



Family visits site where WWII war hero died

Article and photos by
MC3 Jonathan Idle
Signature Staff

A lone tree grows out of the Sicilian countryside, undistinguishable from the surrounding area. A woman stands silently by the tree. She is completely surrounded by people, but in this moment she is solemn and alone. Her face is as red as the dirt on which she stands. Dark sunglasses vaguely hide the emotion swelling up in her eyes.

The tree represents a spot of great significance for Linda Hutchison. It grows on the spot where her uncle, Private First Class Robert W. "Dub" Dodson, received his fatal wounds during World War II.

Hutchison was not even born when her young uncle perished on Oct. 21, 1943, but his life and more specifically, his death, have reverberated throughout her entire life.

Dodson volunteered for service in 1942 despite being exempt from the draft due to his occupation, Hutchison said.

"He was a coal miner in the local area," she said. "After World War II broke out, he decided to volunteer, and at the time he would have had to go because everyone needed the coal so much that if you worked in the mines you were more or less exempt from going."

Dodson felt a sense of pride and duty in his enlistment, but his family had a tough time dealing with his departure, she said.

"When he left for boot camp that was the last time anyone saw him," Hutchison said. "In fact, my grandmother made the comment that she didn't think she would ever see him again."

She stated that Dodson set himself apart from his peers and had sev-

eral opportunities for special assignments.

"He had been asked to go to officer candidate school, and then he had the opportunity to become a paratrooper, so he decided to become a paratrooper instead."

After becoming a paratrooper, he was deployed with the first wave of "Operation Husky," the invasion of Sicily on July 10, 1943.

"He was with part of the group that got dropped and blown off course," she said. "They ultimately hooked up with Col. James Gavin. We know so little about all the ins and outs of what happened the next couple of days with him, because he just wrote a general letter home saying 'We landed and we had some problems.'"

He was part of a small group who took Biazzo Ridge near the town **WWII, continued on page 12**



Alberto Lunetta, NASSIG Community Relations Officer points to the spot where it is thought that Dub Dodson lost his life during World War II. Dodson's niece, Linda Hutchison, visited Sicily to see where her uncle served during the war.

Congratulations, recent promotes



Photo by MCSA Whitfield Palmer, Fleet Public Affairs Detachment Sigonella

Newly advanced Sailors stand at attention at the closing of a frocking ceremony held at Naval Air Station (NAS) Sigonella on Wednesday, Nov. 26. A total of 136 Sailors received promotions following the most recent exam cycle. Of the 488 Sailors that took the advancement exam, 27 passed to E-6, 54 to E-5 and 55 to E-4. Frocking is a term for a military officer or non-commissioned officer (NCO) wearing insignia of a higher grade before promotion. An officer or NCO who has been selected for promotion may be authorized to frock to the next grade, pending exam scores and other qualifying information.

Cub Scouts tour Sigonella

Article and photos by
Tracie Barnthouse
Signature Editor

Over a dozen Cub Scouts from Pack 53 visited Naval Air Station (NAS) Sigonella's Security Department on Nov. 21 to learn about crime prevention, tour the base's armory, learn how fingerprinting works and to play with the weapons simulator.

MAC (SW) Travis Winfield of Security led the tour and spoke with the Scouts about bullying, what they should do if they find a gun in one of their friend's homes, Internet security and strangers. "I absolutely believe that scout's is a great organization that helps build positive values in our children," he said. "And having them learn about what Law Enforcement officials do will hopefully foster a better respect and understanding for when they get older."

Following his brief, the scouts broke up into three groups. The first group stayed with Chief Winfield to learn about fingerprinting, why it's done and even got fingerprinted themselves. The

SCOUTS, continued on page 13



Photo by Bud Turner
Cub Scout Pack 53 Master

MAC Travis Winfield shows how fingerprints are taken and explains the uses of fingerprinting during a Cub Scouts tour of NAS Sigonella's Security Department on Nov. 21. The scouts toured the base's armory and tried their hand at the weapon simulator.

WEATHER UPDATE

December 5
H:72F
L:54F



December 6
H:70F
L:54F



December 7
H:66F
L:46F



December 8
H:61F
L:43F



December 9
H:57F
L:39F



December 10
H:57F
L:39F



December 11
H:57F
L:41F



TOP STORIES

There are many fad diets advertised on TV, the Internet, in magazines, etc. promising quick and effortless weight loss. Everywhere you look there seems to be a new diet stating that their diet is the best one out there. But if these diets are actually working, why is obesity on the rise?

Page 2

The Chief of Naval Personnel (CNP) released the Cycle 200 active-duty advancements Nov. 19 for the fall 2008 exam cycle.

Page 3

Today, the news frequently shows and talks about financial problems in the United States. Money worries are one of the leading causes of stress. When the economy dips, people who are already concerned about their finances may worry that they won't be able to handle any further strain on their budgets.

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On Dec 13, the communities of Belpasso and Siracusa will celebrate two religious festivals to honor St. Lucia. As with all the Catholic Saints, she is seen by devotees as someone who led an exemplary life and has the ability to intercede with God.

Page 6

Agrigento was founded on a plateau overlooking the sea around 582-580 BC. The economy is based on the major tourist center due to its extraordinarily rich archaeological legacy. If you're looking to hit the road and go for a beautiful drive and see some historic temples, Agrigento is for you.

Page 8

TRAFFIC NUMBERS

	Jan.- Dec. '08	Jan.- Dec. '07	Diff.
Accidents	219	222	-3
Injuries	37	32	+5
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

The Holiday Season is in full swing. As can be seen throughout the housing areas, families have done a fantastic job getting into the spirit by putting up lights and other decorations. I look forward to all the upcoming holiday events and am excited that our Morale, Welfare, and Recreation Department has already kicked off the festivities with a robust holiday program happening in and around the base.

Signonella's Holiday Festivities kick into full gear this evening (Dec. 5) at 5:30 p.m. in the Midtown Piazza. There may even be a hint of snow in the air during our Tree Lighting celebration! Join us in the Midtown atrium immediately following the tree lighting and ring in the season with live music, holiday treats, and a special visit by Santa and Mrs. Claus. I hope

to see you all there tonight.

There are several departmental and tenant command parties occurring over the next couple of weeks. Most are out in town at various restaurants or clubs. Remember, the magic number is ZERO. Never drink and drive and always have a plan. I encourage everyone to use the designated driver program or the new flat rate base taxi service. The new flat rate system is really a great program which allows our personnel to get to and from places on base and frequently visited points out in town. The rates are set very reasonably and the taxis can be called at 339-498-6032 or 333-146-7853.

While you are enjoying the parties and the holidays, make sure you have a plan for not only that night but the next morning allowing time to sober up. I am

asking everyone to be responsible and take care of each other. The holidays are a reason to celebrate and have fun but make sure you do so within reason and with a reliable and fully worked out plan in place.

During the holiday season and leave periods, please use a little common sense and help reduce your risks. Help your Shipmates. Identify potential hazards and make the right decisions. Think about what you are doing. Your actions definitely speak louder than words. Remember, when you are out in town and on travel, you are an Ambassador for the base, the Navy and the United States. I couldn't be prouder to serve with a greater group of people.

Happy Holidays!



Health WATCH

How to spot a fad diet

Article Courtesy of Navy and Marine Corps Public Health Center

There are many fad diets advertised on TV, the Internet, in magazines, etc. promising quick and effortless weight loss. Everywhere you look there seems to be a new diet stating that their diet is the best one out there. But if these diets are actually working, why is obesity on the rise?

The reality is that there is no magic pill or diet out there for weight loss. Fad diets differ in their methods and many of these diets will result in immediate weight loss, however over the weeks and months to follow, the weight loss stops and weight is regained. These diets often do not teach lifelong eating habits that can be maintained long-term. Many fad diets can deprive your body of essential nutrients, may provide insufficient calories, lead to feelings of deprivation by eliminating favorite foods, usually lead to returning to old eating habits, and weight that was lost is regained.

The only effective way to lose weight and keep it off long-term, is to follow a healthy eating plan that allows ALL foods, encourages mod-

eration and variety in eating, and includes regular exercise. Healthy eating is a lifetime commitment that will keep you feeling your best.

How to Spot a Fad Diet

If it:

- Requires you to spend large amounts of money to purchase special foods and/or supplements
- Does not encourage at least 30 minutes of exercise at least three days a week
- Recommends substituting 2 or more meals (real food) for liquid supplements/shakes
- Eliminates one or more food groups or gives lists of "good" and "bad" foods
- Does not include a long-term maintenance plan
- Promises a quick fix or weight loss of more than 1-2 pounds a week
- Sounds too good to be true..... It's a Fad Diet!
- On the Other Hand, a Healthy Diet Plan Will:
 - Emphasize the importance of including ALL foods in moderation
 - Help you to develop a healthy, balanced, food/meal plan that can be followed long-term
 - Encourage regular exercise

FAD, continued on page 13

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
<u>Sunday</u>		<u>Sunday</u>	
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)
		1700	Contemporary Protestant (NAS II Chapel)
<u>Monday - Wednesday, Friday</u>		<u>Wednesday (NAS I Chapel)</u>	
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

Admitting the obvious

Article courtesy of Chaplain Stephen Coates

What's the good word? If I told you, would you believe me?

I wonder if it is becoming rare to take an individual at his or her word. Are there fewer people whose actions faithfully correspond to their spoken word? I'm asking - not proclaiming. I'm not venting because of some recent encounter with duplicity. Just - wouldn't it be handy to know that a person was just as honest when in error as when correct, honest in their weakness as well as their strength?

A mentor I greatly admire suggested I read Daniel Defoe's Robinson Crusoe every couple years. At the time, my 10-year old son (Carson, now 12) was reading that very book. When he

finished, he gave it to me and said, "Dad, you need to read this book."

In chapter 2, Crusoe, now captured by pirates, reflects on shunning his father's advice:

"I have often observed how incongruous and irrational the common temper of mankind is, especially of youth, to that reason which ought to guide them in such cases, viz., that they are not ashamed to sin, and yet are ashamed to repent, nor ashamed of the action for which they ought justly to be esteemed fools, but are ashamed of the returning, which can only make them be esteemed wise men."

I can relate to Crusoe. His **WORD, continued on page 12**



<p>Commanding Officer Capt. Thomas J. Quinn</p> <p>Public Affairs Officer Lt. j.g. Matt Knight</p> <p>Deputy Public Affairs Officer Dott. Alberto Lunetta</p> <p>Editor Tracie Barnhouse</p> <p>Staff Writers/ Photographers MCI Chris Delano MC3 Jonathan Idle MCSA Whitfield Palmer</p> <p>Interns and Volunteers</p> <div style="background-color: black; width: 100px; height: 30px; margin: 5px 0;"></div> <p>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</p> <p>This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy.</p>	<p>The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@nassig.sicily.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.</p>
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EMERGENCY MANAGEMENT OFFICE

Be prepared to be on your own for at least three days. Seven is better! The BASIC FIVE: Water, Food, Heat, Cash, Radio; Family Communications Plan: Phone Numbers & Rally Points; Public Protection Strategies: Evacuation and Shelter-in-Place; Web info: Ready.gov; Emergency info: AFN 106.0 FM; Questions? Call the EM Office at 624-2630, 8265 or 2621.

WEEKLY TRAFFIC/SAFETY UPDATE

Traffic Court Results

E5: Other moving violation. Member was awarded three points.
 E5: Failure to use safety restraint, failure to obey traffic instruction of an officer. Member was awarded five points.
 E5: Improper turning. Member was awarded three points.
 E3: Operating a vehicle without ever obtaining a license. Member was awarded three points.

NAVY News

Fall 2008 Petty Officer advancements released; opportunity holds steady

Article courtesy of Chief of Naval Personnel Public Affairs

The Chief of Naval Personnel (CNP) released the Cycle 200 active-duty advancements Nov. 19 for the fall 2008 exam cycle.

Overall advancement opportunity held steady for the fourth straight exam cycle, with total opportunity decreasing by only .56 percent, from 24.69 percent to 24.13 percent.

Sailors taking the E-4 test saw their advancement opportunity increase from 42.54 percent to 43.94 percent (+1.40 percent), while E-5 quotas stayed stable at 22.60 percent (-.68 percent), and E-6 test takers saw opportunity decrease slightly from 12.14 percent to 10.75 percent (-1.39 percent).

Rear Adm. Dan Holloway, director of CNP's policy branch, said "I'm happy to see advancement remain steady once again. We saw a smooth trend from last year to this year, and given our increased retention through all paygrades, that's very encouraging news."

"We'll be watching advancement very closely in 2009 and beyond," Holloway said. "If we continue to see increased retention, especially in the senior pay grades, upcoming advancement cycles could



Ratings advancing 100 percent of E-4 test takers include:
AC - Air traffic controller

AW - Aviation warfare systems operator

CT - Cryptologic technician interpretive
CTM, CTR, CTN, CTT - Cryptologic technician maintenance, collection, networks and technical
EN - Engineman
EOD - Explosive ordnance disposal

ET, ET (radio) - Electronics technician (ET) and ET radio
ETV - Fire control technician

FC, FC (Groups 1 and 2) - Fire control technician
GM - Gunner's mate
GSE - Gas turbine system technician

IS - Intelligence specialist
IT - Information systems technician
LN - Legalman

MC - Mass communication specialist
MM - Machinist's mate
MMW - Machinist's mate weapons

MN - Mineman
MR - Machinery repairman
MT - Missile technician
MU - Musician
ND - Navy diver

SO - Special warfare operator
STG, STS - Sonar technician
surface and submarine

YN (Group 1) - Yeoman
The bottom five advanced ratings for E-4s include:

PS - Personnel specialist (2.10%)

SH - Ship's serviceman (4.34%)
EA - Engineering aid (8.47%)
MM - Machinist's mate (17.24%)

ABH - Aviation boatswain's mate (ACFT handling) (18.52%)
Top five and bottom five ratings for E-5 and E-6 test takers include:

E-5 Top five:
CTR, CTN, CTT, EOD, LN, MR, ND: (100%)
MMN Grp 1 - Machinist's mate nuclear (92.86%)

ET Radio - Electronic technician Radio (90.00%)
GM - Gunner's mate (85.07%)
IS - Intelligence specialist (82.55%)

SO - Special warfare operator (82.09%)
E5 Bottom five:
PC - Postal clerk (4.29%)
EM - Electrician's mate (3.59%)
UT - Utilitiesman (2.59%)
PS - Personnel specialist (2.05%)

CM - Construction mechanic (2.00%)
E6 Top five:
SO, NCR: (100%)
SB - Special warfare boat operator (92.11%)

ETN Grp-1 - Electronic technician nuclear (90.54%)
MMN Grp1 - Machinist's mate nuclear (78.74%)
CTI - Cryptologic technician interpretive (3) (75.0%)
IS - Intelligence specialist (68.75%)

E6 Bottom five:
PC - Postal clerk (2.22%)
EM - Electrician's mate (2.12%)
PS - Personnel specialist (2.05%)
UT - Utilitiesman (2.02%)
CM - Construction mechanic (2.01%)

PHOTO FROM THE FLEET

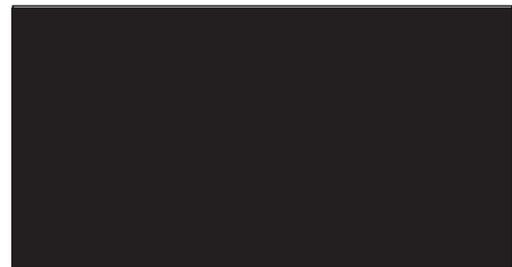
Check in weekly to find out what our fellow shipmates are doing around the fleet.



U.S. Navy photo by MC2 Kevin S. O'Brien

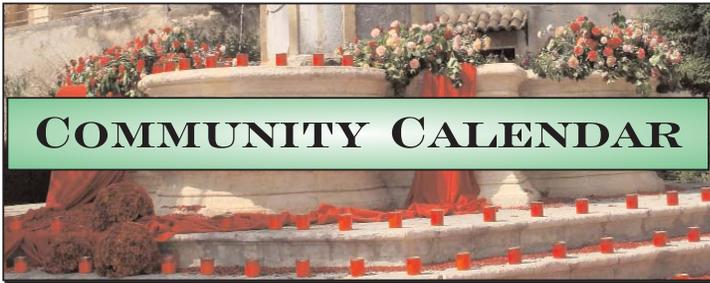
Secretary of the Navy (SECNAV) the Honorable Dr. Donald C. Winter serves Sailors and Marines Thanksgiving dinner during a visit at Camp Baharia, Iraq. Winter is traveling throughout the Central Command area of responsibility visiting Sailors and Marines thanking them for contributions to regional security and dedication to service.

NEW Arrivals



New Monika Hop

Volcano

 COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				5 DECEMBER	6	7
				Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745	Santa's Helper's Sale NMCRS 10 a.m. - 1 p.m. x4212 CPR Class Mineo 8 a.m. - 5 p.m. x4900	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
8	9	10	11	12	13	14
Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745 Italian Holiday Conception Day	Volunteer Orientation NMCRS 10 a.m. - 11:30 a.m. x4212 Anger Management FFSC 8 a.m. - 11 a.m. x4291 Healthy Pregnancy, Healthy Baby Red Cross 4:30 p.m. - 7 p.m. x4900	Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291 Banking & Financial Services FFSC 10 a.m. - 11 a.m. x4291	Customs & Traditions Christmas Seminar FFSC 9 a.m. - 12 p.m. x4291	Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745 Saving & Investing FFSC 2 p.m. - 3:30 p.m. x4291	CPR Class NAS I 8 a.m. - 5 p.m. x4900	
15	16	17	18	19	20	21
Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745 ICR for Youth - Topolino FFSC 8 a.m. - 11:30 a.m. x4291	Tobacco Cessation Fkightline Clinic 12 p.m. - 1 p.m. x4710	Motta Castle Tour FFSC 10 a.m. - 12:30 p.m. Teens ICR FFSC 8 a.m. - 11:30 a.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291	Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745		

Motta

Orange Park

Stags

Sol

Did you know that . . .

The Navy-Marine Corps Relief Society's VADM E. P. Travers Scholarship and Loan Program provides, on the basis of financial need, up to \$2,000 in scholarships and up to \$3,000 in interest-free loans to eligible children of active duty and retired personnel, and spouses of active duty members?

Applications are available on the Society's Web site starting December 1st or by writing or calling NMCRS at 875 N Randolph Street, Suite 225, Arlington, VA 22203; telephone: (703) 696-4960. Applications must be received by March 1st.

NMCRS: Seeking New Volunteers!
www.nmcrs.org



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

Dealing with uncertain financial times

Article adapted from Military One Source

Today the news frequently shows and talks about financial problems in the United States. Money worries are one of the leading causes of stress. When the economy dips, people who are already concerned about their finances may worry that they won't be able to handle any further strain on their budgets. It's important to remember that the nation's economy has experienced highs and lows in the past and will continue to do so in the future. If you look at the graphs of the stock exchanges over the past fifty years, it has some very high highs and some very low lows. These swings of highs and lows are normal. The best way to weather the lows is to manage your money wisely and to find ways to cope with the emotional uncertain-

ty that you may be feeling at this time.

Focusing on what you can control is important. No individual can control the financial markets or the economic forecast. But you can control certain aspects of your personal finances. Create a spending plan. A good spending plan compares your actual spending to your income and your debt. This helps you identify your spending priorities. Sort your expenses into "needs" and "wants" to help you make sure that you're covering the necessities before you spend money on nonessentials.

Cut back on unnecessary spending. Track your spending habits for a month or two weeks to see where your money is going. If you are married, ask your spouse to do the same.

Compare them and look for areas where you can cut back. Bring lunch to work instead of dining out or ordering in. Make your own coffee instead of buying it; drink tap water instead of bottled water. Rent movies or borrow them from the library or a friend instead of going out. Borrow books from the library rather than buy them. And be sure to become familiar with the Military OneSource Online Resource Library which offers hundreds of online books and other resources at no cost to you. Take advantage of cost savings at your Commissary and Exchange. Pick up coupons at the Fleet and Family Support Center to use at the commissary. Coupons that have expired are accepted up to six months past the expiration date at the Sigonella commissary.

Pay off your debt. Credit card debt is among the most expensive type of debt to carry. Work toward paying off your credit card balances. If you have more than one card, pay off the one with the highest interest rate. Stop using credit cards. Get out of the habit of debt spending. Stop carrying your credit card. Put it in a secure place in your home where it will be available for an emergency, but not for everyday purchases. There are other less expensive ways to build credit. Build an emergency fund. Financial experts recommend putting aside enough money to cover 3 to 6 months of basic expenses.

Get advice. Sitting down with a financial educator or counselor and reviewing your finances and your plans for the future may relieve stress. A counselor can help you analyze your situation, identify areas where you need to improve, and develop a plan that can help you weather a market downturn. You can go to your Command Financial Specialist, the Fleet and Family Support Center or your financial institution for assistance. Military

AWARENESS, continued on page 12

Baciamamo
 Le Mani
 Days Inn
 Pentagon

Cold Noses

WARM HEARTS



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

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

Skeet is one of our newest dogs. He is kind and well-behaved. He is one of our larger dogs and would be a great addition to an outdoorsy family.



Dahlia is our "miracle cat." She was found trapped in one of the school's buildings; she had been there for weeks without food and very little water. She needs a home with patient owner that will be very kind to her. She stills frightens easily sometimes but a good toy always makes her happy.

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

Saint Lucia Festivals to be held in Belpasso and Siracusa

"Il tuo martirio Tha reso più bella, nel cielo apparve una nuova stella" (Your martyrdom made you prettier. There is a new star in the sky). These passionate words of faith tell a lot about the devotion that Sicilians have towards St. Lucia. On Dec 13, the communities of Belpasso and Siracusa will celebrate two religious festivals to honor her. As with all the Catholic Saints, she is seen by devotees as someone who led an exemplary life and has the ability to intercede with God. Over the centuries, St. Lucy has been venerated as the patron of the eyes and the protector of those with visual impairment, eye diseases or blindness.

Lucia, whose name means "light," was born in Siracusa in a rich and noble family in 283 AD, and was raised a Christian. Although Lucia consecrated herself forever to Jesus, she was pressed by her mother Eutychia to marry a pagan nobleman. As Eutychia had been suffering from hemorrhage for several years, Lucia took her on a pilgrimage to the tomb of St. Agata in Catania where she prayed for her healing. While in Catania, Lucy had a vision of St. Agata who assured her that Eutychia was healed because of her strong faith. As a result of this miracle, Lucia asked her mother to give all their properties to the poor and the sick. Eutychia agreed. But this radical decision

angered the man to whom she was betrothed, who denounced her as a Christian. Lucia was then brought before Paschasius, a pagan governor to whom she opposed giving up her faith. The cruel governor then ordered her to be severely punished. According to tradition, several miracles occurred during her torture. Soldiers tried to set her on fire but she did not burn. Paschasius then planned to force her into prostitution, but when the guards went to drag her away, they could not move her. Legend has it that Lucia's eyes were plucked out during her torture but God miraculously restored her sight. This explains why she is often represented as a maiden with her eyes on a plate, a book, or a shell and also why she is invoked against blindness and eye diseases. Saint Lucia is also protector against fire, and the patron of people suffering from infection, hemorrhage and sore throat. Eventually, Lucia was beheaded on Dec. 13 in the year 304 AD.

Saint Lucia body's remained in Siracusa for many years. In 1039, Byzantine general Maniace took her human remains to Constantinople (Istanbul). Several years later, Venetian crusaders took the relics to

Venice where they are still preserved inside a glass-enclosed sarcophagus placed behind the altar of SS. Geremia and Lucia Church. Some relics are scattered in churches throughout Europe. Fragments of her arms' bones are kept inside the cathedral of Siracusa and in Belpasso's main church.

Saint Lucia is also venerated on Dec. 13 in Sweden. Scandinavian's Christians celebrate Luciadagen (Saint Lucia's Day). It is a festival of "light" symbolizing the end of darkness. According to tradition, on the morning of Dec. 13, the oldest daughter in each family wears a white robe and puts on a wreath of greens with lit candles on her head. Then she awakens the other members of the family serving coffee and goodies. During the festival, a contest to elect "Lucia Bride" is also held. Unlike what it is commonly believed, Lucia Bride is not chosen among the most beautiful girls but among the ones most committed to volunteering. On the festival's day, torchlight a proces-



Photo by Belpasso Tourist Office

The traditional Carri displays are the highlights of the Belpasso religious festival celebrating Santa Lucia and taking place on Dec. 13. The decorated floats depict scenes from the saint's life and other religious stories. The festival also includes processions, religious concerts and fireworks.

Santa Lucia al Sepolcro. Three groups of 48 men wearing green berets alternate in carrying it. Many devotees, who also come from the neighboring cities, follow the procession barefoot holding torches.

Fireworks are performed at the end of the evening. During the festival, the blessing and the free distribution of the cuccia (cooked wheat) takes place in several houses and churches. Cuccia is a typical food that is prepared for the Saint Lucia celebrations. Tradition says it was first cooked in Siracusa in the 17th century as Santa Lucia worked a miracle during a terrible famine that had hit the city. One story says that Siracusa's bishop gathered the starving people in the cathedral to pray and implore St. Lucia for a miracle. Suddenly, a dove flew down from the sky and roosted on the bishop's shoulders. Right after, a ship loaded with wheat docked at the port. The wheat was then boiled and eaten by the Siracusa people. Today, the cuccia is served as a delicious porridge enriched with ricotta cheese, chocolate and candied fruits.

For more information and detailed schedule call the Siracusa Tourist Office at 0931-481200. The festa opens on Dec. 12 with the relic's procession held at 6 p.m. from the Church of Sant'Antonio Abate. Later, at 8:30 p.m., all the town's neighborhoods will present their decorated 50-foot tall Baroque-styled Carri (mechanized floats) featuring scenes telling of the life of Santa Lucia and other religious themes. Local mastri (craftsmen)

began building these mesmerizing floats in the 19th century to express their devotion to the saint. Townspeople are very excited about those displays as they are not told what the Carri would be depicting until the festival's eve.

Belpasso's devotion to St. Lucia dates back to the time (1636) when the town, named Malpasso, became administratively independent from the town from Paternò.

Local noble families chose St. Lucia as the patron saint. On the actual festival's day, Dec.13, the main celebrations begin

at 11 a.m. at the Church of St. Lucia with a procession during which the 18th century silver statue depicting

Saint Lucia and her relics tour the historic center and reaches the Church of Sant'Antonio. Fireworks are set off while devotees dressed in a white tunic named Cappa accompany the holy carriage. After the fireworks, religious chants are performed in piazza Duomo.

In the afternoon at 3:30 p.m., another religious procession begins and proceeds throughout the town. About one hour later, some devotees perform the spectacular Corsa della vara (running while carrying the Santa Lucia statue up to a slope) in via Terza Retta di Levante. On Dec 14, after the solemn holy mass at 10:30 a.m. at the main church, a low-key procession is held in the historic center at 6 p.m. and it is opened by a repetition of the Corsa della Vara.

In the evening, starting at 10 p.m. fireworks and music shows are performed.

For more information and detailed schedules call the Belpasso Tourist Office 095-912812 or Catania Provincial Tourist Office at 095-7306222/279; 095-7306233; 095-311768 and 095-7306266/ 277.



Photo by Salvo Cannizzaro

Every year on Dec. 13, thousands of pilgrims and tourists file through the Siracusa historic center to Saint Lucia, the city's celestial patron. The festival features processions, sacred music shows and breathtaking fireworks.

sion of children walks through farms, houses, and schools, singing the Lucia song. "Lucia" leads the procession followed by her "assistants" including young girls clad in white with glitter in their hair, "star-boys" (wearing white shirts and tall cone-shaped hats decorated with stars) and other children dressed as trolls, demons and old men. The "Swedish Lucia" is usually invited to Sicily to take part in the celebrations held in Siracusa.

On Dec. 13, the festival begins at noon with a solemn Holy Mass celebrated at the cathedral. During the Mass, religious chants are also performed. In the afternoon at 3 p.m., the carriage, weighing 14 tons and the holy relics, on top of which a silver statue of Saint Lucia is placed, are carried in procession for seven hours from the cathedral to the church of

Kartodromo

Magnolia

Piano concerts in Catania



Legendary Russian pianist Boris Petrushansky will perform at the Catania Bellini opera House tonight (Dec.5) at 9 p.m. Music by Tchaikovsky, Glinka and Shostakovich. Petrushansky graduated from the Moscow Conservatoire in 1975. He won several international competitions (Leeds in 1969, Munich in 1971 and Terni in 1975). Petrushansky has performed all over the world with major orchestras. He now lives in Italy where he teaches at the "Accademia Pianistica" musical academy in Imola. For more information and tickets visit <http://www.teatromassimobellini.it>

On Tuesday, Dec. 9, at 9:15 p.m. Roberto Prosseda, a superb Italian pianist, will perform at the Catania Biscari Palace (# 10-16 Via Museo Biscari).

Prosseda has been acclaimed by music critics from all over the world for his recent sensational discovery of new Felix Mendelssohn works that led to his two Decca releases. He has performed as soloist with the most prestigious international orchestras including Berlin Symphony Orchestra, Wiener Kammerorchester, Filarmonica della Scala, Philharmonie der Nationen, Bochumer Symphoniker, Oriol Ensemble, Mozarteum Orchester, Orchestra di Padova e del Veneto, Kammerakademie-Potsdam, Orchestra Regionale Toscana and the Filarmonica di Torino.

Prosseda lectures at universities and conservatories across the world (Pepperdine University in Los



Photo by Blumedia Press Office

Angeles, Northern Illinois University in Chicago, and Georgetown University, Washington, DC, British Columbia in Vancouver, Xing Hai Conservatory in Canton, Williams College and the Australian National University). For more information and tickets call Associazione Musicale Etna, phone: 095-321252.

Maryland

Community Event: NMCRS's Santa's Helpers' Sale

Article by [REDACTED]
Signature Volunteer

Calling all Sigonella children! Are you looking for the perfect gift for mom or dad on a kid's budget? Want to meet Santa? The Navy-Marine Corps Relief Society's Nearly New Store is hosting the Santa's Helpers' Sale on Saturday, December 6th from 10:00am-1:00pm. On this day, children shop for parents and siblings—and everything costs \$1.00 or less. In addition to teaching kids about the holiday spirit and giving to others, it is also a great way to teach kids not to spend more money than they have.

The fun doesn't stop there because from kids can enjoy free pictures with Santa! We hear a great deal about holiday stress, but this sale makes holiday preparation fun and economical. It also reminds us of what the holidays can be: enjoyable, joyful, and a little enchanting. Kids will be excited and happy that they personally selected their own gifts for their loved ones. It is a great way to encourage community spirit.

Last year, nearly 75 families participated in this event, and this year NMCRS hopes for even a bigger turn out. The children's sale will be held in the Youth Center next to the Nearly New Store. The Nearly New

Store will also be open during this time for parents and other customers to do some additional shopping at great prices. Shoppers can enjoy delicious treats baked by volunteers and staff.



This event could not take place without the hard work and dedication of NMCRS's many dedicated volunteers. In fact, somewhere between fifteen and twenty volunteers are expected to help make this

day a success. NMCRS volunteers have been busy sorting and setting aside their best merchandise for this exciting holiday event. Their hard work exemplifies the holiday attitude of giving and helping others.

This sale is also a great way to teach teens about volunteering. For example, Santa's Helpers are youth volunteers who will assist the younger children when they arrive. These teens will have the children fill out a form listing all the people for whom they need to shop. Then, a youth volunteer will take them around and help them to select their gifts. This way, mom and dad will be surprised! Wrapping paper will be provided at no additional cost.

Donations are still being accepted for gently used items that are in good condition. The donation bin is located in the parking lot behind the library on NAS I, and it is open at all times. Proceeds help to support the Budget For Baby Layette Program, one of the many services NMCRS offers. NMCRS is a non-profit, charitable organization that provides assistance to Navy and Marine Corps personnel and their families, such as free financial planning, interest-free need based loans, visiting nurses, and educational grants.

For more information on the Santa's Helpers' Sale, or any of NMCRS's services, please contact the office at DSN: 624-4212.

Opera in Palermo this weekend

Don't miss the chance to see Giuseppe Verdi's timeless and monumental opera "Aida" that will be performed through the weekend (Dec. 5-

7) at the Palermo Opera House (Teatro Massimo). This noteworthy opera is directed by legendary Italian movie director and set designer Franco Zeffirelli and led by Music Director Maurizio Benini.

Performances are Dec. 5 and 6

at 8:30 p.m. / Dec. 7 at 6:30 p.m. For more information and tickets call Hello Ticket at 800-907080 (toll-free number) or 06-48078400 (if you call from a cellular phone). Opening Hours: Mon-Fri from 10 a.m. to 5 p.m.



Photo by AP

THE
Signature
SIGONELLA, SICILY

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.

Strike

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Agrigento: The Valley of the Temples

Article and photos by
MC2 Chris Delano
Signature Staff

Agrigento was founded on a plateau overlooking the sea around 582-580 BC. The economy is based on the major tourist center due to its extraordinarily rich archaeological legacy. Comprised of a large area on the south side of the ancient city, seven monumental Greek temples were constructed during the 6th and 5th centuries BCE. Now excavated and partially restored, they constitute some of the largest and best-preserved ancient Greek buildings outside of Greece itself.

Site: For things to see and do the city of Agrigento rates five stars.

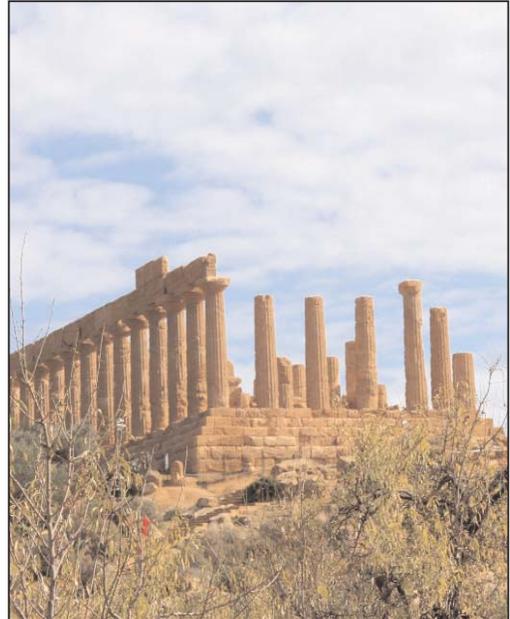
The town is geared almost entirely toward tourists who come for temple attractions. The ITT trip offers visitors an amazing view of the temples complete with a tour guide that elaborates on the history of the ruins. Upon completion of the tour there are local shops which offer the usual souvenirs and merchandise that can be found in most tourist locations. The ITT trip also takes visitors to the Turkish Steps which has a breathtaking view of the coastline.

Family Friendly: In this category the island rates two stars. This trip is not recommended for families with young children due to limited access with strollers. The main walkway, between the various temples, is

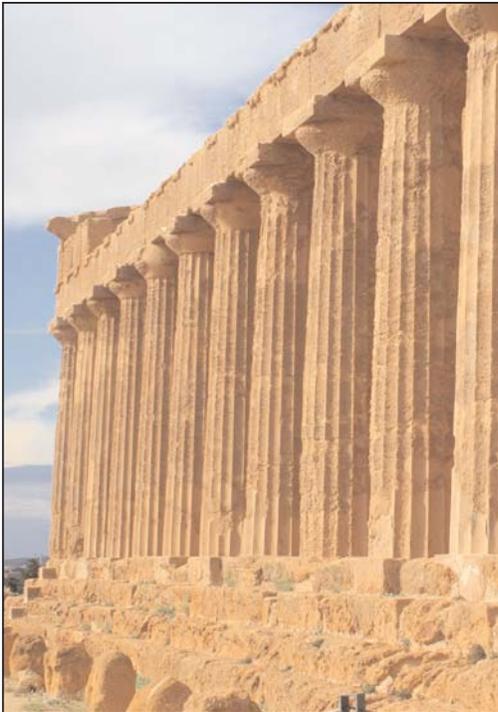
crushed stones which make stroller usage very difficult, while the trip to the Turkish steps travelers have to travel down a slippery lava street followed by a brisk walk down the sandy beach to the Turkish steps. While there is not much specifically geared toward them, children are allowed to climb through certain temples and the Turkish steps do offer a chance to splash around in the ocean during the summer months. Bring plenty of snacks since lunch wasn't until 2:45 p.m. after an 8:00 a.m. departure. The bus does stop halfway through at a gas station/bar for snacks and drinks.

Accessibility: Since this was an ITT trip it rates five stars for accessibility. The bus leaves from base and wraps up around the highway on the southern coast to Agrigento. For those who wish to drive, take the motorway toward Catania-Palermo. After Enna, exit toward Caltanissetta/Agrigento and take the 640 road follow the Caltanissetta sign first and then follow Porto Empedocles until you get to the rotatoria Giunone below the Temple of June. From there follow the sign Valle dei Templi to get to the Posto di Ristoro (parking and entrance to the site)

Travel Time: The trip only rates two stars for travel time. It takes between two to three hours to reach Agrigento by bus.



The Temple of Hercules, the oldest temple in Agrigento, was originally built around 500 BC. It was destroyed by the Carthaginians in 406 B.C., rebuilt by the Romans and subsequently destroyed once more by an earthquake. Visitors are allowed to wander through the temple.



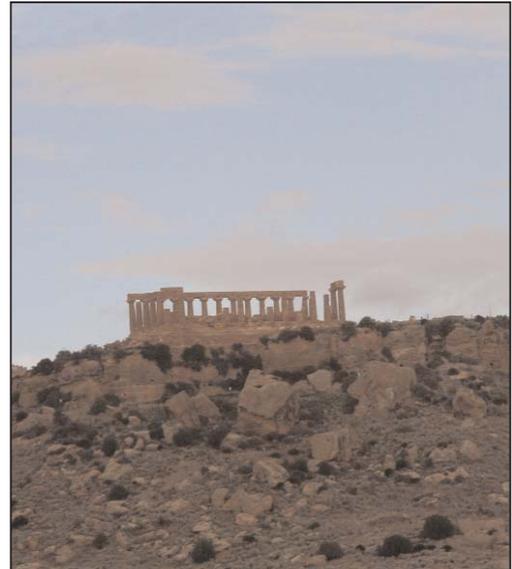
Built around 425 B.C., the Temple of Concordia in Agrigento, ranks among the most perfect temples in the Greek world and is the best preserved Doric temple in Sicily.

Alphio

Tamoil



(Top) After travelling through the "Valley of the Temples" visitors can browse through the local vendors wares for the typical tourist mementoes. (Below) The sandy beaches stretch out between important natural monuments such as the "white point" and the "Turkish steps".



(Right) The Temple of Juno (in Greek Hera) Lacinia, located at the highest point of the ridge offers visitors a breathtaking view of the surrounding area.



Medusa

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.pwoc-sig.com

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

Musco



Switch it off Sigonella!

Energy Conservation Idea of the Week

The Navy Exchange is in the process of ordering and installing a series of "Vending Misers," which will effectively cut down on the energy consumption of their vending machines by up to 46 percent per machine.

These devices use passive infrared sensors to detect if people are around the machine and when the space has been vacant for 15 minutes it shuts down the vending machine. Additionally, the device monitors the room's temperature and automatically re-powers the cooling system at one- to three-hour intervals, independent of sales, to ensure that the product stays cold.

The Navy Exchange's innovative strategy towards energy conservation will go a long way toward making the base's energy savings goal and can be easily adapted to save energy throughout the base. The devices can also be used to power down printers, copiers and any other device that is used sporadically but draws power continually.

If anyone on base is interested in installing the device contact Harold Laird at 624-4830.

Has your command or department come up with an idea or innovative process that saves the base energy? Let us know at thesig@nassig.sicily.navy.mil so they can be featured in this space.



Did you know

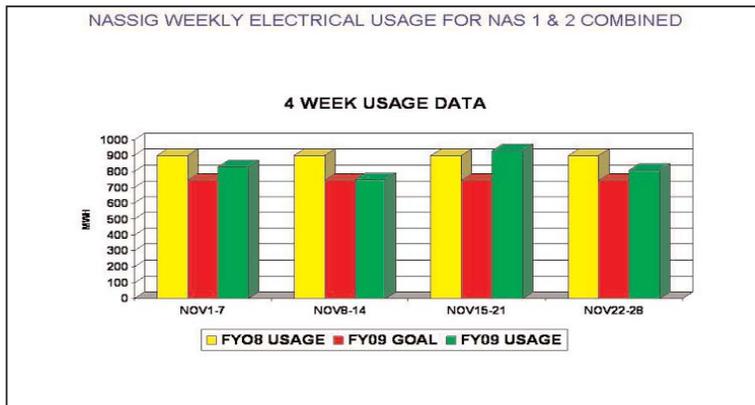
- Lights consume about 20% of all energy used in the United States.
- Replacing your current incandescent light bulbs with CFLs will save you nearly \$30 over the life of each bulb?

What do I do?

- Turn off your computer monitor when not in use.
- Set printers and copiers to use double-sided printing/copying when available.
- Whenever practical, use a task light instead of overhead lighting.
- Unplug appliances when not in use.

Electrical Consumption at NASSIG

The following graph charts the last four weeks of energy consumption on both NAS 1 and NAS 2 in comparison to the same week last year, as well as our target usage for the week.



KNIGHTS OF COLUMBUS
IN SERVICE TO OUR SERVICE TO ALL

Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first Sunday of every month at 1000 a.m. (after Catholic Mass) at the NAS 1 Chapel. You may also contact a fellow Knight after the Sunday Mass service in the NAS 1 Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!) For more information visit - www.kofc.org/



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

- 5** **Lunch:** Cream of Potato Soup, Spicy Baked Chicken, Pasta Alforno, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Garlic Bread, Chocolate Cake, Vanilla Pudding.
Speed Line: Grilled Hamburger/ Cheeseburger, French Fried Potatoes, Baked Beans.
Dinner: French Onion Soup, Salisbury Steaks, Boiled Pasta, Steamed Rice, Spinach, Cauliflower, Brown Gravy, Chocolate Cake, Vanilla Pudding.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries
- 6** **Breakfast:** Farina, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Buttermilk Pancakes, Asstd Doughnuts.
Lunch: Spanish Soup, Swedish Meatballs, Vegetarian Pasta, Rice Pilaf, Brown Gravy, Simmered Green Beans, Hot Spiced Beers, Snickerdoodle Cookies, Vanilla Pudding.
Dinner: Chicken Rice Soup, Herbed Baked Fish, Smoked Ham, Mediterranean Brown Rice, Sweet Potatoes, Peas w/ Celery, Okra Melange, Peach Cobbler, Snickerdoodle Cookies, Vanilla Pudding.
- 7** **Breakfast:** Rolled Oats, Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Pepper Potatoes, French Toast Puff, Asstd Doughnuts, Cinnamon Roll w/ Glaze.
Brunch: Breakfast items, Cream of Mushroom Soup, Double Decker Beef & Turkey Sandwich, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, Brownies.
Dinner: French Onion Soup, Teriyaki Chicken, BBQ Beef Cubes, Egg Noodles, Pork Fried Rice, Carrots, Brussels Sprouts, Peach Cobbler, Brownies
- 8** **Lunch:** Creamed of Broccoli Soup, Vegetable Lasagna Baked Fish Fillet, Tossed Green Rice, Toasted Parmesan Bread, Waxed Beans, Steamed Broccoli, Sugar Cookies, Blueberry Pie, Jello
Speed line: Sub Sandwich, Baked Macaroni & Cheese.
Dinner: Chicken Rice Soup, Baked Stuff Pork Chops, Steamed Rice, Brown Gravy, Stewed Tomatoes, Vegetable Stir Fry, Sugar Cookies, Blueberry Pie, Jello
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips
- 9** **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 Patties Sandwich, Onion Rings, Pasta Primavera.
Dinner: Navy Bean Soup, Roast Beef w/ Gravy, Mashed Potatoes, Buttered Noodles, Seasoned Asparagus, Steamed Cauliflower, Devil's Food Cake, Pecan Pie.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries
- 10** **Lunch:** Chicken Noodle Soup, Fish Amantine, Country Fried Steak, Potatoes Au Gratin, Steamed Rice, Turnip Green, Peas w/ Celery, Brown Gravy, Oatmeal Nut Cookies, Banana Cake.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.
Dinner: French Onion Soup, Baked Ham & Spaghetti Pie, Steamed Rice, Scalloped Potatoes, Summer Squash, Harvard Beets, Toasted Garlic Bread, Oatmeal Nut Cookies, Banana Cake.
Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings
- 11** **Lunch:** Midwestern Tomato Soup, Chicken Fajitas, Beef & Bean Burritos, Beef Tacos, Mexican Rice, Mexican Corn, Steamed Broccoli, Corn Bread, German Chocolate Cake, Vanilla Cream Pudding.
Speed line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredded Cheese, Assorted Pizza.
Dinner: Cream of Asparagus Soup, Roast Turkey, Mashed Potatoes, Bread Stuffing, Turkey Gravy, Mustard Green, Eggplant Rataouille, German Chocolate Cake, Vanilla Cream Pudding.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos

Stampa

Chiechio

S. Vito

ON THE GO WITH MWR

Nappy Roots in concert Dec. 6

Hip-hop sensation Nappy Roots will perform at JOX Pub on Saturday, Dec. 6. The "Pursuit of Nappiness" USO tour will make a stop at Sigonella for this one-night, adult-only engagement at 9:30 p.m.

The group's signature sound is a concoction of country, hip-hop, soul, and funk. Rolling Stone magazine gives rave reviews to the band. "Their first hit single 'Awnaw,' with producer Jazze Pha's organ stabs and its wailing chorus, was one of the best things on the radio, a feel-good song you could actually feel good about liking," reported Rolling Stone. "Other tracks on the album, such as 'Po' Folks,' made it



one of the more striking debuts to come along in some time."

Follow up albums included The Humdinger, Innerstate of Mind and Wooden Leather.

Other live performances coming to JOX Pub on NAS II includes the Arajam Band on Dec. 26.

Every week JOX features karaoke on Tuesdays, a live band or DJ on Thursdays, Fridays and Saturdays and country music night once a month.

Call 624-0506 or email jacquelyn.leblanc@eu.navy.mil to confirm show date, time and venue.

Weather forecast predicts first snow on Dec. 5 at Midtown

It's expected to snow on Friday, Dec. 5 for Sigonellans who join MWR for its holiday reception. Light Up the Season will be held from 5:30 to 8 p.m. at Midtown on NAS I. Santa and his elves will make their debut appearance, and the event will feature choral singing, tree lighting, holiday refreshments and snow! Kids can enjoy the inflatable bounce houses at Fit District all weekend long: from 6 to 9 p.m. on Friday; 10 a.m. to 9 p.m. on Saturday; and noon to 6 p.m. on Sunday. For more information, call 624-4941.

Gifts at the movies for kids in December

On Sunday, Dec. 7, kids who head for the movies get free candy while supplies last. A special showing of Deck the Halls will be featured at noon on Thursday, Dec. 11 in which the first 40 kids get a free Tic Tac Toe travel game. More candy specials and giveaways in December include a drawing for a children's gift basket on Christmas Eve at 3 p.m. All movies on Christmas Eve and New Year's Eve are free all day long.

DECEMBER 5 - DECEMBER 12

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE & DESCRIPTIONS



Beverly Hills Chihuahua (PG)

A pampered Chihuahua named Chloe finds herself lost in the streets of Mexico. Alone for the first time she must rely on her new friends to help her find her inner strength on their incredible journey back home. (90 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. (130 min.)

Four Christmases (PG-13)

When upscale, happily unmarried San Francisco couple Kate and Brad find themselves socked in by fog on Christmas morning, their exotic vacation plans morph into the family-centric holiday they had, until now, gleefully avoided. Out of obligation and unable to escape, they trudge to four relative choked festivities, increasingly mortified to find childhood fears raised, adolescent wounds reopened... and their very future together uncertain. As Brad counts the hours to when he can get away from family, Kate is starting to wonder if their crazy families' choices are not so crazy at all. (90 min.)

Quarantine (R)

For a reality TV show about people who work while the rest of the world is asleep, reporter Angela Vidal and her cameraman, Scott, are assigned to cover a night shift with a pair of firemen at a Los Angeles fire station. A 911 distress call in the middle of the night takes them on a quest to get the whole story. A small apartment building downtown is quarantined and after the quarantine is finally lifted the only evidence of what took place is the cameraman's videotape. (89 min.)

My Best Friend's Girl (R)

Alexis is the girl of Dustin's dreams. But after only five weeks of dating, the love-struck Dustin is coming on so strong that Alexis is forced to slow things down - permanently. Devastated and desperate to get her back, Dustin turns to his best friend, Tank, the rebound specialist. A master at seducing - and offending - women, Tank gets hired by freshly dumped guys to take their girlfriends out on the worst date of their lives - an experience so horrible it sends them running gratefully back to their beaus. (103 min.)

Body of Lies (R)

A CIA operative attempts to uncover a major terrorist operation in Jordan, but he doesn't know which of his allies he can fully trust. (128 min.)

Nick & Norah's Infinite Playlist (PG-13)

Nick frequents New York's indie rock scene nursing a broken heart and playing with his band, The Jerk Offs. Norah is questioning pretty much all of her assumptions about the world. Though they have nothing in common except their taste in music, their chance encounter leads them to an all-night quest to find a legendary band's secret show and ends up becoming a first date that could change both their lives. (90 min.)

Schedule is subject to change. Please call x4248 to confirm movie showings.

SHOWING FRIDAY, DECEMBER 12

5:00pm The Secret Life of Bees PG-13
5:30pm W. PG-13
7:00pm Max Payne PG-13
8:00pm Quarantine R
9:00pm My Best Friend's Girl R FREE to E4 & below

COMING SOON

Role Models
Pride and Glory

December Special

Buy a small popcorn, get another free!



Mistletoe Mile & Breakfast in Winter Wonderland set for Dec. 13

On Dec. 13 kids are invited to leave their sleigh at home and get on their toes for the Mistletoe Mile, a fun run in honor of the many miles that Santa travels for us every year. Free T-shirt for the first 125 to sign up. Registration is at 9 a.m. at Midtown on NAS I and the race begins at 9:30 a.m.

For more information about the one-mile event, call 624-4483. Immediately following the race at 10 a.m., join MWR for Breakfast in Winter Wonderland, a morning at Midtown featuring a pancake break-

fast, special holiday movies, arts and crafts at Santa's workshop, and free bowling for kids.

Those interested in holiday photos with Santa must bring their own camera. He's expected to arrive at 10 a.m. for photos.

This special event is free to the public. Attendees are encouraged to bring a gift for the less fortunate - a pet toy or treat for homeless animals or a children's gift that will be loved by either a girl or boy at a local orphanage.

Who really authored "Twas the Night Before Christmas"?

Solve the mystery of who authored "Twas the Night Before Christmas." One of the world's most famous poems of all time. Those who stop by the Library and share what they learned with the front desk can get a

free treat for the holidays. While there, browse more than 200 books on Sicily covering art, history, novels, cooking, travel and culture. Stop by and learn more about the island.



WWII, continued from page 1

of Acate.

"They found pieces of gun and put it together and hauled it up a ridge to take some German guns out, and that's all we really knew," she said. "A gentleman who was actually there with my uncle

has talked with my mom, and he said people were yelling at him saying 'don't go up there, there are guns.' He said, 'Well somebody has to go.' So, he and another went up initially and then the rest followed. I believe 11 of them got a Silver Star for taking the ridge from the Germans."

Dodson was one of the 11 men who received the Silver Star, but he never lived to receive the medal he earned that day his bravery, Hutchison said.

He continued on with the fight in Sicily until October of that same year, she said.

"He was helping a lieutenant disarm a mine, and there were several people from his group in the general area," Hutchison said. "The lieutenant was supposed to have had a specialty in mines, but he was fresh out of school. The only assumption we have is my uncle was either asked or volunteered to help disarm the mines and one of them exploded and killed the lieutenant instantly."

According to Hutchison, Dodson was badly injured in the blast. He survived several more days before succumbing to his wounds.

"There was so much shrapnel that the medical determination was that he was going to bleed to death anyway," she said. "Several people

that contacted the family right after this happened said they had volunteered to donate blood, but the technology then was just not what it is now."

As a child Hutchison was surrounded by photos and memories of Dodson, she said.

"He's always been there with the pictures,

and my mother idolized him and talked about him all the time," Hutchison said. "She has her moments. She tends to talk about him more now. I think as people get older they do that."

Her mother always talked about visiting the location where her brother died, but she could never bring herself to make the trip, she said. As she got older, the ability to travel became less and less viable.

"My mother for many years has said, 'I wish I could see where Dub died. Maybe I would have some closure on it,'" Hutchison said.

When Hutchison and her hus-

band, Phil Hutchison, decided to visit Europe, she knew she had to make the trip that her mother and grandmother never could, she said. She could tell it was important to her mother even if she wouldn't come straight out and say it.

"She wanted us to come, but she felt like she was talking us into something," she said. "We've planned the trip for over a year."

Hutchison made contact with the Naval Air Station Sigonella Public Affairs office located in Sicily. From there, several more local national and military personnel volunteered to take Hutchison to the place where Dodson died.

"I thought it was going to be much smaller than what today turned out to be," she said. "I was really overwhelmed by how warm everyone was and how open and willing to talk about everything that happened and share their information. I feel truly blessed for that and I couldn't be more pleased with how this day turned out."

The Mayor of Acate presented her with a plaque honoring her uncle and his heroic sacrifice. Local officials and television crews were present to cover the entire story. The number of photographers was overwhelming, she said.

A long caravan of cars followed Hutchison as she was driven to the ridge where historians believe Dodson received his fatal wounds. She sat quietly in the front seat scanning the Sicilian countryside. After a long trip down a single lane dirt road, the cars finally came to a stop. A small dwelling lay in ruin around the road. Small olive groves dotted the surrounding farm land. The smell of salt from the sea was faint but noticeable.

"I had been trying to visualize,

in my mind, what the area looked like on July 10 and 11, but to view the spot where we think my uncle received his wounds," Hutchison said. "It was overwhelming. I couldn't visualize anything. All I could feel cold and remorse. He was such a child. He was only 22."

Hutchison expressed that maybe now her mother will finally have some closure.

"There is a Sicilian saying that a tree grows where someone has died," she said. "That gave me such a great amount of comfort to know that out of such wreckage, out of death, something new has come again. Life does go on."

Hutchison takes out a flag and unfurls it. It's the Airborne flag that her mother has had hanging next to Dodson's picture since Hutchison was a small child. She lays the flag on a cobblestone wall running next to the tree. This moment belongs to her family. It may have taken more than 60 years, but she has finally completed a journey that began before she was born.

WORD, continued from page 2 thoughts remind me of a poem I wrote over twenty years ago about the pain of confession – literally, to "speak with", to simply agree with actuality. I entitled the work, "Admitting the Obvious."

When I proposed to my wife in 1988, I had no sophisticated scenario carefully orchestrated months in advance. Quite spontaneously, I asked her to marry me through an admission of weakness, of failure. At that moment, I decided I wanted to ask her to share life with me, not duped by the appearance of strength, not distracted by surroundings of romance, but keenly aware of my frailty. I pledged to love her. I gave her my word. She knew it was the word of a man who would sometimes

fail. But she believed me – she believed this man, with all his weaknesses, would love her. I do love her.

I had a good friend who could also relate to Robinson Crusoe but in a different way. By his words and demeanor, anyone would have concluded that he was happily married and thought the world of his wife and children. In fact, I believe he was very pleased with his marriage. However, quite apart from his estimation of his family, he regularly had affairs whenever he travelled – and that was often.

So long as he was living a lie and no one knew the truth, he was very happy with his wife; it was obvious. As soon as his actual behavior was exposed, he decided he didn't really care for her anymore. She wanted to forgive him but he wasn't having any of it. He decided she was 'too square' for him. His wife wasn't square; she was a peach . . . and he knew it. He just couldn't bring himself to agree with reality.

It is in the most difficult circumstances of life, when we feel weakest, that we are called upon to exercise the most rigorous thinking, the most intentional actions, the most honest assessments. In the crucible, our character is exposed. It may be easy enough to agree with the bare truth if our trials reveal wholeness. But what if the fires of life expose cracks in our earthen vessels? Crusoe suggested the rational and congruous path to being esteemed wise in such times was, if not practiced, at least evident.

The strengths, skills and abilities in our work force here in Sigonella are abundant. We rightly acknowledge them. I just wanted you to know . . . my support for you extends beyond your strengths. On this, I give you my word.



Linda Hutchison holds up a photo of her uncle, Dob Dodson alongside the mayor of Acate,

Days Inn

Stampa

Stampa

FAD, continued from page 2
 -Include foods found both in and outside your home that your whole family can enjoy
 -Help you to set realistic weight goals
 -Promote a slow, steady weight loss of 1-2 pounds per week
 -Will not require spending a lot of money on "pills" or "diet foods"
 -Help you identify problems and barriers interfering with your weight loss and help you develop a plan to deal with them
 -Include a weight maintenance plan to help you maintain your goal weight
 -Encourage receiving medical advice if needed before starting the program
 -Be taught by professionals with qualifications in nutrition counseling
 -Be based on reliable scientific research

Palermo

Popular Fad Diets
 High Protein/Low Carbohydrate Diets

Diet: Eat large quantities of protein, limit or avoid carbohydrate foods (pasta, breads, and rice) and foods with sugar are eliminated. Individuals are attracted to these diets because they include many of their favorite high fat foods and produce quick weight loss.

Problems: These diets tend to be very high in saturated fat and cholesterol, which can increase your risk of heart disease. They are also low in many antioxidants, which are nutrients found in fruits, vegetables, and whole grains that help protect you against heart disease and cancer. The low carbohydrate diet also leads to fatigue, nausea, dehydration, headaches, dizziness, and bad breath. In addition, once you add breads and other grains back into your diet, the weight returns.

Liquid Diets

Diet: Substitute 2 meals a day with a shake or drink and the third should be a nutrient rich meal. These diets are usually very low in calories (about 1200 calories per day). Individuals are attracted to these diets because they can have a sweet drink, very little meal planning is involved, and at first, weight can be lost quickly.

Problems: These diets do not teach healthy, long-term eating habits and do not provide a maintenance plan. Once you return to eating solid foods, weight is likely to return. In addition, these drinks do not contain phytochemicals, which have natural disease prevention properties and are found in foods.

Juice or Broth Fasting

Diet: Allowed to drink an unlimited amount of fruit juice, clear broth, tea, and water. Individuals are attracted to these diets, because in the beginning, weight can be lost quickly.

Problems: These diets last from one day to one week. Once you go back to eating solid foods the weight returns. In addition, while on these diets, you will often feel dizzy, tired, and fatigued, and this will make exercising very difficult. Also, these diets may not provide enough calories, and therefore will cause your metabolism to slow down.

High Carbohydrate/Low fat diets

Diet: Eat mainly high complex carbohydrates. Limit sugar, fat, and protein intake.

Individuals are attracted to these diets because they can eat all of the bread products and "fat free" foods they want.

Problems: You will feel hungry more often, because carbohydrates do not have the "staying power" that proteins and fats do. Without enough protein and fat in the diet, individuals tend to eat too many "fat free" high sugar/high calorie foods (fat-free cookies, bagels, fat-free ice cream, sugary cereals, etc) instead of the healthier high carbohydrate foods including fruits, vegetables, and whole grains. In reality, this type of diet becomes a high calorie, unbalanced (lacking many important nutrients) diet.

Weigh the Facts – Avoid the Fads!

SCOUTS, continued from page 1

second group went to a room that had a weapons simulator and were able to try their hand at shooting birds on a projector screen. The third group of scouts went to the base's armory, where MA1 William Taylor showed them the various weapons NAS Sigonella carries. He explained the different weapons, what they are used for and even passed around bullets for the boys to examine.

Bud Turner is Cub Master for Cub Scout Pack 53, Sigonella, Sicily. He said that 32 to 35 boys in grades one through four are a part of the pack, and the pack is further divided into various groups, called dens. The Cub Scouts are very focused on character building activities. "It's young boys growing in to young men," he said. Some of the activities include hiking, campouts, learning how to cook outside and pitching a tent. One

of the more popular activities is hiking in Taormina, which starts at the bottom and goes all the way up to a castle at 1200 feet elevation. Turner says that touring Security is something that all of the boys will enjoy. "It's right up Cub Scouts alley," he said.

If someone wants to join the Cub Scouts, the easiest way is to contact Turner via email - george.w.turner@eu.navy.mil, or to call him at 624-1258 and leave a message. He said that the group has a membership on Yahoo Groups, and to just search for 'Sig Pack 53' to find them. "If you see us out and about, stop me and I'll give you a card," he said. Or, simply come to the Marinai Rec Center the last Thursday of every month around 5:30 p.m. This is when all of the packs get together and hand out awards, badges, and discuss important upcoming events.

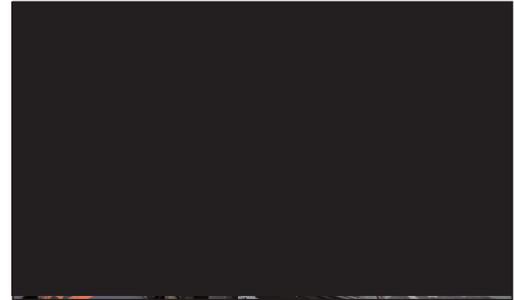


Photo by Bud Turner, Cub Master for Cub Scout Pack 53
MA1 William Taylor explains the different guns and weapons in the NAS Sigonella armory. Cub Scout Pack 53 toured the NAS Sigonella Security Department on Nov. 21 and learned about crime prevention, used the weapon simulator and got fingerprinted.

FINANCIAL, continued from page 5

One Source is also an option at their website.

If you find yourself often worrying about how you will meet your financial obligations and goals, it's important to learn ways to cope with these concerns. Otherwise, your financial stress could affect other areas of your life. If news about the economy makes you worry, avoid it. During a market downturn, it may seem as if every newspaper and broadcast is about the falling market and what it might mean for the future. If you find that this kind of news makes you feel nervous, try to limit how much financial news you read, listen to, or watch. Learn some ways to cope with anxiety and stress. It's important to learn some techniques that will help you relax during times of stress. These could include yoga, deep-breathing exercises, or simply increasing the amount of sleep and physical exercise you get. It doesn't matter what you do to relax. What's important is that you find something that works for you.

Avoid making any sudden financial moves based on fear or stress. Be sure to get advice before making any decisions, such as selling your home, borrowing from a retirement fund, or changing investment options in your retirement savings plan. An expert can help you determine when the time is right to make a big financial move as well as help you understand the importance of sticking to a long-term plan.

Try to remember all of the other forms of wealth you have in your life. Focus on relationships with your friends and family, your emotional and physical well-being, and other positive things in your life instead of worrying about your financial situation. Try to focus on living one day at a time instead of worrying about what may happen in the future. Many people find that making a conscious effort to focus on the "here and now" instead of thinking about the future

can help calm financial fears. Stonewall Jackson is quoted as saying, "Never take counsel of your fears". Now is the time to look at your financial situation and seek information to put your fears away.

NEWS BRIEFS

Visiting Nurse - NMCRS Sigonella

The Navy-Marine Corps Relief Society has openings for part-time Visiting Nurses. Applicants must have all of the following attributes to be considered: (1) be a command-sponsored spouse of an active duty service member or be the spouse of a member of the U.S. civilian personnel component, (2) possess a current sojourn permit, and (3) be a U.S. citizen. Minimum requirements: Active R.N. license/insurance from any State, Current CPR certification or ability to obtain within 3 mos. of employment, valid stateside driver's license, current automobile insurance, and reliable transportation. Experience in med/surg, home health education, discharge planning, Ob/Gyn exp. is highly desirable. Starting salary is \$21/hour. Preference will be given to those applicants who have prior experience with the Society as a volunteer or employee. For more information, or to obtain an application, please call the NMCRS Sigonella Office at 095-56-4212 or DSN 314-624-4212. You may also request an electronic application by sending an email message to hr@hq.nmcrs.org. Please send completed and signed applications, and supporting sojourn documentation to NMCRS Headquarters office at 875 North Randolph Street, Suite 225, Arlington, VA 22203, USA or fax to (USA) 1-703-696-0144 no later than Dec. 19, 2008. Although we will acknowledge receipt of all applications, only those selected for interviews will receive additional notification. Visit NMCRS on the Web at www.nmcrs.org. E.O.E.

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 .

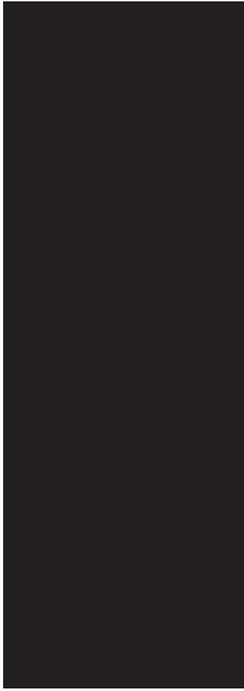
SEND IL MERCATO ADVERTISEMENTS TO THESIG@NASSIG.SICILY.NAVY.MIL



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