

THE Signature

SIGONELLA, SICILY



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SEPTEMBER 25, 2009

Reminder: Fiscal Year 2009 Fuel Coupons expire 9/30

Important information you need to know

All fuel coupons will expire on Sept. 30, 2009. New fuel coupons, valid from Oct. 1, 2009 to Sept. 30, 2010, will be available for purchase from the Navy Exchange Main Store Customer Service Department and the Navy Exchange Mini-Mart starting on Monday, Sept. 28. Refunds for coupons expired

on Sept. 30, 2009 will be authorized and processed at the Navy Exchange Main Store only, starting on Friday, Oct. 1 through Thursday, Dec. 31, 2009. If you have any questions, call the NEX Main Store at 624-4363 or 624-4541, or the NEX Mini-Mart at 624-5423.

Celebrate Latin American Heritage Month



Photo by MC3 Jonathan Idle, The Signature Staff

From left to right: NAS Sigonella Command Master Chief Rosa L. Wilson, Boatswain's Mate Chief Zabian Davis, Master-at-Arms 3rd Class Josh Guerrero, Capt. John W. Moore, NAS Sigonella Commanding Officer Capt. Thomas J. Quinn and Lt. William Parish cut the ceremonial cake to signify the beginning of Hispanic American Heritage Month Sept. 15 at Ristorante Bella Etna on NAS I.

Hispanic Heritage Month runs from now until Oct. 15, and there will be various activities going on around the base to celebrate the event. Tomorrow, Saturday, Sept. 26, there will be a Hispanic Pot Luck Celebration during Latin Nights at JOX. The event starts at 8 p.m. and goes well into the evening. The DJ will be playing Latin music, so put on your danc-

ing shoes and come out and celebrate.

On Sunday, Oct. 4 at 9:30 a.m., there will be a Hispanic-inspired breakfast at the NAS I community center. The event follows the 8:30 a.m. Catholic Mass and will be finished prior to the 10:15 a.m. Protestant service.

Don't miss out!

NAS Sigonella welcomes new chief petty officers

By MC3 Jonathan Idle
The Signature Staff

Twenty-nine new chief petty officers were pinned at the Fiscal Year 2010 Combined Unit Pinning Ceremony Sept. 16 at the Midtown gymnasium on NAS I.

The pinning ceremony is a time-honored Navy tradition to welcome new chief petty officers to the Chief's community following their seven-week indoctrination process as chief petty officer selects.

The ceremony began with the chief selects marching out in front of the crowd of family, friends and shipmates while singing "Anchors Away." That was followed by the parading of the colors, the Italian and American national anthems, and the invocation.

Following the invocation, Chief Master-at-Arms Ryan Nolan, who was pinned at last year's ceremony, discussed his experiences during his first year as chief.

"The situations we faced on a daily basis impacted the careers and the well-being of our sailors and their

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Photo by MC2 Gary Prill, Navy Public Affairs Support Element East Detachment Sigonella

Chief Aviation Ordnanceman (AW/SW) Cliff Williams receives his new gold fouled anchors from his wife and daughter during a chief pinning ceremony held on Sep. 16, in the base's gymnasium on support side of NAS Sigonella. The khaki combination cover and pair of gold fouled anchors signifies the ending to the seven weeks of training, and the start to a well earned new position as a U.S. Navy Chief Petty Officer.

What would you do?

By Linda Riddle LISW CAS

NAS Sigonella ASACS counselor

"Mom you are soooooo stupid!" "Are you deaf and blind?" These were the words my daughter yelled in a mall parking lot confronting me with my son's use and abuse of alcohol and drugs. The words were spoken some years ago but I can still feel the sting.

My daughter went on to tell me that her younger brother was binge drinking and using marijuana.

My first reaction was denial. "Not my son. He is such a good kid." At the time, he was playing sports, getting good grades and had many friends.

I knew his friends. I knew the parents of his friends. I talked to his teachers. I checked where he was going on the weekend and if there would be adult supervision. As his mother, I thought I was doing everything right.

And as a therapist working in

the field of substance abuse, I certainly would know if my son was using, right?

The fact was, while I was doing many right things I still looked the other way. I did not want to believe that my son could have a problem.

The tough lesson I learned that day in the mall parking lot was that as parents we are often the last to know what our kids are really doing.

I think it has to do with the fact that we held them as babies and in some ways they will always be our babies. We can have blinders on when it comes to our own kids because we love them unconditionally and it is very difficult for us to see our own children in a bad light. At least, I think that was what was going on with me.

But I could no longer afford to continue with my head in the sand - my ostrich stance. This was my wake-up call. I realized that if I did not act quickly, I could lose my son as so many mothers have done to the

devastating effects of alcohol and drug addiction.

What did I do?

I started paying attention. No, really paying attention.

I confronted him when I smelled alcohol on his breath or his clothes. I searched his room and found drug paraphernalia and bottles of alcohol. I grounded him and sent him to a counselor that specialized in adolescent development and alcohol and drug addiction. He was assessed, went to outpatient treatment and eventually graduated from high school. Fortunately, he is sober today.

It was not an easy time. He told me he hated me. He told me that I was ruining his life. He told me that he wanted to live with his dad. I remained strong because I received support from the counselor and the other parents involved. I was told that parenting, especially parenting a teen, was not a popularity contest. I

ASACS, continued on page 12

WEATHER UPDATE	September 25	September 26	September 27	September 28	September 29	September 30	October 1
	H:74F L:64F	H:76F L:62F	H:79F L:61F	H:76F L:63F	H:75F L:61F	H:74F L:64F	H:72F L:61F

TOP STORIES
As we head back to school or work after our summer vacation, let us take a moment and prepare a flu plan to ensure you and your family's wellness.

The U.S. Navy Postal Clerk (PC) and Storekeeper (SK) ratings will merge on October 1 to form the new Logistics Specialist (LS) rating.

Maintaining a family routine and tending to your needs or the needs of family members can be very difficult when a spouse or partner has been deployed. You may experience separation anxiety, fear, anger, loneliness, and other strong emotions during the deployment of your spouse.

The annual Grape Harvest and Fall Festival (Festa della Vendemmia) will begin tonight in Piedimonte Etneo and run through Sunday in piazza Madre Chiesa (main square).

Acireale is a large city located on the coast between Catania and Taormina. It boasts beautiful baroque architecture highlighted by the Cattedrale Maria Annunziata.

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TRAFFIC NUMBERS

	Jan. 09- Sept. 09	Jan. 08- Sept. 08
Accidents	170	216
Injuries	19	35
DUIs	1	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

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

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

Parents need to know where their children are at all times to ensure that they are safe and also to monitor the child's activities. The handbook has specific guidelines for supervision based on the age of the child. Children one to three years of age require close supervision and will be under direct visual contact where the supervisor can respond immediately to a threat or emergency. Children four to six years of age may play in an appropriately designated safe area that is within eyesight or hearing distance of a supervisor who can respond within one minute. Children seven to nine years of age must have

access to adult supervision where the adult can be contacted quickly and the adult knows exactly where the child is.

Children should be instructed on how to be safe while in housing and to follow rules like not playing in the street, looking before crossing the street, and how to safely ride a bicycle through housing following the rules of the road. They should also be told what forms of play are appropriate in housing and that they should not be misusing play equipment. Parents are financially responsible for damages caused by their children.

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

obey the regulations. Three curfew violations will automatically result in actions being taken against the sponsor/parent and Fleet and Family Support Center personnel will investigate possible child endangerment.

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



Preparing for the 2009 flu season

By Lt. Skinner,

U.S. Navy Hospital Sigonella
Public Affairs Officer

As we head back to school or work after our summer vacation, let us take a moment and prepare a flu plan to ensure you and your family's wellness. First, recognizing the difference between the Flu and common cold can be very helpful.

The common cold typically has respiratory symptoms and is caused by a different virus from the Flu. Generally, the Flu is more severe than the common cold and often involves nausea, vomiting and diarrhea rather than respiratory symptoms. A stuffy or runny nose is associated with the common cold and usually does not require antibiotics.

Your health care provider can run some tests within the first few days of symptoms to determine which you have. See your doctor if you have

a fever of 101 degrees (Fahrenheit) or higher to be evaluated and note that at this point you are contagious.

The best prevention from both, as well as the H1N1 virus is hand washing and maintaining a healthy diet, getting proper rest and regular exercise.

Common sense regarding hand washing still applies but must be remembered and practiced by all. Sneezing into your forearm or over the shoulder is better than in your hand especially if you do not have a tissue for a barrier or sanitizer to use immediately following.

Hand sanitizers are everywhere these days with many convenient options and come in travel sizes approved for airline travel or in foil packets. Stock up and do some research, as now many brands have options for sensitive skin and include moisturizers.

Another helpful hint in warding off the Flu virus is maintaining

FLU, continued on page 12



NASSIG WORSHIP SERVICES
Chapel Offices: NAS I 095-56-3975, NAS II 095-86-9049

<p style="text-align: center;">ROMAN CATHOLIC</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Thursday</u></p> <p>1130 Catholic Mass (NAS II Chapel)</p>	<p style="text-align: center;">PROTESTANT</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0900 General Protestant (Mineo Community Center) 1000 Traditional Protestant (NAS I Chapel) 1130 Contemporary Protestant (NAS I Chapel)</p> <p style="text-align: center;">CHURCH OF CHRIST LAY SERVICE</p> <p style="text-align: center;"><u>Sunday</u> 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)</p>
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JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

CHAPLAIN CORNER



Chaplain Coates

I made the call: accepting full responsibility

From 1975-1977, I rode the school bus to and from Mound Middle School in Decatur, IL. Not every day. If the weather would permit, I would gladly choose the 1 1/2 mile walk over riding that bus.

Bus drivers changed frequently. One driver was a real favorite of many of the students. I am pretty sure the reason is because he provided cigarettes and allowed them to smoke on the bus.

Is that shocking to you? It wasn't to me. My goodness - for all the garbage we endured in the course of a day in middle school, there was nothing particularly scandalous about this. It was just one more element of an adolescent culture that I had long earlier concluded had nothing to offer me.

Well, when I mentioned this non-issue to my mom, she concluded it was an issue and informed the school. She was right. I suspect he was buying kiddie the intention of turning to a more lucrative business in drugs with such a dependable and loyal clientele. The next day, we had a new bus driver. Problem solved, right? Not quite.

The students were not happy. They wanted to know who turned him in. I did not raise my hand boldly and with

honor. I just sat quietly like I always did hoping they wouldn't accuse me and demand an answer. Instead they began to accuse a kid they picked on all the time. He was a very tall and broad-shouldered boy of poor hygiene and limited intellectual capacity. Without any evidence, they concluded he was the culprit and said they were going to kick something out of him - some substance, I believe. It was just words. They didn't beat him up.

I wish I would have stood up. I wish I would have raised my hand and said, "I made the call. Leave him alone." Then, I wish they would have kicked the living coward out of me so that nothing would have remained of me except pure honor and courage.

RESPONSIBILITY,
continued on page 12

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LOOKING TO SUBMIT AN ARTICLE TO THE SIGNATURE?

HERE'S WHAT YOU NEED TO KNOW

The Signature is always looking to highlight the accomplishments of the various commands at NAS Sigonella. To help you better understand our deadline policies, here is some helpful information you need to know prior to sending us your article.

Contact us at thesig@eu.navy.mil at least a week prior to the date of your event. Due to our deadline with our printer in Naples, we are working on two issues of the paper at a time, so check in with us before writing your article to ensure we have space in the newspaper for your submission. Also, checking in with us will help us to guide you as to how many words we can accept, the deadline your article is needed and any other pertinent information you need to know. We cannot guarantee we will have space for your article, and will base the decision to run it on timeliness and spacing.

For more information about how to submit an article to The Signature, call us at 624-5440 or email thesig@eu.navy.mil.

NAVY NEWS

Postal Clerks and Storekeepers merge to become Logistics Specialists

By NAVSUP Headquarters
MECHANICSBURG, Pa. – The U.S. Navy Postal Clerk (PC) and Storekeeper (SK) ratings will merge on October 1 to form the new Logistics Specialist (LS) rating.

“This merger is a step in our efforts to define the supply enlisted workforce that will support the Navy in the 21st century,” said Rear Adm. Mike Lyden, Commander, Naval Supply Systems Command (NAVSUP) and Chief of Supply Corps. “Our work processes in the future will require a more broadly trained Sailor who can provide a unique skill set to both our Navy warfighters, and the joint warfighters. By combining these two ratings, we lay the groundwork for future readiness and greatly enhance career opportunities for all Sailors in the LS rating.”

Merging these two ratings will give the PCs a viable career path,

broader skill sets, and increased advancement opportunities with no adverse affect on the SKs, according to NAVSUP Command Master Chief Jim Collins. “And the LS rating will also benefit Sailors with a broader skill set and greater diversity in both sea and shore assignments.”

Logistics Specialist more accurately describes the knowledge, skills, and abilities of the new workforce and further aligns with our future force requirements, according to Rear Adm. Lyden. He also commented that “our supply enlisted community plays a vital role in executing the Navy’s Maritime Strategy mission both afloat and ashore.”

Chief of Naval Operations Adm. Gary Roughead approved the ratings merger on Nov. 17, 2008. Since the LS rating was approved, a new rating manual, mobile training teams, and online training programs

were developed to educate PCs and SKs in their new roles as LSs.

“We also improved training and personnel qualification standards for Storekeepers assigned in postal positions afloat,” said Collins. He added that the establishment of the “LS rating marks the beginning of a rating specifically designed to meet the requirements we face today and anticipate tomorrow.”

NAVSUP’s primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 25,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for quality of life issues for our naval forces, including food

service, postal services, Navy hold goods. Exchanges, and movement of house-

CNIC offers one-stop shopping for H1N1/Flu information

By Commander,
Navy Installations Command
Public Affairs

WASHINGTON (NNS) -- The Navy Installations Command website is the U.S. Navy’s go-to site for information about seasonal flu and H1N1. This site is unique in that it is standardized across the Navy Installations Command enterprise and has 89 “front pages” representing the headquarters, 11 Regions and 77 Installations. You can get to the Operation Prepare button on all front pages.

“In an effort to reach our total Navy family, we are using the Navy Installations Command website’s Operation Prepare capability to provide current, relevant and meaningful information about seasonal flu and H1N1 to our Fleet, Fighters, Families and our local communities where we reside, says VADM Mike Vitale, Commander, Navy Installations Command. “It is important to everyone to prepare for this flu season and this site should assist with getting the right information to the right folks today.”

The Navy Installations Command website has been expanded to include updated information for both seasonal flu and the H1N1 flu

virus. Visitors to the site can get a quick understanding of how the current H1N1 pandemic relates to and differs from the familiar seasonal flu experienced each year. There is information on how the viruses are transmitted, their symptoms and treatments, and, most importantly, how to protect yourself and family.

This new addition will also offers links to and updates from Navy Medicine, the Center for Disease Control (CDC), and the Department of Health and Human Services (HHS) to help the Navy community stay informed on any H1N1/Flu developments.

The site will provide live, breaking H1N1 news feeds via RSS from the Center for Disease Control (CDC) and the Department of Health and Human Services (HHS). Links to CDC and HHS websites are also provided.

To view the CNIC H1N1/Flu website, visit https://www.cnic.navy.mil/CNIC_HQ_Site/OperationPrepare/FluInformation/index.htm.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.

PHOTO FROM THE FLEET

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



Photo by MC2 Jason Poplin, Navy Public Affairs Support Element East Detachment Sigonella

Explosive Ordnance Disposal technicians and support personnel of Explosive Ordnance Disposal Mobile Unit Eight drill on procedures to remove a stuck High Mobility Multi Wheeled Vehicle during the Humvee Light Service Support Vehicle Course Sept. 17 on NAS II.



U.S. Navy photo by MC1 Tiffini Jones Vandervyst/Released

Chief of Naval Operations Adm. Gary Roughead receives his annual seasonal flu vaccination from Air Force Capt. Leah Williams at the Pentagon.

Calvary **Monika**

Muscle

 <div style="background-color: #0070C0; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">COMMUNITY CALENDAR</div>				FRIDAY 25 SEPTEMBER	SATURDAY 26	SUNDAY 27
				<p>Signonella Jaguars Volleyball at home vs. AOSR Starting at 5 p.m.</p> <p style="color: orange; font-weight: bold;">No School</p>	<p>Hispanic Pot Luck for Latin American Heritage Month Jox 8 p.m. - 3 a.m.</p> <p>Signonella Jaguars CC and Tennis at home vs. AOSR Starting at 9 a.m.</p>	
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 1 OCTOBER	2	3	4
<p>Signonella Elem. School Advisory Committee Meeting Elem. School Room 106 2:45 p.m. x4406</p> <p>IA Discussion Group FFSC 11:30 a.m. - 1 p.m. x4291</p>	<p>Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p> <p>Jaguar Booster Club Meeting Signonella High School 5 p.m. x3294</p>		<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>	<p>Signonella Jaguars Football at home vs. Alconbury 1 p.m. (game time will be changed to 10 a.m. if temp. is expected to be high)</p> <p>Nearly New Shop Open NMCRS 10 a.m. - 1 p.m.</p>	<p>Hispanic Breakfast for Latin American Heritage Month NAS I Community Center 9:30 a.m.</p>
5	6	7	8	9	10	11
<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>	<p>Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>		<p>Signonella Jaguars Volleyball at home vs. Naples Starting at 5 p.m.</p> <p>Powder Puff Football Game School Field 8 p.m.</p>	<p style="color: orange; font-weight: bold;">Signonella Jaguars Homecoming</p> <p>9 a.m. Girls Volleyball 9 a.m. Cross Country 9 a.m. Tennis 11 a.m. Boys Volleyball 1 p.m. Jaguar Football vs. Rota</p>	

Sushi

Maricru

Morobishi

Motta

Did you know that . . .
The Navy Marine Corps Relief Society staff handled 77,754 cases, resulting in assistance of \$44.2 million to Sailors, Marines, and their families who had financial needs in 2008?
The single, most prevalent category of need was Basic Living expenses. Our clients also sought assistance to pay for emergency transportation, medical and dental bills, funerals, and setting up households, including security and utility deposits, furniture, car repairs, and more. Based on need, assistance is provided as an interest-free loan or grant.
If you have a temporary emergency need, NMCRS may be able to help. Call your local office today.
NMCRS: A Helping Hand!
www.nmcrs.org



The

Fleet & Family Support

Center

Fleet and Family Support Center
 Administration Building 319
 NAS I

Monday-Friday 0730-1630
 DSN 624-4291
 Commercial 095-56-4291

Coping with the deployment of a spouse or partner

Edited from *Military One*
 Source Article

Maintaining a family routine and tending to your needs or the needs of family members can be very difficult when a spouse or partner has been deployed. You may experience separation anxiety, fear, anger, loneliness, and other strong emotions during the deployment of your spouse. By knowing what to expect, learning to recognize the signs that you are having trouble coping, and knowing where to turn for help, you may be able to make this difficult time a little easier.

Coping during a deployment

There are several stages of emotion you may go through when your spouse or partner has been deployed. When they first learn about a deployment, many people begin thinking about what it will be like to live without their partner, which may cause feelings of confusion, anger, resentment, or depression.

If you experience any of these emotions, you can:

- talk to your spouse about your feelings
- work to create opportunities for lasting memories during the separation
- talk with other people from your military community who are going through the same experience
- involve your entire family in getting ready for the deployment

As the time of departure comes closer, some people may begin to feel detached or withdrawn. Feelings of hopelessness, impatience, and a decrease in emotional or physical closeness are all common reactions to an impending deployment.

When a loved one leaves, family members may go through a difficult adjustment period. On the "up"

side, many people feel an increased sense of independence and freedom. The "down" side could include periods of sadness and loneliness.

If you have trouble adjusting to the absence of a spouse or partner, you can

- Try to find things to look forward to. Take a class, volunteer, or start a project you've always wanted to do. Set some personal goals for yourself during the deployment period and be open to new experiences and friendships.
- Reach out to others who are in the same situation. Remember that you are not alone.
- Plan an event with other families who are coping with a deployment or find a support group through your military community.

- Don't try to hide your feelings. It's normal to feel sad, lonely, or angry when you've been separated from your spouse. You don't have to hide these feelings - that may just make it harder to deal with them. Talk about how you feel with people whom you trust.
- Do something special for yourself and your family. Rent a movie or cook a meal that your spouse wouldn't necessarily enjoy. Plan fun outings with children during free time. Make time to read a book you've been wanting to read or visit with a friend.
- Try to concentrate on the things you can control. It's normal to worry about your spouse's safety during a deployment or about when he or she will come home, but this is something that you can't control. Try to focus on things that you can control, like spending time with family and friends or signing up for a class or

volunteer opportunity.

Ignore rumors. The military may not be able to give detailed information about the whereabouts and activities of specific units during a deployment. Without that kind of information, rumors and gossip can get started. It may be difficult to ignore rumors or gossip, but you'll be much better off if you do. Rely on official sources of information when a family member has been deployed.

Learn some stress management techniques that work for you. The stress of living without your partner can take a toll on the way you feel and think. Try out some different ways to relieve stress, such as an exercise class, keeping a journal of your thoughts and feelings, or practicing meditation or deep breathing.

Seek support from your faith community. Many people find comfort and solace from their faith communities during difficult times.

Take care of yourself. Get enough sleep and exercise and eat healthy meals.

Asking for help
 Ask for help when you need it. Asking for help isn't a sign of weakness -- it's a sign that you care about yourself and your family. Don't be afraid to ask friends or family to help with the household, child care, elder care, or anything else you need.

Seek professional counseling.
 If you're having trouble coping, feel overwhelmed by the job of managing everything on your own, or if you're feeling blue or depressed much of the time, you may benefit from speaking with a professional counselor. Contact your family service center for help finding a counselor.

Angela

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.



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

BIANCA (below) is a beautiful girl who would love a home to call her own. She wants someone to take her for walks and give her treats.



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.

Marchi

By Alberto Lunetta
The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

International Couscous Festival continues in the San Vito Lo Capo

The 12th edition of the international Couscous Festival has already taken over the streets of the San Vito lo Capo historic heart. As organizers point out, this festival is not just about eating this mouthwatering Mediterranean specialty, but it is a chance to promote intercultural integration. The star of the festival is couscous, a scrumptious blend of chicken, lamb, stew or fish with vegetables and semolina.

San Vito Lo Capo, an enchanting coastal town located about 25 miles from Trapani, offers an amazing backdrop to the festival and will give you that chance to continue your summer vacation. The town boasts a crystal-clear sea and pure white shores with fine sand that are annually awarded for quality of water and beach facilities.

The festival will take place in the lively streets of the historic center, where ethnic music concerts and food booths, shaped as Berber tents called "Al Waha" (oasis) will create a cozy and exotic atmosphere.

The festival, which runs through Sept. 27, is basically a culinary competition featuring renowned chefs from eight Mediterranean countries (Israel, Ivory Coast, Italy, France, Morocco, Palestine, Senegal and Tunisia) who will show their best culinary expertise in making the best couscous. Judges include distin-

guished food journalists and tourism experts. This year, festival goers can be part of the 100-member public jury that will award the best chef. All you have to do is show up in via del cous cous, at the entrance of the competition's venue tonight before the competition begins. Applications will be given out on a first come first serve basis.

Last year, the winner was Abibata Konatè an Ivory Coast's chef.

History of Couscous

Couscous is a staple dish in North Africa's Maghreb region (Morocco, Algeria, and Tunisia) referring to the grain as well as to the finished dish. It is composed of meat and/or vegetable stew flavored with cumin and served over the cooked semolina. According to historians, the French term couscous stems from the Arabic word "kuskus," which in turn evolved from another Arabic word, "kaskasa," meaning "to pound or to make small." Couscous is traditionally steamed in a couscoussier or couscous pot, which consists of a double boiler. The lower part is a cooking pot while the upper part is a second pot (with a lid) that fits on top of the bottom pot. The top pot is a sieve with holes in its bottom that admit steam from the lower pot. The stew of lamb, beef or chicken, the broth and fresh vegetables cook in the

bottom pot while the wheat semolina couscous is steamed on top.

Festival goers will also have the unique chance to sample the traditional siciliano couscous that will be prepared daily by the women and fishermen of San Vito lo Capo. This dish, of Arabic origin, is very common in the West coast of Sicily spanning from Trapani to Marsala. It is prepared with fish (prawns, groupers, amberjacks, scorpion fish and other local fish) instead of vegetables or meat. There are two Sicilian couscous variations:

one with toasted almonds and chilies that is typical from San Vito lo Capo and the other which is prepared in the Agrigento area and is actually a sweet couscous dish, with pistachios, almonds, candied pumpkin, chocolate cinnamon and icing sugar. It



Photo by Couscous Fest Press Office

The town of San Vito lo Capo presents its annual international Couscous Festival running through this Sunday in the historic center. This gourmet food event features an international competition during which top-notch chefs from eight Mediterranean countries will compete for the best couscous. The festival will also feature food seminars, workshops and live music.

takes skillful hands to n'ucciare (mixing the semolina grains) in the mafaradda, a large terracotta container that is handed down from mother to daughter.

Festival highlights

The final award ceremony, which takes place in piazza Santuario tonight at 10 p.m., is a must-go event. During the festival, every day, from noon to midnight, festival goers can sample a menu consisting of a couscous course (you can chose between the Sicilian or the traditional kind), a glass of Sicilian wine, a portion of local sweets (cassatelle, cannoli, casate and almond desserts) and some exquisite dessert wine. The festival also features food workshops, arts and crafts, seminars (which will be presented in Italian), wine, olive oil and traditional pastry tasting and

entertainment.

Most of the events are free of charge but for some of them, attendance is by invitation only.

Concert highlights to be held in piazza Santuario include "Giuliano Palma e I Bluebeaters Stars" (tonight at 11 p.m.), "Bandabardò" (Sept. 26 - 10:30 p.m.) and "Corde Pазze" (Sept 27- 10:30 p.m.).

For detailed schedule, visit the official festival website (also available in English): <http://www.couscousfest.it> or call the local tourist office at 0923- 974300.

Reaching San Vito lo Capo is fairly easy. Take the Catania-Palermo highway (A19). Once you arrive in Palermo take the Palermo-Mazara del Vallo highway (A29), exit Castellammare del Golfo and follow directions for San Vito lo Capo.



Photo by Couscous Fest Press Office

If you attend the annual San Vito lo Capo Couscous Festival you'll get a chance to sample the traditional Sicilian fish couscous that is still prepared the old way by local chefs.

Magnolia

THE
Signature
SIGONELLA, SICILY

Fall festival kicks off in Piedimonte Etneo



The annual Grape Harvest and Fall Festival (Festa della Vendemmia) will begin tonight in Piedimonte Etneo and run through Sunday in piazza Madre Chiesa (main square).

This exciting three-day event features music, food and vino tasting, Sicilian folklore parades including Motta S. Anastasia Panzera District Flag throwers, Sicilian Carts and

grape harvesters dressed in traditional costumes and local town band (Sept. 26 / 6 p.m. and Sept. 27 / 9 p.m.), as well as arts and crafts and visits to the local wine cellars.

Don't miss the traditional grape crushing demonstration that will be performed on Sept. 27 at 5:30 p.m.

Live music shows will be held every night at 9 p.m. Tonight's highlight is the concert of internationally

renowned Italian crooner Al Bano, who will perform at 9 p.m. in piazza madre Chiesa.

Piedimonte Etneo is fairly easy to reach. Exit Fiumefreddo on A-18 (Catania-Messina) Highway and drive for about three miles until you reach the town. For more information and detailed schedules call the town's tourist office at 095-644500.



Provided by Regional Province of Catania Press Office

Arts and Crafts Fair in Catania this weekend

Spend a day with the whole family at the "Artigianato Tipico d'Eccellenza, the 2009 edition of the Arts and Crafts Fair which is annually organized by the Catania Regional Province. The fair runs through Sunday, Sept. 27 at the Minoriti Palace courtyard (Chiostro di Palazzo Minoriti) that is located in # 73 via Etnea.

You'll find a variety of works by the most talented local craft designers and fine artists which will allow you to discover, for instance, how craftsmen make Carretti Siciliani (Sicilian Carts) or puppets.

The fair includes pottery, wrought-iron, copper and lava stone

works, "Tombolo" embroidery and mosaics art, jewelry, puppet and guitar making and ceramics. Traditional Sicilian food, live folkloristic music and entertainment for children will also be available.

"We want to keep alive a centuries-old handmade tradition which has been passing from generation to generation," Hon. Giuseppe Castiglione, President of the Regional Province of Catania, said.

Open daily from 10 a.m. to 10 p.m. For more information and detailed schedules call the Catania Regional Province Tourist Office at 095-4012195.

School NEWS

Introducing Sigonella Jaguars' new Flagline

Kristina Muñoz, coach of the Sigonella Middle School Flagline, is pleased to announce the members of the 2009-2010 SMS Flagline! The girls put in many hours of hard work learning moves, routines, and other flagline basics. Be sure to catch the flagline at SHS home football games and community events from now until November 2009! Congratulations team!



Members of the newly formed Flagline practice outside of the Sigonella Middle School.

Alphios

Dott. Stella

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL Beachside at Capo Mullini, Acireale

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

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

Site: Five stars

These destinations rate five

out of five stars for their variety of experiences. Acireale's baroque architecture makes for great scenery at every turn. Villa Belvedere is a large public park that holds several beautiful sculptures, most notably the statue of "Aci and Galatea." The Aci's derive their name from this local myth about the two lovers. The park also provides a nice view of the Ionian Sea. Shopping abounds with numerous stores located along Via Umberto and Corso Italia, the city's two main thoroughfares. Via Umberto leads to the Villa Belvedere park and Corso Italia is not a far walk. It would be best to find parking along the street close to the park and then venture out on foot. Grotta del Presepe (Grotto of the Crib) and Museo dei Pupi dell'Opera are other interesting places just out-



An example of the baroque architecture that abounds in Acireale.



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

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

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

Family Friendly: Five stars

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

Accessibility: Four stars

One star was detracted because parking must be found on the street at both locations and can take time and patience, especially in Capo Mullini as it is a very small town. To arrive by car take the A-18 and exit at Acireale. To travel from Acireale to Capo Mullini take SS 114 south.

Remain on SS 114 for roughly two miles and turn left at the blue road

sign for Capo Mullini. Smaller cars are suggested because both Acireale and Capo Mullini have some very tight roadways.

Travel Time: Four stars

These locations rate four out of five stars because the travel time is roughly 45 minutes to one hour by car.

M a r i n a Palace

Oxidiana



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

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@eu.navy.mil

NEWS BRIEFS

2009/2010 School Lunch Programs Forms Due

All participants of the school free/reduced lunch programs must apply yearly. On 30 Sept. all names will be removed from the current system. If you have not filled out a new form since May, you must stop by the elementary school office with a current LES to fill out your 2009/10 application. For more information, call 624-4406.



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



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

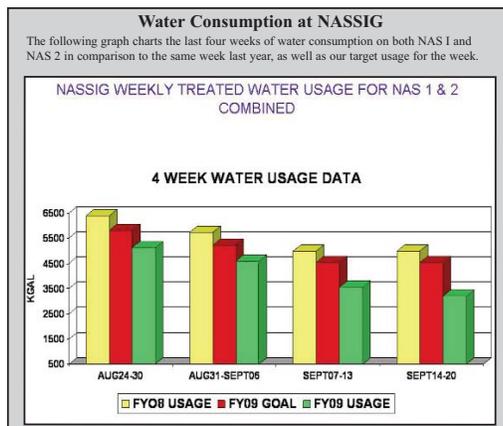
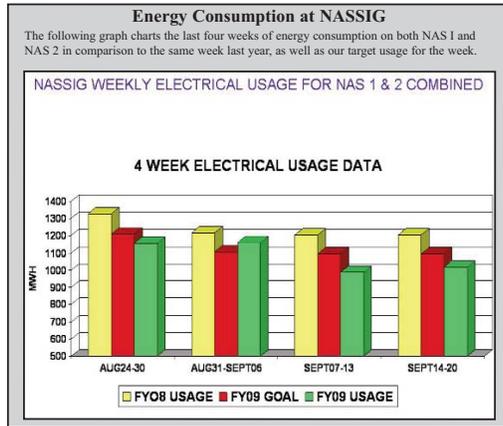


A view of the Ionian coast from the edge of Villa Belvedere.

Medusa

Agip

Go Green Sigonella!



Stampa

25 **Lunch:** New England Clam Chowder, Fried/Baked Fish, Grilled Pork Chops, Penne Ala Norma, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
Dinner: Cream Of Mushroom Soup, Cantonese Spareribs, Grilled Chicken Breast Sandwich, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding, RIKPAK.

26 **Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.
Brunch: Breakfast Items, Beef Vegetable Soup, BBQ Beef Sandwich, Chicken Nuggets, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.
Dinner: Manhattan Clam Chowder, El Rancho Stew, Southern Fried Chicken, Mashed Potatoes, Chicken Gravy, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.

27 **Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Kolaches.
Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Chili Conquistador, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.
Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.

28 **Lunch:** Chicken Noodle Soup, Rosemary Roast Turkey, Baked Ham, Mashed Potatoes, Sweet Potatoes, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.
Speed line: Sub Sandwich, Pasta Primavera, RIKPAK.
Dinner: Pepper Pot Soup, Steak w/ Onions, Grilled Chicken Breast Sandwich, Baked Potatoes, Collard Greens, Calico Cabbage, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie, RIKPAK.

29 **Lunch:** Cream of Asparagus Soup, BBQ Spareribs, Southern Fried Chicken, Spaghetti Carbonata, Chicken Gravy, Mashed Potatoes, Hopping John, Corn on the Cob, Southern Style Greens, Jalapeno Corn Bread, German Chocolate Cake, Cherry Pie.
Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, Hotdogs, RIKPAK.
Dinner: Beef Rice Soup, Roast Veal w/ Herbs, Spaghetti w/ Meatballs, Lyonnaise Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, German Chocolate Cake, Cherry Pie, RIKPAK.

30 **Lunch:** Beef Vegetable Soup, Breaded Pork Steaks, Savory Baked Chicken, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Tany Spinach, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
Dinner: Minestrone Soup, Salisbury Steak, Sicilian Submarine, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs, RIKPAK.

1 **Lunch:** Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, Farfalle Pesto, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.
Speedline: Assorted Pizza, Baked Potatoes, Sautéd Mushrooms, Fishwich, RIKPAK.
Dinner: Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken Breast, Oven Browned Potatoes, Corn O' Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake, RIKPAK.

RIKPAK's are the galley's new Urban Meal with Warriors Appeal!

They are designed to be to-go meals that are perfect for people unable to dine at the galley. The meals consist of fresh Ham or Turkey Sandwich on fresh baked white or wheat bread, Chips, Sweet Treat, Beverage, Fruit and Mint. The price is the same as a regular meal, \$4.25. RIKPAKs are available from 10 a.m. to 6 p.m. Monday through Friday. Please contact the galley for more information or to advance order at ext: 2061 or 5738.

Sushi

Funny Island

ON THE GO WITH MWR

Go extreme with hills or rapids!

Next month, Adventures Unlimited and Acquaterra Adventure Club offer an opportunity to go extreme! Acquaterra, located in Etna Park, provides visitors an opportunity to hike, bike, or climb on 143 acres of private terrain. Acquaterra also provides guides and instruction in numerous outdoor activities including free-climbing, kayaking, rafting, and more.

All month long, Acquaterra heads to a different climbing location. Harnesses, ropes and other necessary equipment are provided. Climbers are required to supply their own climbing shoes and must be certified by Acquaterra prior to the trip. Certification classes are held Wednesdays from 5 to 7 p.m. at ITT Gear-n-Go on NAS I.

This past summer, many Sigonellans had the opportunity to experience canyoning, and now can make a bigger splash with hydrospeeding. Visitors ride the rapids of Alcantara Gorge on a body raft, propelling and steering themselves with flippers. A safety kayak follows all participants and all gear is provided. Afterward, guests are treated to a Sicilian lunch at a local farmhouse.

For all mountain bike enthusiasts: Imagine riding off-road, through the lava fields of Etna Park. With



Acquaterra, it's a reality. Starting at Piano Vetore, riders tackle the off-road terrain before ending the 25-mile ride at Rifugio Brunick for lunch. Don't have a mountain bike? Don't worry, Acquaterra provides bikes and safety gear.

Look in the October Preview for a full list of all the Acquaterra trips offered through Adventures Unlimited. Sign up at ITT Gear-n-Go or Take 5 Recreation Center Today. For Acquaterra trips, all participants are picked up in front of the NAS I front gate. Call 624-4777 for pricing and information.

Get in the game with Youth Sports



Kids, are you ready for some football? Grab the pigskin and pom poms because October means the return of the Youth Sports Flag Football and Cheerleading seasons.

For ages 5 to 13, Parents can register for football and cheer Thursday, Oct. 1 to Thursday, Oct. 15. Sign-ups are taken Monday through Friday from 8 a.m. to 4:30 p.m. at Fit District.

The registration fee includes a jersey. The registration

fee for cheer includes both football and basketball season and a uniform (top and skirt).

There is a skill assessment for flag football players Tuesday, Oct. 20, at the Land Annex soccer field on NAS I. This skills assessment is mandatory for all participants ages 7 to 13.

For more information on Youth Flag Football and Cheer, call 624-3785.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Friday, September 25

1:00pm Shrek PG **FREE**
3:00pm Shrek the 3rd PG **FREE**
5:00pm Bandslam PG
5:30pm GI Joe: Rise of Cobra PG-13
7:30pm The Hurt Locker R
8:00pm A Perfect Getaway R

Saturday, September 26

2:00pm G-Force PG
2:30pm Aliens in the Attic PG
5:00pm Bandslam PG
5:30pm Dukes of Hazzard PG-13
7:00pm Talladega Nights PG-13
7:30pm Walk Hard: Dewey Cox Story R

Sunday, September 27

2:00pm GI Joe: Rise of Cobra PG-13
2:30pm Harry Potter Half Blood Prince PG
5:00pm The Hurt Locker R
5:30pm Funny People R
7:30pm A Perfect Getaway R

Monday, September 28

5:00pm G-Force PG
5:30pm The Ugly Truth R
7:00pm Whiteout R
7:30pm The Hurt Locker R

Tuesday, September 29

5:00pm GI Joe: Rise of Cobra PG-13
5:30pm Whiteout R
7:30pm The Informant R
8:00pm A Perfect Getaway R

Wednesday, September 30

5:00pm Bandslam PG
5:30pm Aliens in the Attic PG
7:00pm The Informant R
7:30pm Funny People R

Thursday, October 1

5:00pm Harry Potter Half Blood Prince PG
5:30pm Whiteout R
7:30pm The Ugly Truth R
8:00pm Orphan R

A Perfect Getaway (R)

Steve Zahn, Timothy Olyphant, Milla Jovovich

Cliff and Cydney are an adventurous young couple celebrating their honeymoon by backpacking to one of the most beautiful, and remote beaches in Hawaii. Hiking the wild, secluded trails, they believe they've found paradise. But when the pair comes across a group of frightened hikers discussing the horrifying murder of another newlywed couple on the islands, they begin to question whether they should turn back. Unsure whether to stay or flee, Cliff and Cydney join up with two other couples, and things begin to go terrifyingly wrong. Far from civilization or rescue, everyone begins to look like a threat and nobody knows whom to trust. Paradise becomes hell on earth as a brutal battle for survival begins. (98 min.)

The Hurt Locker (R)

Ralph Fiennes, Anthony Mackie, Brian Geraghty

In the summer of 2004, Sergeant J.T. Sanborn and Specialist Owen Eldridge of Bravo Company are at the volatile center of the war, part of a small counterforce specifically trained to handle the homemade bombs, or Improvised Explosive Devices (IEDs), that account for more than half of American hostile deaths and have killed thousands of Iraqis. A high-pressure, high-stakes assignment, the job leaves no room for mistakes, as they learn when they lose their team leader on a mission. (125 min.)

The Informant (R)

Matt Damon, Scott Bakula, Joel McHale, Melanie Lynskey

Mark Whitacre, a high-level employee at ADM (Archer Daniels Midland), the "supermarket to the world," wears and FBI wire to uncover a major price-fixing scam. ADM pleads guilty and pays a \$100 million fine; however, Whitacre ends up doing more time than the corrupt leaders he helped to capture. (108 min.)

Aliens in the Attic (PG)

Carter Jenkins, Ashley Tisdale, Austin Butler, Doris Roberts, Robert Hoffman

Kids on a family vacation must fight off an attack by knee-high alien invaders with world destroying ambitions while the youngster's parents remain clueless about the battle. (86 min.)

Funny People (R)

Adam Sandler, Seth Rogan, Leslie Mann, Eric Bana, Jonah Hill

George Simmons is a famous stand-up comedian who learns that he has a terminal illness and less than a year to live. When he meets Ira, a struggling comedian, at a comedy club where both the comedians are performing, George hires Ira with his career and Ira helps George find closure in his legacy. However, when George learns that his disease has gone into remission and an ex-girlfriend re-enters his life, he's inspired to reevaluate what is important to him and what truly gives meaning to his life. (146 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, OCTOBER 2

3:00pm Aliens in the Attic PG
5:00pm GI Joe: Rise of Cobra PG-13
5:30pm Cloudy With a Chance of Meatballs PG
7:30pm Post Grad PG-13
8:00pm The Goods R

PREMIERES

Post Grad, The Goods, Whiteout, The Informant, Cloudy With a Chance of Meatballs, The Time Traveler's Wife

Be a coach. It is a good call.



Want to coach youth sports? You don't have to be a professional, just someone who wants to help kids learn, play and have fun. As a bonus, flag football or cheer coaches will have one child's registration fee waived.

For those interested in coaching cheer, there is a cheerleading coach meeting Monday, Oct. 5 at 5 p.m. in the Midtown classroom. For anyone

interested in coaching football, there is a flag football coaches meeting Tuesday, Oct. 6, at 5 p.m. in the Midtown classroom. These meetings are mandatory and will include discussion on rules, skills assessment, equipment and more.

For more information on Youth Sports programs and volunteer opportunities, call 624-3785.

Dogs, break out with your owners!

Dogs can gather up their owners for the annual Mineo Housing Dog Walk, Wednesday, Sept. 30 at 6 p.m. Dogs of all sorts, from Chows to Chihuahuas, can bring their owners out for a one mile walk/run through housing. There are treats available for

all dog attendees, beverages for everyone, and giveaways. Register the day of the event by 6 p.m. at the Mineo ball field. For FitFactor participants, this event is worth 50 points. For more information, call 625-4483.



When you're off duty, MWR is on the job with more than 30 programs and services. MWR is your access point for fun, fitness and travel. For more about MWR's programs and services, hot jobs, and special events, call 624-3968.

MOVIE HOTLINE:
624-4248

ASACS, continued from page 1

was encouraged to take the risk to have him hate me in the short run to maybe helping him in the long run.

I was asked to examine my own use of alcohol. What kind of example was I setting?

Not all kids that experiment with alcohol, marijuana or other drugs will become addicted. Many will not. But as parents, educators and concerned members of our community, we can be vigilant in detecting the possible signs of use. The signs that can sometimes lead to the road of addiction.

These indicators can include; change of friends, drop in grades, lack of interest in activities, sleeping a lot, blood shot eyes, change in mood (depressed, irritability) skipping school, increased tardiness, or a hostile attitude.

The above list can be symptoms of other things as well but if present, they are best not to be ignored. Getting a professional assessment can rule substance abuse out or in. If substance abuse is ruled out, the counselor can recommend other services that might be helpful. If ruled in, the ASACS (Adolescent Substance Abuse Counseling Services) counselor can provide treatment as needed.

If your daughter gave you a wakeup call in the middle of a mall parking lot.... what would you do?

If you suspect your teen of using alcohol or other drugs or for more information about ASACS please contact Linda Riddle LISW CAS at 624-3267 or email linda.riddle@eu.dodea.edu.

FLU, continued from page 2

healthy hands.

Avoid skin break down by drying hands thoroughly after washing, using mild products and those that include moisturizers. Create a daily routine to moisturize hands before bedtime to increase skin health.

NH Sigonella will be announcing dates and times for flu immunizations. Please stay attuned to your community resources for updates.

If you have any questions or concerns please contact your health care provider and review the CDC website and www.flu.gov

NH Sigonella also has a established H1N1 Hotline: 624-4562

RESPONSIBILITY, continued from page 2

Surely, there are issues even today, even in our community, that ought to be challenged rather than accepted, scorned rather than tacitly affirmed. I know as a matter of fact that some individuals are tired of seeing people cover for others to the real benefit of no one. Injustice disguised as mercy or loyalty or "I've got your back" has no redeeming value whatsoever.

Speaking out plainly, courageously, and publicly also has no merit if the content is only personal opinion or for the purpose of agitating others. However, if the purpose is simply to speak truthfully in situations where harm is imminent and where honor demands action, then it is definitely time to step forward and speak - to call things what they are.

This is a challenge I am offering to myself. I do not want to fail to be a man of honor. Therefore, when necessary, I intend to raise my hand. Care to join me? It may sometimes draw threats, serious threats, from others. That's alright. Maybe it's about time I got the living ... daylights ... beat out of me.

CHIEF, continued from page 1

families," Nolan said. "We were exposed to a variety of issues surrounding our sailors, and we were expected to establish a path of success. We were forced to extend our thought process to view the picture in its entirety, and take into consideration mission impact."

Senior Chief Personnel Specialist Patricia Donoho took the podium after Nolan to read the "Meaning of the Anchors," which refers to the gold fouled anchor which all chief petty officers wear on their uniforms.

"The anchor is the emblem of the rate of chief petty officer of the United States Navy," Donoho said. "Attached to the anchor is a length of chain and the letters USN. To the novice, the anchor, the chain and the letters identify a chief petty officer of the United States Navy, but to a chief they have a much more noble and glorious meaning."

After the "Meaning of the Anchors," it was time for the chief selects to receive their anchors. Each of the 29 sailors had their anchors pinned on and their combination cover placed on their heads by people of their choosing, whether it was a family member, friend or mentor. Once each chief select had received his anchors, they were piped aboard officially as chief petty officers.

Master Chief Brad Martin then took the podium to read the Chief Petty Officer's Creed.

"We take a deep and sincere pleasure in clasping your hand, and accepting you as a chief petty officer in the United States Navy," Martin said. "Congratulations."

Newly pinned Chief Yeoman Marion Tart was proud to have his anchors pinned on as a new chief petty officer.

"It's unbelievable," Tart said. "Even when the results came out I still couldn't believe my name was on the list, and after going through this training for the past seven weeks it's just an unbelievable feeling. There's nothing like it."

Tart knows his responsibilities will change drastically now that he has become a chief petty officer.

"It's taking care of my juniors," said Tart. "It's all about them now. It's not about me."

History of Fire Prevention Week

By Sandra Basile and from nfa.org

Assistant Chief of Prevention

Almost everyone knows, or at least those with school age children know, that every year in October, Fire Departments around the United States recognize Fire Prevention Week. Though methods may vary between departments, the sentiment is the same, it is their goal to educate as many people, young and old, on the importance of fire safety. However, one fact that may not be as well known is why they choose October. To be more exact, since 1922 Fire Prevention Week always has been observed on the Sunday through Saturday period in which October 8 falls.

The reason for this is because Fire Prevention week was established to commemorate the Great Chicago Fire of 1871. The tragic fire that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on October 8, but continued into and did most of its damage on October 9, 1871.

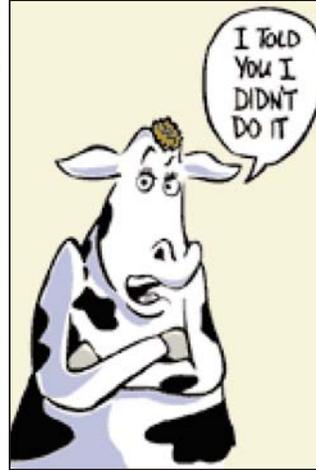
According to popular legend, the fire broke out after a cow - belonging to Mrs. Catherine O'Leary - kicked over a lamp, setting first the barn, then the whole city on fire. Chances are you've heard some ver-

sion of this story yourself; people have been blaming the Great Chicago Fire on the cow and Mrs. O'Leary, for more than 130 years. Like any good story, the 'case of the cow' has some truth to it. But there is no proof that O'Leary was in the barn when the fire broke out - or that a jumpy cow

also occurred on October 8th, 1871, burned down 16 towns, killed 1,152 people, and scorched 1.2 million acres before it ended. Historical accounts of the fire say that the blaze began when several railroad workers clearing land for tracks unintentionally started a brush fire. Some survivors said the fast-moving flames were whipping through the area 'like a tornado,' it was the small town of Peshtigo, Wisconsin that suffered the worst damage. Within an hour, the entire town had been destroyed.

Those who survived the Chicago and Peshtigo fires never forgot what they'd been through; both blazes produced countless tales of bravery and heroism. But the fires also changed the way that firefighters and public officials thought about fire safety. On the 40th anniversary of the Great Chicago Fire, the Fire Marshals Association of North America (today known as the International Fire Marshals Association), decided that the anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. The observance grew over the years and in 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation.

According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925.



sparked the blaze. Mrs. O'Leary herself swore that she'd been in bed early that night, and that the cows were also tucked in for the evening.

While the Great Chicago Fire was the best-known blaze to start during this fiery two-day stretch, it wasn't the biggest. The Peshtigo Fire was the most devastating forest fire in American history. The fire, which

NAS Sigonella Ombudsman Program
Our Mission:
 -Primary liaison between families and the command
 -To be an advocate for families and single sailors
 -To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support
 -To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention
Our Commitment:
 - We are committed to representing and supporting the command as well as the families and single sailors
 -We are committed to presenting accurate and up-to-date information for referrals
 -We are committed to COMPASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F
 -We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency. Call us at 624-4291 or 24/7 at 335-580-1269 for more information.

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 I Chapel. 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/

Days Inn

New Place

THE SPORTS LINE

PIGSKIN PICKS

Spotlight game of the week:
Virginia Tech vs. Miami

	San Francisco at Minnesota	NY Giants at Tampa Bay	Chicago at Seattle	Carolina at Dallas	Arkansas at #4 Alabama	Iowa at #5 Penn State	#24 North Carolina at #14 Georgia	#5 Mississippi at South Carolina
 Overall Record: 20-6 NFL: 8-1 NCAA: 12-5 SN Kaminski, PSD	Vikings	Giants	Bears	Cowboys	Bama	Penn State	GT	Ole Miss
 Overall Record: 19-7 NFL: 7-2 NCAA: 12-5 D Day	Vikings	Giants	Seattle	Cowboys	Bama	Penn State	GT	Ole Miss
 Overall Record: 18-8 NFL: 6-3 NCAA: 12-5 Joe Cunningham, NCTS	Vikings	Giants	Seattle	Cowboys	Bama	Penn State	GT	Ole Miss
 Overall Record: 18-8 NFL: 5-4 NCAA: 13-4 MC3 Idle, Exec Admin	Vikings	Giants	Bears	Cowboys	Bama	Penn State	NC	Ole Miss
 Overall Record: 17-9 NFL: 6-3 NCAA: 11-6 Capt. Jaeger, USNH Sigonella	Vikings	Giants	Seattle	Cowboys	Bama	Penn State	GT	SC
 Overall Record: 17-9 NFL: 7-2 NCAA: 9-8 Chief Payne, Weapons	Vikings	Tampa Bay	Bears	Carolina	Bama	Penn State	NC	SC

MC3 Idle: Virginia Tech

I think The U is finally back on the rise after dropping into obscurity a several years ago. Despite the fantastic job head coach Randy Shannon has done recruiting I just don't think the Hurricanes have enough fire power to go into a hostile environment like Blacksburg and beat the reigning ACC champions. I think that the stingy Hokie's defense and prolific running game lead by QB Tyrod Taylor and RB Ryan Williams will control the game clock and earn them a win.

Capt Jaeger: Virginia Tech

The Powder Puffs from South Beach stroll into mountain man country only to get throttled by the Hokies. Miami barely beat an FSU team that had to score in the final seconds to beat Jacksonville State. Nice try Randy, but this week, you get beat!!

PSSN Kaminski: Virginia Tech

Virginia Tech over Miami-good luck Miami as you roll into Blacksburg. Miami will have a tough time with stopping the run plus, I don't think Miami will be the powerhouse they used to be in the ACC. Look for the Hokies to keep them under 20 points.

Joe Cunningham: Virginia Tech

Well, this is a tough one, espe-

cially since at the time of writing we don't know if Miami has won or lost versus Georgia Tech, nor the result of Va Tech versus Nebraska. Nevertheless, gotta make a pick - that's why we make the Big Bucks! Ha! So.... I like Va. Tech's Beemer Ball versus a younger less experienced Miami team, especially at home in Blacksburg, and especially with Miami coming off another tough road game (against Georgia Tech). What's Beemer Ball? Dominating defense and special teams play, named after the Va. Tech Head Coach Frank Beemer. It can make up for lackluster offense..... Virginia Tech wins.

GMC Payne: Miami

Wow I guess I am the only risk taker of the bunch, that's right lead from the front... well Miami vs. VA Tech. After the butt kicking the U gave to GA. TECH, come on, Miami is coming back.. Miami.

D-Day: Miami

Thought you were leadin' from the rear! I'm gonna have to take some risks as well if I want to move up in the totals, so here goes... Miami isn't "back", but they are pretty good. Gonna gamble here and say that they have enough toughness and offense to withstand VT at home. Going with the 'Canes and the big upset victory in a shootout.

Stampa

Agip

Eno

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 5 p.m. of the Friday before the week of publication. For more information, call 624-5440, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Send Il Mercato advertisements to thesig@eu.navy.mil

If you are transferring to Sigonella and would like to see the Il Mercato section in full, email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the U.S. Military. If you are currently stationed at NAS Sigonella, you can find a copy of the newspaper on both NAS I and NAS II.

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@eu.navy.mil. Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in *The Signature*, call Stampa Generale @ 081-568-7884.

New Volcano Paquito
Hope

Stampa Hi-Tech Volcano

Joes

Casablanca

Stampa

Classified

Stampa