



October is Domestic Abuse Awareness Month Recognizing the Purple Ribbon

Article by Commander, Navy Installation Command

During the month of October, government and civilian organizations, churches, schools, workplaces and communities commemorate Domestic Violence Awareness Month through a variety of activities and events. A common observance by many supporters is the wearing of a Purple Ribbon. For more than two decades, the Purple Ribbon has become a recognized symbol that highlights the issue of domestic abuse, while also representing the many forces of advocacy committed to ending domestic violence. Despite the common awareness of the symbol, little is known about its origin.

Twenty-two years ago, The Battered Women's Movement designated the Purple Ribbon as the emblem that signifies the countless lives lost to domestic violence and the goal of making the world a better and safer place for children and adult victims of violence. The majority of

the founding members were incest and rape survivors, but also included medical professionals, therapists, law enforcement, and caring members of the town. Explanations of why this color was chosen and when the formal use of the ribbon became so commonly accepted differ. However, one narration, believed by many, is this:

"There was a woman from the Midwest in the 1980's, who had left her abusive relationship and had worked her way to being a director of the battered women's program in her community. Her batterer was in jail, but he had been released on a temporary furlough. During his release, he crossed state lines and found her and killed her in her home. The woman's name was Lisa Bianco, and she was loved and sorely missed by those who knew her. Her friends and family wanted to remember the life of this beloved woman and chose to wear her favorite color in her honor - the color purple."

This tragic and unfortunate

incident led to the Purple Ribbon's unofficial use by domestic violence advocates before any awareness campaign ever existed. The ribbon symbolically represents the commitment of victims, survivors, family members, and all concerned persons determined to not allow those deaths and abuses continue. From this small beginning, countless efforts have been initiated. The widespread use of the Purple Ribbon has propelled the visibility of the movement to end domestic violence into every corner and segment of our society and into an international network of victim advocacy.

Because of the Purple Ribbon, the silence that supported the continuation of domestic abuse, child abuse and all violence in society has been broken. Today, as 20 years ago, we continue to wear the Purple Ribbon to acknowledge the horrific scourge domestic violence plagues on our society and to declare ever louder the

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Explosive Ordnance Disposal Petty Officer First Class Kenneth Cummings passes out toys during a toy drive to the Giovanni Sapa Orphanage in Belpasso, Sicily, Fri., Oct. 3. The toy drive was part of a multi-organizational effort including Explosive Ordnance Disposal Mobile Unit 8, The Red Cross, the Sigonella Animal Welfare Society, and the Navy Marine Corps Relief Society.

Sailors bring toys, smiles to Belpasso orphanage

Article and Photos by MCSA Whitfield Palmer
Fleet Public Affairs Detachment Sigonella

Sailors from the Explosive Ordnance Disposal Mobile Unit 8 (EODMU8) at Naval Air Station (NAS) Sigonella, Sicily, participated in a toy and clothing drop to children at the Giovanni Sapa Orphanage in Belpasso, Sicily on Friday, Oct. 3.

The multi-organization effort pulled together the fundraising resources of the Red Cross, Sigonella Animal Welfare Society, and the Navy Marine Corps Relief Society, says EOD Petty Officer First Class Kenneth Cummings.

Cummings explained that there was an excess amount of donations in storage and decided to pull a random donation drop after two previous successful drops in Caltagirone. The

other organizations helped by sending emails throughout the Sigonella community and also provided donations. The maintenance department provided the trucks to make the run to the orphanage.

The Giovanni Sapa Orphanage provides shelter for orphaned children as well as parenting assistance to single mothers.

"The Sailors participating today are not just doing this for an evaluation bullet," said Cummings. "It's all about paying it forward and making a difference in the lives of these kids, and ultimately the community at large."

"It's awesome to see the reaction from these kids in need," says EOD Petty Officer First Class Demetrius O'Halloran. Reactions

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Combined Federal Campaign kicks off



NAS Sigonella personnel make their pledges for the Combined Federal Campaign at the kick-off party, held on Oct. 1, 2008.

Article and Photos by MCSN Jonathan Idle
Signature Staff

The Combined Federal Campaign officially kicked off on Wednesday, Oct. 1, with an opening ceremony and pledge signing at the dining facility, Ristorante Bella Etna, on the operational side of Naval Air Station (NAS) Sigonella.

The ceremony was presided over by Capt. Joseph W. Beadles, NAS Sigonella Executive Officer, and Master Chief Rosa L. Wilson, NAS Sigonella Command Master Chief.

Following a ceremonial cake cutting, senior leadership from around the base joined together to sign the first CFC pledges and to demonstrate the importance of giving to charitable causes.

The CFC is a collection of charitable causes that have been

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WEATHER UPDATE

October 10
H:79F
L:63F



October 11
H:84F
L:63F



October 12
H:84F
L:64F



October 13
H:77F
L:53F



October 14
H:75F
L:55F



October 15
H:70F
L:55F



October 16
H:84F
L:64F



TOP STORIES

Stressed out? Stress affects the mind, body, and behavior in many ways. Common stressors include work, relationships, and finances and some symptoms that you are overly stressed include fatigue, headaches, rapid heart beat, and upset stomach. Learn how to combat the stresses in your life.

Page 2

Navy Physical Fitness Assessment season is upon us. Are you ready? The Navy recently announced several policy changes with regard to the PRP. Read the latest news and find out if and how it may affect you.

Page 3

Fire Prevention Week is Oct. 5 - 11 and this year's theme is "Prevent Home Fires." The number one cause of military home fires is unattended cooking. Always be alert and pay attention when using your stove, oven, BBQ pit, or any other cooking device.

Page 5

You see them lining the street - the odd, purple shaped fruit dangling off of cactus. But what is it? It's the prickly pear, and Sicilians devote an entire festival in its honor. This weekend, head to San Cono and check out everything devoted to the coveted fruit.

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When's the last time you went to Catania? If it was with your Intercultural Relations Class the first couple weeks you were here, it's been too long. For some of the best markets, shopping, people watching and siteseeing, head to the city. Get out and explore!

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Il Mercato
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TRAFFIC NUMBERS

	Jan.- Oct. '08	Jan.- Oct. '07	Diff.
Accidents	214	222	-8
Injuries	37	32	+5
DUIs	7	7	0
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The Oct. 2 Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote the Direct Line to answer them. Please keep sending the questions via email or phone and I will do my best to answer them.

Additionally, has someone in Housing, the Exchange or Commissary provided you Great Service? Are you excited about a base sponsored program or service? Feedback Live is the perfect opportunity to share with the community about your positive experience. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. Why doesn't NASSIG modify its webpage so incoming personnel can find phone numbers to the different commands and activities on NAS I & II

A1: The NASSIG website does list the phone numbers to each NASSIG

Department on their own page under the "NASSIG Commands" link. The links to each of the tenant commands are to pages whose content is maintained by that command and updated by NASSIG upon their request. However, we are currently in the process of updating the entire site and are researching the regulations and feasibility of a phone directory on the website.

Q2: Is there going to be any money put into making the NAS II gym bigger and possibly new equipment? If the NAS I gym has all nice equipment and space then why can't the NAS 2 gym be updated?

A2: Over the past year, in response to an in-depth customer survey, the NAS II Fitness Center has received some new cardio and resistance training equipment, which has improved both the quality and selection. We will continue to improve the equipment as funds come available over the

next year. There are several projects in development to improve, expand and even replace the facility, however those types of projects are long term. MWR recently received additional funding for exercise equipment and we hope to be able to refresh some of our older equipment in both the NAS I and II gyms in the near future.

Q3. The recent release by Navy Safety Center has changed to allow blue tooth ear sets to be used on Naval installations. Is NAS Sigonella going to allow them or continue with a no use policy.

A3: NAS Sigonella has not received any official and binding instructions which change the current directive against the use of cell phones or other hearing impairing devices. Until such directive is received Security will not be changing its policies. The current DOD regulations prohibit ear plugs or anything which may impair outside audible sounds from use.

Q4. One of the treadmills in the Mineo gym has been broken for over a month now. We only have 3 treadmills here and since that is one of the most popular pieces of equipment it's very rare that the 2 working machines aren't in use. Is there a timeline for when the machine will be fixed or replaced?

A4: The treadmill located in Mineo is waiting on a part from the manufacturer. Unfortunately the company sent the wrong part the first time. They have shipped the correct part, which should arrive soon. The fitness staff is tracking the shipment to ensure delivery and that treadmill is first in line to be repaired. We regret the inconvenience this has caused to Mineo community members who use our fitness center. As stated previous, MWR recently received



additional funding for exercise equipment and we hope to be able to refresh some of our older equipment in both the NAS I and II gyms in the near future.

Health WATCH

How to handle stress

HM1 Clarissa Rosalini
Naval Hospital Sigonella

Stress affects the mind, body, and behavior in many ways, and can be directly tied to the physiological changes in the fight-or-flight response. Some life stressors may include work, relationships, and finances. Some physical stressors may include trouble sleeping, poor concentration, upset stomach, fast heart rate, feeling tired, irritability and headaches.

However, the specific signs and symptoms of stress vary widely from person to person. Some people primarily experience physical symptoms, such as low back pain, stomach problems, and skin outbreaks. In others, the stress pattern centers on emotional symptoms, such as crying or

hypersensitivity. For still others, a change in the way they think or behave predominates.

Your body reacts to these situations by releasing chemicals into your body. This yields more energy, increased alertness, an increase in acute eyesight, and greater strength. Sounds great right? A certain amount of stress enables you to meet the day's challenges. However, large amounts of stress, or prolonged periods of unrelieved stress is UNHEALTHY.

The key to using stress is to adapt to changes and figure out how to deal with the stresses of life. Being aware of your own "stress triggers" is the first step in managing your stress. You do this by discovering what situations cause you to become stressed and why. Carefully evaluate these triggers and look at what you can change.

Some strategies to manage or reduce stress:

-Talk things over with another trusted person. You will find that just talking the situation over with a friend or trusted colleague will take loads off your shoulders.

-Eat right! It is a proven fact that taking care of

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NASSIG WORSHIP SERVICES
Chapel Office: 095-86-3975

ROMAN CATHOLIC	PROTESTANT
Sunday	Sunday
0845 Catholic Mass (NAS I Chapel)	0900 Protestant Worship
1200 Catholic Mass (Mineo Community Center)	(Mineo Community Center)
1600 Catholic Mass (NAS II Chapel)	1045 Protestant Worship (NAS I Chapel)
Monday - Wednesday, Friday	Wednesday
1130 Catholic Mass (NAS II Chapel)	1700 Protestant Fellowship Dinner
	1800 Bible Studies for All Ages (NAS I Chapel)
	CHURCH OF CHRIST LAY SERVICE
Sunday	1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

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

What's the good word?

Courtesy of Chaplain Stephen Coates

I have to go plural with the good words this time: purposeful and intelligent.

You have doubtless heard the appeal to "Practice random kindnesses and senseless acts of beauty." The sentence expresses a good intent on someone's part. I also know, as a matter of fact, that it has motivated many people to do good things. Good for them! May they carry on with both their intentions and their actions.

However, in my opinion (which, I hope, is genuinely humble even when stated in undeniably strong language), it is also a ridiculous, nonsensical collection of words. Dallas Willard, in The Divine Conspiracy, suggests a more meaningful sentence: "Practice routinely purposeful kindnesses and intelligent acts of beauty." I think he's spot on.

Willard's sentence would never 'catch on' in our culture. Meanwhile, the other sentence is touted as a profound rallying cry. Why? I think the answer lies in the fact that even the absurd quote captures what everyone instinctively knows to be true - people are our most precious commodity and doing good things is good even if you don't know why it is good. It is a sound byte that corresponds (albeit incoherently) to the need of the human soul.

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WEEKLY TRAFFIC/ SAFETY UPDATE
Traffic Court Results

- E5 -** Improper passing. Member was awarded 4 points and required to attend DIP class.
- E3 -** Operating a vehicle with no driver's license in possession. Member was awarded 3 points, required to attend DIP class, and driving privileges were suspended.
- E4 -** Improper passing. Member was awarded two points and required to attend DIP class.
- E4 -** Following too close. Member was awarded two points and required to attend DIP class.

CORRECTION

Please be advised that purchasing and refunding gas coupons for FY'09 is available at the Navy Exchange Customer Service, not MVRO as previously reported. Our apologies if this caused any confusion.

NAVY News



U.S. Navy photo by MCC Maria Yager

Personnel Specialist 1st Class Brandon Norman performs pushups as Chief Yeoman James Hurm keeps count during a Navy Personnel Command mock physical fitness assessment. Physical fitness assessment failures have decreased by more than 50 percent in five years.

Navy announces updates to Physical Readiness Program

By MCC Maria Yager, Navy Personnel Command Public Affairs

A NAVADMIN released Sept. 29 emphasized the Navy's exceptional progress in attaining a culture of fitness and announces several policy revisions to strengthen the Navy Physical Readiness Program (PRP).

"Navy Physical Fitness Assessment (PFA) failures have decreased more than 50 percent over the past four years. We're really seeing a change in culture and change in lifestyle. Better fitness ultimately leads to better quality of life, better performance and better readiness," said Rear Adm. Daniel P. Holloway, director, Manpower, Personnel, Training and Education, N13.

In recent years, the Navy has made significant strides in helping Sailors achieve a culture of fitness. The addition of elliptical and stationary bike options for the cardio portion of the PFA was welcomed by many Sailors. A General Military Training (GMT) program on NKO in 2008 provides Sailors greater insight for physical training and preparing for the PFA. Most recently, an official PT uniform was adopted around the fleet.

"Since 2005, the Navy has made significant strides to support and encourage physical fitness," said Holloway, citing the addition of new testing options, which include the elliptical and stationary bike. "The majority of Navy personnel performs the PFA semi-annually and can easily meet or exceed the minimum physical fitness standards. I challenge each of you to continue the excellent progress we've made to improve Navy's overall physical fitness for the improved health and readiness of the force."

The new NAVADMIN builds on the Navy's culture of fitness and supports the rigors of shipboard life, global missions and individual augmentees, according to Holloway. The changes announced in NAVADMIN 277/08 include:

Effective Oct. 1, 2008, unless the most recent PFA was passed, Sailors who have failed two PFAs in

the past three years shall not be assigned to overseas, pre-commissioning, instructor duty, special programs billets, or Global War on Terror (GWOT) Support Assignments (GSA). Special programs billets include recruit division commander, recruiting duty, joint duty and Washington D.C. staff.

Additionally, individuals who have not passed the current PFA and have failed three times in four years, will not be allowed a short term extension for the purpose of passing the PFA.

Software upgrades to the Physical Readiness Information Management System (PRIMS) will allow commands to enter all waivers, including current progress and readiness waivers. Commands are required to enter all PFA waivers into PRIMS. Current waivers must be entered no later than Dec. 15, 2008.

This upgrade will allow the Navy to track the progress of Sailors who need administrative separation processing due to multiple PFA failures.

Effective Oct. 1, 2009 the Navy will discontinue waivers for progress. The present requirement for processing for administrative separations (ADSEP) for three PFA failures within a four-year period remains.

PHOTO FROM THE FLEET

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



Photo by MC2 Michael B. Lavender

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 7 board their aircraft to deploy to locations throughout the Middle East. NMCB-7 is deployed to provide construction support to U.S. Forces Central Command supporting Operations Iraqi and Enduring Freedom.

NEW Arrivals



New Medusa
Hop

Volcano

				FRIDAY	SATURDAY	SUNDAY
				10 - OCTOBER	11	12
				Arrivederci BETD 8 a.m. x9201	Healthy Pregnancy, Healthy Baby Red Cross NAS I 4:30 p.m. - 7 p.m. x4900	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
13	14	15	16	17	18	19
Columbus Day	Survive & Thrive FFSC 8 a.m. - 2:30 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	Effective Resume Writing FFSC 10 a.m. - 12 p.m. x4291 Home Buying Strategies FFSC 1 p.m. - 4 p.m. x4291	10 Steps to a Federal Job FFSC 12 p.m. - 4 p.m. x4291 BETD Adams/Aware 12:30 p.m.			IA Discussion Group FFSC 11 a.m. - 12 p.m. x4291 Credit/Debt Management FFSC 9 a.m. - 10:30 a.m. x4291 TAP (Pre-Separation) FFSC 8 a.m. - 4 p.m. x4291
20	21	22	23	24	25	26
Tips for Successful Interviewing FFSC 10 a.m. - 11 a.m. Healthy Pregnancy, Healthy Baby Red Cross NAS I 4:30 p.m. - 7 p.m. x4900 Red Ribbon Week MS/HS Students BBall Tourney at lunch time x3267	Motta Castle Tour FFSC 9:30 a.m. - 11:30 a.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. Red Ribbon Week HS/MS Bball Tourney History of Red Ribbon Middle/High School x3267	Red Ribbon Week MS/HS Lunch time quizzes with prizes. Deadline for essay, art, and video contest x3267	Red Ribbon Week Wear Red Day, Assembly Middle/High School x3267	Red Ribbon Week Giveaways at the end of the day Middle/High School x3267	Disaster Action Team Meeting Red Cross NAS I 11:30 a.m. - 12:30 p.m. x4900	

Motta

Days Inn

Stags

Magnolia

Did you know that . . .

Money for college could be as close as your local Navy-Marine Corps Relief Society Office? The Society is helping eligible students pursue their academic goals by providing nearly \$2.8 million to fund education scholarships and loans for Sailors, Marines, and their families.

The Society has several financial assistance programs designed to help you and your eligible family members pursue higher education. Don't rule out college before contacting us!

NMCRS Education Programs:
 A Helping Hand!
www.nmcrs.org/education

Prevent home fires

Fire Prevention Week is Oct. 5 - 11

By Sandra Basile
Sigonella Fire Prevention Chief

This year's theme for Fire Prevention Week is "Prevent Home Fires". The fire prevention department, along with NASSIG Fire and Emergency Services will be hosting several events to make the people who live and work on Naval Air Station Sigonella more aware of their home fire safety and everyday hazards in the home.

The number one cause of fire in military housing is unattended cooking fires. Many people believe that an unattended cooking fire is when you leave the kitchen. This is true, but it also includes any time you turn your

back on the stove and/or focus your attention on any activity other than cooking. When it is time to cook dinner, you should not be helping with homework, talking on the phone, doing laundry, visiting in the living room, watching your favorite AFN commercial, or any other activity that takes your attention away from the task at hand. You should be cooking and paying attention to the stove, barbecue pit, turkey fryer, oven or any other appliance you are using.

Fire from cooking can happen in the blink of an eye and you should always have an extinguisher on hand. In the event you do have a cooking fire, never try to move a burning pan.

Always keep a lid for cooking pans nearby to smother the fire and ensure you have a functional fire extinguisher and know how to use it. The housing department does not provide fire extinguishers for the housing units; it is your responsibility to buy an extinguisher for your use. They are sold at the NEX. We strongly advise that each tenant purchase two extinguishers for your home - one for the kitchen area and one for the upstairs. An extinguisher can buy your family time to get out of the house and aid in saving your valued keepsakes and family heirlooms.

Above all else, please remember not to drink and cook. We have had several fires on NASSIG that have been caused by people deciding to cook after an evening of party. Sensibility is impaired, along with judgment and alertness. In one case, the occupant was found passed out in bed while the kitchen was on fire. Don't let this happen to you.

Although the total fire count for the nation had a decrease by 5.2 percent, the total count for structure fires increased by 1.2 percent. 414,000 fires, or 78 percent, of all structure fires occurred in residential properties.

What do these fire frequencies mean? A fire occurs in a structure at the rate of one every 59 seconds, and in particular, a residential fire occurs every 76 seconds. Civilian fire deaths in the home increased by 11 percent or 2,865 deaths in the home in 2007.

Here are some major steps that can be taken to reduce the risk of fire:

1. The most important things we can do to prevent injury or loss of life during a fire is ensuring smoke detectors are operating properly and that the batteries are fresh. Change batteries two times a year. Have and practice an escape plan.
2. Never leave candles burning unattended. In 2005, local fire departments estimated that 15,600 home structure fires started by candles.
- 3: Electrical safety in the home. Never overload outlets. Use appropriate size light bulbs in fixtures. If an electrical appliances power cord is worn or frayed, have it repaired or replace the appliance. Never use extension cords in place of a wall outlet and never run extension cords under carpet, through walls, doors or windows.

Have a safe and healthy Fire Prevention Week. Practice fire safety all year long.

Amaidda

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.

Tulsa (Right) is a wonderful dog with a lot of energy. He loves to play with his toys and go for walks. Tulsa has been with the Stray Animal Facility for almost two years and he needs a loving family to adopt him.



Moroni (Left) is the ideal lap dog. He is calm and would be the perfect companion for a family that prefers an indoor dog. He also enjoys good walks and a hearty belly rub.

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

SEXUAL ASSAULT / VICTIMS INTERVENTION

SAVI offers a Sexual Assault Hotline

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

Alberto Lunetta
 Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Celebrate the Prickly Pear in San Cono

Historic chronicles tell that when the Allied Troops landed in Sicily in 1943, the locals offered them juicy and colored prickly pears, the fruits of the local cactus plants.

However, due to the language barrier, the soldiers did not understand that those juicy fruits needed to be peeled first. Prickly pears' spines are indeed pretty tricky because they are almost invisible. So, imagine how many soldiers had to seek medical attention after taking a bite out of this succulent fruit!

Prickly pears' cactus is a variety of plant that is native to Mexico where it was known as "nopalli", or "nopal." According to tradition, it was brought to Spain by Christopher Columbus and from there it spread throughout the Mediterranean area. Prickly pear cactus can be found in the harsh deserts of Africa, the Americas, Australia, Africa and the Mediterranean region.

Prickly pears are very healthy as they are rich in calcium, vitamins A and C, as well as in flavonoids and polyphenols, which have antioxidant properties.

According to a tradition, the Arabs introduced the cultivation of prickly pear cactus in 827 AD.

Those plants, which have been used for centuries as windbreaks, produce tasty and beautiful yellow, red, and white fruits that are used to make ice creams, sweets, juices and liquors. In Eastern Sicily, prickly pears grow in the Etna area, and they can be eaten now. Don't be scared about the seeds they are absolutely edible and safe to eat!

This weekend, the prickly pear will be king in San Cono, a picturesque town that will host the first fall festival in Eastern Sicily celebrating prickly pears. This beautiful village, which sits atop a hill among the Erei Mountains, was founded in 1784. San

Cono is a hub for the production of this juicy fruits.

Festival grounds open this afternoon at 5 p.m. in piazza Gramsci. Highlights include

- Oct. 10:
 - dance show (7 p.m.)
 - karate demonstration (8 p.m.)
 - concert (9 p.m.)
 - Oct. 11:
 - booths open (5 p.m.)
 - dog parade (6:30 p.m.)
 - entertainment and music show (8:30 p.m.)
 - Oct. 12:
 - ricotta and cheese tasting (10:30 a.m.)
 - local town bands concert (6 p.m.)
 - hair dressing parade (7:30 p.m.)
 - music show (9 p.m.)
- Also available at the festival will be the tasty "Mostarda di Fico d'India," a traditional Sicilian sweet that is prepared by boiling prickly pear juice, mixing it with wine must,

flour, cinnamon, vanilla, and leaving it in the sun to harden.

Don't miss to visit the town's architectural jewels which include the main church, Chiesa Madre that was built in 1838 and has beautiful low-relief ornaments, the Spirito Santo Church, which hosts the statue

of San Cono the local patron saint and the Crocifisso Church that was erected in 1900.

A prickly pear festival will also be held in the town of Pedagoggi (near Carlentini) on Oct. 12 from 10 a.m. to 11 p.m. at Piazza Trento e Trieste (the historic center).



Photo by Tracie Barnhouse, Signature Editor

Antique Fair in Mascaluca

A variety of Sicilian and Neapolitan period furniture, maps and prints, Chinoiserie, jewelry, art pottery, silver, period glass and other 19th-century styles will be on display this weekend (Oct. 11 and 12) at the Mascaluca Antiques Show, held at

the town Villa Comunale (Public Gardens).

The Mascaluca Antiques Fair (Mascaluca Antiquaria) will be open from 10 a.m. to 10 p.m. on both days. Admission is free.



Do you love rummaging through antique shops? If so, the Antique Fair, held in Mascaluca Oct. 11 and 12 is for you! Admission is free and the fair will be open from 10 a.m. to 10 p.m. all weekend.

Wine Festival in Catania

The Catania former Benedictine Monastery, which currently hosts the Faculty of Arts, will be the magnificent backdrop for the 7th edition of Enopolis, a wine-tasting extravaganza that will be held on Oct. 18 and 19. The event is organized by the Sicilian branch of the Sommelier Society of Italy and sponsored by the Catania Regional Province.

Sixty wineries are expected to pour their fine wines to thousands of

vino enthusiasts at the breathtaking Levante Cloister.

Festival's highlights include wine, chocolate and cannoli tasting, food and wine seminars, guided tours of the monastery and the main Etna wineries, Sicilian pastry chef showcases and a fashion show.

For more information and detailed schedules call ITT at 624-4777, or visit www.enopolis.org and/or www.sommeliersicilia.com



Photo by Enopolis Press Office

The Wine Festival in Catania is not to be missed. Sixty wineries will be in attendance and ready to let you sample their fine wines. For more information, contact ITT at 624-7444 or visit www.enopolis.org, or www.sommeliersicilia.com.

Bellini Opera's fall season to open with "Werther"

After the successful summer outdoor concert season, the Bellini Opera House continues its 2008 line-up with 19th century French composer Jules Massenet's opera Werther that will be staged through Oct. 19.

"Werther" is a four-act opera about an unrequited love. It is based on the German novelist, Goethe's "The Sorrows of Young Werther," a major work of German Romanticism.

Fernando Portari will perform as the title role. "Werther" will be sung in French with Italian subtitles. For more information and tickets visit <http://www.teatromassimobellini.it>

Tamoil

Kartodromo

Sigonella assaggia (savours) Taste of Italy

Article and Photos by
Tracie Barnthouse
Signature Editor

If you were anywhere near the Naval Exchange on Friday, Oct. 3 or Saturday, Oct. 4, you probably heard it before you saw it - the annual Taste of Italy event. With Italian music being played over the loud-speaker, the NEX was momentarily transformed into an Italian market.

While patrons wandered around in the parking lot, scratching their heads and wondering why they couldn't find a spot to park, it soon dawned on them that they had stumbled across one of the most popular events the NEX puts on every year, and every year it seems to get bigger and bigger.

As soon as patrons walked in the front door, they were greeted with a Conderelli Candy vendor, tempting them with chocolates and other sweet treats.

In the jewelry department, an artist demonstrated his craft, carving shell into fine, detailed pieces of jewelry, called Cameo. Cameo is very popular in Italy and requires a lot of skill and concentration.

Throughout the rest of the NEX, located on Naval Air Station Sigonella's Support Site, Italian vendors lined the aisles, waiting to show military members and their families all there is to offer in this region.

"It's a way for vendors to showcase their products," said Navy Exchange Executive Director, Dave Thompson. He added that the vendors enjoy coming to the event and that every year, the Navy Exchange tries to make it even better than the year before.

found plenty of Italian goodies at the event. She stocked up on wine, chocolates, and even got an autograph from a famed Sicilian chef, Giovanna Tornabene.

"It was such an honor to meet her," said [redacted]. "I've been to her restaurant and am so excited to have an autographed copy of her book." Tornabene brought along some of her favorite recipes with her. Taste of

Italy patrons were able to sample her tomato sauce and pesto.

To wash it all down, there were plenty of wineries to choose from: Rallo Wines, Abbazia S. Anastasia, Winery and Gambino, among others, allowed patrons their choice in beverage.

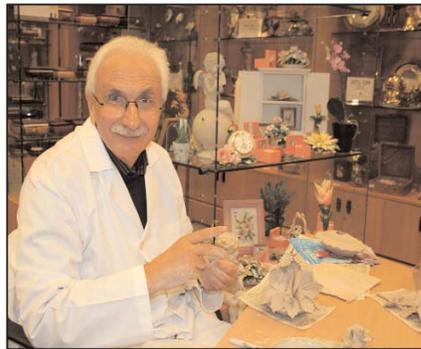
What's a Taste of Italy event without cafe? For the caffeine lovers, an Italian espresso vendor was offering samples to patrons on Friday, and Kimbo Coffee wooed over the crowds on Saturday.

For those looking for something edible, there was plenty. From jams and cheeses to homemade olive oils, patrons didn't walk away hungry.

The Taste of Italy event is held annually at the Navy Exchange. If you missed out this year, be on the lookout for it around this time next year, and bring your wallet!



receives a signed autograph of chef Giovanna Tornabene's cookbook, "Sicilian Home Cooking: Family Recipes from Gangivecchio."



An artist from the Capodimonte ceramic house demonstrates his artistry at the Taste of Italy event at the NEX on Oct. 3.

American Forces

NEWS BRIEFS

Red Ribbon Week

The Red Ribbon campaign is an opportunity to bring together commanders, parents, educators and local organizations to help create a drug-free

community.

Red Ribbon Week serves as a kickoff and catalyst for year-long prevention efforts.

Successful prevention efforts include parents, school law enforcement, the faith community, and all other community resources working in a unified way with a consistent message.

The first Red Ribbon Campaign was organized in 1986 by a grassroots organization of parents dedicated to protecting communities from the destruction caused by alcohol and other drug use.

The red ribbon was adopted as a symbol of the movement in honor of Enrique Camarena, an agent with the U.S. Drug Enforcement Administration kidnapped and killed while investigating drug traffickers. The campaign has reached millions of U.S. children and has been recognized by U.S. Congress.

Red Ribbon Week is a chance to be visible and vocal in our desire for a drug-free community. We know that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to tobacco and alcohol and drug use.

For more information about Red Ribbon Week, or treatment and prevention resources, contact Linda



Riddle, ASACA Counselor at the Middle/High School at 624-3267.

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

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.

S.A.W.S Adopt-A-Thon and Bake Sale

On Saturday, Oct. 18, S.A.W.S will be having their adopt-a-thon and bake sale in front of the commissary. It all starts at 10 a.m. and ends at 2 p.m. All proceeds go toward medical care, food, blankets, water, and other items the animals need. S.A.W.S is always looking for volunteers and if you would like to help, please contact a SAWS representative at 345-502-2266. There will be some wonderful dogs up for adoption, as well who would love to have a forever home. Animals are worth saving!

Strike

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Catania's Markets - the sights, the sounds

**Article and Photos by
Lt j.g. Glen Sanders
Signature Staff**

An array of colors, scents and sounds greet you. The excited chatter of deal making resounds. These are the street markets of Catania, a feast for the senses. Every morning from Monday to Saturday the Pescheria, or fish market, comes alive in the shadows of Piazza Duomo. The market's center, just below the Fontana dell'Amenano, is full of the day's catch. An abundance of fish, from

mussels to swordfish, is offered. The fish is only the beginning, as the market winds its way through serpentine streets to offer fruits, vegetables, nuts, poultry and meats. Piazza Carlo Alberto houses a larger market located between Via Umberto and Corso Sicilia, not far off Via Etnea. This market exudes produce. A wide variety of dry goods, clothing and small household wares, are also offered. The Carlo Alberto market is open mornings, Monday through Saturday. Site: 5 stars
The markets get 5 out of 5 stars

for the experience, the sights and sounds of people and products all vying for attention. The experience of shopping in the open air is a chance to see culture in action. Come to the market not only to shop but to see the people of Catania. This is the everyday; this is where culture can be found in the busy, noisy bustle of the street.

Here are a few tips to keep in mind. If you plan on buying, wait until about an hour before the market closes. At this point vendors may start to drop prices to encourage

sales. If you know enough Italian, haggle a bit for better prices. Mind your handbags and wallets as crowded markets are always susceptible to pick-pocketing.

Family Friendly: 4 stars
One star was detracted because small children may tire of a busy market. If children are older, this likely won't prove an issue. When visiting the fish market, a family could find a break from the crowds at an Italian bar in or near Piazza Duomo.

Accessibility: 4 stars

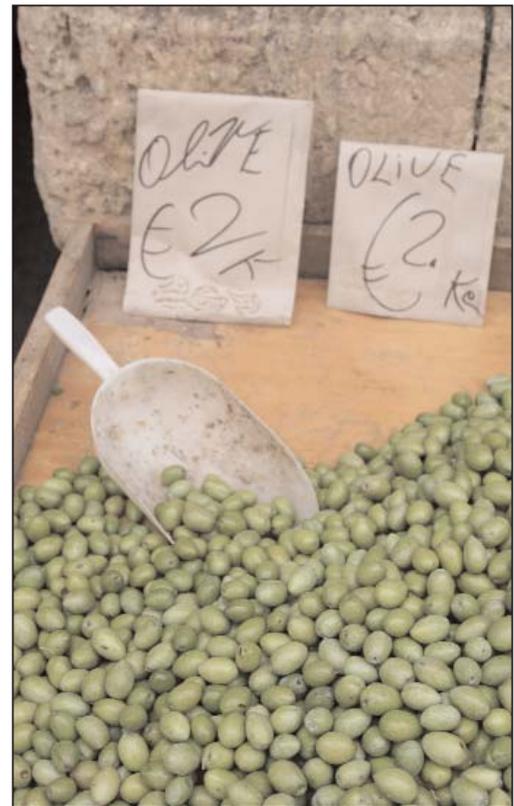
The markets get 4 out of 5 stars in this category. One star was detracted because driving and parking in Catania requires vigilance and patience in equal parts. Parking by the city's arches, which are near the port, will place you very close to Piazza Duomo and the Pescheria. Take Via Etnea to Via Pacini to find the market in Piazza Carlo Alberto.

Travel Time: 5 stars

Catania rates 5 out of 5 stars because the travel time is only 20 minutes by car making the markets easy to reach.



The market is full of products; everything from fruits and vegetables to meats and cheeses.



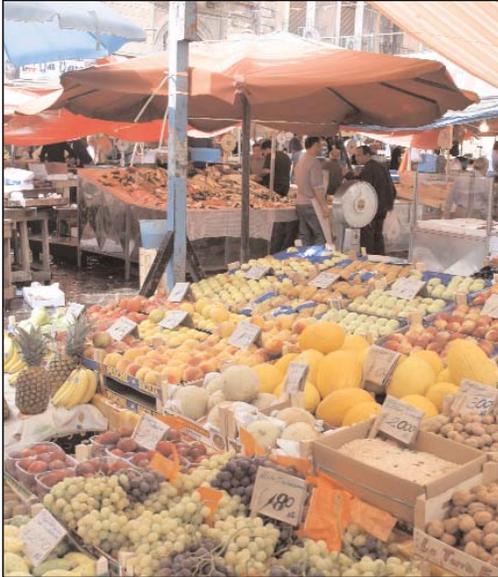
Olives are one of the many delicious foodstuffs available at a good price.

Rigattiere



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.

Oxidiana



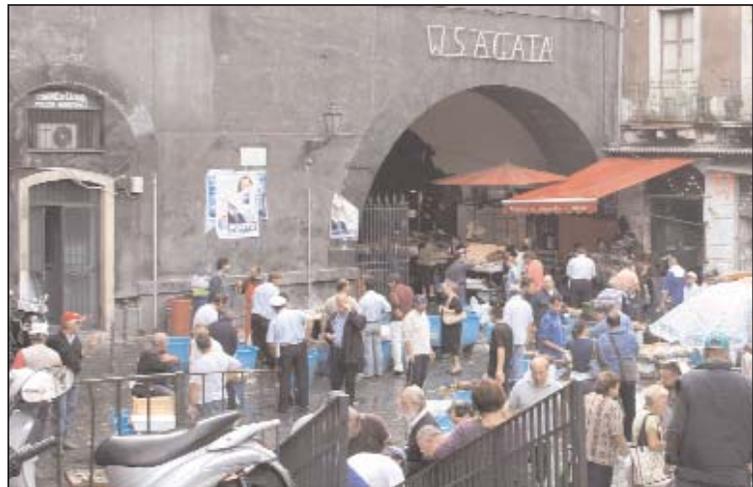
Vivid colors add to the market experience; freshness is the order of the day and quality products can be purchased at a good price.



Fish is not the only item to be found at the fish market. Varied food items line the streets that wind out from the market's center.



Everyday the fish is fresh and priced to move.



The center of the fish market is full of activity; from this central point the market coils out along several streets in the shadow of Piazza Duomo.

Stampa

Palermo

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



<p>Friday 10</p> <p>Lunch: New England Clam Chowder, Vegetable Lasagna, Pork Chops w/ Mushroom Gravy, Steamed Rice, Garlic Roasted Potatoes, Steamed Asparagus, Seasoned Okra, Lemon Cookies, Carrot Cake</p> <p>Speedline: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes</p> <p>Dinner: Cream Of Mushroom Soup, Cantonese Spareribs, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Carrot Cake</p> <p>Made to Order: Vegetarian Burger, Turkey Wrap, French Fries</p>	<p>Saturday 11</p> <p>Breakfast: Farina, Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Pecan Sweet Roll</p> <p>Lunch: Vegetable Beef Soup, Baked Tuna & Noodles, Chicken Nuggets, Cajun Fries, Mixed Vegetables, Hot Beets, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp</p> <p>Dinner: Manhattan Clam Chowder, Beef & Corn Pie, Jamaica Chicken, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp</p>	<p>Sunday 12</p> <p>Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Fried Rice, Waffles, Asstd Doughnuts, Twist Coffee Cake</p> <p>Brunch: Breakfast Items, Bean & Bacon Soup, Reuben Sandwiches, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits</p> <p>Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Jaegerschnitzel, Aztec Rice, Steamed Broccoli, Turnip & Bacon, Yellow Cake w/ Frosting, Hermits</p>	<p>Monday 13</p> <p>Lunch: Chicken Noodle Soup, Rosemary Turkey Roast, Baked Ham, Mashed Potatoes, Sweet Potatoes w/ Syrup, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake.</p> <p>Speed line: Sub Sandwich & Vegetarian Spaghetti.</p> <p>Dinner: Spanish Soup, Steak w/ Onions, Baked Potatoes, Vegetable Stir Fry, Collard Greens, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.</p>
<p>Tuesday 14</p> <p>Lunch: New England Clam Chowder, Roast Pork, Chicken Lemon Sauce, Aloha Sweet Potatoes, Harvest Rice, Brown Gravy, Baked Beans, Glazed Carrots, Pineapple Upside Down Cake, Hawaiian Ambrosia.</p> <p>Speed line: Chicken Fillet Sandwich, Onion Rings.</p> <p>Dinner: Beef Rice Soup, Italian Sausage, Garlic Cheese Potatoes, Steamed Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, Pineapple Upside Down Cake, Hawaiian Ambrosia.</p> <p>Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.</p>	<p>Wednesday 15</p> <p>Lunch: Vegetable Beef Soup, Pasta Carbonata, Lemon Baked Fish, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Steamed Spinach, Cherry Cheese Cake, Chewy Nut Bars.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Minestrone Soup, Baked Chicken, Tossed Green Rice, Mashed Potatoes, Brown Gravy, Steamed Beans, Stewed Tomatoes, Cherry Cheese Cake, Chewy Nut Bars.</p> <p>Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.</p>	<p>Thursday 16</p> <p>Lunch: Egg Drop Soup, Chicken Cacciatore, Beef Stroganoff, Mashed Potatoes, Steamed Pasta, Seasoned Mix Vegetables, Steamed Cauliflower, Chicken Gravy, Vanilla Cookies, Devils Food Cake.</p> <p>Speed Line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Cheddar Cheese, Asst. Pizza.</p> <p>Dinner: Chicken Noodle Soup, Meat Loaf, Oven Brown Potatoes, Corn O'Brien, Simmered Carrots, Brown Gravy Garlic Herb Roll, Vanilla Cookies, Devils Food Cake.</p> <p>Made to Order: 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/

NAS Sigonella Ombudsman Program

Our Mission:

- Primary liaison between families and the command
- To be an advocate for families and single sailors
- To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support
- To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors
- We are committed to presenting accurate and up-to-date information for referrals
- We are committed to COM-PASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F
- We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency.

Call us at 624-4291 or 24/7 at 335-580-1269 for more information.

Credit Union

MWR CORNER

Navy Nutrition Now Program

On October 20 and 21, MWR offers a free Navy Nutrition Now class from 8 a.m. to 4:30 p.m. in the Midtown Classroom. All families (16 or older) are invited to learn quick and simple ways to eat well for life. The two-day program features a Cooper Institute-trained instructor who will offer tips on healthy cooking, meal planning and shopping, as well as weight management and making good food choices when dining out. Each participant will receive a Navy Nutrition Now workbook.

Here are three tips for a healthy lifestyle from MWR's fitness team.

Move More. Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; play sports with friends, mow the lawn. Anything that moves your limbs is a fitness tool. Think of ways to 'move' in small doses. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or kick-boxing. But that's great when you're up to it. Meanwhile, move more. It can be as easy as doing the Cha, Cha, Cha!



National Day for Kids was held on Sept. 20. [Redacted] from the Teen Center is giving a beauty treatment to one lucky participant.

Reduce Stress. Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like such as walk on the beach, read a good book or watch a funny movie. Pamper yourself by getting a massage or a facial. Try the yoga classes offered at Fit District.

Keep a Positive Mental Outlook. There's a definitive connection between living well and healthfully and having a cheerful outlook on life. Remember: You can't be unhappy when you're smiling or singing.

What's going on with MWR?

National art contest seeks student entries

Youth, ages six to 18 and enrolled at the MWR youth or teen centers can enter the 2008 Boys & Girls Club of America's Fine Arts Competition. Groups or individuals can enter in these categories: one- or multi-colored drawings; pastels, water color, oils or acrylic painting, print making, mixed media, collage and sculpture.

Entries must be submitted to MWR's Youth Center no later than Nov. 15. For more information, contact 624-3712.

Autumn Fest seeks chili enthusiasts

October is national chili month, and MWR celebrates with its Autumn Fest chili cook-off. Food lovers are invited to share their signature chili dish and compete for \$300 in prizes.

Entrants must provide a gallon of chili (approximately a crock pot full) for judging. Those interested may pick up contest rules and details from any MWR facility. Winner and win-

ning recipe to be featured in an upcoming edition of The Signature.

A complete schedule of Autumn Fest events will be published in the Oct. 24 edition of The Signature.

MWR announces Columbus Day hours

MWR's holiday hours for Columbus Day on Monday, Oct. 13 are as follows:

Fit District, Flight Line Fitness Center, and Grinderz skate park will be open from 8 a.m. to 8 p.m.

The following facilities will be closed: Angie's Travel, Veterinarian Office, Auto Skills Center, CDC, ITT Gear-n-Go, Adventures Unlimited, Youth and Teen Centers, Mineo Recreation Center, Splashers and NAS II pool.

Other facilities with holiday hours are as follows: Jox Pub - 11 a.m. to 11:30 p.m.; Midtown 2 Theaters - 1 p.m. to 6:30 p.m.; Library 7:30 a.m. to 7 p.m.; Piazza Pizza 11 a.m. to 7 p.m.; SpareTime Bowling - 11 a.m. to 7 p.m. and Take 5 - 11 a.m. to 11 p.m.

Naval Air Station



OCTOBER 10 - OCTOBER 17

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

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**

Saturday, October 11

2:00pm The Mummy: Tomb of the Emperor Dragon PG-13
2:30pm Star Wars: Clone Wars PG
4:30pm Swing Vote PG-13
5:00pm The Longshots PG-13
7:30pm Tropic Thunder R
8:00pm The House Bunny PG-13
9:30pm Mirrors R **Free to E-4 and below**

Sunday, October 12

2:00pm The Longshots PG-13
2:30pm Sisterhood of the Travelling Pants: 2 PG-13
4:30pm The House Bunny PG-13
5:00pm Tropic Thunder R
7:00pm Mirrors R

Monday, October 13

1:00pm Horton Hears A Who G
3:00pm Happy Feet PG
5:00pm The Longshots PG-13
5:30pm The House Bunny PG-13
7:30pm Tropic Thunder R
8:00pm Mirrors R

Tuesday, October 14

5:00pm Sisterhood of the Travelling Pants: 2 PG-13
5:30pm The House Bunny PG-13
7:30pm Swingvote PG-13
8:00pm Star Wars: Clone Wars PG

Wednesday, October 15

3:00pm Star Wars: Clone Wars PG
5:00pm The Mummy: Tomb of the Emperor Dragon PG-13
5:30pm Pineapple Express R
7:30pm Nights in Rodanthe PG-13
8:00pm Tropic Thunder R

Thursday, October 16

3:00pm Swing Vote PG-13
5:00pm Star Wars: Clone Wars PG
5:30pm The Mummy: Tomb of the Emperor Dragon PG-13
7:30pm Pineapple Express R
8:00pm THROWBACK THURSDAY
FREE ADMISSION
Remember the Titans PG

Mirrors (R)

It's been a year since Ben Carson was suspended for NYPD for shooting another undercover officer. His alcoholism and anger cost him his wife and kids, landing him on his sisters couch. Desperate to pull his life together, he becomes a night watchman at a department store and realizes an otherworldly force is terrorizing Ben and his family. 112 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.

The Longshots (PG-13)

Curtis Palmer - a down on his luck former high school football star - turns his niece into the quarterback of a



local team. As he becomes the team coach, he leads them to the Super Bowl and the small city of Minden, Illinois is ignited with team spirit, town pride and glory it once knew. 109 min.

The House Bunny (PG-13)

Shelley Darlington has lived in the Playboy mansion for nine years. She has been Hef's favorite and a den mother to the other girls. On her birthday she is evicted from the house for being too old. After wandering around LA, she finds herself being the housemother at an unpopular sorority on campus. 97 min.

Nights in Rodanthe (PG-13)

Adrienne Willis is a woman in crisis, with an estranged husband and resentful daughter. She retreats to an Inn in Rodanthe, North Carolina to find tranquility she so desperately needs, and instead finds a life changing romance with Dr. Flanner, a guest at the Inn, during a major storm. 97 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)

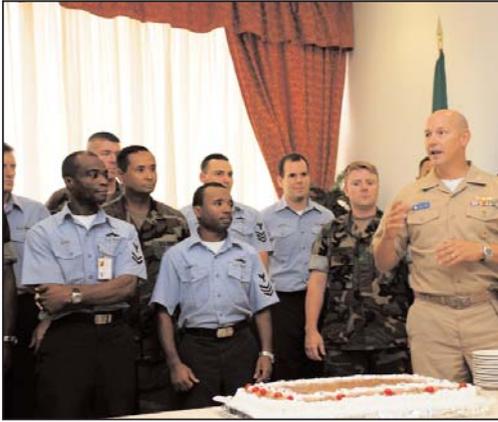
Brennan Huff, a sporadically employed thirty-nine-year-old, lives with his mother, Nancy. Dale Doback, a terminally unemployed forty-year-old lives with his father, Robert. When Robert and Nancy marry and move in together, Brennan and Dale are forced to live with each other as step brothers. 98 min.

SHOWING FRIDAY, OCTOBER 17

3:00pm The House Bunny PG-13
5:00pm The Longshots PG-13
5:30pm Nights in Rodanthe PG-13
7:30pm Traitor PG-13
8:00pm Death Race R
9:30pm Mirrors R **Free to E-4 and below**

COMING SOON

Babylon A.D.
Disaster Movie



NASSIG Executive Officer, Capt. Joseph W. Beadles talks to sailors about the importance of donating to the Federal Combined Campaign during the kick-off celebration, held on Oct. 1 on NAS II.



CFC area program officer Chief Galo Moreira, NASSIG Command Master Chief Rosa L. Wilson, and NASSIG Executive Officer Capt. Joseph W. Beadles, cut the cake to signify the opening of the Combined Federal Campaign.

CFC Continued from Page 1

designated as legitimate charities by the Department of Defense, Boatswain's Mate Chief Galo Moreira, the CFC area program officer, said.

"The CFC is a campaign the Department of Defense does every year to contribute to humanity and to people who are in need," Moreira said. "The CFC was started in 1960, it's growing every year, to help people in need whether it's monetary, material or even education."

Moreira believes servicemembers are fortunate to have the many advantages that the military offers; and it's important to give to those who are not as fortunate.

"I believe it's very important because Americans have a lot of rights, privileges and liberties," he said. "People in the third world or even people in the states sometimes don't have the things that we do."

He stated that while a monetary goal for the campaign is important, it's secondary to getting the knowledge and participation up across the base.

"There are two goals," Moreira said. "We have the first goal, which is the monetary goal, is \$160,000 in contributions, but the real goal is 100 percent opportunity to give."

Signonella has been very successful in recent years in reaching the goals set forward for the campaign, Moreira said.

"Luckily in the past we have been very successful to meet or surpass our monetary goal, and our 100 percent opportunity to give has been

met as well," he said. "We are hoping to do the same this year."

The servicemembers working on the CFC at Signonella are employing several promotional activities to raise awareness and bring in more donations this year, he said. In addition to weekly fundraising activities, such as the pie-in-the-eye competition, they are working with the American Forces Network and the base newspaper to get the word out.

Those who want to donate to the CFC need look no further than within their own command or department, Information Systems Technologist 1st Class Jamal Hammett, COMSTA CFC coordinator, said.

"Each person who wants to donate has a unit coordinator and key person that falls under the unit coordinator," Hammett said. "They should get with the key person at their commands and they will have the brochures and the contribution slips with any questions they may have about the program."

Moreira expressed the hope that Signonella servicemembers would keep an open mind and an open ear when CFC representatives come around to explain the program this year.

"I just want to ask everyone in Signonella to listen to the CFC reps when they come around," Moreira said. "Don't blow them off. If they listen to the reps and the reps explain what the CFC is about I think they will have a better idea what we represent."

Housing CORNER



Article courtesy of Housing Dept.

PCS season is upon us! As many of our friends and colleagues head off to a new duty station, new folks are arriving here on the "island." The Housing Department wanted to take this opportunity to refresh memories and educate new arrivals on Bachelor Housing (BH) check-in procedures.

Back in March 2008, Housing consolidated its BH "Welcome Center" with that of Family Housing, creating one "Housing Welcome Center." The Welcome Center is located on NAS I in Building 319 (next to the chapel and across from the base library). The hours of operation are 0730-1600, Monday thru Friday. Signonella is the first base in the European Region to consolidate operations, and we have found that the consolidation provides better service to our valuable service members.

When single or unaccompanied E4 and below, or geographical bachelors, arrive in Signonella, they may be assigned to a room in the

Navy Gateway Inns & Suites (NGIS). NGIS was formerly known as the "Visitors Quarters." Sponsors of incoming personnel should be coordinating these reservations for their sponsorees. The rooms and suites in NGIS come equipped with house-keeping services, amenities, televisions, telephones, kitchenettes, and many other "extras" that you would expect to find in a mid-grade hotel.

The first working day following check-in to NGIS, all newly reported single or unaccompanied E4 and below must report to the Housing Welcome Center for their BH assignment. Our staff will complete your check-in process and provide you with a key to your new permanent party accommodations. The staff will also prepare your TLA reimbursement claim form to be taken to PSD for reimbursement. You will then have until the following morning (1100 check-out time) to vacate your NGIS room and move into your new BH room.

Our goal is to provide you with comfortable accommodations in the NGIS upon arrival, and then to assist you in making a smooth transi-

tion to your permanent accommodations.

A second option for incoming single or unaccompanied E4 and below, or geographical bachelors, is to have their sponsors conduct a "pre-check in" for them. In this case, a sponsor would report to the Welcome Center no earlier than one day before the sponsoree's arrival to Signonella, with a copy of the incoming service member's PCS orders. The Welcome Center staff will provide the sponsor with a key to the incoming service member's BH room, and the sponsor can prep the room, if desired, and then bring the sponsoree directly to their accommodations upon arrival in Signonella. Please note: Even with this pre-assignment of a BH room, incoming personnel must report to the Welcome Center within one working day of arrival to complete their check-in process.

By providing two options for Bachelor Housing check-ins, the Housing Department is confident we can meet the needs of our newly arriving service members, and provide the best service possible to these new "Signonellans."

Stampa

RIBBON continued from page 1

cry to 'Break the Silence - End the Cycle'. End Domestic Violence.

For information on specific Domestic Violence Awareness Month programs and events, contact your installation Fleet and Family Support Center (FFSC).

GOOD WORD, continued from page 1

Have you ever written a thank-you note for a random or senseless act? "Thank you for blinking the other day. I think it was your 35th blink during our conversation. I could tell you weren't thinking about it at all. It meant a lot to me - the beauty of it, you know, being such a common blink and all." Now that's absurd.

No, we express thanks to those who very purposefully extend kindness to us. Even if the act is offered by someone you do not know and you struggle to understand why they might sacrifice on your behalf, it is an act of beauty precisely because it is based on intelligible rationale. People are valuable; their worth is more precious than any metal.

That's why we hurt for families on the Gulf Coast when the waves come crashing in again. It's why we intentionally send money every month to feed and educate children we will never meet. It's why we pay \$75.00 to run 5 kilometers on a weekend morning so that someone might be cured of a disease - even if the cure seems like it is yet centuries away. It's why we put our lives on the line while also consciously adhering to strict rules of engagement - we don't want innocents to get hurt.

I hope this is a community that intentionally pursues growth in purpose and intelligence, both in our work and in our relationships as friends. I encourage you to keep leaning forward in this regard that we might be a command marked by higher aspirations than just occasional, random good deeds without any accountability to act so always.

You may not receive an award or any special marks on your EVAL or FITREP for such habits. But imagine a place marked by these dual

concepts - purposeful and intelligent, routine and thoughtful, kind and beautiful. What a great place to work!

STRESS, continued from page 2

you means really taking care of yourself. Also, make sure to get enough exercise and sleep.

-Build up your self esteem! This gives you the confidence to deal with anything life gives you.

-Develop a positive attitude. Optimism helps reduce stress.

-Identify the effective stress busters for yourself. Good examples of stress busters are hobbies, sports, music, writing, dancing, etc. Also, develop a sense of humor because laughter is a great stress buster.

-Don't forget to BREATHE! The simple act of effective breathing is a quick stress reliever. Take a deep breath, hold it for a few seconds, and then exhale slowly. Repeat 10 times.

-Accept your mistakes! Why? Because, it's okay to make a mistake. Learn from them and move forward.

-Time Management - effectively planning your day paves the way! Being on time helps limit stress.

-Do not depend upon alcohol and other drugs to relieve stress. The use of alcohol and other drugs can actually generate more stress than it relieves. Know your limits and how you react to substances.

-Help others up to a point. Be helpful when family and friends have life stresses but do not expect to solve their problems. Listen, and try to direct them to resources that can help. Then you can focus on supporting them while they work things out.

-All of these wonderful strategies are useful tools in stress management. Find what works for you!

ORPHANAGE continued from page 1

ranged from pure excitement to sheer joy, as the sailors handed out toys and clothes to the children.

The sailors dropped off two truckloads of toys and clothing to the children at the orphanage, which also provides parental assistance to single mothers, as well as outreach to children in foster care.

Domestic Violence Frequently Asked Questions

Information provided courtesy Fleet and Family Support Center

October is domestic violence awareness month. This is the time when all of us are reminded of the importance of inspiring safe families, and the need to protect victims of domestic violence. The questions listed below represent those frequently asked with regard to domestic violence incidents. All of us, especially those of us who have the privilege of only knowing healthy family life, should read this information. The goal is for all of us to understand how to help others by encouraging them to seek whatever services they may need.

Q: What is Domestic Violence?

A: Domestic violence is a pattern of behavior where one person in a relationship tries to gain power and control over his or her partner through fear and intimidation. This can take the form of threatening or actually using physical violence, or the abuse can be emotional, economic or sexual.

Q: Who's Affected?

A: Domestic violence happens to men and women in all racial, economic and religious groups, but

women are the victims in 95 percent of reported cases. Children in homes where spouse abuse occurs are also at risk due to being a witness to the abuse and for being abused themselves. They can suffer such problems as anxiety, depression, poor health, low self-esteem, drug abuse and suicide.

Q: Can Domestic Violence Be Prevented?

A: Domestic violence can flare with little or no warning and from a spouse who is a loving partner in many other ways. The abuse may start as verbal or psychological, then escalate to physical assault. Therefore, the best time to seek counseling and take other preventative steps is at the first sign of abuse. In order to prevent future abuse, both partners must be committed to making a nonviolent relationship work.

Q: How Are Victims Protected?

A: Security can help when physical violence is occurring or seems imminent. The command can provide special orders to keep abusive military partners away from their victims. Counselors through the Family Advocacy Program are available for both victims and abusers. Fleet and Family Support Center can offer safe havens for victims and chil-

dren as well as counseling and education programs. Victims may also elect to file a Restricted Report by accessing Medical, FFSC Counselors, or the Victim Advocate (also contacted through the FFSC). This permits certain services without notification to the service members Command or base police.

Q: How Can You Protect Yourself?

A: Be prepared in advance to protect yourself and your children if a crisis should arise:

-Rearrange a safe place to go, such as the home of a friend or relative or a hotel.

-Have the following items packed and in an accessible place, such as a car, closet, at work or with friends: Two to three days' worth of clothes; money; checks and charge cards; important papers such as birth certificates, court orders immunization records, driver's license; phone numbers of friends, counselors, Chaplains, Branch Medical Clinic, Fleet & Family Support Center Building 319 - NAS I Open Monday - Friday, 0730-1600 (Closes at 1500 Wednesdays for training) DSN: 624-4291, Commercial 095-56-4291



A group of Sailors from NASSIG pose with children from the Giovanni Sapa Orphanage in Belpasso, Sicily Fri., Oct. 3. The community relations project provided clothes and toys to orphaned children and children in foster care.

Alphio

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.

Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884 .

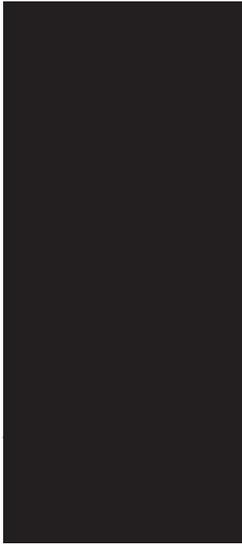
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