



Corpsmen Brent Romines and Travis Sperling show their support for breast cancer awareness during the 2008 "Walk the Pink Out" 5K walk on NAS I. "We have to support the cause and go all out," said Sperling.

Sigonella 'walks the pink out'

Article and photos by Tracie Barnthouse Signature Editor

Over 250 people donned their pinkest clothing and came out to Naval Air Station (NAS) Sigonella's Support Base on Saturday, Oct. 25 to "Walk the Pink" out and show their support for breast cancer victims and survivors.

The event, sponsored by Naval Hospital Sigonella's Health Promotions, Morale, Welfare and Recreation, and Naval Hospital Sigonella's Patient Centered Breast Care Team, took participants to the streets of NAS I for a 5K walk to raise awareness for breast health.

"We couldn't have asked for a better day," said Health Promotions Coordinator Paola Klein.

Following Klein's opening remarks, Dr. Aaron Cho, Radiologist

and the head of the Patient Centered Breast Care Team at Naval Hospital Sigonella, praised the community for coming out to show their support. "Thank you for participating in this wonderful event today," he said. "I consider myself a proud member of your Sigonella community. The fact that you are all here today shows how much you are interested and care about the Sigonella community."

Cho stressed that early detection is the key to fighting breast cancer. He also shared that women now have the convenience of getting all of their tests and test results in a single appointment at the Patient Centered Breast Care clinic, which has also been fully accredited by the American College of Radiology. The unit has also been inspected and approved by the Food and Drug Administration and, in the future,

will contain digital mammography capabilities and a state-of-the-art ultrasound that will help with early detection. "Our goal is to eliminate any environmental barriers to mammography screening as possible," said Cho.

He stated that currently, the Sigonella community has a 75 percent mammography prevalence, which means that those women who are 40 years or older have received their annual mammogram screening. "I know as a community, as evidenced by the turnout here today, we can do better," said Cho. He said that the goal for Naval Hospital Sigonella's Patient Centered Breast Care unit is to have more than 90 percent of those eligible receive their mammography screening.

Cho concluded by saying, "We WALK, continued on page 12

Moneywise helps dollars make sense

Article and photo by MCSN Jonathan Idle Signature Staff

Kelvin Boston, host of the Public Broadcast System's



Kelvin Boston, host of the popular PBS show "Moneywise" shares his financial tips for military members during a seminar Oct. 27 at NAS I.

"Moneywise" series, and Peter Bielagus, who is known as Young America's Financial Coach and an author, spoke to service members and their families as part of the "Moneywise in the Military" tour at Naval Air Station Sigonella Oct. 27.

The visit to Sigonella was facilitated by the Fleet & Family Support Center as part of a European tour which includes stops at installations in Souda Bay, Crete; Rota, Spain; Naples, Italy; Aviano, Italy and Vicenza, Italy.

Bielagus opened the seminar by explaining the importance of a paying off credit card debt and dispelling rumors on the topic.

"One way to get your credit score up is to pay off credit card

MONEYWISE, continued on page 12

Community celebrates at 'Autumn Fest'

Article by MCSN Jonathan Idle and Tracie Barnthouse Signature Staff

Members of the Naval Air Station (NAS) Sigonella community came together to celebrate Sigonella's annual "Autumn Fest" Oct. 31 and Nov. 1 on NAS I.

The two-day festival was a Halloween-themed event that had attractions for families and single sailors including a haunted house, trick-or-treating, carnival rides, live music, food and games.

The main festivities kicked off at 4:15 p.m., on Oct. 31, with a children's costume parade which lead right into the trick-or-treating at the MidTown complex. Kids got treats at Candy Cane Lane, which

was new feature this

CELEBRATION, continued on page 12

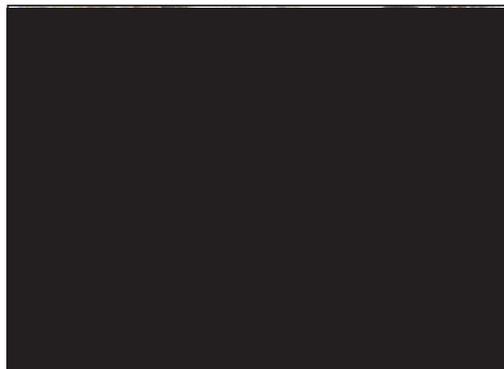


Photo by MC2 Chris Delano

Kids enjoyed 'bobbing for apples' at MWR's annual Autumn Fest event. The two-day celebration brought the community together for food, music, and fun activities.

WEATHER UPDATE

November 7
H:73F
L:54F



November 8
H:72F
L:55F



November 9
H:70F
L:57F



November 10
H:66F
L:55F



November 11
H:75F
L:55F



November 12
H:72F
L:57F



November 13
H:70F
L:54F



TOP STORIES

What's the good word? The book *On Killing*, talks about the psychological trauma that a person deals with when taking another's life. Chaplain Stephen Coates deals with these individuals from time to time and has learned to make the most of every opportunity.

Page 2

USS New Hampshire, the Navy's newest nuclear-powered attack submarine and fifth of the Virginia-class, was brought to life Oct. 25 during a commissioning ceremony at Portsmouth Naval Shipyard.

Page 3

The prospect of changing careers is both exhilarating and daunting. If you know exactly the new career you want to pursue, don't become stymied by the enormous challenges the career-change process presents.

Page 5

There are many concerts coming up in Catania and around Sicily. Check out when the latest up-and-coming entertainers are performing, and make sure to check out their performances.

Page 6

Traveling base-to-base couldn't be easier. Naples is a mere boat ride away and opportunities abound for families and singles. Enjoy 'authentic' pizza, Greek ruins, peaceful parks, and other sites during your trip.

Page 8

TRAFFIC NUMBERS

	Jan.- Nov. '08	Jan.- Nov. '07	Diff.
Accidents	234	222	+12
Injuries	43	32	+11
DUIs	7	7	0
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

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DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

To accomplish any goal there must be a well thought out plan that addresses the potential problems involved in achieving a desired result. A good plan covers all aspects including the preparations, execution, and follow-through. As military members we are familiar with planning for every possible contingency on the job but often we forget to carry that planning into our off-duty time.

At NAS Sigonella we have been actively promoting responsibility and good planning when it comes to consuming alcohol. The good news is that the numbers are in and it appears that NAS Sigonella is actively using designated drivers and planning ahead when

they go out. However, the bad news is that the numbers also show that our DUI's have not gone down from last year.

There have been 11 incidents of positive results on the Alco-blow where the individual did not exceed the 0.10% Blood Alcohol Concentration (BAC) threshold required for Captain's Mast. Of the 11 incidents, 9 of them occurred between the hours of 0600-0800 the morning after consuming alcohol. These near alcohol related incidents had a plan for not drinking and driving the night prior, and they followed it. They didn't drink and drive and they either had a designated driver or took a cab the night they went out. Their fail-

ure was that they underestimated how long it can take to sober up and blew a positive Alco-blow test the following morning coming through the gate. Their plans worked perfectly when they used them, but their plans failed to follow through and account for enough time to sober up.

Many of those who licenses I revoked for one year have recounted that they had gotten full nights sleep, had a good breakfast and yet were still intoxicated the next morning but didn't realize it. A good plan needs to include the following morning and allow for the possibility that, for whatever reason, your body hasn't burned off the alcohol and you

could still be legally intoxicated. Simply taking measures like not drinking on an evening before a workday or limiting how much you drink on a Saturday night because you know you will have to drive to church Sunday morning are crucial to a well rounded plan.

So remember, the best plan is one that accounts for everything including the morning after. Continue to plan ahead, don't drink and drive, use a designated driver or a taxi, and give yourself ample time to recover from a night out. Following these steps could mean the difference between a well planned night of fun and a career ending DUI or DWI.



Health WATCH

Hand washing - How To's

Article by HM1 Clarissa Rosalin Naval Hospital Sigonella, Public Affairs Office

It's that time of the year! With flu season upon us, it is important to saddle on your best immunity outfit! While there are a lot of measures one can take to avoid getting sick, hand washing, when done properly, is one of the best ways. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer - a cleanser that doesn't require water.

Many people don't practice this habit as often as they should - even after using the toilet. Throughout the day, you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth and you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs.

Infectious diseases that are commonly spread through hand-to-

hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. Inadequate hand hygiene also contributes to food-related illnesses, such as salmonella and E. coli infection.

Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than is regular soap. Using antibacterial soaps may lead to the development of bacteria that are resistant to the products' antimicrobial agents - making it even harder to kill these germs in the future. In general, regular soap is fine. The combination of scrubbing your hands with soap - antibacterial or not - and rinsing them with water loosens and removes bacteria from your hands.

Proper hand washing with soap and water

1. Wet your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.
2. Rub your hands vigorously together for at least 15 to 20 seconds

HANDWASHING, continued on page 12

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NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
Sunday		Sunday	
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant (Mineo Community Center)
1200	Catholic Mass (Mineo Community Center)	1000	Liturgical Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	1130	Contemporary Protestant (NAS I Chapel)
Monday - Wednesday, Friday		Wednesday (NAS I Chapel)	
1130	Catholic Mass (NAS II Chapel)	1700	Protestant Fellowship Dinner
		1800	Bible Studies for All Ages

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 ldsig@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?

Article courtesy of Chaplain Stephen Coates

Lt. Col. Dave Grossman's book, *On Killing*, brought to light the psychological trauma that individuals experience from taking another human's life. There is a cost involved and we suffer from this enterprise even when the act is justified and completed as honorably as possible within the rules of engagement. Human life is precious; we violate something very deep within us when that truth is contradicted.

In my line of work, I encounter such individuals on occasion. More often, much more often, I observe men and women experiencing a sense that their life is being snuffed out and they suffer the depressive trauma that is the cost of killing life simply through killing

time. The impact may not be as dramatic but we hardly lack for data that the blow appears to be lethal.

So what's the good word? 'Make the most of every opportunity.' Someone probably attempted to teach me that bit of wisdom when I was a young boy but I don't think I caught it. I remember how I habitually began each fall semester in grade school - calculating the number of days, hours, minutes and seconds remaining before the next summer break. I am sure I would have derived much more from my education with a different outlook.

As a ship's chaplain on

WORD, 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

- E6: Failure to obey traffic sign. Member was awarded one point.
- E6: Following too closely. Member was awarded two points and required to attend DIP class.
- E5: Improper passing. Member was awarded two points and required to attend DIP class.
- E2: Driving under the influence, reckless driving, negligent driving, failure to comply with host law. Member was awarded 14 points and driving privileges were suspended for one year.

NAVY News

USS New Hampshire joins fleet

Lt. Jennifer Zeldis, Fleet Public Affairs Center Atlantic

KITTERY, Maine (NNS) -- USS New Hampshire (SSN 778), the Navy's newest nuclear-powered attack submarine and the fifth of the Virginia-class, was brought to life Oct. 25 during a commissioning ceremony at Portsmouth Naval Shipyard.

Cheryl McGuinness served as the ship's sponsor, and gave the order to man the ship.

"Officers and crew of the USS New Hampshire, come aboard our ship, and bring her to life," she said.

McGuinness is the widow of Lt. Cmdr. Thomas McGuinness, a veteran Navy pilot and a co-pilot on American Airlines Flight 11 that was flown into the North Tower of the World Trade Center by terrorists Sept. 11, 2001.

"These Sailors are standing up

for our country, standing up for freedom and standing up for our protection," said McGuinness.

"It should be comforting to know that their diligence allows all of us to truly rest knowing that they are keeping watch and that they are listening for anything that could threaten freedom."

More than 3,500 guests, including the crew's family and friends, submarine veterans and Portsmouth shipyard workers, attended the ceremony welcoming the submarine as the fourth naval vessel to be named New Hampshire. Approximately 1,000 additional residents of Portsmouth watched the ceremony on closed circuit television in Portsmouth's Prescott Park, across the Piscataqua River, within sight of the ceremony at PNS.

Sen. Judd Gregg (R-NH) served as the principal speaker during the ceremony. He praised the men of

USS New Hampshire, the shipyard workers, and paid special tribute to the family members.

"Remember, there are families behind all these men serving on this ship," Gregg told the audience. "Those families sacrifice too. They have their Sailors away for months on end. Their courage, energy, vitality and vigor allow them to go on with their lives so that those Sailors can do their job of defending our nation."

In addition to all the dignitaries present was a special group of school children. Students from Garrison Elementary School in Dover, N.H., started a letter-writing campaign in 2004, requesting the submarine bear the name of their state.

New Hampshire arrived at PNS Oct. 19 and was warmly greeted by the community. The crew was treated to many events, including a lobster bake and several receptions in the local area. Several crewmembers also

received tickets to watch the National Football League's New England Patriots take on the St. Louis Rams Oct. 26.

"To have the ship's motto the same as the state's motto of 'Life Free Or Die' is especially fitting," said Cmdr. Michael Stevens, USS New Hampshire commanding officer.

"The New Hampshire and her crew will forge a new legacy that will be coupled together with the stories and achievements of many great New Hampshire notables who helped shape the history of the nation and this great state," said Adm. Kirkland Donald, director of Naval Reactors.

This is the first time in 12 years that two submarines of the same class have been commissioned in the same year. USS North Carolina (SSN 777) was commissioned in May.

Cost-reduction initiatives resulted in USS New Hampshire being delivered eight months early

and \$54 million under budget. Some say this is just one of the reasons why the Virginia class of submarines is becoming a benchmark for future classes of naval ships.

Through their unique capabilities of stealth and endurance, Virginia-class submarines directly enable the Maritime Strategy core capabilities of forward presence, deterrence, sea control, power projection and maritime security. Equally adept at operating in the world's shallow littoral regions and deep waters, New Hampshire will significantly contribute to the mission areas of anti-submarine warfare; anti-surface warfare; special operations forces; strike; intelligence, surveillance, and reconnaissance; irregular warfare; and mine warfare.

For more news from Commander, Submarine Force, visit www.navy.mil/local/sublant/.



EODC Vincent Von Gogh has his parachute checked by Aircrew Survival Equipmentman Chief Nathaniel Spencer before performing jump operations.



A Sailor assigned to EODMU 8 collects his parachute after a landing during jump operations at NASSIG.



A Sailor assigned to EODMU 8 coasts to a drop zone during jump operations at NASSIG.



EOD3 Casey Anderson aids in the recovery and removal of a plank used to drop a F470 Zodiac rubber rating craft that was dropped during water jump operations.

EODMU8 continues jump operations in Sigonella

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

Sailors assigned to Explosive Ordnance Mobile Unit Eight (EODMU8) performed routine jump operations at Naval Air Station Sigonella this past September and October.

EOD Sailors assigned to the command performed the evolutions as a part of intensive physical and mental training to prepare for jump operations and related exercises. A minimum of two land and water jumps are performed per quarter to meet the standards of EODMU8's mission.

"The training is long and intense," said Explosive Ordnance Disposal 3rd Class Casey Anderson. "It definitely challenges you physically and mentally."

The command's mission is to provide sustained training, parachute proficiency, and static and High Altitude Low Opening (HALO) jump currency to keep Sailors qualified and prepared for deployments, says Chief Aircrew Survival Equipmentman (AWF/PJ) Nathaniel Spencer.

"The training is essential to performing jump operations," said Anderson. "When you're about to

jump out of a plane, the main thing that goes through your head are the steps to complete the task for the jump and scenario."

Utilizing Air Force C-130 Hercules aircraft, a typical jump consists of logistical hurdles beyond getting Sailors in the air to jump. A typical drop zone has on hand Hospital Corpsmen to treat any injuries that may be sustained in the jump as well as members from the command taking wind speed readings and assisting jumpers to prepare for additional jumps.

A drop zone for a water jump presents additional hurdles. Two 22-ft. rigid hull craft are used to transport the drop zone support team. In addition, all excess materials must be retrieved from the particular body of water where the jumps were performed.

"We recover all training equipment for further missions," said Spencer. "Everything has a freshwater rinse to prevent damage."

Throughout the year, Sailors from EODMU 8 are physically and mentally preparing themselves for jump operations and logistics involved in the evolutions. Through the training and the evolutions, Sailors maintain the high standards of the command and the Navy.

New Monika Volcano
Hop

				FRIDAY	SATURDAY	SUNDAY
				7 NOVEMBER	8	9
				Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332	CPR Class Red Cross 8 a.m. - 5 p.m. x4900 Shelter Training Course Red Cross 8 a.m. - 5 p.m. x4900	
COMMUNITY CALENDAR						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
10	11	12	13	14	15	16
Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332	Veteran's Day	Survive & Thrive FFSC 8 a.m. - 2:30 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291 Budget for Baby NMCRS NAS I x4212	Ombudsman Assembly FFSC 3 p.m. - 5 p.m. x4291 Olive Oil Workshop FFSC 9 a.m. - 2 p.m. x4291	Budgeting for the Holidays FFSC 10 a.m. - 11:30 a.m. x4291 High School Lock-In NAS I Chapel 5 p.m. to Nov. 15 11 a.m. x3975 Alcoholics Anonymous NAS I Chapel 7 p.m.		
17	18	19	20	21	22	23
ICR for Youth - Topolino FFSC 8 a.m. - 11:30 p.m. x4291 Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332	Volunteer Orientation NMCRS 10 a.m. - 11:30 p.m. x4212 Olive Oil Workshop FFSC 9 a.m. - 2 p.m. x4291 Safety Stand Down 8:30 a.m. - 12 p.m. 12:30 p.m. - 4 p.m. MidTown Theater NAS I	Motta Castle Tour FFSC 10 a.m. - 11:30 a.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291 Safety Stand Down 8:30 a.m. - 12 p.m. 12:30 p.m. - 4 p.m. MidTown Theater NAS I	Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291 Safety Stand Down 8:30 a.m. - 12 p.m. 12:30 p.m. - 4 p.m. MidTown Theater NAS I	Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332	Arrivederci BETD x9201 Babysitter's Training Boot Camp Red Cross 3:30 p.m. - 7:30 p.m. x4900	Babysitter's Training Boot Camp Red Cross 8 a.m. - 5 p.m. x4900

Motta

Days Inn

Stags

Oxidiana

Did you know that . . .
 Title Loan Companies charge an average annual percentage rate of 273%? Regulated by the same laws that govern pawn shops, these companies operate in 14 states, often near military bases, targeting low-income consumers. Title loan companies require the customer's vehicle title be held as collateral until the loan is paid in full. Many require a set of keys to your car to facilitate vehicle repossession, in case you miss a single loan payment. By making only the minimum loan payment, none of the money you pay is applied to the principal, and the loan is rarely repaid. Before falling victim to this consumer rip-off, visit your local NMCRS Office for financial assistance.

Offering Better Alternatives!
www.nmcrcs.org



FFSC
 Bldg. 319 (NAS I)
 Monday-Friday
 7:30 a.m. - 4 p.m.
 DSN: 624-4291
 Commercial: 095-56-4291

Jumpstart your career change

Adapted from Military.com
 By Ian Christie

The prospect of changing careers is both exhilarating and daunting. If you know exactly the new career you want to pursue, don't become stymied by the enormous challenges the career-change process presents. Employ these powerful strategies to make that career change a reality.

Determine Your Leverage

Points: Inventory the skills and experiences you can leverage in your career switch. Examples include:

Transferable Skills: In most cases, skills you've honed in one career will be relevant in the next. Project management, team leadership, sales, customer service, analytical capabilities, problem solving, hiring, training and numerous other abilities are all common transferable skills.

Experience: Use any startup, shutdown, merger, product launch or corporate crisis you've lived through as leverage when you talk to compa-

nies dealing with similar issues.

Networks: Leverage your current relationships to find entry points into your new field. All it takes is a different type of conversation to get started. Ask contacts what they know and whom they know related to the field you want to enter. Follow up on their leads and you'll make progress quickly.

State Your Case Effectively:

JUMPSTART, continued on page 12

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.

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



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

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

NEW Arrivals



Amaidda

Alberto Lunetta
Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle



Weekend, upcoming concerts in Catania and surrounding areas

Here are some top music event picks for the upcoming weekend: "Larry Franco Jazz Society" (right picture): Larry Franco (piano and vocals) Michael Supnick (trumpet and trombone), Bepi D'Amato (clarinet and saxophone), Renzo Bagorda, (banjo), Ilario De Marinis, (double bass) Giampaolo Ascolese (drums). This prestigious and eclectic Italian Jazz ensemble, which plays special instruments such as washboards and 1930-style crooner megaphones, was awarded this year as the "Best Jazz Singer" at the Italian Jazz Awards. They perform both modern and Dixieland and Traditional Jazz repertoire. Catch them on Nov. 7 at 8:45 p.m., Y's Club in Catania and Nov. 8 - 9:30 p.m.- Asam Auditorium in Siracusa. For tickets and more info call: 095-7233120 or 392-9266069. "Le Divas" Anita Vitale (vocals and piano), Marcella Nigro (vocals), Valeria Milazzo (vocals) and Rita Collura (saxophone). Four powerful and soulful voices performing memorable songs spanning from Aretha Franklin to Gloria Gaynor and Carole King. See them on Nov. 8 at 8:45 p.m., Y's Club in Catania. info: 095-7233120 or 392-9266069.

Andrea Obiso (violin) and the Catania Bellini Opera House Orchestra and Choir. Music by Mozart, Vieuxtemps and

Schubert at the Bellini Opera House - Nov. 7 at 9 p.m. and Nov. 8 at 5:30 p.m. For more information and tickets visit: <http://www.teatromassimobellini.it>.

Lucio Pappalardo & Swing Time hit the stage on Nov. 7 at 9:30 p.m. at Zero69 Club in Acireale - For more information call 320-3092342.

"Le Valkyrie" will play on Nov. 8 in Fornazzo, Catania province at the main square at 6 p.m.

"Per Vocem Instrumenta et Organum," medieval organ music featuring acclaimed organists Gianluca Libertucci and Matilde Verdiana Pinto and harpist Angela Minuta, on Nov. 8 at 7:30 p.m. at S. Michele Arcangelo ai Minoriti Church in Catania).

Singer-composer Cristina Zavalloni (pictured below). Born in



Photo courtesy of Blumedia Press Office

Bologna, Italy in 1973, she graduated at the modern language school and then began researching and experimenting in modern and contemporary art, vocal music as arranger and composer, and opera singing.

During her career she played with "Open Quartet" and performed in several operas including Rossini's "La Scala di Seta," Sylvano Bussotti's opera "La Passion Selon Sade" and more. Zavalloni has also performed at several prestigious international jazz festivals and venues such as Bergen Jazz Forum in Bergen, Norway, Festival Jazz in Puglia in Lecce, Italy, the Europe Jazz Network festival in Modena, Italy, "Jazz ed Altro Oltre al Jazz," in Puglia, Italy, Dissonanzen Festival in Naples, Barbican Centre in London, Nuova Consonanza Festival in Rome and more.



Photo courtesy of Blumedia Press Office

Kartodromo

Arts, crafts, food fair in Motta



Photo by MC1 Brian Goyak

Magnolia

Come and enjoy this family-oriented festival! "Mostra Mercato Arte, Sapori ed Odori" is an exciting food, arts and crafts fair which will be held this weekend (Nov. 7 through 9), kicking off this afternoon at 4 p.m. in viale Carmine Caruso in the town's

historic heart with food, fun, arts and crafts, art exhibits, activities, live music and more. Entertainment will be performed in the evening at 9 p.m. On Nov. 8 and 9, the fair will be open from 9 a.m. through late night. Tomorrow, local artists will be live

painting at 10 a.m.

For more information and detailed schedules contact the Motta Tourist Office by calling 095-308161.

has shared the stage with top class artists such as Kenny Wheeler, Steve Coleman, Marc Ducret, George Russell, Yves Robert, Gianni Gebbia and Carla Bley. Make sure to check out her performance at the Biscari Palace, Catania Nov. 15 at 9:15 p.m. For more information and tickets call Associazione Musicale Etna phone: 095-321252.

Please note that all the above events, performances' dates, fees and times are subject to be changed or cancelled without notice.

For the latest information and directions to the shows' venues, please contact the following tourist information offices: Catania (095-7306266/277), Palermo (091-6058111), Messina (090-674236), Enna (0935-24007), Ragusa (0932-621421), Siracusa (0931-461477).

Caccamo celebrates Buccellato Festival

The enchanting medieval town of Caccamo in Palermo Province will host the third edition of the "Sagra del Buccellato" (Buccellato Festival) on Nov. 9. Buccellato is a traditional wreath-shaped sweet, stuffed with almonds, chocolate, dried figs, raisins and candied fruits. Festival booths will be open from 10 a.m. through midnight in the historic center. The event will also feature arts, crafts and entertainment. For more information, visit <http://www.caccamo.sicilia.it/>



Attention all good standing Catholic gentlemen!
Come join the ranks of Sigonella's newest Knights of Columbus Chapter!
We meet the first Sunday of every month at 10:00 a.m. at the NAS I Chapel Fellowship Hall. 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/



Photo by Alberto Lunetta, Signature Community Relations Officer

Celebrate autumn at Nicolosi fall festival

This year, Nicolosi will be celebrating the fall season with the first edition of "Etna Frutta" (Fruit of Etna) an exciting food festival that will be held this Sunday (Nov. 9) in piazza Vittorio Emanuele (main square). Visitors can enjoy food, arts and crafts and fun for the whole family. Nicolosi food vendors will showcase Etna's best produce such as ricotta cheese, mushrooms, prickly pear "mostarda," pears and apples, salsiccia (pork sausage), pistachio and more. Festival booths will open at 10 a.m. and at 4 p.m. The festival will continue on Sunday, Nov. 16. For more information call Nicolosi Tourist Office at 095-914448.



Photo by Lt. J.g. Matt Knight, Public Affairs Officer

Piazza Armerina's Roman Villa temporary closure

The Villa Romana Villa del Casale (Roman Villa) in Piazza Armerina has announced it will temporarily close through Feb. 28, 2009 to allow the start of the second phase of its major renovation. The villa's floors feature some of Sicily's best well-preserved mosaics from the Imperial Roman era. This breathtaking archeological site, located in the Enna province, has been included on the UNESCO's World Heritage List since 1997. For more information call 0935-680036.

Stampa

NEWS BRIEFS

Dental Assistant Training

The American Red Cross Sigonella will be offering a course in Dental Assistant Training beginning Jan. 12, 2009. Acceptance into the program is competitive and offers 300-500 hours of On-the-Job Practical Dental Assisting Training which can be used for future work in the field of Dental Assistance. A mandatory orientation meeting will be held Nov.

17 at 10 a.m. at the Red Cross Office. For more information, please call the Red Cross Field Office and speak with Christina Hood or Anel Talley at 624-4900.

Need a Gift for Mom or Dad for the holidays?

Want to meet Santa? Come to NMCRS Santa's Helper Sale on Dec. 6 from 10 a.m. - 1 p.m. Teen volunteers help kids shop for their families while moms and dads enjoy fresh-baked goodies. Enjoy free gift wrapping and free pictures with Santa! The children's sale will be held in the Youth Center next to the Nearly New Store.

Protestant Women of the Chapel



ALL WOMEN WELCOME!

Women's Ministries
Tuesdays: 9:15 a.m.
NAS I Chapel, 7 p.m. Mineo & Marinai Community Centers
For more info
www.pwocsig.com

Biosystem

Strike

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Andiamo a Napoli!

Base-to-Base vacationing an oft-overlooked military benefit

Article and photos by
Karen Landes
Signature Contributor

Certainly we can all agree one of the most popular benefits of an overseas tour is the travel opportunity it brings. Unfortunately rosy visions of perfect family getaways fade quickly when travel reality sets in. Let's face it, traveling in foreign lands is confusing and traveling with kids can be prohibitively expensive. Everything from transportation to hotel bookings becomes a mammoth obstacle. You quickly learn that simply living in Italy does not necessarily make the travel bumps go away.

However, that is no reason to sentence your three-year assignment in Sigonella to NAS I and the NEX. One of the most oft-overlooked military benefits we have is our ability to travel base-to-base. The base offers the advantage of cost savings, security, and convenience while allowing us to immerse ourselves in new and different cultures.

This fall there are several opportunities for long weekend getaways including: Veterans Day, and Thanksgiving. With three or four days, Naval Support Site Naples offers the perfect destination for putting your base-to-base benefits to work. So what are you waiting for? Andiamo a Napoli! (Let's go to Naples!)

From Naval Air Station Sigonella to Naples Support Site, Gricignano

Rather than fork over hundreds of euro for a cramped hotel room in downtown Naples, opt instead for a family friendly suite with a pocket-book friendly price tag. The Navy Lodge at the Support Site in



For rugged coastlines and raw scenic beauty the Costiera Amalfitana delivers. From Positano to Vietri sul Mare, the Amalfi Coast Drive offers terraced lemon and olive groves, picturesque towns, and jaw-dropping views.

Gricignano opened in the fall of 2002 in the Village Forum. Its central location means you'll be close to a mini-mart, video store, coffee bar, ATM, and TGIFridays. Plus, for those with kids, there is a library on the ground floor and a children's playground nearby. In addition, the Child Development Center (CDC) offers drop-in care and is conveniently located across the street.

For seeing the sites of Naples, let ITT or the USO handle the hassle for you. Both have offices located on the Support Site and offer daily tours - including trips to downtown Naples, Pompeii, Sorrento, and Capri. Shopping trips will introduce you to Sorrento's beautiful inlaid wood, Torre del Greco's cameo and coral

works, Capodimonte's porcelain, and Vietri's ceramics. The benefit of booking with either of these organizations is that you won't need to bring your vehicle, thus saving yourself from an anxiety-induced panic attack on the roads of Naples. Trust me, not even Palermo can compare to the chaos that defines Neapolitan traffic!

What to See and Do in Naples

STAMPA

From volcanoes to Greek ruins, spectacular coastlines, world famous museums, lofty churches, peaceful parks, fabulous shopping and of course, great eating, Naples, like Sicily, offers a little something for everyone. Archeological lovers will not want to miss Pompeii and Herculaneum, the infamous Roman cities laid to waste by

Mount Vesuvius in 79 A.D. Both can easily be visited from the base, are open daily, and offer an exciting glimpse into life almost 2,000 years ago. Sogno Pompei (www.sognopompei.com) is a special multimedia display designed to transport visitors to the days just prior to the Aug. 24 eruption. The evening event runs Friday, Saturday, and Sunday through November.

Or maybe you'll want to stretch your legs and work off some of that famous Neapolitan pizza with a trek up Mount Vesuvius. The volcano, at only 4,203 feet is not as intimidating as Mt. Etna, but don't let its size fool you: responsible for the destruction of Pompeii and Herculaneum, Mount Vesuvius is regarded as one of the world's most dangerous volcanoes.

While downtown, visit the National Archaeological Museum. Inside you'll find one of the most remarkable collections of ancient exhibits in the world. In addition to the coveted Farnese collection, the museum boasts objects taken from nearby Pompeii and Herculaneum. There is even a secret room (although well marked) which holds a collection of erotic artifacts that, depending on your modesty level, will either thrill you or make you blush- or perhaps a bit of both!

Families with teenagers will definitely want to seek out Napoli Sottoterra (Naples Underground). Together you can discover a hidden world of caverns and tunnels burrowed under the city. But bring a jacket; it can get cold down there!

For rugged coastlines and raw scenic beauty, the Costiera Amalfitana delivers. From Positano to Vietri sul Mare, the Amalfi Coast Drive offers terraced lemon and olive

Rigattiere

groves, picturesque towns, and jaw-dropping views. No wonder this area was named a UNESCO World Heritage Site.

The Isle of Capri is only a fast hydrofoil ride away. Boats depart from Sorrento and downtown Naples for what some consider the most beautiful island in the world. An aperitivo taken on the Piazzetta, Capri's open-air living room, is a pleasant way to pass an afternoon.

Sicily may have Agrigento, but Naples has Paestum. Dating from the first half of the 6th century BC, the Greek temples of Paestum could very well be the best preserved in the world. Set in the countryside near the coast and completely off the beaten path, Paestum offers quiet moments not easily found at either Pompeii or Herculaneum.

Want More?

For some family fun and outdoor recreation in a most unusual locale head to Carney Park. This military-managed facility is located in an extinct volcano. The 96-acre park offers hiking trails, picnic areas, in addition to campsites and cabin rentals. Oh wait, there's also a nine-hole golf course with driving range, putting green, and Pro Shop!



Experience the real deal in pizza at one of the many pizzerias boasting their "Vera Pizza Napolitana" status.



The car ferry operated by TTT Lines departs from Catania in the evening and arrives in downtown Naples early the next morning. From the Naples port it takes less than 30-minutes to arrive at the Support Site.

Nurse



Do you have a passion for writing and enjoy seeing your name in print? The Signature is continuously seeking volunteers to help cover base-wide events as well as feature stories, like travel articles. If this sounds like an opportunity for you, please call the Public Affairs Office at 624-5440 for more information.

Transportation

Ferry: If you want to bring your car from Sicily you have two options: drive or take the car ferry. The car ferry, operated by TTT Lines, departs from the Catania port in the evening and arrives in downtown Naples early the next morning. Think of it as a traveling hotel: sleeping cabins accommodate up to four and come with in-suite bathrooms that include a shower. From the port it takes less than 30-minutes to arrive at the Support Site.

To book the car ferry, it is easiest to use Angie's Travel (Comm. 095 564388; DSN 564388) on NAS I. TTT Lines runs a variety of specials during their low season that Angie's can easily secure for you.

Fly: Flexible travelers may want to try their hand at Space-A, all others can fly from Catania on a commercial airline. Air One offers non-stop flights that deliver you to Capodichino Airport in less than an hour.

Without a car, the easiest way to get to the Support Site is to take a cab to the NSA Naples, Capodichino back gate. Be sure to negotiate the price upfront (15 euro is about the going rate). From here you will need to walk a short distance to the shuttle stop in front of the Capolnn. The shuttle connects the bases for free.

There are three EuroCar sites for car rental once you arrive. They can be found at the Capodichino Airport, NSA Naples (Capodichino Base), and the Support Site. Capodichino (NSA Naples): Comm. 081-568-5298; DSN 626-5298

Navy Support Site: Comm.081-811-4162; DSN 629-4162

By Car: Driving from Sigonella to Naples Support Site is another alternative. The drive, for the most part, is easy; however road construction can create considerable delays. On average the trip should take less than 8 hours from Catania. To reach the support site from the AI take the Pomigliano/Villa Literno exit and follow signs for Villa Literno/Aversa. Once on the SS7BIS, travel about 8 miles and take the exit for US Naval Support Site.

Logding
Naples Navy Lodge Reservations
Tel: Comm. 081-813-3443; DSN: 629-6289

Tours & Activities
MWR ITT: Information, Trips & Tours
Tel: Comm. 081-811-7900; DSN 629-7900
Website: <http://nsanaples.mwrit.org>
USO
Tel: Comm. 0039-0818114903/04; DSN 629-4903/4904 Website: www.uso.it

Carney Park
Tel: Comm. 081-526-1579
Pro Shop: Comm. 081-526-4296

Child Development Center
CDC Support Site: Drop-in care is available, but reservations are highly recommended. You may reserve a spot up to 30 days out. Don't forget your child's shot record and passport. It is advised you call for additional information. Comm. 081-811-4989; DSN 629-4989.



The 6th century BC Greek temples of Paestum could very well be the best preserved in the world.

EDITOR'S NOTE: Karen Landes frequently contributed articles to the *Signature* on traditional Sicilian food prior to her relocation to Naples. Her first book, "In Ema's Shadow: Culinary Adventures from Eastern Sicily," is being released by Gemelli Press this fall. In addition, she writes for the travel site Italylogue.com and can be found online at www.southofrome.com.

Tamoil

Musco

Ristorante Bella Etna

New Galley Menu Hours

Monday - Friday	Saturday, Sunday, Holiday
Breakfast: 0600-0830	Breakfast: 0700 - 0900
Lunch: 1100 - 1300	Brunch: 1000 - 1300
Dinner: 1630- 1830	Dinner: 1630 - 1830

Friday 7

Lunch: New England Clam Chowder, Lemon Pepper Catfish, Pork Chop w/ Mushroom Gravy, Steamed Rice, Garlic Roasted Potatoes, Seasoned Asparagus, Creole Green Beans, Lemon Cookies, Carrot Cake.

Speed line: Grilled Cheeseburger/Hamburger, French Fried Potatoes, Baked Beans.

Dinner: Cream of Mushroom Soup, Beef Stir Fry, Pork Fried Rice, Oven Potatoes, Whole Corn, Stir Fry Vegetables, Lemon Cookies, Carrot Cake.

Saturday 8

Breakfast: Farina, Baked Sausage Patties, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Pecan Sweet Roll.

Lunch: Vegetable Beef Soup, Baked Tuna & Noodles, Chicken Nuggets, Garlic Roasted Potatoes Wedges, Mixed Vegetables, Hot Beets, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.

Dinner: Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Steamed Okra, Stewed Tomatoes, Chocolate Drop Cookies, Apple Crisp.

Sunday 9

Breakfast: Rolled Oats, Biscuits & Gravy, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Waffles, Asstd Doughnuts, Twist Coffee Cake.

Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Rosemary Potatoes Wedges, Steamed Brussels Sprout, Hermits, Yellow Cake w/ Icing.

Dinner: Split Pea Soup, Pasta Alla Sicilian, Jaegerschnitzel, Rice Pilaf, Steamed Cauliflower, Seasoned Succotash, Garlic Bread, Hermits, Yellow Cake w/ Icing

Monday 10

Lunch: Beef Noodle Soup, Baked Fish Scandia, Penne Boscaiola, Parsly Potatoes, Mixed Vegetables, Seasoned Spinach, Tartar Sauce, Yellow Cake w/ Frosting, Chocolate Cream Pudding.

Speed line: Sub Sandwich, Pasta Sicilian.

Dinner: Cream of Potato Soup, Country Fried Steak, Hopping John, Collard Greens, Lyonnaise Wax Beans, Corn Bread, Garlic Bread, Yellow Cake w/ Frosting, Chocolate Cream Pudding.

Tuesday 11

Brunch: Breakfast Items, Beef Veg Soup, Chicken Fillet Sandwich, Italian Roasted Potatoes, Cut Green Beans, Steamed Carrots, Dinner Roll, Yellow Cake w/ Icing, Chocolate Chip Cookies.

Dinner: Manhattan Clam Chowder, Rosemary Turkey Roast w/ Gravy, Seasoned Green Beans, Harvard Beets, Yellow Cake w/ Icing, Chocolate Chip Cookies.

Made to Order: Vegetarian Burger, Turkey Wrap, French Fried.

Wednesday 12

Lunch: Corn Chowder Soup, Pineapple Chicken, Vegetarian Spaghetti, Scaloped Potatoes, Rice Pilaf, Steamed Mixed Vegetable, Seasoned Spinach, Sweet Potato Pie, Shortbread Cookies.

Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.

Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Steamed Rice, Parsley Buttered Potatoes, Vegetable Stir Fry, Pineapple Green Pepper, Sweet Potato Pie, Shortbread Cookies.

Made to Order: Sicilian Sub sandwich, Grilled Cheese, Onion Rings

Thursday 13

Lunch: Mulligatawny Soup, Turkey Pot Pie, Meat Loaf, Brown Gravy, Mashed Potatoes, Steamed Rice, Seasoned Peas & Carrots, Steamed Cauliflower, White Cake w/ Icing, Fruit Nuts Bar.

Speed line: Baked Potatoes, Bacon Bits, Sauteed Mushroom, Sour Cream, Shredder Cheese, Assorted Pizza.

Dinner: Beef Noodle Soup, Baked Ham Slices, Garlic Cheese Potatoes, Steamed Broccoli, Stewed Tomatoes, White Cake w/ Icing, Fruit Nuts Bar

Exchange Car Sales

ON THE GO WITH MWR

Challenge yourself at the 14th annual Palermo Marathon - Nov. 16

The Palermo Marathon is one of the most exciting sporting events to occur annually in Sicily. More than 22 countries participate in the event as the marathon course offers a backdrop of historical Palermo. This year see participants from Sigonella put their running shoes for this 8.2K, half

or full marathon. They will be running along the set path via the Royal Palace, and some of the most beautiful gardens and scenery in the city.

The three-day event kicks off on Nov. 14 with a Marathon Expo, set in the English Gardens. The expo will feature sporting demonstrations, dances, games and food booths.

Overnight accommodations are \$100 for a single room and \$67 per person for double occupancy. Free transportation will be provided. Seats are limited. The bus will leave Nov. 15 from NAS I at 9 a.m. and NAS II at 8.30 a.m. and return Nov. 16.

Participants can register online first to secure a spot in the race at www.palermomaratona.it and keep a copy of payment to bring with you to the race site. For more information please call Zee Herb at 624-4301.

Wellness Fair 2008 Learn More. Live Better!

Naval Hospital Sigonella Health Promotions and MWR Fitness come together to present the 2008 Wellness Fair on Friday November 14 at the Fit District Gym from 11 a.m. to 6 p.m.

Everyone needs to learn of the benefits of living a better and healthier life by using the Wellness Fair motto - Learn More. Live Better! This one-day event serves as a health retreat for the Sigonella community and has booths providing flu vaccines for active duty and their beneficiaries (as long as they are covered under Tricare), mini massages, exercise demonstrations, presentations by health and fitness professionals, blood pressure screenings and much more.

"The Wellness Fair makes health and fitness resources available to everyone in the community in a relaxed and enjoyable environment," says Paola Klein, Health Promotions Coordinator.

As we approach the colder months of the year, it is wise to try and protect yourself from the influenza virus, more commonly referred to as the flu. Statistics show that 1 in 5 people in the U.S. get this serious respiratory illness every sea-

son, with some cases causing lost work and school days. Each year approximately 226,000 Americans are hospitalized with complications from the flu and an average of 36,000 die from the disease, making it the nation's eighth leading cause of death. A strong message to all active duty and their families - take advantage of the flu vaccines at the Wellness Fair and breathe easy.

In addition to the flu vaccines, there will be plenty of information booths and demonstrations on display that will give the community knowledge on different exercise techniques such as yoga, core stabilization, the anatomy of a push up and overall basic workout techniques to help everybody stay fit and active all year round.

"This is an event that is important for everybody in our community to participate in. It helps people become more aware of health and fitness and the benefits associated with living a healthier life," says MWR Fitness Director, who encourages everybody to get involved in this years Wellness Fair. For information on the Wellness Fair, please contact Paola Klein at 624-4710.

NOVEMBER 7 - NOVEMBER 14

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE & DESCRIPTIONS



Friday, November 7 DOLLAR DAYS

12:00pm Surf's Up PG FREE
3:00pm The Express PG
5:00pm The Women PG-13
5:30pm The Family That Preys PG-13
7:30pm Burn After Reading R
8:00pm Righteous Kill R
9:00pm Death Race FREE to E4 & below

Saturday, November 8

2:00pm The Women PG-13
2:30pm Babylon A.D. PG-13
4:30pm The Family That Preys PG-13
5:00pm The Express PG
7:30pm Righteous Kill R
8:00pm Body of Lies R
9:30pm Miracle at St. Anna R

Sunday, November 9

Adam Sandler Day! All Free!
2:00pm Big Daddy PG-13
2:30pm The Waterboy PG-13
4:30pm I Now Pronounce You Chuck & Larry PG-13
5:00pm The Wedding Singer PG-13
7:00pm The Longest Yard PG-13

Monday, November 10

3:00pm Death Race R
5:00pm The Family That Preys PG-13
5:30pm Burn After Reading R
7:30pm High School Musical 3 G
8:00pm Righteous Kill R

Tuesday, November 11

1:00pm High School Musical 3 G
3:00pm Disaster Movie PG-13
5:00pm The Women PG-13
5:30pm Babylon A.D. PG-13
7:30pm The Express PG
8:00pm Death Race R

Wednesday, November 12

3:00pm The Women PG-13
5:00pm Death Race R
5:30pm Body of Lies R
7:30pm Bangkok Dangerous R
8:00pm Burn After Reading R

Thursday, November 13

3:00pm Traitor PG-13
5:00pm The Women PG-13
5:30pm Bangkok Dangerous R
7:30pm Death Race R
8:00pm THROWBACK THURSDAY
FREE
Step Brothers R

Righteous Kill (R)

Two veteran NYC police detectives are on the trail of a serial killer. After 30 years as partners at the NYPD, Detectives David Fisk and Thomas Cowan should be ready for retirement, but aren't. They are called in to investigate the murder of a pimp, which appears to have ties to a case they solved years before. The similarities between the recent killings and their earlier case raises a nagging question: Did they put the wrong man behind bars? (101 min.)

The Express (PG)

The true story of Ernie Davis, two-time All-American running back for Syracuse University who led his team to the national championship in 1960. In 1961, he became the first black man to win the Heisman Trophy. Later that year, he was the first pick in the NFL draft. But Davis never got the chance to play professional football, he was diagnosed with leukemia during the summer of 1962 and died nearly a year later. (130 min.)

Disaster Movie (PG-13)

Come along as we follow the comic misadventures of a group as they try to solve a series of mysteries to end the natural disasters and catastrophic events in their path. From the filmmakers of "Scary Movie" and "Date Movie" 90 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.

Burn After Reading (R)

An ousted CIA official's memoir accidentally falls into the hands of two unwise gym employees intent on exploiting their find. (96 min)

Death Race (R)

Terminal Island, New York: 2020. Former Nascar champion now convict Jensen Ames is forced to battle for his life just six weeks from his scheduled release. Ames must now kill or be killed to win the most treacherous spectator sport on Earth: 'Death Race.' 105 min.

The Woman (PG-13)

Mary Haines seems to have it all - a beautiful country home, adorable 11-year old daughter, financier husband and a rewarding part-time career. Her friend, Sylvie Fowler leads another enviable life - as a happily single editor of a fashion magazine. But when Mary's husband has an affair with a "sprizer girl," all hell breaks loose. Mary and Sylvie's relationship is tested to the breaking point.

High School Musical 3 (G)

High School seniors Troy and Gabrielle are facing the prospect of being separated from each other as they go to different colleges. Joined by the Wildcats, they stage a spring musical reflecting their experiences, hopes and fears about their future.

SHOWING FRIDAY, NOVEMBER 14

3:00pm Babylon A.D. PG-13
5:00pm The Women PG-13
5:30pm High School Musical 3 G
7:30pm Ghost Town PG-13
8:00pm Lakeview Terrace PG-13
9:00pm Disaster Movie PG-13 FREE to E4 & below

PREMIERES!

Igor
Ghost Town
Lakeview Terrace
Changeling
High School Musical 3

'Benvenuti' to the gym

The promotion of healthier living and fitness education is the main focus of Naval Hospital Sigonella Health Promotion and MWR Fitness. With the holiday season fast approaching and Thanksgiving just around the corner, so too is festive eating. With this in mind MWR Fitness has created a new program for the New Year called Benvenuti to the Gym. Whether you are new to the fit-

ness centers or returning after an indulgent break, Benvenuti will get you back into shape. The program is designed to teach patrons how to use the cardio machines properly, get fitted for the correct weights and create a custom, goal orientated workout and personal introduction to the gym by the fitness staff.

For MWR Fitness Programs contact MWR Fitness Director at 624-4301.

Get out and go with Liberty!

Single, enlisted sailors can get out and go with priority reservations, and low-cost or free adventures. Call x5602 for schedule reconfirmation, new excursions and details. Other authorized patrons welcome if space is available.

Gran Michelle Agriturismo	Friday, November 7
Bike Mt. Etna	Saturday, November 8
Fuodo Maccari Winery Tour and Tasting	Sunday, November 9
Dinner in Taormina	Friday, November 14
Dinner in Catania	Friday, November 21
Taormina Day Trip	Saturday, November 22
Dinner in Nicolosi	Friday, November 28
Spa Day in Taormina	Saturday, November 29

Turkey Bowl held Nov. 21

Ladies Flag Football is something to see. Be our special guest on the field or in the bleachers. Game is on Friday, November 21 at the Land Annex Field on NAS I. Limited participation. Sign up today by calling x3785.



Motion Picture Rating Guide

G - General Audiences; all ages permitted. PG - Parental Guidance suggested. PG-13 - Parents Strongly Cautioned
R - Restricted to 18 and over. Under 17 requires adult. NC-17 - No one under 17 permitted

WALK, continued from page 1

don't yet know how to prevent or cure breast cancer, but we do know how to fight it. We can and we are fighting the disease, and our survivors out there are living proof of that."

MONEYWISE, continued from page 1

debt," Bielas said. "The faster you can pay it off, the faster your score will go up. There is a rumor going around, and I hear this all the time, 'Peter, in order to raise your credit score you actually have to have some credit card debt.' That is not true. I don't know where that rumor came from."

He stated that putting off financial planning and not building your savings now is just a cycle which will continue to perpetuate itself.

"I need you to remember this one thing," he said. "Start before you need to start."

He broke down budgeting into a simple three-step process, which can set anyone up for success.

"Tell me what you want," Bielas said. "Tell me what you don't want. Tell me where your money is going. Then you're in a perfect position to do your budget."

After Bielas spoke, Boston took center stage to discuss how each person can become a millionaire while serving in the military.

"We've been all around the world," Boston said. "In every installation we've visited, in every ship we've been on, at every base we've visited, we've found men and women serving their country who are now millionaires."

He discussed how fear is driving the financial crisis back in the United States deeper into the hole, and in order to break out of it, the fear must be stopped.

"We have some fundamental economic issues back home that we have to deal with, but what's compounding the problem is fear," he said. "Fear in our financial markets. Fear in our business markets. So, as a country we all have to take this journey from financial fear to financial freedom."

Boston explained to the audience that finances are not something you can avoid.

"You may decide not manage your credit effectively. That's okay, but it will follow you the rest of your life," he said. "You may decide to not own your own home or condominium or put a little money aside in a thrift savings plan, but you will regret it for the rest of your life. You may decide not to get your education while you're here in the military, or make sure your spouse gets their education, but that too you will regret for the rest of your life. You may not decide to play the wealth building game, but the game will still play you."

JUMPSTART, continued from page 5

Be sure you have strong, valid reasons to change careers. If you know why you want to make the change and what you stand to gain from it, you'll increase your odds of success considerably. Also, be sure you can articulate those reasons to potential employers and explain what's in it for them.

Find the Logical Entry Point: Often, a certain role or company will serve as a natural transition into your new field. Bolster your chances of getting hired by using your leverage points to identify where you best fit.

Avoid Overanalysis: Developing a strong understanding of yourself is imperative to managing your career change, but avoid analysis paralysis. You cannot think your way to a career change; eventually, you must act.



(Above) Cmdr. Rick Gilbert and Capt. Thomas Quinn walk in support of breast cancer awareness month. The event "Walk the Pink Out" was designed to raise awareness about breast cancer, and show support for victims and survivors of the disease.

Connect with People in Your Target Field:

When you're changing careers, your resume is less useful as a marketing tool. For that reason, building your network becomes even more critical. Connect with people in your target field to validate your interest and learn about opportunities.

Make an Impression: On interviews, be the standout candidate by talking up the actions you've taken, that prove your commitment to the field. Reveal your industry knowledge, and mention industry events you've attended or industry associations where you volunteer. Your goal is to make potential employers see you as someone already in their industry and in it to stay, regardless of whether they hire you.

Concrete steps such as these create momentum for your career change, demonstrate your commitment to potential employers and validate your plan.

HANDWASHING, continued from page 2

or sing the Happy Birthday song twice.

3. Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.

4. Rinse well.

5. Dry your hands with a clean or disposable towel.

6. Use a towel to turn off the faucet.

Proper use of an alcohol-based hand sanitizer

Alcohol-based hand sanitizers, which don't require water, are an excellent alternative to hand washing, particularly when soap and water are not available. They're actually more effective than soap and water in killing bacteria and viruses that cause disease. Not all hand sanitizers are created equal, though. Some "waterless" hand sanitizers don't contain alcohol. Use only the alcohol-based products. The Centers for Disease Control recommends choosing products that contain at least 60 percent alcohol.

To use an alcohol-based hand sanitizer:

1. Apply about 1/2 teaspoon of the product to the palm of your hand.

2. Rub your hands together, covering all surfaces of your hands, until they're dry.

If your hands are visibly dirty, however, wash with soap and water, if available, rather than a sanitizer.

When should you wash your hands?

Although it's impossible to keep your bare hands germ-free, there are times when it's critical to wash your hands to limit the transfer of bacteria, viruses and other microbes.

Always wash your hands:

After using the toilet
After changing a diaper - wash the diaper-wearer's hands, too

After touching animals or animal waste
Before and after preparing food,

especially before and immediately after handling raw meat, poultry or fish

Before eating

After blowing your nose

After coughing or sneezing into your hands

Before and after treating wounds or cuts

Before and after touching a sick or injured person

After handling garbage

Before inserting or removing contact lenses

When using public restrooms, such as those in airports, train stations, bus stations and restaurants

Kids need clean hands, too

You can help your children avoid getting sick by insisting that they wash their hands properly and frequently. To get kids into the habit, teach by example. Wash your hands with your children and supervise their hand washing. Tell your children to wash their hands for as long as it takes them to sing "Row, Row, Row Your Boat" or the "Happy Birthday" song. This works especially well with younger children, who may rush when washing their hands.

Hand washing is especially important for children who attend child care. Children younger than three years and in child care are at greater risk of respiratory and gastrointestinal diseases, which can easily spread to family members and others in the community.

Following these guidelines will help you avoid the sniffles. So get washing!

WORD, continued from page 2

deployment, I roamed the ship many times during those months, attempting to encourage young Sailors standing watch through all hours of the day and night. It did not take long to discern their mindset: "Just waiting for this watch to end, Sir."

I understood the sentiment. As a husband and father, I was longing for the day when I could be reunited with my wife and three children. However, I knew that day was still months away. A mindset of "just waiting for deployment to end" would not have made that day of reunion approach any more quickly. I had a job to do and I intended to make the most of every intervening moment.

For the Sailors on watch, I began to challenge them to shift their focus from simply enduring watch to actually living life in the midst of watch. How could they redeem these hours? How would they discipline their minds? How would they interact with others? How could they serve?

One Sunday night, I had another reminder to make the most of every opportunity and I was not expecting it. I was reading a book and the final portion I read that evening just happened to be a prayer entitled, Sleep. I thought that was perfect timing so I began to enjoy the opening lines about beloved rest.

Then the copy smacked me right between the eyes.

"May my frequent lying down make me familiar with death, the bed I approach remind me of the grave,

the eyes I now close picture to me their final closing."

Okay . . . so it is probably not a bedtime prayer I recommend you teach your youngest children. Still, I am thankful that I was jolted from the serene to the morbid. In an instant, I suddenly treasured Monday morning and was very anxious to get to work. This had nothing to do with fear. I was just reminded of the precious privilege of living each day. I don't want to spend the only time I have been given "just waiting for this watch to end, Sir."

When I say I am glad to be serving at Naval Air Station Sigonella these days, I mean it. Along with you, I want to be very careful how I live - not as unwise but as wise, making the most of every opportunity!

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

CELEBRATION, continued from page 1

year, said John Lenz, Morale, Welfare and Recreation (MWR) Leisure Activities Director.

"We changed it to a trick-or-treat lane," Lenz said. "It works out really nice in front of Applebee's and Midtown. It's a natural lane. We lead the parade right into it. It's got a lot of covered areas where we can dress-up with the Halloween decorations."

Many of the early events were geared toward the families in the community, he said.

"We make a conscious effort to make sure it's not just a scary Halloween and that it's good for all ages," he said. "We keep in my mind the young kids that we don't want to scare."

Lenz said he impressed by the early turnout and large number of families that attended the festivities.

"We're really impressed with the early turnout," Lenz said. "A lot of times it's a late arriving crowd and this year it's been great so far. We're really excited about all the people that are here. We were a little nervous with it falling on Halloween. A lot of people like to trick-or-treat in their own housing community, but we moved the times up so people could still do that. The kids actually get an

CELEBRATION, continued on page 13

P a l e r m o Mobili

Days Inn

Cristaldi

Sushi

CELEBRATION, continued from page 12

opportunity to trick-or-treat twice if they want to."

Following trick-or-treating, the festival flowed in to a kids pumpkin carving contest. The pumpkins were picked out the day before at the "Pumpkin Patch," located inside the MidTown complex, and kids showed off their clever, creative, or creepy carvings on Halloween night.

Festival-goers enjoyed live music throughout the evening, vendor booths such as Murgo and Gambino wineries, olive oil sellers, and jewelry, as well as dizzying rides designed to make your head spin. One ride in particular was jam-packed during the entire festival. It was somewhat like a Ferris wheel on its side and spins much faster than a usual Ferris wheel would. Let's just say that the younger kids definitely outnumbered those more mature in age lining up for that thrill ride.

On Friday night, the adults had their fun at the Adults Only Costumed Cosmic Bowling Party at SpareTime. Under the pulsating lights and music, adults could sip daiquiris and pina coladas while aiming for a strike, and, depending on how many fruity drinks one had, might have even bowled a perfect game. As the last barracks bus pulled out of NAS I headed toward NAS II, MWR geared up for day two of their annual festival.

Day two of Autumn Fest brought a whole host of events and activities for children and those who are young at heart.

The popular Fright Factor was back testing participants' dedication to complete various tasks that challenged them both mentally and physically. The infamous 'Sig Shake' was

the highlight - at least for those in the crowd watching and not participating. The shake was made of a number of fish products, slimy pumpkin guts and seeds, and other ingredients that should never be mixed together. GMSA Nate Veresh from Weapons tried his hardest to drink the shake, but after throwing up six times, had to throw in the towel. "It was like stringy, cold tuna," he said. Proving that Sailors stick together, his fellow Weapons shipmate, GMSA Logan Bollhoefer, took over and downed the drink and advanced on to the next round. "Weapons sticks together," said Bollhoefer.

The second part of the competition consisted of one team member wrapping the other in plastic wrap. After the plastic wrap was all used, the team member had to get out of his wrapping, and then stuff marshmallows in his mouth and transport them to a waiting bucket. After depositing the marshmallows, one teammate had to wheel the other around a course, and then had to make three goals, throwing a bean bag through a hole on a board (for those in the Midwest, you'll know this game as 'Cornhole.')

The third portion of the competition was titled "Fire & Ice." One teammate had to eat a box of popsicles and, after complete, had to bounce a ball into a cup of hot jambalaya. For every shot made, the teammate did not have to eat that cup of food. Only one team finished this round, and were named the winners of Fright Factor 2008.

Pictures on the right, clockwise from top: Festival goers enjoyed a variety of foods, such as caramel apples, Filipino foods like lumpia and pancit, and all-American food such as hamburgers and hot dogs. GMSA Nate Veresh from Weapons samples the infamous "Sig Shake," made of various fish, and other texturally-disturbing items, during Fright Factor, kids enjoy a variety of carnival rides, UT2 Clarence Kennedy from Public Works, clutches his head during the "Brain Freeze" competition during Fright Factor.

duo of Gabe and Shirae Gasporra braved all of the challenges and walked away with the grand prize - a Platinum MWR card that gives them free movies every day for a year, free bowling, trips with ITT every month, and [redacted] was awesome," said Shirae. Gabe agreed. "It worked out really well," he said.

To name second place, the remaining teams from Aircraft Intermediate Maintenance Department (AIMD) and Public Works (PW) were led to a pool full of fish, a frog, and other murky, dirty goo and had to "snorkel" for keys that were dropped in. After finding a set of keys, the team member handed them to his teammate, who then had to scale a wall, open a box and assemble a puzzle. The team from PW blew AIMD out of the water, and took home the second place prize of \$50 from the Navy Exchange (NEX). For their good try and sportsmanship, AIMD received a \$25 gift certificate from the NEX.

The rest of the evening included rides, food, crafts, and a country act from the band Victor Appaloosa, who even brought along local line dancers to get the crowd into the spirit.

Bill Bray, MWR Director, was very impressed with this year's Autumn Fest. "I'm very pleased," he said. "Everyone who came out really seemed to enjoy themselves. I couldn't be more proud of the job the staff did during this event."

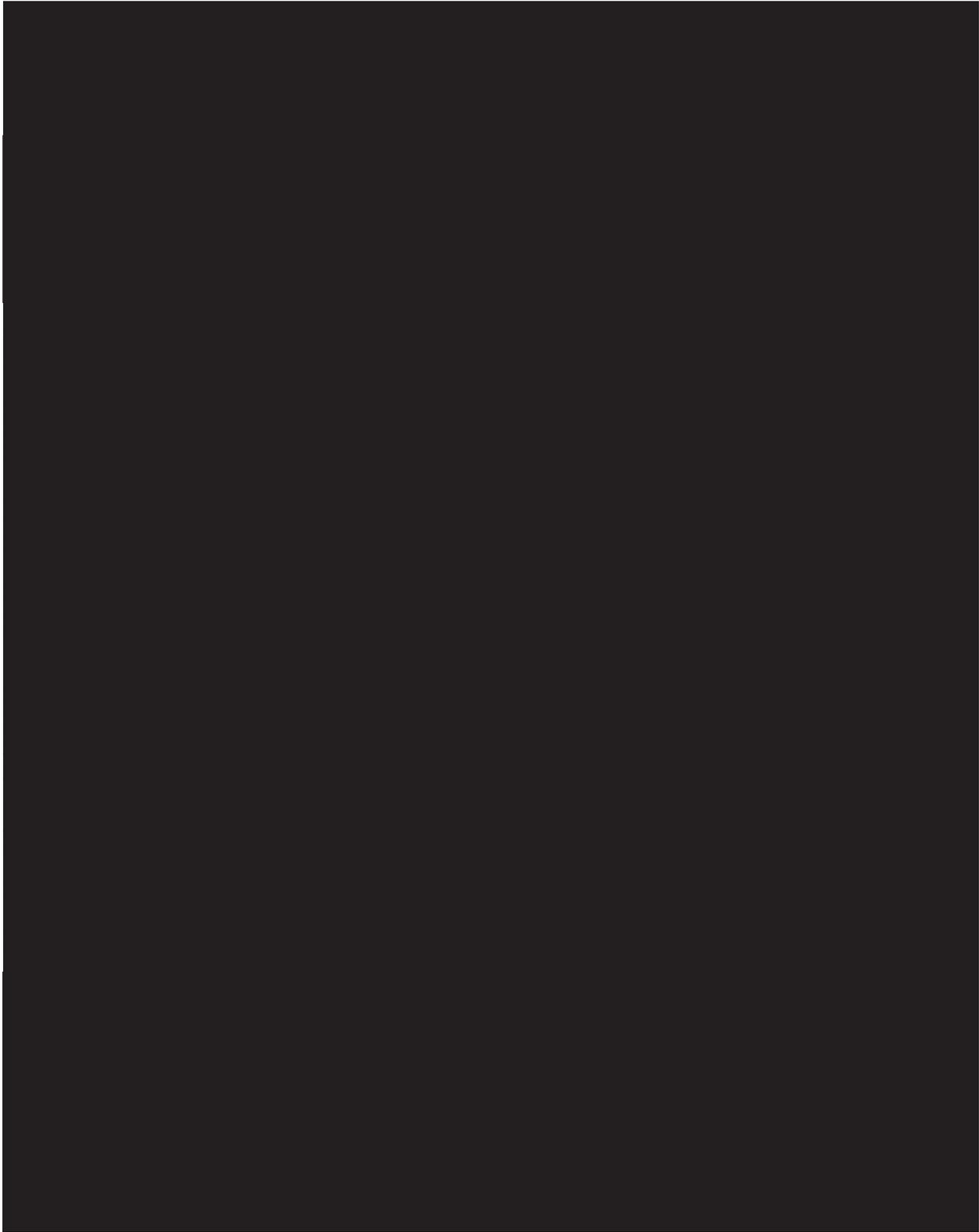


Photos by MC2 Chris Delano, Signature Staff

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