake w/ Icing, Fruit Nuts Bar. <b>Made to Order:</b> Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.</p>	



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

Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first Thursday of every month at 1930 p.m. above Applebee's. 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)

Chiachio

Armed

Stampa

# MWR CORNER

## Autumn Fest seeks commands, groups, clubs to sponsor booths, activities



The costume contest was a hit for both kids and adults at last year's Autumn Fest!

MWR invites community organizations, commands, clubs, friends, and families to get involved in Autumn Fest 2008 set for Oct. 31 and Nov. 1. Groups and individuals are invited to sponsor booths and host activities including games, food, crafts, and activities at the two-day festival during Halloween.

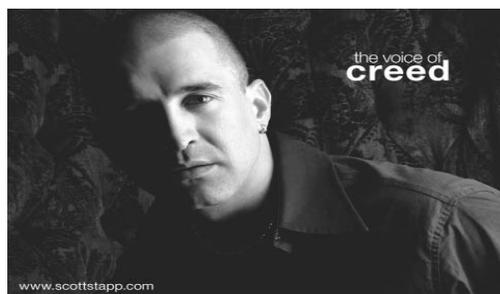
Crafters can promote their specialty products at the open-air festival market at NAS I for an exhibition fee of \$25, which includes table space. Commands and clubs can sponsor a food booth for \$175 or a game booth for \$150. MWR will host and stock the prize redemption tent. Prizes for best decorated booths are as follows: \$50, \$100 and \$150 NEX gift card or cash for command funds. Contact [redacted] to reserve space at [redacted] or [redacted].

Any group or individuals can participate in Candy Lane for trick-or-treaters near Midtown.

Participants bring candy for handouts and dress up their designated area, which includes a folding table. Groups may attach a special message to each candy handout to promote a cause, event or mission. Prizes for best decorated area are as follows: \$50, \$100 and \$150 NEX gift card or cash for command funds. Those interested can sign up at CDC.

MWR also encourages groups and individuals to get involved as event volunteers. Volunteers are needed in all areas including event set-up and breakdown. If you're interested, contact [redacted] at 624-3785 or 624-2711 or [redacted].

Two day festivities include trick or treating, an arts and crafts market including Sicilian products, games, carnival rides, live music, and food booths. Advance sign up has started for Fright Factor for Adults and Teen Fun Factor, as well as the chili cook off.



## Voice of Creed, Scott Stapp, in concert Oct. 8

Scott Stapp, former lead singer of Creed, will be in Sigonella for a one-night special engagement on October 8 at 8 p.m. at the MidTown Theaters on NAS I. His "Hard Rock that Hits the Soul" tour includes a free concert for Sigonella fans of all ages. Stapp's debut album "The Great Divide" went platinum in the U.S. in 2005. Stapp launched his solo career just a year following the break up of Creed, one of the biggest post-grunge

bands. Stapp, a Florida law student, helped launch Creed in Tallahassee despite objections from his minister father, according to a yahoo music bio. Over nearly a decade, the band sold over 30 million albums worldwide and became one of the biggest touring draws of the 1990s.

OCTOBER 3 - OCTOBER 10

### MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

#### SCHEDULE

#### MOVIE DESCRIPTIONS

#### Friday, October 3

- 1:00pm Star Wars: Clone Wars PG
- 3:00pm Sisterhood of the Travelling Pants: 2 PG-13
- 5:00pm Swing Vote PG-13
- 5:30pm X-Files: I want to Believe PG-13
- 7:30pm Step Brothers R
- 8:00pm Pineapple Express R
- 9:30pm Tropic Thunder R **Free to E-4 and below**

#### Saturday, October 4

- 2:00pm Sisterhood of the Travelling Pants: 2 PG-13
- 2:30pm Star Wars: Clone Wars PG
- 4:30pm Swing Vote PG-13
- 5:00pm Step Brothers R
- 7:30pm Tropic Thunder R
- 8:00pm The Mummy: Tomb of the Emperor Dragon PG-13
- 9:30pm Pineapple Express **Free to E-4 and below**

#### Sunday, October 5

- 2:00pm Star Wars: Clone Wars PG
- 2:30pm Sisterhood of the Travelling Pants: 2 PG-13
- 4:30pm The Mummy: Tomb of the Emperor Dragon PG-13
- 5:00pm Tropic Thunder R
- 7:00pm Pineapple Express R

#### Monday, October 6

- 3:00pm Space Chimps G
- 5:00pm The Mummy: Tomb of the Emperor Dragon PG-13
- 5:30pm Swing Vote PG-13
- 7:30pm Star Wars: Clone Wars PG
- 8:00pm X-Files: I Want to Believe PG-13

#### Tuesday, October 7

- 5:00pm Space Chimps G
- 5:30pm X-Files: I Want to Believe PG-13
- 7:30pm Swing Vote PG-13
- 8:00pm Star Wars: Clone Wars PG

#### Wednesday, October 8

- 3:00pm Star Wars: Clone Wars PG
- 5:00pm The Mummy: Tomb of the Emperor Dragon PG-13
- 5:30pm Step Brothers R
- 7:30pm X-Files: I Want to Believe PG-13
- 8:00pm Pineapple Express R

#### Thursday, October 9

- 3:00pm Swing Vote PG-13
- 5:00pm Star Wars: Clone Wars PG
- 5:30pm Pineapple Express R
- 7:30pm Step Brothers R
- THROWBACK THURSDAY
- FREE ADMISSION
- Friday Night Lights PG-13

#### Space Chimps (PG)

Three NASA chimps are sent to a galaxy far, far away. Two have 'The Right Stuff,' and the other, a good natured goofball, has 'The Wrong Stuff.' They find themselves on a strange, uncharted planet, where they embark on a fantastical journey to save its inhabitants from a tyrannical leader. 81 min.

#### Pineapple Express (R)

All aboard the Pineapple Express! Dale and Saul run for their lives from the bad guys and cops as they quickly realize they are not suffering from a paranoid high. 112 min.

#### Sisterhood of the Travelling Pants: 2 (PG-13)

Lifelong friends embark on the first year of college on separate paths. n 120 minutes



#### Star Wars: Clone Wars (PG)

On the frontlines of an intergalactic struggle between good and evil, fans young and old will join such favorite characters as Anakin Skywalker, Obi-Wan Kenobi, and Yoda, along with new heroes. General Grievous and Count Dooku are poised to impress their will on the Star Wars universe and the fate of the Jedis rest in the heroes' hands! 100 min.

#### Swing Vote (PG-13)

A precocious young girl, Molly, sets off a chain of political events on Election Day that culminates in making the results come down to one vote... her dad's. 107 min.

#### Tropic Thunder (R)

A group of self-absorbed actors set out to make the most expensive war film. But after ballooning costs force the studio to cancel the movie, the frustrated director refuses to stop shooting, leading the cast into the jungles of Southeast Asia, where they encounter real bad guys. 107 min.

#### X-Files: I Want To Believe (PG-13)

When a group of women are abducted in the wintry hills of a rural Virginia town, the only clues of their disappearance are the grotesque human remains that begin to turn up along the highway. The truth to these horrific crimes is out there, and it will take Mulder and Scully to find out! 104 min.

#### Step Brothers (R)

Brennan Huff, a sporadically employed thirty-nine-year-old, lives with his mother, Nancy. Dale Doback, a terminally unemployed forty-year-old lives with his father, Robert. When Robert and Nancy marry and move in together, Brennan and Dale are forced to live with each other as step brothers. 98 min.

#### The Mummy: Tomb Of The Dragon Emperor (PG-13)

Explorer Rick O'Connell to combat the resurrected Han Emperor in an epic that races from the catacombs of ancient China high into the frigid Himalayas. Rick is joined in this all-new adventure by son Alex, wife Evelyn and her brother, Jonathan. The O'Connells must stop a mummy, awoken from a 2,000-year-old curse, who threatens to plunge the world into his merciless, unending service. 112 min.

#### SHOWING FRIDAY, OCTOBER 10

- 3:00pm Sisterhood of the Travelling Pants: 2 PG-13
- 5:00pm Swing Vote PG-13
- 5:30pm Pineapple Express R
- 7:30pm The Longshots PG-13
- 8:00pm The House Bunny PG-13
- 9:30pm Mirrors R **Free to E-4 and below**

#### COMING SOON

Death Race  
Traitor

**MONEYWISE continued  
 from page 2**

in financial education, and focuses on the younger generation and students. Bielas uses real life examples to empower audiences of all ages during his Personal Finance Boot Camp. He will be doing a special presentation at Steven Decatur Middle/High School on Oct. 27 at 10:30 a.m. in the gymnasium.

The seminars will be presented on Oct. 27 at NAS Sigonella Midtown Theater. There will be two sessions; one in the morning from 8:30 a.m. to 11:30 a.m., and the session will be repeated again in the afternoon from 12:15 p.m. to 3 p.m. Military personnel, DoD civilians, and family members are invited to attend either session.

This CNIC outreach initiative provides an opportunity to bring Boston's and Bielas's motivating message of financial empowerment to military installations and to help to meet a need of mounting national importance - increasing basic financial literacy and life skills.

The Department of Defense has identified financial readiness as a core requirement for national defense. "Financial fitness is critical to being mission ready," said David

DuBois, Deputy Manager, Fleet and Family Support Programs for CNIC.

"Moneywise with Kelvin Boston, PBS' longest running series that regularly addresses the financial literacy needs of Americans, is well-positioned to play a leading role in this initiative."

Tailored for the military community, presentations will focus on personal finance, debt reduction, and personal wealth. Other topics covered include credit reports, bankruptcy, credit counseling, identity theft, fraudulent and predatory lending, home ownership and retirement. This event is tailored to meet the concerns of military personnel with particular attention to managing personal finances, decreasing debt, and building personal wealth.

Fleet and Family Support Center is partnering with MWR, NEX, DECA, Navy Federal Credit Union, Community Bank, and the Navy Marine Corps Relief Society to host this event. Attendees will have an opportunity to gather resource material and meet with money management experts. For additional information, contact your Command Financial Specialist or the Fleet and Family Support Center at 624-4291.

# Breast Health Center comes to Sigonella

Article by [redacted]  
 Signature Volunteer

On Sept. 18, 2008, Naval Hospital Sigonella officially launched the new Patient-Centered Breast Care Team. Captain James Bloom, Naval Hospital Commanding Officer, performed the ribbon cutting honors with other members of the team.

This ceremony marked a culmination of one-year of work focused on patient-centered breast care and patient satisfaction. As Dr. Aaron Cho, Naval Hospital Sigonella's Radiologist, noted, "Our aim is to provide seamless, timely, and comprehensive care to our patients." In addition, the program will streamline breast cancer screening and diagnosis of abnormal breast findings for the Sigonella community.

The process begins when a patient, physician, or radiologist finds an abnormal breast finding. Rather than going to multiple doctors over numerous appointments, the Breast Health Team completes the entire evaluation. With this "boutique" approach, patients get mammography screening results and, when needed, comprehensive radiology evaluation and results-the very same day of the appointment. "We hope to alleviate some of the anxiety patients may feel and knock down any environmental barriers they may face. We want to diagnose as quickly and efficiently as possible, and we don't want patients to have to wait for

results over a long weekend," explained Cho. The process ends with the patients receiving a final diagnosis and treatment.

The Naval Hospital Sigonella Breast Health Team is comprised of Cho, along with Dr. Clifford Smith, General Surgeon, Dr. Christopher Tatro, OB/GYN, and Dr. Mark Woodbridge, Primary Care. Lt. Tomasina Wicker is the Breast Health Nurse and an important contact throughout the process. As the nurse, she will help with scheduling and follow-up appointments. Smith, Tatro, and Wicker were also instrumental in developing relationships with the Italian network that can provide services out in town (including breast MRI's) when deemed necessary. The final member of the team is HM2 Judy Quintana, who is the mammography tech.

"We hope to get the word out that we have the services and staff here at Sigonella. We also hope to take some of the mystery and stigma that often surrounds breast health care," explained Tatro.

According to the Center for Disease Control, breast cancer is the most common cancer in women, no matter a person's race or ethnicity. As a community, we can do our part by increasing screening compliance. Naval Hospital Sigonella is currently screening 70-75 percent of eligible women with mammography. For women over 40, they hope to have 100 percent screened. For women

under 40, it's critical to do correct self breast exams and to see a doctor to determine the appropriate age to initiate screenings. If you have any breast signs that worry you, please call 624-CARE.

October is Breast Cancer Awareness Month, and the new Patient-Centered Breast Care Team, Naval Hospital Sigonella Health Promotions, and Morale, Welfare and Recreation are teaming to present "Walk the Pink Out Of It," a walk held on October 25 designed to raise awareness about breast cancer. "This walk is an opportunity for our community to walk together to raise awareness of the importance of breast cancer screening and early breast cancer detection," said Paola Klein, Health Promotion Coordinator. Registration for the walk starts at 2 p.m. at the NAS I track.

## Sigonella Jaguars Volleyball heats up

Photos by [redacted]  
 Signature Intern



[redacted] a member of the boys Jaguar volleyball team, sets the ball across the net to the opposing team - MerryMont (MMI). MerryMont came to Sigonella from Rome and proved to be tough competition against the Jaguar volleyball team. Although they didn't win, they played their best.



[redacted] an athlete on the Sigonella Lady Jaguar Volleyball team, sets the ball to her teammate [redacted] in hopes to gain a point against the opposing team, MMI. This weekend, the Lady Jaguars played their hearts out against the team from Rome.

## Casabrava

## Oxidiana

## Days Inn



\*\*\*Navy College Office NAS Sigonella Education Fair\*\*\*

The Navy College Office, in conjunction with the following colleges and universities, will be on hand on Oct. 9 and Oct. 10:

- Central Texas College
- University of Phoenix
- Embry-Riddle Aeronautical University
- University of Maryland University College

The schedule is as follows:

Oct. 9: NAS II Galley  
 11 a.m. - 1 p.m.

Oct. 10: NAS I MidTown  
 12 p.m. - 3 p.m.

The only way to predict the future is to create it!

For more information, email [nco.sigonellasically@nassig.sicily.navy.mil](mailto:nco.sigonellasically@nassig.sicily.navy.mil)

**HISPANIC MONTH continued from page 1**

our founding, and many have earned the Medal of Honor for their courage," he said. "Hispanic service men and women have shown their love for the United States by answering the call to serve, and we owe them and their families a tremendous debt of gratitude. Their patriotism and valor have added to the character of our Nation."

The theme of 2008 is 'Getting Involved: Our families, Our Community, Our Nation.' and Naval Air Station Sigonella is ready to live up to that motto. Over the past couple of weeks, the Diversity Committee has been busy, with traditional Hispanic food tasting in the Commissary, Latin Quarters at Jox, and a Diversity Training Group symposium at MidTown.

If you missed those, don't worry; there's plenty more to come, starting with a cookout thrown by NAVFAC on Oct. 8 at the NAS II Sports Complex from 2 p.m. to 5 p.m. On Oct. 9, there will be a NASSIG celebration at MidTown on NAS I from 5 p.m. to 8 p.m. High school and middle school students have been encouraged to write poems and essays about the importance of Hispanic Heritage. The winners of each category will win a gift certificate to the NEX, and the winner of the essay contest will read his or her essay to the crowd. Lt. David Campbell, NASSIG Latin American Association President said that during the event, people can expect lots of food. It is potluck style, and people are encouraged to bring their Hispanic flavored dishes to share. Oct. 15 is the big close-out celebration, to be held from 11 a.m. to 2 p.m. at the Naval Hospital's main entrance

on NAS I. During the ceremony, there will be a presentation on notable Hispanic countries, as well as a dance exhibition from a group of dancers from Alma Rumbera, a dance school in Motta. You can count on great food, too, as enchiladas, empanadas, Puerto Rican chicken and rice, and Virgin Margaritas are all expected to be served. Ole!

**APPEARANCES continued from page 3**

Immediately, the staff started watching them as they looked at what food was available, as did some of the other diners. The teens were chatting and laughing, quite loudly, and were drawing attention to themselves. An elderly lady approached the counter behind them and as they turned to look at her, you could see she seemed a little apprehensive. The teens got their food and walked over to a table, then seeing the old lady struggling with her tray and shopping bags as she was paying for her food, the one with the hooded top walked over to her and carried her tray to a spare table. I am sure some of the other diners thought just because he was a teen and the way he looked, that he was going to snatch her handbag or something, as you could see them watching him suspiciously as he walked across to her. Yet he in reality, he was a kind and helpful person.

How many times have we misjudged people who had a pleasing appearance or manner, but turned out to be a scam artist, con man, or worse, a hardened criminal? We let our guard down based on what we saw and were taken advantage of.

Moreover, I am sure that most of us have had the misfortune at one time or other of being judged by our appearances or according to some

stereotype. It was probably a painful experience and perhaps a costly one because of a denied opportunity. The point is: Be slow to judge. Get the whole picture. Check to see that your judgment is not tainted by some stereotype. Go beyond appearances.

The prophet Samuel (1 Samuel 16:7). I think, gives us some good advice when he says:

"For the Lord sees not as man sees; for man looks on the outward appearance, but the Lord looks on the heart." I suspect many of us would do poorly if God judged us just on our appearances. So, the next time you make a judgment on a person, look beyond appearances and look deeper into the person's heart. In that way, your assessment will be on a more solid basis and more accurate.

**PARENTHOOD continued from page 2**

relationship feel ready at different times, which can make it hard to make a decision about what to do. Raising a family is a lifelong job and the more committed you both are to having a child, the easier your life will be. Have you established a strong and solid partnership with your spouse or partner? Do the two of you feel that you want or need more time together before adding a child to your family?

Age and health. Fertility studies suggest that a woman's ability to get pregnant decreases significantly after 35. For many women, this is a major factor in their decision to start a family.

There is no way to predict how long it may take to conceive a child. Some women may get pregnant right away; for others it may take months or even years to conceive. In addition, complications like miscarriage can mean several months of delay

while the body recovers.

Accomplishing life goals such as taking trips or getting an advanced degree are considerations for some women and some couples as they plan a family.

Raising a child takes a tremendous amount of energy and effort from you and from the people who support you. Think about what and where your support systems are -- family, friends, and community.

Thinking about your relationship, career, life plans, and priorities will help you decide when the time is right for you to start a family. Now or later?

For every good reason to start a family while you're young, there are equally compelling reasons to wait until you're a little older. The challenge is figuring out which choice feels right to you.

There are many advantages to having a child when you are in your 20s or early 30s. For example:

Taking time out from your career early may be easier for some women. For some women, taking a break from the workforce before reaching levels of greater responsibility fits better into their career plans. Also, don't forget that many companies offer flexible work arrangements allowing you to work part time while on a leave.

You have the physical stamina. Raising children requires a considerable amount of energy and resilience. And when you're younger, your body is better able to recover from pregnancy and the stress of birth.

Fertility problems aren't as common among younger women. If you are hoping to have more than one or two children, you have a greater chance of doing so if you start a family when you are younger.

There are also many advantages to having a child when you are in your late 30s or in your 40s. For example:

It may be easier to take time out to have children when you're established in your career. Waiting could also mean an easier return to an established routine.

Older mothers are often more financially secure. They have more time to save and increase their earning potential.

You're ready. Taking time to accomplish other life goals can allow you to better focus on becoming a mom without regret, when the time is right.

It can be difficult to predict when you will be ready -- emotionally and physically -- to start a family.

And pressures to "have a baby now" can come from all sides -- the media, your family, your friends, even your partner or spouse. No one can tell you when you will be ready, however. You are the only one who will know when you are. Be honest with yourself, and with your partner. Do what your heart tells you to, when it tells you to do it. Thinking about the things that are most important in your life can help you prioritize, but remember that it may never be the "perfect" time. By listening to yourself and trusting your instincts, you will make the decision that's right for you.

## NEWS BRIEFS

**Immediate Job Openings**

U.S. Naval Hospital Sigonella is seeking applicants for three full-time Nurses. Nurse Clinical (Emergency Room Nurse) Nurse Consultant (Patient Safety Manager) Nurse Clinical (Multi-Service Ward Nurse). For inquiries concerning job applications, call the Human Resources Office at (095) 56-4165 or DSN 624-4165 or visit: <http://www.sicily.navy.mil/> and click on local job vacancies.

**Great News About the TRICARE Retiree Dental Program Overseas**

Attention all military retirees! Enrollment into the Enhanced-Overseas TRICARE Retiree Dental Program (TRDP) is now available in the Sigonella area. Two host nation providers in Catania, Dr. Amato and Dr. Nibali, participate in the TRDP. For the first twelve months of enrollment, basic and preventative services are covered. After twelve months of continuous enrollment, additional services are covered; however, this twelve-month waiting period will be waived if you enroll within four months of your retirement date. See [www.trdp.org](http://www.trdp.org) for specific covered services and their effective dates. Eligible beneficiaries may enroll using a credit card and can begin receiving benefits as early as the first day of the next month. For more information or to enroll in the TRDP, go to [www.trdp.org](http://www.trdp.org) or call (800) 721-8737. You may also call the Naval Hospital at 624-4880.

# NEX

# Buongustaio

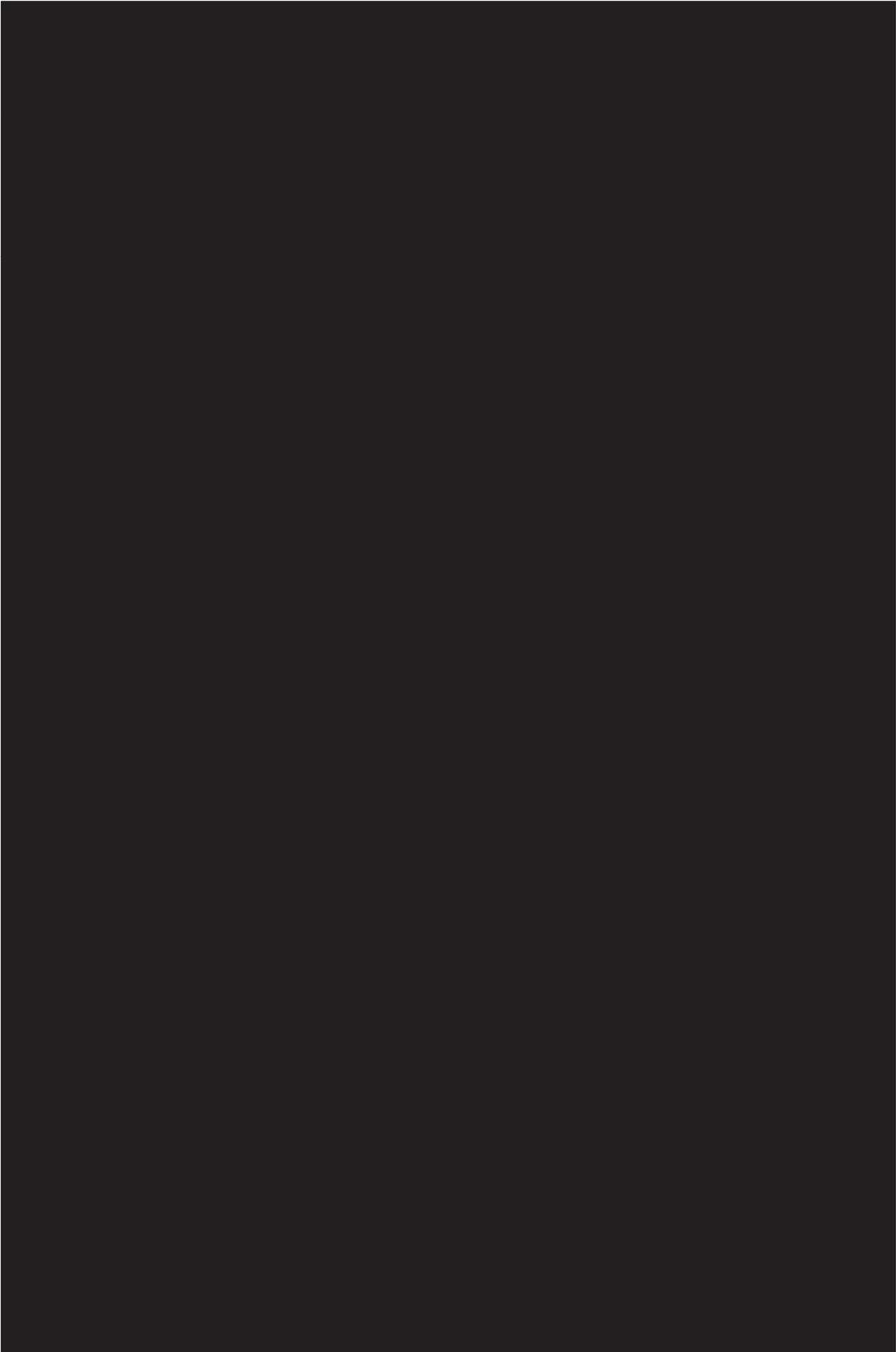
# IL Mercato

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 2 p.m. of the Friday of the week before publication. For more information call 624-5440 or 624-2798 or 095-86-last four digits.

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