



## Energy Awareness Week Oct. 20 - 24

### Working to Secure a Clean Energy Future

Article by Tracie Barnthouse  
Signature Editor

Energy Conservation Month is Oct. 20 - 24 and in order to raise awareness and educate the community about the importance of energy conservation, the Public Works Department at Naval Facilities Europe is canvassing Naval Air Station (NAS) Sigonella to get the word out that going green is good.

**"It's not easy being green." -Kermit the Frog**

Construction Electrician 2nd Class Mark Thornsley is NAS Sigonella's Energy Conservation Manager and says that everyone should learn more about how to protect the environment and reduce, reuse, and recycle. "We would like every person on base to make it their mission to conserve," he said. He adds that if you see, for example, a leak in the sprinkler system, to call the trouble desk. Don't assume that

Public Works will take care of it.

The energy office is looking to get real time data on how much energy can be saved if everyone takes the "Lunch Time Kill-A-Watt" challenge, an operation they have come up with to track energy use on base.

**"When the well's dry, we know the worth of water." -Benjamin Franklin**

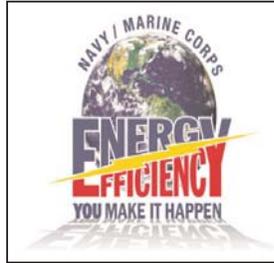
During Energy Conservation Week, the base energy office has issued an operation called "Lunch Time Kill-A-Watt" that encourages all base personnel to ensure that when they leave for lunch, all non-essential equipment is shut down, all lights and computer screens turned off, coffee pots are unplugged, and heating and air conditioning units are powered down.

Throughout the week, the base energy office will be handing out free pens, ID card holders, and will see setting up energy awareness booths around base to get the word out.

While locally the theme is "Lunch Time Kill-A-Watt," the United States Navy has launched their own campaign, called "You Can Make It Happen."

The theme, says Navy officials, reflects the power that each person has to reduce their own consumption of water and energy and to help shape the future.

Taking the time to think about your energy consumption can make NAS Sigonella more energy efficient, reduce greenhouse gas emissions, protect the environment, and help to save taxpayer dollars.



#### Did You Know

-A dripping faucet can waste up to 20 gallons of water a day.

-A leaking toilet can waste up to 200 gallons of water a day.

-If every household in the United States lowered its average heating temperature six degrees over a 24-hour period, we would save the equivalent of more than 570,000 barrels of oil per day.

-If every household in the United States raised air-conditioning temperatures six degrees, we'd save the equivalent of 190,000 barrels of oil every day.

-A transit bus with full rush

hour load of 44 passengers uses much less fuel than 11 cars with four passengers each.

-The United States uses 400 billion gallons of water per day.

-For every kilowatt-hour of electricity you save, you also avoid pumping over two pounds of carbon dioxide into the atmosphere. This helps the environment because carbon dioxide is the number one contributor to global warming.

-If 100,000 people stopped their junk mail, we could save about 150,000 trees every year. If a million people stopped their junk mail, we could save about 1.5 million trees.

-If 300,000 Navy personnel turned off their office lights during the lunch hour (four fluorescent tubes off per person for 250 hours/year), the Navy could save \$1.2 million each year and reduce emissions by 51,600,000 pounds of nitrogen dioxide, 124,800,000 pounds of sulfur dioxide, and 13,656,000,000 pounds of carbon dioxide.

**More tips and facts on page 13**

## In case of emergency...

Article adapted from American Red Cross

Living and working for the military, you have to be prepared for anything, at any time. In order to train and prepare for possible attacks, spills, accidents, or other catastrophic events, training is necessary. Knowing how to react in the face of an emergency may save your life. The American Red Cross has information about what you should do should a "Shelter-in-Place" be declared while you are at home, school, work, or driving.

#### At home:

-Close and lock all windows and exterior doors.

-If you are told there is a danger of explosion, close the window shades, blinds, or curtains.

-Turn off all fans, heating and air conditioning systems.

-Get your family disaster sup-

plies kit and make sure the radio is working.

-Go to an interior room without windows that's above ground level.

-Bring your pets with you and bring additional food and water supplies for them.

-Call your emergency contact and have the phone available if you need the report a life-threatening condition.

-Use duct tape and plastic sheeting to seal all cracks around the door and any vents in the room.

-Keep listening to your radio or television until you are given the all clear.

#### At work:

-Close the business.

-If there are customers, clients, or visitors in the building, ask them to stay in the building.

-Ask employees, customers, clients and visitors to call their emergency contact to let them know where they are.

-Turn on call-forwarding.

-Close and lock all windows, exterior doors, and any other openings to the outside.

-Have employee's familiar with the mechanical system turn off all fans, heating and air conditioning.

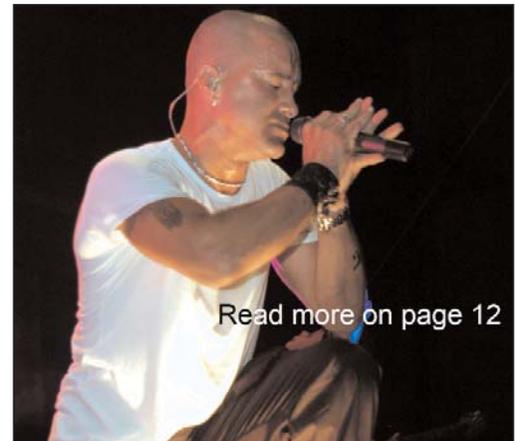
-Gather essential disaster supplies, like food and water.

-Select an interior room above the ground floor with adequate space for everyone to sit.

-Write down the names of everyone in the room and call your business' designated emergency con-

**Emergency continued on page 13**

## Voice of Creed, Scott Stapp rocks Sigonella



Read more on page 12

Scott Stapp performs for the crowd of military personnel and their families during a concert at Naval Air Station Sigonella on Wed., Oct. 8.

#### WEATHER UPDATE

October 17  
H:78F  
L:59F



October 18  
H:78F  
L:60F



October 19  
H:78F  
L:62F



October 20  
H:75F  
L:62F



October 21  
H:75F  
L:64F



October 22  
H:73F  
L:62F



October 23  
H:71F  
L:64F



#### TOP STORIES

In our society there are many things that we just do not talk about. Things like death, the handicap, adoption, or suicide. The one subject that often get's little discussion is that of suicide. Why is that? Why will we wait until it is too late to talk about it? What is wrong with talking about it?

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On the occasion of the U.S. Navy's 233rd Birthday, the Master Chief Petty Officer of the Navy Joe R. Campa Jr. sends a message to the fleet.

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October is Domestic Violence Awareness month. Let's make this month, and every month, violence free in the home. Read up on the signs of domestic violence, and learn what you should do if you find yourself in that situation.

Page 5

Every year, Militello hosts the "Sagra della Mostarda e del Fico d'India" (Prickly Pear and Mostarda Festival). This year the festival will run from Oct. 17 through 19 in piazza del Castello, the historic heart of the town.

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The second largest city in Sicily is located a mere 20 minutes from base, and it's a treasure trove of history and culture. Catania is big, and can be a labyrinth at times, but knowing a few key places can make for great sightseeing.

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#### TRAFFIC NUMBERS

	Jan.- Oct. '08	Jan.- Oct. '07	Diff.
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Accidents	206	203	+3
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Injuries	34	30	+4
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DUIs	7	7	0
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Traffic Deaths	2	0	+2
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PLEASE,  
DON'T BECOME  
A STATISTIC!

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

The Sicilian fall brings rain showers and thunder storms as well as the anniversary of the 2005 floods that unexpectedly hit Marinai and NAS II. This difficult time in NAS Sigonella's history challenged the emergency preparedness of NASSIG and its residence as well as our ability to respond to a crisis. A lot of lessons were learned and those lessons are still being integrated and tested throughout NASSIG. However, the biggest lesson that the entire base learned and we must not forget is to always be ready for an emergency or crisis.

To best protect yourself and your dependents against the unexpected, everyone should be in a constant state of preparedness by knowing what to do and what materials to have in order to survive an emer-

gency. If you haven't already been preparing for emergencies, now is a good time to update your family disaster supplies kit and review your NEO Kit to make sure it is up to date. Your NEO Kit should have your valuable information pre-staged to go in a hurry if an evacuation becomes necessary. Emergency supplies should consist of food, drinking and flushing water, toiletries, and supplies for your pets to last at least three days in the event of an emergency. Other key items that should be on hand are flashlights, a radio and a first aid kit. The Red Cross has a complete list of emergency items at the following site:

<http://www.redcross.org/services/disaster/beprepared/supplies.html>

In addition to stocking up on

emergency supplies, knowing what to do is essential to surviving an emergency. You should know and discuss with your dependents what to do in an emergency. This can be as simple as knowing the fire escape routes from your home to knowing what procedures need to be followed if the base announces that Shelter in Place has gone in effect or the base has gone into FPCON Delta. Knowing this information early on will not only prepare you and your dependents for emergencies but also instill the confidence of what to do when one occurs.

It is important to remember that these provisions are meant to prepare us for unforeseen future events. The need for this preparation among the military and dependants was made extremely clear during the

2005 Flood in Marinai and NAS II. The lessons we learned then shaped how we look at Emergency Management now. The current readiness of our service members and dependents will directly effect how NAS Sigonella survives the next large scale emergency. So remember, even though these precautions take extra time, resources and planning, they are a small price to pay to survive the next flood-like emergency that challenges NAS Sigonella.



# Health WATCH

## Get moving!

**HM1 Clarissa Rosalin**  
Public Affairs Office,  
Naval Hospital Sigonella

While not all types of exercise are appropriate for everyone, everyone can benefit from some type of exercise. After all, there is more to exercise than just running or aerobics.

You can try water workouts or enjoy rollerblading on the boardwalk. You can partake in a sport such as softball or basketball, go hiking on trails, take a turn or two around shops or around your neighborhood block. And, if you think activities such as dancing or tending the garden don't qualify as exercise, think again.

The primary factor in choosing an activity should be whether or not you enjoy it. Of course, an okay from your doctor also is advisable, particu-

larly for individuals over 40, or those with special medical conditions or risk factors for heart disease.

How much one exercises is an individual decision, but numerous research studies indicate that hours of intense exercise are not necessary to reap the benefits. In fact, health specialists now recommend that most adults accumulate 30 minutes or more of moderate physical activity on most days of the week. By moderate activity we mean any activity that raises your heart rate and gets the blood pumping without leaving you out of breath or exhausted. So, rather than blocking off a large portion of one's day, 10 minutes of walking at lunch and another 20 minutes after dinner, for example, is all it takes.

For those who are able, exercising at slightly higher intensities for longer periods of time can bring about even greater health benefits.

For the purpose of conditioning for the Physical Readiness Test run, it is important to remember the principle of specificity. One of the key concepts in functional training is the specificity of training principle, which

**MOVING continued on page 13**

**Commanding Officer**  
Capt. Thomas J. Quinn

**Public Affairs Officer**  
Lt. j.g. Matt Knight

**Deputy Public Affairs Officer**  
Dott. Alberto Lunetta

**Editor**  
Tracie Barnhouse

**Staff Writers/ Photographers**  
Lt. j.g. Glen Sanders  
MC1 Brian Goyak  
MC2 Jason Poplin  
MCSN Jonathan Idle  
MCSA Whitfield Palmer

**Interns and Volunteers**

**The Signature editorial office is located at:**  
Naval Air Station Sigonella, Sicily  
PSC 812 Box 3020  
FPO, AE 09627  
Telephone: 095-86-5440; DSN 624-5440

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### NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

#### ROMAN CATHOLIC

**Sunday**  
0845 Catholic Mass (NAS I Chapel)  
1200 Catholic Mass  
(Mineo Community Center)  
1600 Catholic Mass (NAS II Chapel)  
**Monday - Wednesday, Friday**  
1130 Catholic Mass (NAS II Chapel)

#### PROTESTANT

**Sunday**  
0900 Protestant Worship  
(Mineo Community Center)  
1045 Protestant Worship (NAS I Chapel)  
**Wednesday**  
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



## Suicide: Let's talk about it

Article by Chaplain Hank Wilson

In our society there are many things that are taboo. There are many things that we just do not talk about. We often do not talk much about things like death, the handicap, adoption, or suicide. These things are difficult and often leave us speechless. The one subject that often get's little discussion is that of suicide. Why is that? Why will we wait until it is too late to talk about it? What is wrong with talking about it?

The answer is: nothing. Over the next few articles I want to bring to your attention the topic of suicide. While it is difficult to talk about and an uncomfortable subject this does not give us reason to ignore it. The society may think this subject to be taboo, but we should not. Over 32,000 people in the US die by suicide each year. Roughly

80 Americans commit suicide and over 1500 people attempt suicide per day ([www.asfp.org](http://www.asfp.org)). These numbers are alarming. How many more have thoughts of suicide and have not yet attempted to take their own life?

Suicide is an important subject in the Navy community as well. Did you know that suicide is the second leading cause of death in our community? Maybe you have been affected by suicide in one way or another. Most of us here in Sigonella have

**SUICIDE continued on page 13**

## 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** - 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.

# NAVY News

## MCPON sends birthday message to fleet

**From the Master Chief Petty Officer of the Navy**

WASHINGTON (NNS) -- On the occasion of the U.S. Navy's 233rd Birthday, the Master Chief Petty Officer of the Navy Joe R. Campa Jr. sends the following message to the fleet.

"My fellow Sailors, just as we do every year to celebrate our Navy's

birthday, on October 13th we will pause to reflect on the sacrifices made by our forefathers and by Sailors who have built the foundation upon which we serve.

We will talk of men with names like Jones, Black, Brashear and Nimitz. We will recall great battles and bow our heads in memory of shipmates lost aboard ships like

Arizona, Forrestal and Cole. Our birthday is a time to honor all who have contributed to the traditions and history of our great Navy.

But it is also a day to recognize the service of a generation of Sailor unlike any other.

It's not just the naval heroes we read about in history books who have shaped our heritage. All of you are doing that every day on the deck-

plate. Aboard USS Ross, there's a fireman recruit who works down in Main Engine Room Number 1. GSMFR Rehnquist Wright's been in the Navy just over a year. He's from Macon, Georgia, and along with him and his shipmates aboard Ross, we celebrate our culture, the attitude and the enduring spirit of the United States Sailor. It's a spirit that was born at sea and cannot be replicated.

On our birthday we celebrate who we are and what we do with Sailors like him, working and thriving on the deckplates of our Navy. Fireman Wright may not be the most seasoned engineer on board, but he has the attitude and the swagger that has come to define us as Sailors. Ask his shipmates aboard Ross and they'll tell you the pride he takes in finding a way to get the job done.

Fireman Wright is living a Sailor's ethos of ship, shipmate, self because that is who we are. That's what we hold ourselves to and it defines us, as it has for 233 years. Because of Sailors like him, and like you, I don't see that ethos ever changing.

It is up to every one of us to keep that attitude and culture alive. We will preserve those traditions that are unique to the Navy, and we must never lose sight of who we truly are. Every one of you shoulders the responsibility of sustaining our heritage and moving our service forward. I have confidence that you will because of the pride and honor associated with being a United States Sailor."

For more news from Master Chief Petty Officer of the Navy, visit [www.navy.mil/local/mcpon/](http://www.navy.mil/local/mcpon/).

### PHOTO FROM THE FLEET

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



U.S. Navy photo by MC3 Joshua Scott

An F/A-18C Hornet assigned to the "Fist of the Fleet" of Strike Fighter Squadron (VFA) 25 launches from the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76). The F/A-18C Hornet is an all-weather, attack aircraft that can also be used as a fighter. Ronald Reagan is deployed to the U.S. 5th Fleet area of responsibility.

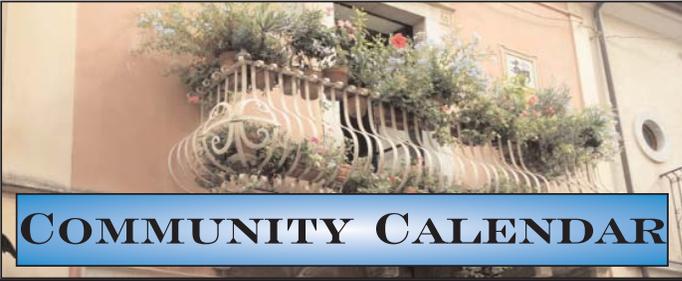


U.S. Navy photo by MC3 John Scorza.

Damage Controlman 3rd Class Jeff Schumacher, left, and Fireman Engineman Michael Kingen stand at parade rest while manning the rails on the flight deck of the aircraft carrier USS Nimitz (CVN 68). The Nimitz Carrier Strike Group departed on a western Pacific deployment.

New Medusa  
Hop

Volcano

				FRIDAY	SATURDAY	SUNDAY
				17 OCTOBER	18	19
				10 Steps to a Federal Job FFSC 12 p.m. - 4 p.m. x9201		
<b>COMMUNITY CALENDAR</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
20	21	22	23	24	25	26
<b>IA Discussion Group</b> FFSC 11 a.m. - 12 p.m. x4291 <b>Credit/Debt Management</b> FFSC 9 a.m. - 10:30 a.m. x4291 <b>ICR for Youth</b> FFSC 8 a.m. - 11:30 a.m. <b>Red Ribbon Week</b> MS/HS Students BBall Tourney at lunch time x3267	<b>Tips for Successful Interviewing</b> FFSC 10 a.m. - 11 a.m. <b>Healthy Pregnancy, Healthy Baby</b> Red Cross NAS I 4:30 p.m. - 7 p.m. x4900 <b>Red Ribbon Week</b> MS/HS BBall Tourney History of Red Ribbon x3267	<b>Motta Castle Tour</b> FFSC 9:30 a.m. - 11:30 a.m. x4291 <b>Men's Group</b> FFSC 1:30 p.m. - 3 p.m. <b>Red Ribbon Week</b> Middle/High School Lunch time quizzes. Deadline for essay, art and video contest x3267	<b>Red Ribbon Week</b> Wear Red Day, Assembly Middle/High School x3267	<b>Red Ribbon Week</b> Giveaways at the end of the day Middle/High School x3267		<b>Disaster Action Team Meeting</b> Red Cross NAS I 11:30 a.m. - 12:30 p.m. x4900
27	28	29	30	31	1 NOVEMBER	2
<b>Moneywise in the Military</b> Midtown Theater 8:30 a.m. - 11:30 a.m. or 12:15 p.m. - 3 p.m.		<b>Survive &amp; Thrive</b> FFSC 8 a.m. - 2:30 p.m. x4291  <b>Men's Group</b> FFSC 1:30 p.m. - 3 p.m. x4291	<b>Cooking Class</b> FFSC 9:30 a.m. - 3 p.m. x4291  <b>Budgeting for the Holidays</b> FFSC 1 p.m. - 2 p.m. x4291		Italian Holiday All Saints Day	

Motta

Tamoil

Stags

Marchi

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



## Domestic Violence Month

Article courtesy of the Fleet & Family Support Center

October is Domestic Violence Awareness month. Let's make this month, and every month, violence free in the home. What is the definition of Domestic Violence (DV)? We all know the obvious acts of violence. There are other behaviors that occur in the home that you may not consider as Domestic Violence. However, the Navy does. Here are some common behaviors people may not realize are actually DV:

1. Denying a person the use of phone to call for help or talk with a helping person during or after an argument is considered by the Navy (and States) to be an act of DV. This includes hanging the phone up, unplugging the cord, or ripping the phone off the wall. You cannot deny your partner the right to ask for help.
2. Blocking an exit from a room when someone wants to leave. Stand aside! They have the right to leave if they want.
3. Hitting wall or other objects.
4. Breaking objects.
5. Pushing, shoving, or restraining the other person.
6. Locking a person in or out of the house.
7. Ejecting them from a vehicle (moving or not!)
8. Brandishing an object in a threatening manner.
9. Making a threat to harm the other.
10. Abuse towards their pet.

There are many forms of emotional abuse, also. There are so many, that to list them all, it would take a whole page.

This is by no means a complete list of all DV behaviors. Family Advocacy is a clinical program that helps families solve problems of violence in the home. If you find yourself losing control or boiling over, get help. Here is a cooling down technique that might help some people: Begin by thinking STOP, count to 10, focus on your breathing. Walk away or leave the argument. Then go call a counselor while you are still a voluntary client!

If you have any questions, call the Family Advocacy Program at 624-4291.

Fleet & Family Support Center  
 Building 319 - NAS 1  
 Open Monday-Friday,  
 0730-1630 (Closes at 1500  
 Wednesdays for training)  
 DSN 624-4291, Commercial 095-56-4291

# Amaidda

# Orange

# Pentagon

*Cold Noses*



WARM HEARTS

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

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

**Jersey (Right)** is a small dog, but don't let her petite stature mislead you; she can be very independent. She is also very lovable. Jersey loves the attention and affection of others and would be a wonderful addition to any family.



**Ed (Left)** is one of our newest dogs. He is very playful and would really complement an active family.

**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

## Militello celebrates Prickly Pear and Mostarda Festival

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! 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 grows 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. They can be eaten raw. Don't be scared about the seeds they are absolutely edible and safe to eat!

Every year, Militello hosts the "Sagra della Mostarda e del Fico d'India" (Prickly Pear and Mostarda Festival). This year the festival will run from Oct. 17 through 19 in piazza del Castello, the historic heart of the town.

This mouthwatering food festival celebrates the refreshing prickly pears and "Mostarda," a traditional Sicilian hard pudding made by boiling prickly pears' juice, and mixing it with semolina, cinnamon, cloves and natural essences. This is an ancient recipe that was handed down from the Romans and before that from the Greeks.

Nestled among the hills of the Iblei Mountains, Militello also boasts an abundant production of citrus fruits, olives, figs, grapes, fruit, and excellent prickly pears.

Festival's highlights include food booths selling local produce, arts and crafts, city band concerts, folklore parades, art exhibitions, rural civilization displays (open all day long) that are hosted in the main town's Baroque churches, and palaces.

The festival begins on Friday,

Oct. 17 at 5:30 p.m. with a folklore parade leaving from piazza Municipio and arriving in piazza Castello where a music and dance show will be held.

On the second day of the festival, Saturday, Oct. 18, there will be art shows featuring photography and live painting throughout the historic center, beginning at 9:30 a.m. Mostarda tasting will follow at 7 p.m. In the evening, there will be a music show at 10 p.m. in Largo del Castello.

Sunday, Oct. 19, the main festival's day, local town bands will perform at 9:30 a.m. and 4 p.m. Mostarda tasting will take place at 11 a.m. and 7 p.m.

Spectacular "Carretti Siciliani" (Sicilian carts) parades leaving from piazza Municipio and proceeding toward piazza del Castello) will also be held at 10:30 a.m. and at 5 p.m.

In the evening, after the music show kicking off at 10 p.m., the sagra will end with a breathtaking midnight fireworks show.

Food booths will be open continuously from 9:30 a.m. to late night.

If you want to satisfy your sweet tooth, Militello has a lot of delicious pastries that will delight your taste buds. Try the "Cassatiddina," the most famous and ancient among the traditional town's pastries which used to be baked by



Photos by Giuseppe Stimolo

Mark your calendars for the annual Militello prickly pears festival, an event that has established itself as a unique display of Sicilian agricultural life and folklore. This town is also an open air museum as it boasts a breathtaking Baroque architecture. The festival will be held from Oct. 17 through 19 featuring prickly pears tasting, folklore parades, art exhibits and entertainment.

## 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 kick-off and catalyst for yearlong 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 pre-

vention resources, contact Linda Riddle, ASACA Counselor at the Middle/High School at 624-3267.

### Nurses Unite!

Naval Hospital Sigonella Nurses Association is hosting a luncheon to promote full and part-time RN positions at the Hospital.

When: 29 October 2008

Where: Conference room located above Applebee's  
Time: 1300-1600

Guest speaker presentation  
Refreshments will be served  
Come and enjoy time with your military and civilian peers, and see what the Sigonella Nurses Association has to offer!

For more information about the event, please contact the Hospital PAO at 624-3849.

### Immediate Job Openings

U.S. Naval Hospital Sigonella is seeking applicants for three full-time and part-time Nurses. Nurse Clinical (Emergency Room Nurse): Full or part time - 16-32 hours per week. Nurse Consultant (Patient Safety Manager): Full time. Nurse Clinical (Multi-Service Ward Nurse): Full or part time - 16-32 hours per week. U.S. Naval Hospital Sigonella is also seeking applicants to fill a full-time secretarial position for the Commanding Officer and Executive Officer at the Hospital. Application close date is 15 Oct., 2008. 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!

## Magnolia

## Kartodromo

the nuns of the St. Agata convent. When the convent closed down, Salvatrice Carrera, a novice, continued preparing them and handed down the secrets of the recipe to her relatives. That is why Cassatiddina is also named as "dolce della zia monaca" (the aunt nun's sweet). Cassatiddina is made with chocolate, cinnamon, almonds and apricot jam. Don't forget to taste the scrumptious "N'zuddi" that are cookies made with almond and honey and the "Mastrazzola" that are made by slow boiling grape must or prickly pear juice and mixing it with flour, cinnamon and aromas. Mastrazzola are then covered with honey and roasted almonds.

**History of the town**

According to tradition, Roman Consul Marcellus founded Militello during the siege of Siracusa in 214 B.C. and used it as a fortress. Ancient Romans also settled in this area

because of the fertility of the land and the healthiness of the air. That is why the Romans named the town "Militum Tellus" (City of Soldiers). Historic chronicles give another account of the town foundation saying that Mycenaean refugees founded it in 563 B.C. because they were fleeing the Dorians who had destroyed their cities.

Other historians believe that the town might have started as a Byzantine hamlet that was located near the Lèmbasi river. The hamlet eventually expanded during the Arab rule in the middle age. In the 14th century, the Barresi family and later in the 17th century the Branciforte family acquired the city. Prince Francesco Branciforte, who was the town's governor from 1604 to 1622, was a generous and enlightened administrator. Under his rule, Militello become one of the artistic and cultural hubs of Sicily. He found-

ed one of the largest and richest libraries of his time (35,000 among books and manuscripts). Today, the library is still well preserved and contains, among its best pieces, a Bible translated in five languages. Branciforte also opened the first print shop in western Sicily.

Destroyed by an earthquake in 1693, which brought serious damage to the town's buildings and churches, Militello was rebuilt on the same site.

Militello's boasts precious churches and monuments which are part of the World Heritage List of UNESCO (United Nations Educational, Scientific and Cultural Organization). Make sure you see the breathtaking Baroque "Fontana della Ninfa Zizza" (The Nymph Zizza Fountain) that is located in the castle main hall. But that's just a replica because the original fountain is actually kept at the town "Sebastiano Guzzone" Museum (located in largo

Majorana), which also hosts 19th century paintings, and a breathtaking collection of historic posters from the 16th century to WW2 as well as archeological findings, sculptures and paintings. Admission is free.

The 18th century S. Maria della Stella Church, built in 1772, preserves precious treasures (Tesoro Mariano) which consist of church ornaments and gold jewels as well as a magnificent retable (a frame enclosing painted panels) that depicts the life of St. Peter and a 13th century polychromatic glazed earthenware by Andrea della Robbia representing the Nativity.

The Abazia di San Benedetto (St. Benedict Abbey), built between 1616 and 1646, for the Princess of Militello, is the seat of Town Hall. The church, which is located within the complex, hosts a richly inlaid major altar, a statue in polychromatic wood representing the Madonna of

the Rosary and valuable paintings.

The Chiesa Madre or main church of San Nicolò he S.S. Salvatore was erected in 1721 after the 1693 earthquake. It features amazing decorations and stuccos made in the 18th century by architect Francesco Battaglia and it is dedicated to the Saints Nicolò and Salvatore. San Nicolò church has also museum that hosts two paintings by 16th century artist Filippo Paladini.

**How to get there**

Militello can be easily reached by taking either the Scordia or the Palagonia exit on the Catania-Gela roadway. For more info and detailed schedules call Militello City Hall at 095-7941240 or and Tourist Office at 095/655155. You can also visit: [www.militello.info](http://www.militello.info).



Photo by Giuseppe Stimolo

# American Forces



**Sicilia-Americana**

An exhibition of photography focused on the landscapes and architecture that speak of these places.

**Photographer:**

Glen Sanders

**Location:** Il Pontile Capodacqua/Deau Ville Club, 133 Lungomare Ciclopi, Aci Trezza

**Date:** Friday, Oct. 17, 2008, Saturday, Oct. 18 1 p.m. - 6 p.m., Sunday, Oct. 19 1 p.m. - 6 p.m.

**Hours:** 6 p.m. - 11 p.m.

**For more information:** 346-304-0049



Photos by Lt j.g. Glen Sanders

# Strike

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## Catania at your fingertips

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

The second largest city in Sicily is located a mere 20 minutes from base, and it's a treasure trove of history and culture. Catania is big, and can be a labyrinth at times, but knowing a few key places can make for great sightseeing. The best place to start exploring the city is Piazza Duomo. It contains the main cathedral and the famous Elephant Fountain, which is known as the symbol of Catania. Greek and Roman ruins are located throughout the city; some as close as a walk down Via Etnea, the main thoroughfare through

Catania. Ursino Castle, which means "Castle of the Gulf" in Latin, is a massive structure that once towered along the coast but now rests in the middle of the city due to Etna's eruptions during the late 1600's.

**Site: 5 stars**

Catania rates all five stars due to its rich history and culture. Several tours start in Piazza Duomo. A tourist train departs from the Piazza where Via Vittorio Emanuele meets Via Etnea. The route covers several areas of interest to include the Greek and Roman amphitheaters, Piazza Roma, Piazza Dante and Villa Bellini Gardens, just to name a few. The tour lasts roughly 30 minutes.



Piazza Bellini is located off Via Vittorio Emanuele. It houses the theatre named after famed Sicilian Composer Vincenzo Bellini.



Ursino Castle, built in the mid thirteenth century, is one of the only remaining medieval structures in Catania. Today the castle houses the Museo Civico.

The Museo Diocesano offers a nine stop tour, highlighting the churches and locations important to Catania. The tour begins in the Museo Diocesano, located in the cathedral's seminary. The churches on the tour can be visited from 9 a.m. until 12 p.m., and 4 p.m. to 6 p.m., Monday through Friday, and 9 a.m. to 12 p.m. on Saturday. The museum itself is open from 9 a.m. to 8 p.m. Tuesday through Saturday.

famous Sicilian composer, is another location worth visiting. The principal theater of Catania is located here and shares the piazza's namesake. A variety of symphonies and operas are performed at the theater every year. Guided tours are offered Monday, Wednesday, Friday and Saturday 10 a.m. to 11:30 a.m., and 5:30 p.m. to 6:30 p.m. Wednesdays and Fridays. The cost is 5 Euro for adults and 3 Euro for children under 12.

Ursino Castle, built between 1239 and 1250, was one of the only



The ruins of Piazza Stesicoro are located on Via Etnea. The amphitheater was built in the 1st century and was the larger of two such Roman structures in Catania.

**NAS Sigonella**  
**Ombudsman**  
**Program**

**Our Mission:**

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

**Our Commitment:**

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

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

## Rigattiere

## Oxidiana



Catania's cathedral located in Piazza Duomo includes a Seminary and the Museo Diocesano. A tour of the city's churches begins at the Museo Diocesano.

buildings in Catania that survived the devastating earthquake triggered by Etna's eruption in 1693. As such, the structure offers a unique opportunity to see medieval architecture in the city. Ursino Castle has housed the Museo Civico since 1934 and contains exhibits of paintings, sculptures and ceramics from multiple eras. Entrance to the museum is free of charge.

**Family Friendly: 4 stars**

Catania rates 4 out of 5 stars for this category. One star was detracted because exploring the city can require a good amount of walking and this can prove tedious for younger children.

**Accessibility: 4 stars**

The city gets 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, near the port, provides a central location from which to venture. There are several parking lots near the bus station and

McDonalds. Offer the attendant two to three Euros after parking as a small fee for watching the lot and your car.

**Travel Time: 5 stars**

Catania rates 5 out of 5 stars because the travel time is only 20 minutes by car, making it a perfect location for an easy day trip.

**REVIEW SUMMARY**

**Site:**



**Family Friendly:**



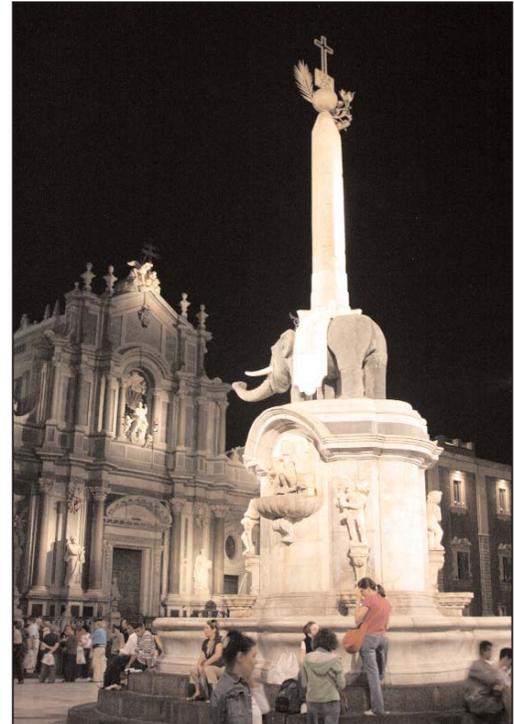
**Accessibility:**



**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](mailto:thesig@nassig.sicily.navy.mil)



The Elephant Fountain, symbol of Catania, is located in the middle of Piazza Duomo. The main cathedral lies in the background.



This tourist train departs from Piazza Duomo and covers historic areas along Via Etna and Via Vittorio Emanuele. Attractions include Greek and Roman ruins and the Villa Bellini Gardens.



Amphitheater. The amphitheater was built in the second century AD. It is one of the few Roman ruins in Catania.

Sol

Days Inn



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.

# Ristorante Bella Etna

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.

**Friday 17**  
**Lunch:** Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Steamed Rice, Calico Cabbage, Steamed Broccoli, Tartar Sauce, Ginger Molasses Cookies, Lemon Meringue Pie.  
**Speedline:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes  
**Dinner:** Bean and Bacon Soup, Veal Paprika Steak, Rice Pilaf, Southern Green Beans, Savory Squash, Ginger Molasses Cookies, Lemon Meringue Pie.  
**Made to Order:** Vegetarian Burger, Turkey Wrap, French Fries

**Saturday 18**  
**Breakfast:** Farina, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hash Brown Potatoes, Blueberry Pancakes, Asstd Doughnuts, Bran Muffin.  
**Lunch:** Chicken Noodle Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Green Rice, Steamed Peas, Stewed Tomatoes, Brown Gravy, Carrot Cake, Vanilla Cream Pie.  
**Dinner:** Vegetable Beef Soup, Baked Sausage, French Fried Portion Fish, Rice Pilaf, Glazed Carrots, Southern Collard Greens, Chicken Gravy, Carrot Cake, Vanilla Cream Pie

**Sunday 19**  
**Breakfast:** Hominy Grits, Biscuit & Gravy, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Cherry Coffee Cake.  
**Brunch:** Breakfast items, Knickerbockers Soup, Macaroni and Cheese, Aztec Rice, Hot Spiced Beets, Green Beans, Brownies, Shortbread Cookies.  
**Dinner:** Chicken Rice Soup, Roast Beef Au Jus, Parmesan Fish, Mashed Potatoes, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Brownies, Shortbread Cookies

**Monday 20**  
**Lunch:** Chicken Jumbo Soup, Beef Yakisoba, Mambo Roast Pork, Steamed Rice, Oven Brown Potatoes, Green Peas, Seasoned Summer Squash, Brown Gravy, Peanut Butter Cookies, Brownies.  
**Speed line:** Sub Sandwich, Cartoccia.  
**Dinner:** Minestrone Soup, Meatloaf, Boiled Pasta, Oriental Rice, Lima Beans, Steamed Cauliflower, Marinara, Peanut Butter Cookies, Brownies.  
**Made to Order:** Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips

**Tuesday 21**  
**Lunch:** Cream of Asparagus, BBQ Spareribs, Fried Chicken, Creamy Chicken Gravy, Mashed Potatoes, Rice Beans, Corn on the Cob, Collard Green with Ham Hocks, Corn Bread, Devil's Food Cake, Pecan Pie.  
**Speed line:** Chicken Fillet Sandwich, French Fried Potatoes, Onion Rings.  
**Dinner:** Cream of Broccoli Soup, Braised Beef Cubes, Seasoned Pasta, Steamed Rice, Spanish Style Beans, Stewed Tomatoes, Devil's Food Cake, Pecan Pie.  
**Made to Order:** Vegetarian Burger, Turkey Wrap, French Fries

**Wednesday 22**  
**Lunch:** Beef Noodle Soup, Pepper Steak, Chicken Pasta Primavera, Bruschetta, Steamed Rice, Oven Brown Potatoes, Cream Style Corn, Turnip and Bacon, Almond Cookies, Cheese Cake.  
**Speed line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.  
**Dinner:** Cream of Mushroom Soup, Roast Porkloin, Mashed Potatoes, Steamed Rice, Brown Gravy, Club Spinach, Steamed Peas and Celery, Almond Cookies, Cheese Cake.  
**Made to Order:** Sicilian Submarine, Grilled Cheese, Onion Rings

**Thursday 23**  
**Lunch:** Chicken Rice Soup, New England Boiled Dinner, Al Forno Pasta, Mustard Sauce, Spinach w/ Mushroom, Seasoned Mix Vegetables, Oatmeal Raisin Cookies, Apple Cobbler.  
**Speed Line:** Baked Potatoes, Bacon Bits, Sautéed Mushroom, Shredded Cheddar Cheese, Asst. Pizza.  
**Dinner:** Beef Noodle Soup, Roast Beef, Red Bean w/ Rice, Chicken Gravy, Green Kale, Hot Spiced Beets, Oatmeal Raisin Cookies, Apple Cobbler.  
**Made to Order:** Grilled Chicken Sandwich, Tuna Salad on Wheat Bread

# Military Stampa Media

# ON THE GO WITH MWR

## New faces in MWR's management team MWR announces new additions to its management team

**[REDACTED]** joins as Community Activities Director. He recently arrived from Naval Base Guam where he served as MWR Recreation Director/Fitness & Sports Director for 4 years. With nearly 10 years of experience with MWR, Token has worked in Iceland, Japan, Korea, Johnston Atoll, Guam and throughout the U.S.

**[REDACTED]** of North Carolina is the new SpareTime Bowling Center manager. In her new role, she plans to make the center a community hot spot, where "friends and family love to hang out and have fun," says Adams. She encourages the public to contact her for parties and promotional ideas at 624-4302.

**[REDACTED]** joins as the new manager of the Auto Skills Center. A retired US Naval Chief, Berger spent 23 years at N A S Lemoore, California and is originally from Montana. His goals in his new position include offering a high quality facility with top-line equipment at hours that work well for the community. He can be reached at 624-5244 or 624-5171.

**[REDACTED]** joins as theater manager at Midtown 2 Theaters. She brings more than 15 years of retail management experience and aims to strengthen customer service and contribute to the quality of entertainment to the military. A North Carolina native, Vaughn encourages the community to contact her with promotions ideas and customer service feedback. She can be reached at 624-4216.

**[REDACTED]** joins as Take 5 Recreation Center's new manager. New to MWR, she aims to create a friendly, inviting atmosphere with appealing special events and activities. The Iowa native was last based at Port Huene, California. Call her with ideas at 624-5187.



## Walk with the dead in the Palermo catacombs

October celebrates all things macabre. ITT has planned a special tour on October 25 to the old city of Palermo and discover the Capuchin Catacombs - a must see for all Sigonellans.

The catacombs date back to the 1600s through the early 20th century. For Palermo's holy, wealthy and those of esteemed professions, it was an honor to be immortalized here.

Capuchin Monks would dehydrate dead bodies on racks of ceramic pipes in the catacombs and later wash them down in vinegar. Some bodies were then embalmed and others enclosed in sealed glass cabinets, which can be viewed today, still clothed and in their original state of death.

Call 624-4777 to book this day trip.



The catacombs in Palermo would make an excellent trip for the Halloween weekend. Are you scared?

OCTOBER 17 - OCTOBER 24

### MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

#### SCHEDULE

#### MOVIE DESCRIPTIONS

#### 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**

#### 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.

#### 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.

#### Saturday, October 18

- 2:00pm Sisterhood of the Travelling Pants: 2 PG-13
- 2:30pm Star Wars: Clone Wars PG
- 4:30pm Nights in Rodanthe PG-13
- 5:00pm The Longshots PG-13
- 7:30pm Tropic Thunder R
- 8:00pm Mirrors R
- 9:30pm Pineapple Express R **Free to E-4 and below**

#### 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.

#### Eagle Eye (PG-13)

Two strangers become the pawns of a mysterious woman they have never met, but who seems to know their every move. Realizing they are being used to further her diabolical plot, they must work together to outwit the woman before she has them killed. 118 min.

#### Sunday, October 19

- 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

#### The Longshots (PG-13)

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

#### 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.

#### Monday, October 20

- 3:00pm Star Wars: Clone Wars PG
- 5:00pm The Longshots PG-13
- 5:30pm The House Bunny PG-13
- 7:30pm Tropic Thunder R
- 8:00pm Death Race R



#### Tuesday, October 21

- 5:00pm Traitor PG-13
- 5:30pm The House Bunny PG-13
- 7:30pm Pineapple Express R
- 8:00pm Death Race R

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.

#### 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.

#### Wednesday, October 22

- 3:00pm The Longshots PG-13
- 5:00pm Nights in Rodanthe PG-13
- 5:30pm Traitor PG-13
- 7:30pm Pineapple Express R
- 8:00pm Mirrors R

#### 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.

#### Traitor (PG-13)

When FBI agent Roy Clayton heads up the investigation into a dangerous international conspiracy, all clues lead to a former U.S. Special Operations officer, Samir Horn. Obsessed with discovering the truth, Clayton tracks Horn across the globe into a world of shadows and intrigue. 114 min.

#### SHOWING FRIDAY, OCTOBER 24

- 3:00pm Traitor PG-13
- 5:00pm The Longshots PG-13
- 5:30pm Babylon A.D. PG-13
- 7:30pm Eagle Eye PG-13
- 8:00pm Disaster Movie PG-13
- 9:30pm Death Race R

#### COMING SOON

The Woman  
Bangkok Dangerous  
Miracle at St. Anna

## DeCA honors U.S. Navy's 233rd anniversary, 98 years of commissaries

By Dr. Peter D. Skirbunt  
DeCA historian

FORT LEE, Va. - Oct. 13 is the 233rd anniversary of the establishment of the U.S. Navy by the Continental Congress in 1775. Since that day, the Navy has grown to become the world's pre-eminent naval force. Millions of Americans have served in the Navy, establishing a superb record of valor, sacrifice and distinguished service during conflicts from the American Revolution to the war in Iraq.

People working at military commissaries know the benefit has been an important part of the Navy's history since 1910. "We are proud to share our heritage with the U.S. Navy," says Philip E. Sakowitz Jr., director and chief executive officer of the Defense Commissary Agency. "For the last 98 years, commissaries and the Navy have worked together, bringing the best retail foods to the Navy community, at reasonable cost."

Food, of course, has always played a crucial role in naval operations. In the days of sail, sailors found shipboard fare during long voyages to be monotonous, at best. Often as not, the food was nutritionally deficient and often became spoiled, worm-eaten or infested with weevils. Sailors therefore eagerly anticipated visiting a port of call - either foreign or American - where they could obtain fresh, healthful, tasty foods.

When in port, even if the men didn't leave their ships they could buy goods from civilian vendors - known as "bumboat men" and "bumboat women" - who rowed, paddled or sailed out to visiting ships in small craft known collectively as "bumboats." From those boats, these merchants conducted business with the sailors on deck. They sold all manner of local goods, from fish and lobsters to pineapples and coconuts. Although the vendors provided a valuable service, many charged exorbitant prices.

During the round-the-world voyage of the "Great White Fleet" from 1907 to 1909, the Navy realized that bumboats could not adequately serve the needs of modern ships that carried large crews. Therefore, even before the fleet's return, Congress took steps to establish "ships' stores" aboard every vessel to take the place of the overseas bumboats, and sales commissaries - called "ships' stores ashore" - at ports in the United States. The "stores ashore" were similar to sales commissaries the Army had established in 1867. At Navy and Army stores alike, food items were sold to soldiers and sailors of all ranks, "at cost."

The first Navy commissary opened in 1910, and commissaries have grown with the Navy for the last 98 years. At first, these stores operated more like warehouses, where clerks pulled items from the shelves for the customers. "Self service" began to gain popularity in the late 1920s and became widespread in the 1940s. Modernized commissaries comparable to civilian grocery stores, along with professionalized permanent store staffs, began to appear after the stores came under the authority of the Navy Ships' Store Office in 1946, the Navy Retail System Office in 1969, and the Navy Resale and Services Support Office in 1979.

As the armed forces' mission expanded around the world, commissaries followed. The stores have existed at more than 900 different locations, on every continent except Antarctica. Originally created for active-duty personnel, commissaries gradually became available to military retirees and to immediate family members of all eligible commissary shoppers. They are especially important to military families living overseas.

The stores' importance increased with the creation of the all-volunteer military in 1973, and again after the Reserve and National Guard received full-time shopping privileges in 2003.

Today, DeCA provides the commissary benefit for all the armed forces, providing average savings of 30 percent or more when compared with civilian supermarkets. This benefit helps attract and retain quality military personnel.

Members of the Navy community, along with their peers in the other armed services, may shop at any of DeCA's more than 250 commissaries at U.S. military installations around the world. There are 60 such stores at Navy bases, plus one at the Joint Reserve Base at Naval Air Station Fort Worth, Texas. A new store that opened last year at Naval Base San Diego is a magnificent example of how the modern stores combine the best materials and design concepts to incorporate natural light, use state-of-the-art equipment and materials, and handle a heavy volume of customer traffic.

"On behalf of everyone here at the Defense Commissary Agency, I congratulate the Navy on the occasion of its 233rd birthday," Sakowitz says. "We're always working to make commissaries worth the trip for all our customers, so we're really anticipating seeing what the stores will be like by 2010, the 100th anniversary of Navy commissaries."



U.S. Navy Photo

The staff of this Navy commissary at Newport, R.I., in the 1920s, was exclusively male and military. Time have changed; today's stores are almost entirely civilian, and usually the majority of the staff is female.

## Scott Stapp performs for military personnel

Article and photos by  
MCSA Whitfield Palmer  
Fleet Public Affairs Center  
Detachment Sigonella

Scott Stapp, the platinum selling singer and founder of thenband Creed, performed for Naval Air Station Sigonella personnel and their families Wed., Oct. 8.

The performance was just one leg of a tour brought together by Navy Morale, Welfare and Recreation's (MWR) Entertainment Program and Armed Forces Entertainment. The tour has included stops at bases in Bahrain, Djibouti, Diego Garcia and Kuwait. It continues from Sigonella with stops in Greece, Germany and the Netherlands.

"I have been humbled and inspired by the hard work and sacrifice that the troops make for our country," said Stapp. "We came out here to show our appreciation and gratitude."

Stapp performed Creed hits, his platinum solo debut album and unreleased songs from his upcoming album.

"It was nice to be able to come out and hear some live music," said Construction Electrician 2nd Class Otis Stewart of Naval Facilities Engineering Command Europe and Southwest Asia.

The Navy MWR Entertainment program provides comedians, musicians, and celebrity event tours to entertain Sailors and their families worldwide. For more information on Navy MWR programs and services, visit [www.mwr.navy.mil](http://www.mwr.navy.mil).



Scott Stapp, founding member and lead singer of the band Creed, welcomes the crowd of military personnel and their families during a concert at Naval Air Station Sigonella on Wed., Oct. 8. The concert, sponsored by Navy Morale, Welfare and Recreation's Entertainment Program and Armed Forces Entertainment, was one stop on a tour that included performances in Bahrain, Djibouti, Diego Garcia, and Kuwait.

# Stampa

**EMERGENCY continued from page 1**

tact to report who is in the room with you.

-Keep listening to the radio or TV until you are given the all clear.

**At school:**

-Close the school, activate the emergency plan. Follow reverse evacuation procedures.

-If there are visitors, ask them to stay in the building.

-Provide for answering phone inquiries by having at least one phone available and designate one person to answer it.

-Provide for a way to make announcements throughout the school.

-Let children use cell phones to call parents. Call emergency contacts and inform about the situation.

-Change school's voice recording to indicate the schools closed and everyone is remaining in place until given the all clear.

-Close and lock all windows, exterior doors, turn off heating and air conditioning systems.

-Gather essential disaster supplies and go in to an interior room above the ground floor.

-Seal all cracks around the door with duct tape and plastic sheeting.

-Write down names of everyone in room and call designated emergency contact to report the names.

-Listen for all clear.

**In Your Vehicle:** If you are driving and hear advice to "shelter-in-place," take these steps:

-If you are close to home, your office, or a public building, go there immediately and go inside.

-If you are unable to get to a home or building quickly or safely, then pull to the side of the road. Stop your vehicle in the safest place possible. If it is sunny outside, stop under a bridge or in a shady spot.

-Turn off the engine. Close all windows and vents.

-If possible, seal the heating/air conditioning vents with duct tape.

-Listen to the radio regularly for updated advice and instructions.

-Stay where you are until you are told it is safe to get back on the road. Be aware that some roads may be closed or traffic detoured.

**CONSERVATION continued from page 1**

**LIGHTING TIPS**

-Get into the habit of turning off lights when you leave a room.

-When you use night lights, select energy-conserving 4-watt bulbs.

-If you must use incandescent bulbs, purchase energy-saving types. They use 5-13 percent less energy than standard bulbs.

-Use natural daylighting when possible and reduce or eliminate artificial lighting. Daylighting has been proven to have many benefits.

**WATER CONSERVATION TIPS**

-Repair leaky faucets promptly.

-Install low-flow shower heads.

-Fill a basin when you wash the dishes by hand instead of letting the water run. You could save up to 25 gallons of water each time you wash dishes.

-Don't leave the water running when brushing your teeth. You could save as much as 9 gallons each time you brush.

-Fill the basin when you shave instead of keeping the water running. You'll use only one gallon of water instead of up to 15 gallons.

**HEATING TIPS**

-Close your blinds and drapes at night in the winter to keep the cold out.

-When your heating system is on, keep windows near your thermostat tightly closed. Unnecessary drafts will keep your furnace working after the rest of the room has reached a comfortable temperature.

**COOLING TIPS**

-Don't set your thermostat at a colder setting than normal when you turn on your air conditioner. It will NOT cool faster. It WILL cool to a lower temperature than you need and use more energy.

-Set the fan speed of your central air conditioner on high except in very humid weather. When it's humid, set the speed on low; you will get less cooling but more moisture will be removed from the air which will make it feel cooler.

-Set the thermostat for your

central air conditioning system at the highest comfortable setting (78-80 degrees F is recommended). If you normally set it at 72 degrees F, raising it to 78 degrees F should save between 12 and 47 percent in cooling costs, depending on the climate where you live.

**TOP TEN REASONS TO CONSERVE ENERGY AND WATER**

10. You won't spend your entire Antarctica vacation looking for the ozone hole.

9. Provides that extra motivation to get in shape by bicycling to work.

8. Your energy manager leaves your building with a smile not a frown.

7. Helps you convince your teenager to drive within the speed limit.

6. Explains the massive rock bed in front of your house where lawn and flowers used to be.

5. You're not the bad guy when asking your teenage daughter to take shorter showers.

4. Justifies turning off the computer just when the kids found a new website.

3. Provides an excuse to have cozy candlelit dinners.

2. Helps your children earn their Sierra Club environmental merit badge at the next Scout Jamboree.

1. Reduces the threat of global warming so your retirement vacations in the Virgin Islands include more than scuba diving.

**MOVING, continued from page 2**

states that for an individual to become proficient at any given movement, that movement itself must be trained and practiced. In other words, to get better at running, you actually have to run. Practice really does make perfect!

Less important than the intensity or duration of each exercise session is making the commitment to do some type of physical activity, whether you focus on aerobic, strength or flexibility training, every day. Soon, the exhilaration of movement, the empowerment that comes with greater fitness and health will have you hooked on exercise. It won't happen overnight, and there may be some aspects you find less enjoyable, but the sense of feeling better or healthier, will overpower any negative attitudes toward exercise you may be harboring. The benefits outweigh the risk when it comes to exercise. All it takes is the decision to move and the movement. So, isn't it about time you got started?

**SUICIDE continued from page 2**

within the past year. When a suicide happens it not only affects the immediate family but sends shock waves throughout a community. Many people are impacted. Like a ripple from a stone dropped in a pond the actions of one person can cause distress on many people.

Most of what our communities are equipped to deal with are the postvention efforts to dealing with this horrible problem. Like any other community the Navy does a great job in providing for those who have been hurt by suicide. In some sense we even do a good job at prevention. We attempt to catch those who are depressed earlier, and we have filters and nets set up to attempt to prevent suicide. However, this is not a full safety net when dealing with suicide. We need to be prepared to act through intervention.

What would you do if someone came to you and told you they were having thoughts of suicide? How would you react? Would you know what to say? The answer is probably not. Most of us would say the wrong things that would actually probably do more harm than good. As a community we have to realize that over 14.7 million people have suicidal thoughts per year. These thoughts may not ever be expressed. Yet, it is a true fact nonetheless.

Because of this fact I would like us as a community to begin to talk about suicide. Again, I will try and provide some tools for you to become more aware of how to be attuned to those around you. What would you do or what would you say to someone who held these thoughts? How would you react? The first step we can do as a community is to begin to talk about the problem. Often we like to "sweep the dirt under the rug" when dealing with problems. But I remind you that this is not dirt, these are real human beings who need your help to intervene. So, go with me as we take the first step and let's talk about it.



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/)



Stampa

Taberna

# 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 .

**SEND IL MERCATO ADVERTISEMENTS TO [THESIG@NASSIG.SICILY.NAVY.MIL](mailto:THESIG@NASSIG.SICILY.NAVY.MIL)**



Stampa

Monika

Hi Tech

P o r t i e r e  
Stella

Deliver Tatroo  
y

M o n d o  
Animale

Armed Forces

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