



October is Domestic Abuse Prevention Month

NAS Sigonella is now on Facebook

By MC3 Jonathan Idle

The Signature Staff

In an effort to facilitate better communication and disseminate as much information to the community at large, Naval Air Station (NAS) Sigonella has stepped into the world of social media and created a Facebook fan page.

Sigonella's Facebook page allows community members of the past, present and future to view the latest stories, photos and updates about the Sigonella community.

"The fan page was created to allow service members, friends and family of NAS Sigonella the ability to see the great things that happen here every day," said Lt. William Knight, NAS Sigonella Public Affairs

Officer. "It is a very powerful tool that brings together the capabilities of emerging social media websites with the traditional capabilities of our paper and base website in an interactive and informative manner."

The page became available to

now post hundreds more photos each year of official events and command sponsored community relations projects," said Knight. "Combining this with Facebook's ability to network and share allows the community a unique and powerful way to interact and experience life on base."

Knight is excited about the potential for expansion of the Facebook page in the future.

"My end goal is to fully integrate the traditional media, including The

Signature and AFN into the page to allow users a complete experience from one source," Knight said.

The page is available to anyone who wishes to view it or become a fan. Just type "NAS Sigonella" into the search field on Facebook to view the page.

the public two weeks ago and it already features approximately 300 photos taken over the last year, as well as local stories starting several weeks ago.

"Since the Facebook fan page does not have space constraints like the paper or existing website, we can



Sigonella athletes compete in swimming, bodybuilding



Photo courtesy 10kswimmer.com

AO2 Lisa Broadfield competes in the Lough Erne Irish Championships, where she was the first female to finish the 17K in under four hours.

By Tracie Barnhouse

The Signature Editor

Three sailors from Sigonella are back at work after competing in various athletic competitions throughout the month of September.

UT2 (SCW/FMF) Elijah Maine, stationed at Sigonella's Public Works Department and HM2 Jasper Gray, from U.S. Naval Hospital Sigonella, traveled to Germany to compete with 19 other competitors in the U.S. Forces-Europe

Bodybuilding and Figure Championships.

This was the first bodybuilding competition for both men and both did exceedingly well during the event. UT2 Maine, 25 years old, who has been bodybuilding for over five years, walked away with the title of Middleweight Champion and was the second place runner-up for Mr. Fitness. HM2 Gray, 25 years old, was the second place runner up for the

ATHLETES, continued on

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Taste of Italy returns to NEX Sigonella

By MCSN Whitfield Palmer

Navy Public Affairs
Support Element East
Detachment Sigonella

The Naval Air Station (NAS) Sigonella Navy Exchange (NEX) hosted a Taste of Italy for Sigonellans on Friday, Oct. 2 and Saturday, Oct. 3.

The event featured local products including unique foods, wines and liqueurs, ceramics, and jewelry that are only available at the NEX in Sigonella. Culinary artists were on hand to demonstrate how to make and serve local specialties, including cannoli.

"Taste of Italy allows our customers to come in and familiarize themselves with the wide varieties of products available here in Sicily," said A. J. Fecera, NEX Sigonella Store Divisional Director. "Our customers get a chance to learn about the different types of wines, pesto sauces, olives and more without having to go into town and without having to exchange dollars to euro."

"This is great," said Information Systems Technician 3rd



Information Systems Specialist 3rd Class Naomi Corrica samples espresso during the Taste of Italy celebration at NAS Sigonella's NEX, Oct. 2. The two day event featured local products such as wines and liqueurs, ceramics, and food.

Class Naomi Corrica. "I love the products and I usually have to get them out in town. This is much easier."

New to Taste of Italy this year

was a visit by Calcio Catania, Catania's home soccer team. Players were on hand to sign autographs and the team offered unique gifts from

TASTE, continued on page 12



Photo courtesy UT2 Maine

UT2 Elijah Maine, from PWD and HM2 Jasper Gray, from U.S. Naval Hospital Sigonella pose with their trophies following the INBF U.S. Forces Europe Bodybuilding Competition.

WEATHER UPDATE	October 9	October 10	October 11	October 12	October 13	October 14	October 15
	H:81F L:62F	H:81F L:63F	H:79F L:63F	H:79F L:61F	H:81F L:58F	H:78F L:62F	H:73F L:61F

TOP STORIES

Have you ever observed someone doing something wrong because they thought they were not being watched? Have you ever caught someone in a lie? Better yet, when is the last time you had to dig yourself out of a whole because of the web of lies you found yourself stuck in?

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Comandante Della Compagnia Carabinieri Aeronautico Militare Sigonella welcomed to their ranks Captain Gaetano Birtolo as commanding officer Sept 11.

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Studies show, men who were exposed to domestic violence as children are twice as likely to abuse their wives then sons of nonviolent parents. What can you do to help?

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The annual Prickly Pear and Mostarda Festival returns to Militello Val di Catania from Oct. 9 to Oct. 11 in the Castle's entry courtyard in the historic heart of the town.

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This month's Fleet and Family Support Center cooking class took us out past Acì Trezza and Acì Reale to the town of Giarre, to a converted night club that is now a restaurant, to make rolled beef in a pistachio cream.

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TRAFFIC NUMBERS

	Jan. 09- Oct. 09	Jan. 08- Oct. 08
Accidents	179	243
Injuries	23	41
DUIs	1	5
Traffic Deaths	0	2

PLEASE, DON'T BECOME A STATISTIC!

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

The Oct. 1 Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so I am going to devote the Direct Line to answer them. Please keep sending the questions via email or phone and I will do my best to answer them. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. I have always been pleased with the care at our CDC. However, they have established a rotating schedule for their employees. When I questioned the management about the reasoning behind this, I was told that it is a Navy Regulation. Now when I drop my child off in the morning, the established routine I had with a morning caregiver has been discarded and he is upset because several times a week it is a different caregiver. The continuity of care for my son, an important part of a child's development has been negatively impacted by this decision. I also wonder if this will affect retention of "quality" staff if they have to change schedules every month.

A1: On CNIC's Task Force recommendations, we were directed to re-align our staffing in accordance with Navy CYP Management Standards. Each classroom has a teaching team usually consisting of 3 teachers. The opening and closing shifts rotate every 4 weeks and the middle shift generally stays consistent but it is the same teaching team with the children every day to ensure continuity of care. We combine with another classroom of the same age

group in the morning before breakfast and at the end of the day for efficient use of our staff as we have done in the past. The rotating schedule of our opening and closing teachers should not affect the continuity of care for the children. If a parent has an established routine for dropping off a child, it should be able to be followed no matter who the morning teacher is. Discussing this with the teacher or lead teacher should take care of this problem. If not, please bring it to the attention of Pat Brundage, CYP Director. The rotating teacher schedule is the only fair way to implement the management standards and should have no bearing on the quality of staff that we hire and retain. Training and mentoring are the best ways to ensure the quality CYP employees that we expect to care for our children in our NAEYC Accredited CDC program.

Q2. My question to them was why they didn't have more MWR events? I participated in this years Triathlon and found it to be a very enjoyable experience. I truly do wish there were more events like this one and I'm sure if they had them more often, they would have more of an outcome. I've been many different locations in my short 9 years of service so far and of what I've seen Sigonella offers the least amount of sporting events involving running, biking, or swimming. I could be wrong but I feel that if they had a monthly event such as a 5k race or a bicycle criterion, it would improve moral and give people a goal to look forward to in the fitness direction.

A2. Sigonella MWR fitness offers over 20 different special

events throughout the calendar year ranging from the triathlon to the base-to-base run. Our Sports office offers the full range of team and individual sports you will find on base. Triathlons and events leaving the base do require more coordination with our local Security Department, local police and city officials, many volunteers and our own staffing. Don't forget to sign up for our upcoming Fright Factor, Breast Cancer Awareness Walk, and Turkey Trot. Check for details in the Preview.



The questions, comments and concerns stated in this column do not constitute the official position of the U.S. Navy and are submitted by members of the community.

Identifying the differences

By Lt. Skinner

U.S. Naval Hospital Sigonella
Public Affairs Officer

So, how do you know if you have the Flu, seasonal cold or worse yet, the infamous H1N1 virus?

Well let's look closely at the different signs and symptoms.

Influenza A:

Fever usually high - meaning greater than 101 degrees Fahrenheit

Headache

Dry cough

Fatigue

Sore

throat

Runny or

stuffy nose

Muscle

aches

Stomach

symptoms may

or may not

occur such as

nausea, vomit-

ing and diarrhea

Seasonal Cold:

Fever, if present, usually low grade 99-100 degrees Fahrenheit

Nasal congestion or runny nose

May or may not have sore

throat

Coughing generally worse in

the morning and evening

Fatigue typically related to difficulty

sleeping from cough and congestion

Associated with weather

changes from "season to season"

Sinus Infection:

Stomach

symptoms may

or may not

occur such as

nausea, vomit-

ing and diarrhea

Stomach

symptoms may

or may not

occur such as

nausea, vomit-

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ing and diarrhea

Stomach

symptoms may

Mild to severe pain around sinus cavities associated with face, cheek pain and headaches

Fever can be mild or severe

Nose drainage yellow, greenish or brown may be blood tinge

Sore throat associated with sinus drainage as well as productive cough (not dry)

H1N1:

Headaches tend to be more severe than mild

May or may not have stomach symptoms as described above

Respiratory symptoms also

mentioned above, usually without fever

Body aches

and fatigue generally reported more

severe

Since the

above signs and symptoms overlap

and may not be

clear especially in early stages, it is

best to know your own body and see

your health care provider.

Naval Hospital Sigonella is

committed to your overall wellness

plan and getting you and your family,

through whatever this "Flu season" has

in store for us at Sigonella.

Please get your flu vaccine and

stay advised to your local and command

resources as well as the CDC and

www.flu.gov websites which are

routinely updated with the latest

information. AND don't forget our

NH FLU Hot-Line 624-4562 (24/7).

HEALTH WATCH

NASSIG WORSHIP SERVICES

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

ROMAN CATHOLIC		PROTESTANT	
Sunday		Sunday	
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant (Mineo Community Center)
1200	Catholic Mass (Mineo Community Center)	1000	Traditional Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	1130	Contemporary Protestant (NAS I Chapel)
Monday - Thursday		CHURCH OF CHRIST LAY SERVICE	
1130	Catholic Mass (NAS II Chapel)	Sunday	1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Letter-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 Wilson

Integrity, do you have it?

The who walks with integrity walks securely, But he who perverts his ways will become known.- Prov 10:9

Have you ever observed someone doing something wrong because they thought they were not being watched? Have you ever caught someone in a lie? Better yet, when is the last time you had to dig yourself out of a hole because of the web of lies you found yourself stuck in? So often today I observe things done incorrectly or catch people in lies and deceit. This is unfortunate. It does not

have to be this way. According to Webster's Dictionary, integrity means: a firm adherence to a code of esp. moral or artistic values. In the original Hebrew that this verse was written the word integrity is based on the root word which means complete. The idea is that one would walk in a way that conveyed ethical straightness or perfection. The Jews understood this as living their lives by completely following God's law that was given to them in the Law of Moses. I like to think of integrity as a way of living life in which you would act no different in your private life than the way you would live your public life. The verse from Proverbs says in the first half that one who walks with integrity walks securely. Or, the one who walks as if his actions are based on the adherence of a moral code will not falter. Are your actions, both public and private

based on a moral code? Are you walking in a straight manner both at work and at home when no one else is watching? So often the case is we do not. But, this is when we often find ourselves in trouble. One day we will be caught. Your web of lies or deceit will one day catch up with you and, as the second half of this verse says: his ways will become known. It is basically saying that the person who walks in a twisted or crooked way will be made known to all. You will be caught. So often we think that because no one is watching that it is okay to act however we want. One example of this in our community is lack of care in driving. I observe daily, people, sailors and dependents, speeding, **INTEGRITY, continued on page 12**

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MEMORIAL SERVICE

A memorial service is scheduled for 11 a.m., Wednesday, Oct. 14 at the base chapel on NAS I in honor of EOD1 Maurice Lee Quidley Jr., who was killed in a motorcycle accident in Sigonella, Sicily on Sept. 27, 2009. Uniform for active duty will be Service Dress Blues.

NAVY NEWS

PHOTO FROM THE BASE

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



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

A Sicilian contractor prepares a plate of food for a sailor at Ristorante Bella Etna on NAS Sigonella operational base. Contractors are brought in to prepare, serve and wait on sailors and other military members assigned to the base or its tenant commands. The Galley has spent the last couple of weeks preparing for a Navy-wide NEY award selection board, which could bring extra money to the galley's budget for improvements.



New Carabinieri Commander joins Sigonella community

By MC2 Jason Poplin

Navy Public Affairs Support Element East Detachment Sigonella

Comandante Della Compagnia Carabinieri Aeronautica Militare Sigonella welcomed to their ranks Captain Gaetano Birtolo as commanding officer Sept 11.

Carabinieri are a military body charged with policing military and civilian populations. They are found in every populace of Italy, from the largest metropolitan areas to the smallest villages.

Captain Birtolo comes to Sigonella after successfully completing a tour as Officer in Charge of the Carabinieri Company at Randazzo from 2003 to 2009.

"We are here to service and support both the Italian and American militaries," said Birtolo. "I want Americans to understand that the Carabinieri are their

friends."

Captain Birtolo highlights the importance of continued cooperation between the Sigonella community and the local Carabinieri force by offering tips on theft prevention and personal security out in the community.

"The best tool against crime is prevention," he said. "It is essential to report any suspicious activities to the Carabinieri, even if you think it's something minor, still report it. Our job is to serve the community; we are always available for everybody. Reporting will help us to facilitate following activities such as conducting an investigation."

He reminds Sigonellans to respect local traffic laws, especially laws relating drinking and driving and to cooperate in the event of a routine traffic stop.

Sigonellans may also contact the Carabinieri through base security and their translating services.

NEW ARRIVALS



Rossella Merola and Jason Goodchild Girl
Rebecca Lina Goodchild Oct. 2, 2009
Weight: 8 lbs 13 oz
Length: 21.5 in

Nadiya and Frederick Satowiak Girl
Sofiya Fredericka Satkowiak Oct. 3, 2009
Weight: 8 lbs 7 oz
Length: 19.5 in

Calvary Monika

Volcano

 <div style="text-align: center; border: 1px solid black; padding: 5px; background-color: #f4a460; color: white; font-weight: bold; font-size: 1.2em;">COMMUNITY CALENDAR</div>				FRIDAY 9 OCTOBER	SATURDAY 10	SUNDAY 11
				<p>Powder Puff Football Game School Field 6 p.m.</p> <p>Boys and Girls Volleyball The Jag 4 p.m. - 6 p.m.</p>	<p>Signonella Jaguars Homecoming 10 a.m. Cross Country 10 a.m. Girls Volleyball 10 a.m. Tennis 11:30 a.m. Boys Volleyball 2 p.m. Jaguar Football vs. Rota</p>	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
12	13	14	15	16	17	18
<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p> <p>Columbus Day (no school)</p>	<p>Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710</p> <p>Conflict Resolution FFSC 1 p.m. - 3 p.m. x4291</p> <p>Volunteer Orientation NMCRS 10 a.m. x4212</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p> <p>Men's Group FFSC 1:30 p.m. - 3 p.m. x4291</p> <p>Budget for Baby NMCRS 5 p.m. - 7 p.m. x4212</p>	<p>Developing Your Spending Plan FFSC 9 a.m. - 11 a.m. x4291</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p> <p>Survive & Thrive Base Orientation FFSC 10:15 a.m. - 11:15 a.m. x4291</p>	<p>Nearly New Shop Open 10 a.m. - 1 p.m. x4212</p>	
19	20	21	22	23	24	25
<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>Marriage & Money FFSC 2 p.m. - 4 p.m. x4291</p> <p>Breastfeeding Class NMCRS 9 a.m. 4212</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p> <p>Motta Castle Tour FFSC 10:30 a.m. - 1 p.m. x4291</p>	<p>Anger Management FFSC 9 a.m. - 11 a.m. x4291</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>		

Chiechio

Brasil

Funny Island

Motta

Did you know that . . .

In 2008, the Navy-Marine Corps Relief Society received its second consecutive 4-star rating from Charity Navigator? Only 16% of the charities they rate have received at least two consecutive 4-star evaluations, indicating that the Society outperforms most charities in America in its efforts to operate in the most fiscally responsible way possible.

Charity Navigator rates more than 5,300 of America's largest charities and strives to help givers choose where to give and to celebrate the work of charities. Visit www.charitynavigator.org to find out more.

Helping Today & Tomorrow!
www.nmcrrs.org



Fleet and Family Support Center
 Administration Building 319
 NAS I

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

Coaching boys into men, what you can do

Adapted from: Family
 Violence Prevention Fund

Studies show, men who were exposed to domestic violence as children are twice as likely to abuse their wives then sons of nonviolent parents. What can you do to help?

As a man, you have the opportunity to make a difference everyday. Your son, grandson, nephew, younger brother, neighbor, the boys in your community need your time and energy. The boys you teach, coach and mentor, all need you to help them grow into healthy young men.

Boys are swamped with influences outside of the home – from friends, the neighborhood, television, the Internet, music, the movies, etc... They hear all kinds of messages about what it means to “be a man” such as, that they have to be tough and in control. There are numerous conflicting and some harmful messages being given to boys about what constitutes “being a man” in a relationship. Your guidance is needed in setting them on the right path to healthy relationships.

Boys need your advice on how to behave toward girls. Boys are watching how you and other men relate to women to figure out their own stance towards girls. Therefore, teach boys early, and teach them often, that there is no place for violence in a relationship.

Here's How:

Waxy

Teach Early. It's never too soon to talk to a child about violence. Let him know how you think he should express his anger and frustration – and what is out of bounds. Talk with him about what it means to be fair, to share and to treat others with respect.

Be there. If it comes down to one thing you can do, this is it; Just spending quality time with boys is crucial. The time doesn't have to be spent in activities. Boys will probably not say this directly -- but they want a male presence around them, even if few words are exchanged.

Listen. Hear what he has to say. Listen to how he and his friends talk about girls. Ask him if he's ever seen abusive behavior in his friends. Is he worried about any of his friends who are being hurt in their relationships? Are any of his friends hurting anyone else?

Tell Him How. Teach him ways to express his anger without using violence. When he gets mad, tell him he can walk it out, talk it out, or take a time out. Let him know he can always come to you if he feels like things are getting out of hand. Try to give him examples of what you might say or do in situations that could turn violent.

Bring it up. A kid will never approach you and ask for guidance on how to treat women. However, that doesn't mean he doesn't need

it. Try watching TV with him or listening to his music. If you see or hear things that depict violence against women, tell him what you think about it. Never hesitate to let him know you don't approve of sports figures that demean women, or jokes, video games and song lyrics that do the same. In addition, when it comes time for dating, be sure he knows that treating girls with respect is important.

Be a Role Model. Fathers, coaches and any man who spends time with boys or teens will have the greatest impact when they “walk the walk.” They will learn what respect means by observing how you treat other people. So make respect a permanent way of dealing with people – when you're driving in traffic, talking with customer service reps, in restaurants with waiters, and with your family around the dinner table. He's watching what you say and do and takes his cues from you, both good and bad. Be aware of how you express your anger. Let him know how you define a healthy relationship and always treat women and girls in a way that your son can admire.

Teach Often. Your job isn't done once you get the first talk out of the way. Help him work through problems in relationships as they arise. Let him know he can come back and talk to you again anytime. Use every opportunity to reinforce the message that violence has no place in a relationship. Show him how important the issue of violence against women and children is to you.

Be a man, make a difference in your community today.

Agip

Cold Noses

WARM
 HEARTS



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

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



NASH (above) is a playful dog. He likes to run around and play in the grass. He also loves your attention and will do anything for a little treat.



AJAX (above) is a growing puppy. He is still rather shy and quiet, but he does enjoy your attention. He enjoys running around outside and having you chase after him.

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
 The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Prickly Pear and Mostarda Festival in Militello Val di Catania this weekend

The annual Prickly Pear and Mostarda Festival returns to Militello Val di Catania from Oct. 9 to Oct. 11 in the castle's entry courtyard in the historic heart of the town. This mouthwatering food festival - which also features arts and crafts, entertainment and Sicilian folklore parades - celebrates prickly pears, the fruits of the cactus plants that are native to Mexico where they were known as "nopalli," or "nopal."

According to tradition, it was brought to Spain by Christopher Columbus and from there, it spread throughout the Mediterranean area. Prickly pear cactus grows in the harsh deserts of Africa, the Americas, Australia, Africa and the Mediterranean region. They are very healthy and are rich in calcium, vitamins A and C, as well as in flavonoids and polyphenols, which have antioxidant properties. According to tradition, the Arabs introduced the cultivation of prickly pear cactus in 827 AD. Those plants, which have been used for centuries as windbreaks, produce tasty and beautiful yellow, red, and white fruits that are used to make ice creams, sweets, juices and liquors. In Eastern Sicily, prickly pears grow mainly in the Etna area. They can be eaten raw. Don't be

scared about the seeds, they are absolutely edible and safe to eat!

The festival will also celebrate "Mostarda," a traditional Sicilian hard pudding that is made by boiling prickly pears' juice, and mixing it with semolina, cinnamon, cloves and natural essences. This is an ancient recipe that was handed down from the Romans, and before that, from the Greeks. Nestled among the hills of the Iblei Mountains, Militello also boasts an abundant production of citrus fruits, olives, figs, grapes, fruit, and excellent prickly pears.

Militello is an ancient town that was founded in 214 B.C by Roman Consul Marcellus founded Militello who used it as a fortress. Ancient Romans settled in this area because of the fertility of the land and the healthiness of the air. That is why the Romans named the town "Militum Tellus" (City of Soldiers).

Festival Schedule

The festival begins tonight at 6:30 p.m. with a ribbon-cutting ceremony to be attended by the mayor and the other town authorities. Later, at 7 p.m. festivalgoers can sample prickly pears and mostarda at the castle's entry courtyard. A musical show will follow at 10 p.m. at Largo S. Nicolò.

On the second day of the festival, Saturday, Oct. 10, there will be art shows featuring photography and live painting to be staged all across the historic center, beginning at 9 a.m. Mostarda and prickly pear tasting will be held throughout the day. Sunday, Oct. 11, the main day of the festival, local bands will perform at 9:30 a.m. and 4 p.m. and Mostarda tasting will take place throughout the day. Spectacular "Carretti Siciliani" (Sicilian carts) parades leaving from piazza Municipio and proceeding toward piazza del Castello) will also be held in the morning and evening. At the end of the night, a music show will kick off at 10 p.m., the sagra will end with a breathtaking midnight firework show. Food booths will be open continuously from 9:30 a.m. to late night.

Militello can be easily reached by taking either the Scordia or the Palagonia exit on the Catania-Gela roadway. For more info and detailed schedules, call Militello Proloco Tourist Office at 095-655155 or the Town Tourist Office at 095-811733. Guided tours in English are available upon request. Call for more information 333-4666187. You can also visit: www.militello.info or www.prolocomilitello.it.



Photo by Giuseppe Stimolo

If you're looking for something family friendly to do, make sure you visit the annual Prickly Pear and Mostarda Festival running in Militello Val di Catania this weekend (Oct. 9 to 11). Festival highlights include food booths selling local produce, arts and crafts, town band concerts, folklore parades, art exhibitions, rural civilization displays that are hosted in the main town's Baroque churches, and palaces.

M a r i n a Palace

Militello pastries

Militello boasts an ancient pastry-making tradition, based on almonds and cooked wine (must of grape), that will surely delight your taste buds. Make sure you sample "Cassatiddina," the most famous and ancient among the nun-made traditional pastries which used to be baked until the local convent closed down.

Salvatrice Carrera, a novice, continued preparing them and handed down the secrets of the recipe to her relatives. That is why Cassatiddina is also named as "dolce della zia monaca" (the aunt nun's sweet). Cassatiddina is made with chocolate, cinnamon, almonds and apricot jam.

Don't forget to taste the

scrumptious "N'zuddi," which are cookies made with almond and honey and the "Mastrazzola" which are made by slow boiling grape must or prickly pear juice and mixing it with flour, cinnamon and aromas. Mastrazzola are then covered with honey and roasted almonds.

Pedagaggi Prickly Pear and Mostarda Festival begins

The hilltop village of Pedagaggi, a hamlet of Carlentini which is nicknamed as "the gate of the Iblei Mountains, will also celebrate the scrumptious prickly pear mostarda (cooked juice of prickly pears) through an exciting two-day festival that will be held this weekend in the San Cristoforo district. The festival, which also features arts and crafts, art exhibits and guided tours of local attractions, kicks off tomorrow (Oct. 10) at 4 p.m. with a percussion show (Gruppo Tamburi di Cassaro). Mostarda tasting will be held at 7:30 p.m.

Live music entertainment will follow at 8:30 p.m.

On Sunday, Oct. 11, festival booths will open at 9 a.m. offering visitors of several local specialties including prickly pears, fresh ricotta cheese, home-baked bread, wine, olive oil, salami, cheeses, pastries etc. A colorful Agrigento folk-



Photo by Pedagaggi Pro Loco Tourist Office

loristic group show will follow at 10 a.m.

More entertainment will be held throughout the day. For more information directions and detailed schedules visit www.prolocopedagaggi.org

Medusa

Noteworthy Italian News

LA SICILIA

-Catania - Police units in Catania continue to target street-level prostitution in several areas around the port and the train station. A few months ago, Mayor Raffaele Stancanelli launched a "zero tolerance" policy to clean up street prostitution in Catania. Under current Italian law, only the exploitation of prostitution (pimping) is illegal, but

city mayors have been combating the phenomenon through the use of fines.

-Palermo - The Sicilian Regional Government has committed about 20 million Euros to implement highway improvement projects. The funds will be used to ensure safety on the following highways: A18 (Messina-Catania) and A20 (Messina-Palermo). Safety inspections include resurfacing, upgrading guardrails and installing new pavement markers and signs.

Beetles, spiders and bugs – oh my!

By Serena Vigo

The Signature Volunteer

Does your kid love all

things bug? Do you commonly find him or her digging in the dirt, looking for all things creepy

and crawl? Then you won't want to miss the Insecta exhibit, going on from now until Nov. 30 at the Palazzo della Cultura in Catania.

The collection features the greatest exhibition of beetles and insects in Europe, boasting over 7,000 species, collected in five continents, and presented in 60 showcases. The exhibition includes a collection of beetles, butterflies, spiders, mantises, scorpions, insects and more.

The colors, shapes and sizes of the featured species is astonishing; all shades of green, grey, yellow, blue, orange and red embellish the shells of these insects, which can be as small as a speck of dust or as big as a man's hand. Some of them shine like jewels; others are almost invisible because their camouflaging ability

makes them indistinguishable from a blade of grass.

The Italian beetles from

woods, mountains and beaches are particularly noteworthy, as are those from Australia and

North, South, and Central America. You also won't want to miss the enormous beetles from Southeast Asia, Africa, Madagascar, Japan, China and neighboring countries of Tibet, Mongolia and Korea.

The exhibit runs from now until Nov. 30 at the Palazzo della Cultura, located at Via Museo Biscari 11 in Catania. You can find parking at the Piazza Duca di Genova with Sostare blue tickets, or anywhere nearby the museum. The exhibit is FREE to the public. Operating hours are Monday through Sunday from 9 a.m. until 1 p.m. and Tuesday through Thursday from 9 a.m. until 1 p.m. and 3:30 p.m. until 6 p.m. For more information, call 095 742 8035 or 328 769 7107.



School NEWS

Homework blues? Falling grades? Missing assignments?

It's 3:45 p.m. Do you know where your children are? They could be studying or completing their homework in CyberCafe.

CyberCafe, a Student Enrichment Activity/Homework Club, will be available again this school year, with Ms. Joy Andrews as Advisor. Students meet in the Information Center on Tuesdays and Thursdays from 3 p.m. to 5 p.m., during which time they can study or complete homework. They can access the computers if needed, and

tutoring is provided. The Activity Bus is available for students who stay the entire time. Early departure requires a note signed by a parent or a coach.

Help is available in English, Spanish and Italian from the Advisto, and teachers Mr. Mike Syrkel and Mr. James Brown are volunteer tutors in Math and Science. There is also peer-to-peer tutoring as students find that they can help each other. Plans are underway to have more Volunteers to offer tutoring in other subjects.

We would also love to have some community involvement. The goal is to provide tutoring from adults in the community who have the knowledge and skills to do so. If you find Math, Science, English, Spanish, Italian, Social Studies, History, or any Middle/High School subjects easy to do and explain, please email Ms. Andrews at joy.andrews@eu.dodea.edu to offer your services. The students would love to have your help.



Photo by Anthony Waldbillig

Come and catch the 3-0 Sigonella Jaguars football team as they celebrate Homecoming and take on the Rota Admirals tomorrow, Oct. 10 at 2 p.m. at the Land Annex Field. The team is off to a great start, with a huge win of 72-27 over Alconbury last weekend. Other homecoming events include a Powderpuff Football Game, starting at 6 p.m. this afternoon on the school field. The cross country team will be competing tomorrow, Oct. 10 at 10 a.m., along with girls volleyball and tennis. Boys volleyball will start up their matches at 11:30 a.m. Come out and show your support!

Alphio's Garden

Volunteer Opportunities

Whatever your style, you can be a volunteer.

Our school would love to have members of the community volunteer to answer phones at the front desk, supervise students at lunch, make copies and run messages, make bulletin boards ... you name it.

Got time on your hands? Have talent and/or skills? Want to help? Come volunteer your time at the Sigonella Middle High School. Contact the School Liaison Officer at 624-3242 or michele.gilbert@eu.dodea.edu

Protestant Women of the Chapel



ALL WOMEN WELCOME!

Women's Ministries

Tuesdays 9:15 a.m. - 11:30 a.m.

NAS I Chapel Fellowship Hall

Childcare Provided For more info.

www.pwocsig.com

Dott. Stella

Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY What's for dinner? Rolled beef pistachio

By MC3 Jonathan Idle

The Signature Staff

This month's Fleet and Family Support Center cooking class took us out past Aci Trezza and Aci Reale to the town of Giarre, to a converted

night club that is now a restaurant. Locating the restaurant is relatively easy. Follow A18 north all the way to the Giarre exit. After exiting, take your first two left turns. This will put you on Via Callipoli. The address

of the restaurant is no.29 on that same street.

The staff, including the owners Paolo Cavallaro and Salvo Babagallo, was friendly and well-prepared to give us a hands on demonstration of two of their favorite dishes.

The first, which we will be covering this week, was called Involtini di Pistachio, which is rolled beef filled with pistachio cream, cheese and ham. The second recipe, which will be featured in the Oct. 23 issue of *The*

Signature, is homemade Tiramisu.

For more information about the next FFSC cooking class, call 624-4291.



Ingredients:

Outer breading: Bread crumbs, Parmesan cheese, parsley, salt

Stuffing: Bread crumbs, pistachio paste, Parmesan cheese, olive oil, speck (a type of smoked ham), cheese (either Swiss or Mozzarella works well)

Meat: thin slices of beef. Ask the butcher for ossobucco cut. If you are not a beef eater, you can substitute chicken or pork.



Step 2: Combine the bread crumbs, pistachio paste, Parmesan cheese, and olive oil in a bowl and mix together.



Step 3: Place a piece of cheese on top of one of the pieces of meat.



Step 1: Slice one of the thin slices of meat into four slices.

Enoi

Days Inn



Step 4: Place some of the bread crumb mixture on top of the cheese.



Step 5: Place a piece of the speck on top of the bread crumbs.



Step 6: Roll the meat toward you while folding in the edges to ensure your stuffing stays inside.

Step 7: Combine all of the ingredients for the outer breading in a separate bowl and mix together. Dip each piece of rolled meat into some olive oil and then into the bowl with the outer breading.



Morobishi



Step 8: After the meat has been breaded, skewer with shish kabob sticks. Repeat this process until you have four pieces of meat on the stick. You can add vegetables of your choice in between pieces.



Step 9: In a non-stick skillet, place the rolled meat skewers and top them with olive oil and crumbled pistachios. Cook for approximately 15 minutes or until the meat is cooked to your liking.



Serve with a simple salad of greens, tomatoes, and olive oil. Buon Appetito!



Agip

NEWS BRIEFS

We DANTES Challenge You!

The Navy College Office is challenging all military students to participate in the DANTES Test Challenge starting today.

You can rack up points for your unit by passing as many CLEP, DSST, or Excelsior tests possible between now and Dec. 31, 2009. The NCO will keep points on the units that have the highest numbers of passing students and will award prizes in the spring.

In addition to our regular testing program at the NCO, we will be holding Testing on NAS II, BETD bldg. 407, starting in Oct. No need to commute to NAS II to take the DANTES test. Call 624-4514/4516/4517 for more information.

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:

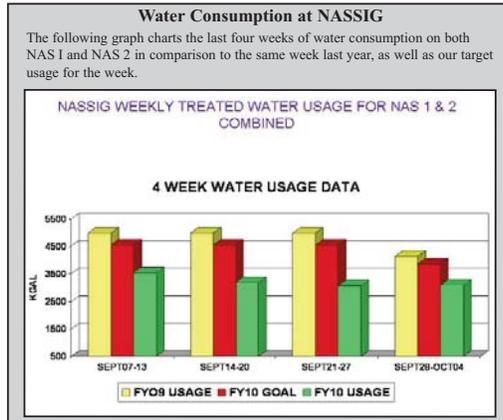
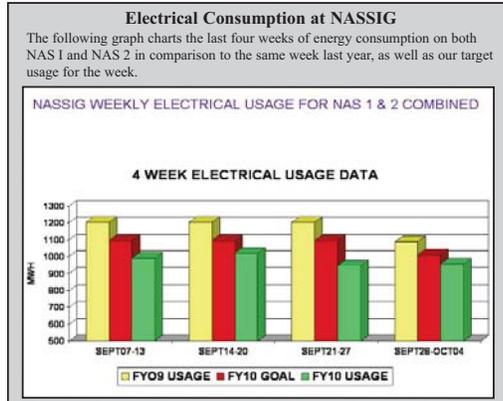
- We are committed to representing and supporting the command as well as the families and single sailors

- 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.

Go Green Sigonella!



Wrapping up Fire Prevention Week

By Sandra S. Basile
NAS Sigonella Assistant Chief of Prevention

The NEX had fire prevention supplies on hand to help residents keep their homes fire safe.



Wednesday was a busy day with all the elementary school kids getting a lesson in fire safety and having an opportunity to explore the fire truck. Sigonella Fire Fighters were on hand to answer all their questions about the truck and the tools that they use to fight fires.

Many of the children expressed the desire to be a fire fighter when they grow up.

We rounded out the week with an open house at Mineo. The Red Cross was on hand to help and the housing department allowed us to smoke up an empty unit to give residents first-hand experience of what their home will look like if they ever

bring their babies in strollers and have them be a part of the run. The routes are age specific and will be a great form of education, fun and exercise. Registration will be on the day of the race and starts at 9 a.m., with the run to follow at approximately 10 a.m. The first 100 children to register for the race will receive a "Free Sports Back Pack." The Catania Fire Department (Vigilo De Fucio) and the 41st Stormo Fire Department will be on hand showing off their equipment and fire apparatus. Sparky will be there to run with the small children. There will be fire extinguisher training and MWR is supplying bouncers for the event. Bring the family out, enjoy a great day and help us to put a great final touch on Fire Prevention Week 2009.



have a fire.

The Fire Prevention Office, with the assistance of the Fire Department and various commands, will bring the week to a close by hosting the third annual "Kids Run for Fire Awareness." The event will be held at the Sigonella M i d t o w n Complex in the Piazza next to Connections on Monday morning, Oct. 12. It is open to children of all ages and we encourage new moms to

Marchi

bring their babies in strollers and have them be a part of the run. The routes are age specific and will be a great form of education, fun and exercise. Registration will be on the day of the race and starts at 9 a.m., with the run to follow at approximately 10 a.m. The first 100 children to register for the race will receive a "Free Sports Back Pack." The Catania Fire Department (Vigilo De Fucio) and the 41st Stormo Fire Department will be on hand showing off their equipment and fire apparatus. Sparky will be there to run with the small children. There will be fire extinguisher training and MWR is supplying bouncers for the event. Bring the family out, enjoy a great day and help us to put a great final touch on Fire Prevention Week 2009.

Ristorante Bella Etna

9

Lunch: Chicken Corn Chowder, Tempura Fish, Beef & Broccoli, Penne Ala Norma, Paprika Buttered Potatoes, Glazed Carrots, Fried Okra, Spiced Cake w/ Frosting, Crisp Drop Cookies.

Speed line: Grilled Cheese/Hamburger, Pork & Beans, French Fried Potatoes, RIKPAK.

Dinner: Chicken Noodle Soup, Baked Fish, Grilled Steaks, Tossed Green Rice, Corn O'Brien, Lima Beans, Spiced Cake w/ Frosting, Crisp Drop Cookies, RIKPAK.

10

Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.

Brunch: Breakfast Items, Creole Soup, Grilled Reuben Sandwich, Teriyaki Chicken, Beef Fried Rice, Steamed Broccoli, Calico Corn, Cherry Pie, Abracadabra Bars.

Dinner: Vegetable Soup, Baked Lasagna, Roast Veal w/ Herbs, Steamed Rice, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, and Abracadabra Bars.

11

Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant.

Brunch: Breakfast Items, Puree Mongole Soup, Cheddar Chicken Broccoli, Fishwich Sandwich, Onion Rings, Eggplant Ratatouille, Southwestern Rice, Club Spinach, Almond Cake, Crisp Toffee Bars.

Dinner: Chicken Vegetable Soup, Sauerbraten, Mustard Dill Baked Fish, Spring Garden Rice, Mashed Potatoes, Natural Pan Gravy, Steamed Cut Green Beans, Seasoned Carrots, Almond Cake, Crisp Toffee Bars.

12

Lunch: Creamed of Broccoli Soup, Roast Beef, Lemon Baked Catfish, Steamed Rice, Mixed Vegetables, Eggplant Parmesan, Yellow Cake w/ Icing, Fruit Ambrosia.

Speed line: Sub Sandwich, Pasta Primavera, RIKPAK

Dinner: Mulligatawny Soup, Cajun Meatloaf, Grilled Chicken Breast, Rice Pilaf, Brown Gravy, Peas & Onions, Corn on the Cob, Yellow Cake w/ Icing, Fruit Ambrosia, RIKPAK.

13

Lunch: Chicken Vegetable Soup, Roast Turkey, Braised Beef Cubes, Steamed Rice, Mashed Potatoes, Turkey Gravy, Carrots and Orange Amandine, Club Spinach, Fruit Cocktail Upside Down Cake, Oatmeal Cookies.

Speed Line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni and Cheese, RIKPAK.

Dinner: Zesty Bean Soup, Baked Stuffed Fish, Baked Lasagna, Orange Rice, Southern Greens, Seasoned Mixed Vegetables, Fruit Cocktail Upside Down Cake, Oatmeal Cookies, RIKPAK.

14

Lunch: Beef Rice Soup, Blackened Catfish, Honey Ginger Chicken, Farfalle Alfredo, Garlic Cheese Potatoes, Rice Pilaf, Eggplant Parmesan, Brussels Sprouts Polonaise, Cheese Cake, Chocolate Pudding.

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

Dinner: Cream of Chicken Soup, St. Louis BBQ Pork Ribs, Sicilian Submarine, Macaroni and Cheese, Greens Beans Nicoise, Steamed Peas, Cheese Cake, Chocolate Pudding, RIKPAK.

15

Lunch: Corn Chowder Soup, Roast Pork, Chinese Five Spice Chicken, Mashed Potatoes, Brown Gravy, Steamed Rice, Seasoned Carrots, Asparagus, Peanut Butter Cookies, Cherry Pie.

Speed Line: Assorted Pizza, Hotdogs, RIKPAK.

Dinner: Minestrone Soup, Stuffed Cabbage Rolls, French Fried Shrimp, Ginger Rice, Mexican Corn, Steamed Broccoli, Cherry Pie, Peanut Butter Cookies, RIKPAK.

ON THE GO WITH MWR

Get ready for Autumn Fest

Pumpkins, apple cider and the crispness in the air could only mean one thing - fall is here, signaling the end of the summer and the beginning of the colder months. It also brings forth Autumn Fest, Sigonella's annual fall season celebration that focuses on providing the military community a host of fun activities, food, and craft and entertainment booths to enlighten and entertain.

Autumn Fest is Friday, Oct. 23 and Saturday, Oct. 24 and will offer food, games and carnival rides from 3 p.m. to midnight, along with added extras, such as live music on both nights, a Chili Cook Off, Fright Factor, a Children's Halloween Parade, Bouncy Houses, Pumpkin Carving Contest and much more, featuring:

Howl-even Bowling Daylight Special - on Oct. 23 from 11 a.m. - 3 p.m. One adult plays and up to four others can bowl for free at SpareTime Bowling Center on NAS I!

Children's Halloween Parade - the starting point of the two-day festivities is also one of the highlights of Autumn Fest, as the kids of Sigonella parade in their finest costumes. A fun and exciting parade your kids will enjoy being

a part of, so show up early to secure them a spot in the long line of witches and goblins. The parade begins at 5 p.m. and leads them into the surprises of Trick-or-Treat Lane and starts at 5:15 p.m.

The winner's from the Kids' pumpkin carving contest will be announced on the evening of Oct. 23. Kids can pick up their pumpkins, while supplies last, on Tuesday, Oct. 20 from 2 - 6 p.m. at the Cave in Midtown. There is a \$1 entry fee, but unlimited opportunity for the creative juices to flow!

The **Chili Cook-Off** is back and the winner will be announced on the evening of Oct. 24. Pre-registration needs to be completed by Oct. 21 and entrants are required to fill out a form and drop it off at either Take 5 on NAS II or MWR Administration Office on NAS I. The public will judge the chili entries and the

winner will get \$300 in prizes and their recipe featured in *The Signature*. For more information, contact Gabe Gasporra at gabe.gasporra@eu.navy.mil.

Fright Factor - the adults' only challenge that poses the question - "What are you afraid of?" Not for the faint-hearted, this challenge is on Oct. 24 at 5 p.m. Sign up at Fit District. Those who register at least one day early will receive a 10-second head start on the first event of the competition. There are individual and team-based events, with a limit of 25 teams allowed. The challenges will push you to the limit and test your stomach. The grand prize

is a Scary Fit prize package featuring the TRX Suspension Trainer Force Training package and much more. If you have the guts, bring it to Fright Factor!



NASCAR Pit Stop Competition - Think you could be a pit-crew superstar? On Oct. 24 get ready to compete against other Sigonellans, age 18 or older, in our NASCAR Pit Stop. Test your speed as a pit crew maestro for great prizes.

Hip Hop production - Oct. 23, Sigonella's best dance crew is going to break it down in a Halloween themed hip-hop dance production. Watch as they serve it up in spooky style.

Taste of Sicily - During both days of the festival, you'll be able to sample and purchase different foods, wines and other specialties from the nine provinces of Sicily. Vendors from across the island display their wares, from handmade crafts to homemade goods.

Transportation is available between NAS I and NAS II, and the barracks bus will run every 30 minutes from 7:30 p.m. until 1 a.m. Pick-up and drop-off will take place at SpareTime Bowling Center on NAS I and at Take 5 on NAS II. MWR encourages the community to come out, get dressed in your ghoulish finest and celebrate the fun of Halloween and more importantly, the spirit of Autumn. Hope to see you there!

MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS



- Friday, October 9**
3:00pm Aliens in the Attic PG
5:00pm The Time Traveler's Wife PG-13
5:30pm Shorts PG
7:00pm District 9 R
7:30pm The Informant R
- Saturday, October 10**
2:00pm Shorts PG
2:30pm Cloudy With a Chance of Meatballs PG
5:00pm District 9 R
5:30pm Fame PG
7:00pm The Informant R
7:30pm The Goods R
- Sunday, October 11**
2:00pm The Time Traveler's Wife PG-13
2:30pm Shorts PG
5:00pm Surrogates PG-13
5:30pm District 9 R
7:30pm Whiteout R
- Monday, October 12**
3:00pm Shorts PG
5:00pm Post Grad PG-13
5:30pm Surrogates PG-13
7:00pm Whiteout R
7:30pm The Hurt Locker R
- Tuesday, October 13**
5:00pm U-571 PG-13 FREE
5:30pm Top Gun PG FREE
7:00pm Crimson Tide R FREE
7:30pm Men of Honor R FREE
- Wednesday, October 14**
5:00pm Shorts PG
5:30pm Bandslam PG
7:00pm The Goods R
7:30pm The Informant R
- Thursday, October 15**
5:00pm Aliens in the Attic PG
5:30pm Fame PG
7:00pm Whiteout R
7:30pm Funny People R

Whiteout (R)

Kate Beckinsale, Gabriel Macht, Tom Skerritt, Columbus Short
For U.S. Marshal Carrie Sletko, things are about to get even more dangerous. The only law enforcement in this unforgiving territory, she has just been sent to investigate a body on the ice. Antarctica's fire homicide. A shocking discovery in itself, it will plunge her into an even more bizarre mystery and the revelation of secrets long-buried under the endless ice- secrets that someone believes are still worth killing for. As Sletko races to find the killer before he finds her, winter is already closing in. In the deadly Antarctic whiteout, she won't see him until he's a breath away. (101 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 Time Traveler's Wife (PG-13)

Rachel McAdams, Eric Bana, Ron Livingston, Jane McLean
Clare has been in love with Henry her entire life. She believes they are destined to be together, even though she never knows when they will be separated: Henry is a time traveler - cursed with a rare genetic anomaly that causes him to live his life on a shifting timeline, skipping back and forth through his lifespan with no control. Despite the fact that Henry's travels force them apart with no warning, Clare desperately tries to build a life with her one true love. (108 min.)

Cloudy With a Chance of Meatballs (PG)

Bill Hader, Neil Patrick Harris, Anna Farris, James Caan, Andy Samberg
A scientist tries to solve world hunger only to see things go awry as food falls for the sky in abundance. (90 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 16

- 3:00pm Transformers Revenge PG-13 FREE
- 5:00pm The Time Travelers Wife PG-13
- 5:30pm 500 Days of Summer PG-13
- 7:00pm Halloween 2 R
- 7:30pm The Final Destination R

COMING SOON

Gamer, Julie & Julia, Inglorious Basterds,
Where the Wild Things Are

A Sigonella showdown

Next week, Armed Forces Entertainment (AFE) and USO bring Hollywood to Sigonella. On Thursday, Oct. 15 at 6 p.m., the Fit District Gymnasium will host a mix of red carpet atmosphere with some court-side flavor. The lively competition will be between the Hollywood Knights Celebrity Basketball Team and the Sigonella All-Stars.

"This is going to be an exciting event where the Sigonella Community gets their chance for a brush with fame," said John Lenz, Leisure Activities Director. "You also get a chance to see how our Sigonella All-Stars fare against Hollywood."

But the fun doesn't stop there. Bring your camera and take pictures with the stars and get autographs after the game.

The Hollywood Knights

Basketball Team is in its 21st year and their first stop on the military tour is Sigonella. Team roster includes musician Ryan Cabrera, "One Tree Hill's" Stephen Colletti, and Wolf from "American Gladiators."

Doors open at 5 p.m. and seating is limited to a first-come, first-served basis. As a bonus, 10 lucky attendees, 12 years or older, will be selected at half-time for one chance to earn a \$100 Navy Exchange Gift Card. All they need to do is make a basket from half-court! Registration will take place before the game and names will be picked after the game starts, so arrive on time and enter to win.

For more information, call 624-4483.

Buon Natale from Rome



This Christmas, celebrate in the Eternal City of Rome, Tuesday, Dec. 22 to Saturday, Dec. 26 with ITT Gear-n-Go. Rome is home to some of the most famous landmarks in the world, including the Coliseum and St. Peter's Square.

Discover the rich history, as well as plentiful shopping, of this

ancient and majestic City. Package includes a guided tour and entrance into the Coliseum and the Vatican Museum.

Reserve your spot today. Prices are available for single, double, triple and children. For more information, call ITT at 624-4777.

For more information on MWR's

programs and services, call 624-3968.

MOVIE HOTLINE:
624-4248

ATHLETES, continued from page 1

Heavyweight category. "Preparing for a contest takes many things," said Maine. "It takes time, patience, discipline, and most of all, a strong will and self control." Maine says that he started preparing for the competition 10 weeks before the event. He started eating a high protein diet and added a lot of cardio to his routine, specifically, MWR Fitness Instructor Lisa Roach's spin class.

The strict diet and exercise program paid off for Maine. "When I first found out that I won the Middleweight Division, I was so excited and so thrilled to actually hear that all the hard work and dedication, and months and months of sacrifice had finally paid off," he said. Immediately following the competition, Maine said he went to Pizza Hut and ate a large pizza by himself. He allowed himself to splurge that one day, and is currently back in the gym preparing for a competition on Oct. 17 in Rota, Spain.

HM2 Gray says that he has always been interested in bodybuilding. "I grew up watching wrestling and popular bodybuilders at that time, like Lee Haney, Flex Wheeler and Shawn Ray," he said. "I grew up skinny and short and one day, I decided I didn't want to be skinny anymore, so I began to eat more and more healthfully and began to read bodybuilding literature." Gray says that his experience in Germany was an amazing one. "I was nervous just before the competition, but as soon as I stepped on stage, all of the fear I had was alleviated. The crowd magnified the great feeling I had on the inside... it gave me an unbelievable rush; a rush one could easily get hooked on." Gray will also join Maine on Oct. 17 in Rota, Spain.

Signonella swimmer, AO2 Lisa Broadfield, from Navy Munitions Command was recently invited to New York City to compete in the NYC Pro Swim, an event that sponsored athletes from all over the world, including recent athletes who competed in the 2008 Olympics.

Broadfield says that she's been swimming since she was very young, and when she joined the Navy and was sent underway, was unable to continue with open water events; however, she continued training when she got stationed here at Signonella.

So far during her tour here, Broadfield has competed in the 2009 Capri-Napoli race of 36K, or 22.3 miles, from the Island of Capri to Naples. Last month, she competed in Ireland for the Lough Erne Irish Championships, an event that has been going on for 50 years. She was the first female to swim 17K in under four hours, and she also now holds the third fastest time in history of the race.

Broadfield currently trains herself three to four hours a day, six days a week, and does open water training once a week. She says that people ask her what she thinks about during those long workouts, and she says that most of the time she doesn't even remember. "I know that I count strokes sometimes. Many times I get a song in my head and it never goes away, or I continuously pray for the race to almost be over." She says her co-workers motivate her, including GM1 Kirk Reiner, who has supported her at every long distance event she has competed at this year. "The poor guy had to paddle 10.5 miles the last race I was in," she said. "I didn't think he would make it!"

Congratulations, Signonella athletes and good luck in your upcoming competitions.

INTEGRITY, continued from page 2

passing in no passing zones, talking on the cell phone, and the list goes on. Why is this? Do we as Americans no longer have integrity? Why would we drive this way off base, as if no one is watching, but drive as we should on base? Where is your integrity? If we continue to walk in a twisted way in private and a straight way in public, it will catch up to us. We will falter and lose all credibility.

When Michelangelo was painting the Sistine chapel he was asked by a friend why he took so much time with the details if the paintings were viewed from many feet away. His friend added: "after all, who will notice if it is perfect or not?" His answer was: "I will." Integrity is something we should all strive for. We should attempt to walk in a manner that is straight and perfect both in our public and private lives. There should be no difference. Don't wait until you get caught to straighten your walk... do so NOW. It is called INTEGRITY... do you have it?

TASTE, continued from page 1

their team merchandise collection. This was the third year for Taste of Italy, and NEX Signonella hopes to continue the tradition in years to come.

THE Signature
SIGNONELLA, SICILY

Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature is looking for you! We are 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.



Lt. Cmdr. Aaron Cho from the U.S. Naval Hospital Signonella checks out Sicilian pistachio products at the Taste of Italy celebration held at NAS Signonella's Navy Exchange Friday, Oct. 2.

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PIGSKIN PICKS

Game of the Week: #1 Florida at #4 LSU

	Atlanta at San Francisco	New England at Denver	Cincinnati at Baltimore	Cleveland at Buffalo	#3 Alabama at #21 Mississippi	#22 Michigan at #13 Iowa	#25 Georgia Tech at Florida State	#23 Nebraska at Missouri
 <p>Overall Record: 32-11 NFL: 15-2 NCAA: 17-9 SN Kaminski, PSD</p>	Falcons	Broncos	Ravens	Bills	Bama	Michigan	FSU	Missouri
 <p>Overall Record: 31-13 NFL: 14-4 NCAA: 17-9 D Day</p>	Falcons	Pats	Ravens	Bills	Bama	Iowa	FSU	Nebraska
 <p>Overall Record: 30-14 NFL: 12-6 NCAA: 18-8 Joe Cunningham, NCTS</p>	Falcons	Pats	Ravens	Bills	Bama	Michigan	GT	Nebraska
 <p>Overall Record: 30-14 NFL: 13-5 NCAA: 17-9 MC3 Idle, Exec Admin</p>	Falcons	Pats	Ravens	Bills	Bama	Michigan	FSU	Nebraska
 <p>Overall Record: 28-16 NFL: 13-5 NCAA: 15-11 Capt. Jaeger, USNH Sigonella</p>	49ers	Broncos	Ravens	Bills	Bama	Michigan	GT	Missouri
 <p>Overall Record: 26-18 NFL: 11-7 NCAA: 14-12 Chief Payne, Weapons</p>	49ers	Pats	Bengals	Browns	Bama	Michigan	FSU	Missouri

MC3 Idle: Florida

As much as I would love to see the Gators go down, I just don't see it happening here. Death Valley is one of the hardest places to play, and that is exactly why I think the Gators will win. There is no way that the walking media love fest known as Tim Tebow will let his legacy be tarnished like that on a national stage (does he have another tear-filled speech left in him just in case?) Outside my unfounded hatred of all things Tebow and Florida, I begrudgingly admit they're just a superior team to LSU in every aspect. The Gators will walk through this and into the BCS title game this year.

D-Day: LSU

Florida is without a doubt the better team, but that doesn't always matter. In this case, I think the Tigers at home will give the Gators all they can handle, and will come out on top in a nail biter. LSU by a field goal.

Joe Cunningham: Florida

The Gator's Tim Tebow has an off-week to recover from his concussion incurred in the

Kentucky game. For the Gators, that's all that matters! It will be tough playing in Baton Rouge, but Florida is the more deeply and widely talented team. Doesn't mean they'll always win, but in the words of Damon Runyon, that's the way to bet! The Gators chomp the Tigers - Florida wins.

GMC Payne: LSU

LSU is a stunner!

Capt. Jaeger: LSU

I'm going with LSU. Unless Tebow is 100%, LSU is going to have the upset.

MC3 Idle @ all columnists:

I think LSU is entirely over-rated, just like a lot of SEC teams like Georgia and Ole Miss, but they do have a lot of talent. Talent doesn't always translate to big wins - just ask Oklahoma, Clemson and Ohio State, and I have not been impressed with how the Tigers have played this year. Despite the talent and the home field advantage, the Gators are just too good and too clutch to lose this one.

PSSN Kaminski: Florida

I'll take Florida.

Stampa

Agip Angela

Kartodromo

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 copies of The Signature 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.

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