

THE Signature

SIGONELLA, SICILY



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NOVEMBER 27, 2009

Ristorante Bella Etna prepares for Ney Award Finals



Photo by MC2 Gary Prill

The galley on NAS II will be putting their food and service to the test during the Ney Awards.

By CW04 Herman McCrary
NAS Sigonella Galley

Ristorante Bella Etna, the galley on NAS II, was recently selected as a fiscal year 2010 Captain Edward F. Ney Award Finalist.

There are more than 300 afloat and shore messes in the Navy that compete each year for this coveted award.

Bella Etna was fortunate enough to be among the select group of 18 finalists for the competition this year. NAS Sigonella and Naval Base

Yokosuka, Japan, both perennial front runners, will compete for the OCONUS (outside of the continental U.S.) shore category.

Roxanne Hauman, Naval Supply Systems Command's (NAV-SUP), Ney Program Manager, said, "Making it to the finals in Ney award selection is a big accomplishment.

It means the 18 nominated galleys have worked tirelessly to ensure all details of food preparation were addressed and they represent the Navy with the utmost precision and efficiency," Hauman continued.

"They are the best of the best in Navy food service and deserve the highest honors and recognition that can be bestowed upon any command."

The Secretary of the Navy will announce the 2010 winners in February. First place winners will be recognized Apr. 17 by Rear Adm. Michael J. Lyden, Commander, NAVSUP, and Mr. Patrick Beach, Chairman of the Board, International Food Service Executives Association (IFSEA),

NEY, continued on page 12

Hospital goes smoke free



Photo by MC2 Gary Prill

By MC2 Gary Prill
NPASE East Det. Sigonella

The U.S. Navy Hospital Sigonella instituted a new policy on the morning of September 19th. The new policy will make the hospital the first of hopefully many base entities to become completely tobacco free environments.

In support of the policy the members of the hospital held a ribbon tying ceremony adorning their only official smoke pit with a red ribbon tied into a bow, and a banner reading "Smoking Area Permanently Secured".

"As a command committed to healthy lifestyles and military readiness, our hospital and the surrounding grounds will become tobacco free," said U.S. Naval

Hospital Sigonella Commanding Officer J. R. Bloom.

The September 19th date was chosen to correspond with the "Great American Smoke Out" in hopes that it will inspire other base installations and surrounding sailors to begin a healthier lifestyle.

The Smoke Out, which has been held annually since 1977, is designed to help smokers quit for the day and hopefully, for good. Additional goals of the event include preventing tobacco use by children, youth and adults, and renewing America's commitment to a tobacco-free environment.

According to Secretary of the Navy Instruction 5100.13B of February 11, 1998: "Tobacco use

SMOKING, continued on page 12

What is your Green Dot?



By MC3 Jonathan Idle
The Signature Staff

Mary Arnold, Naval Air Station (NAS) Sigonella Sexual Assault Response Coordinator, introduced Sigonella service members to the new Green Dot campaign Thurs. Nov. 19 at the annual Winter Safety Stand-down.

The Green Dot campaign is a new way of raising awareness of unsafe or violent situations in the community and putting a stop to them, Arnold said.

Arnold stated that green dots are a way of fighting red dots, which she defines as any unsafe situation

GREEN, continued on page 12

Sigonella hosts Sicilian class



Photo by MC2 Gary Prill

High school students from Agira's Martin Luther King Liceo Linguistico traveled to Naval Air Station Sigonella's Military Police Working Dog facility for a demonstration of the police dog's abilities. During the visit students were given a tour of both the Italian and American side of the base, to include the Italian operations department, and the base fire station.

WEATHER UPDATE

November 27
H:72F
L:52F



November 28
H:72F
L:46F



November 29
H:67F
L:49F



November 30
H:69F
L:55F



December 1
H:65F
L:48F



December 2
H:66F
L:48F



December 3
H:66F
L:52F



TOP STORIES

Happy Thanksgiving! What are you thankful for this Thanksgiving? Oftentimes, we're so busy with life we fail to pause and reflect upon our many blessings. I am thankful for my wife. I am thankful for my children. I'm thankful for being able to serve our men and women in the armed forces.

Page 2

Adm. Mark Fitzgerald, Commander, U.S. Naval Forces Europe-Africa (NAVEUR-NAF) signed his 2010 Commander's Guidance and Maritime Supporting Plans here, Nov. 17, on Naval Support Activity, Capodichino.

Page 3

Being unemployed is bad enough. But job seekers have a new worry: falling victim to criminals and con artists prowling Internet job-posting services.

Page 5

Dead Week. The mention of this term brings a look of weariness to student athletes. That is because dead week is the period between sports seasons. During this time, students hand in their uniforms and prepare themselves for the next season.

Page 7

Agrigento was founded on a plateau overlooking the sea around 582-580 BC. The economy is based on the major tourist center due to its extraordinarily rich archaeological legacy.

Page 8

TRAFFIC NUMBERS

Jan. 09- Jan. 08-
Nov. 09 Nov. 08

Accidents	231	266
Injuries	24	44
DUIs	3	5
Traffic Deaths	1	2

PLEASE,
DON'T BECOME
A STATISTIC!

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

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

In addition to the ongoing events surrounding Thanksgiving, MWR will kick the Holiday Festivities into full gear 4:45 p.m. Friday,

Dec. 4 in the Midtown Piazza with the annual tree lighting ceremony. Join us in the Midtown atrium immediately following the tree lighting and ring in the season with live music and holiday treats. I hope to see you all there!

There are several departmental and tenant command parties occurring over the next few weeks. Most are out in town at various restaurants or clubs. Never drink and drive and always have a plan. Remember, when it comes to the amount of alcohol you can consume and legally drive the magic number is ZERO. I encourage everyone to use the

designated driver program or the flat rate base taxi service. The flat rate system is really a great program which allows our personnel to get to and from places on base and frequently visited points out in town. The rates are set very reasonably and the taxis can be called at 339-498-6032 or 333-146-7853.

While you are enjoying the parties and the holidays make sure you have a plan for not only that night but the next morning allowing time to sober up. I am asking everyone to be responsible and take care of each other. The holidays are a reason to celebrate

and have fun but make sure you do so within reason and with a reliable and fully worked out plan in place.

During the holiday season and leave periods, please use a little common sense and help reduce your risks. Help your Shipmates. Identify potential hazards and make the right decisions. Think about what you are doing. Your actions definitely speak louder than words. Remember, when you are out in town and on travel, you are an Ambassador for the base,



the Navy, and the United States. I couldn't be prouder to serve with a greater group of people.

Happy Holidays!

Reducing holiday stress

Article provided by LT Skinner Naval Hospital Sigonella

Everyone wants to enjoy the holiday time, so why does it seem to bring on the stress?

Many factors make the holiday stressful such as travel, maintaining the budget, trying to have the perfect gathering and so on.

So, how do we keep the stress level down when we know it is coming?

Start by being more like Santa and make a list.

Categorize your "To Do" list and prioritize in due dates.

Know your budget and stick to it.

Try a more old fashion holiday with homemade cards, caroling, semi-homemade presents such as gift bag with favorite recipe and some starter ingredients. Or appreciated "I Owe You" certificate; remember it is not the gift that counts but the intention and thought behind the gift.

Do not over extend you or your family in commitments, save time to enjoy each other.

See if you can trade babysitting with friends to allow you kid free shopping or wrapping.

Better yet have a holiday party that helps you out with an ornament theme if your tree does not have

enough trimming, or have a cookie swap. Have the Ladies over to wrap presents and enjoy some hot mulled cider.

Many websites offer great time saving strategies such as CDC, American Diabetes and Heart Association, Dr. Oz and yes even Oprah. Sparkrecieps.com give ratings and nutritional information and has many low fat, calorie and salt recipes that may even help you make over one of your favorites to ensure your health and lean waistline for New Year.

Studies show many American's gain at least one pound from Halloween to New Year, don't let that be you!

Keeping your wellness routine intact over the holiday season will give you more energy and enjoyment for the festivities.

To keep calories in check always have a snack before going to a holiday party or dinner.

Bring a healthy choice goody to your outing.

Keep your beverage of choice low calorie so you can enjoy more chewing.

Chose a smaller plate in the buff-
HOLIDAY, continued on page 12

HEALTH WATCH

NASSIG WORSHIP SERVICES

ROMAN CATHOLIC		PROTESTANT	
<u>Sunday</u>		<u>Sunday</u>	
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant (Mineo Community Center)
1200	Catholic Mass (Mineo Community Center)	1000	Traditional Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	1130	Contemporary Protestant (NAS I Chapel)
<u>Monday - Thursday</u>		CHURCH OF CHRIST LAY SERVICE	
1130	Catholic Mass (NAS II Chapel)	<u>Sunday</u>	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

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

SEE OUR HOLIDAY SCHEDULE ON PAGE 7

CHAPLAIN CORNER



Chaplain Concha

Happy Thanksgiving! What are you thankful for this Thanksgiving? Oftentimes, we're so busy with life we fail to pause and reflect upon our many blessings. I am thankful for my wife. I am thankful for my children. I'm thankful for being able to serve

Keepers of the Cloak

our men and women in the armed forces. I am wholeheartedly thankful to be a Navy Chaplain. This will be the gist of this article. On November, 28, 1775, the Continental Congress passed regulations creating our corps, "The Commanders of the ships of the thirteen United Colonies, are to take care that divine service be performed twice a day on board, and a sermon preached on Sunday, unless bad weather or other extraordinary accidents prevent." This will be our 234th anniversary. This was the beginning of the United States Navy Chaplain Corps. What is the link between religious leaders and the military? The Old Testament clearly demonstrates the priests' presence in warfare. The Romans had their pagan priests as well. The word "chap-

lain" sometimes misspelled as "chaplin" has an interesting etymology. In the 4th century, a Roman soldier named Martin of Tours reportedly divided his military cloak by sword and gave half to a beggar shivering from the night's extremely cold temperature. That very night, it is said that Martin had a lucid vision that the poor beggar was Jesus Christ. One writer says, "After converting to Christianity, Martin became a devout churchman, and when he died, he was canonized, becoming a patron saint of France. The Frankish kings would carry St. Martin's cloak (actually; half of this cloak) into battle as a holy relic (a presence of divinity in the midst of the hellish nature of combat). Cloak in Latin is cappa or cap-

CLOAK, continued on page 12

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EMERGENCY MANAGEMENT OFFICE

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

NAVY NEWS

Admiral Fitzgerald approves the 2010 Commander's Guidance and Maritime Supporting Plans

By Commander, US Naval Forces Europe-Commander, US Naval Forces Africa/Commander, US Sixth Fleet Public Affairs

NAPLES, Italy – Adm. Mark Fitzgerald, Commander, U.S. Naval Forces Europe-Africa (NAVEUR-NAVAF) signed his 2010 Commander's Guidance and Maritime Supporting Plans here, Nov. 17, on Naval Support Activity, Capodichino.

In his guidance and maritime supporting plans, set to be released in more detail over the coming weeks, Fitzgerald established his guiding principles and goals for NAVEUR-NAVAF personnel as they support operations in the upcoming year.

"Improving on efforts from years past by U.S. Naval forces in Europe-Africa will be the focus throughout 2010 in everything from day-to-day practices to preparations for future chal-

lenges," said Fitzgerald.

In the guidance Fitzgerald outlined the continuing mission of NAVEUR-NAVAF to conduct the full range of maritime operations and theater security cooperation in concert with coalition, joint, inter-agency and other partners in order to advance security and stability in Europe and Africa.

The guidance also provides three strategic imperatives for the coming year; to support U.S.

European Command's Strategy for Active Security, U.S. Africa Command's Theater Strategy; the nation's Cooperative Strategy for 21st Century Sea Power, and CNO's Guidance. As well as enhance maritime security through support of NATO and theater maritime partnerships and advance U.S. interests while enhancing transatlantic security.

In addition to the guidance Fitzgerald also signed his Maritime Supporting Plans for Europe and Africa. The plans are intended to improve maritime crisis response operations and enhance maritime safety and security throughout the Europe and Africa areas of responsibility, through combined operations, training and capacity building initiatives with our Allies and Partners.

The official NAVEUR-NAVAF maritime supporting plans have been condensed into five lines of operations, including:

- Joint and single component maritime operations

- Contingency Planning and Crisis Response Preparations

- International Military Partnering

- U.S. Navy and Joint Operational Excellence

- Organizational Excellence

"Our vision is to achieve excellence in everything we do," said Fitzgerald. "It is paramount that we continue building partnerships and advancing partner nations' self-sufficiency, communicating effectively, and managing operational risk while maintaining the highest of standards. The only way we can do that is to add to the already creative, diverse, professional and motivated team of professionals we have here."

To learn more about the NAVEUR-NAVAF/C6F, visit www.c6f.navy.mil.

PHOTO FROM THE FLEET

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



U.S. Navy Photo by Mass Communication Specialist 1st Class (SW) Gary Keen

Commander, U.S. Naval Forces Europe-Africa (NAVEUR-NAVAF) Adm. Mark Fitzgerald signs his 2010 Commander's Guidance and Maritime Supporting Plans here on Naval Support Activity, Capodichino. This guidance reestablishes the guiding principles and goals for NAVEUR-NAVAF for the coming year.

NEW



ARRIVALS

Mother: Rebecca M. Castillo
Father: Marco P. Castillo
Newborn: Roman Alexander Castillo
Date: Nov 13, 2009
Sex: Male
Length: 20.5
Weight: 8 lbs 12 oz

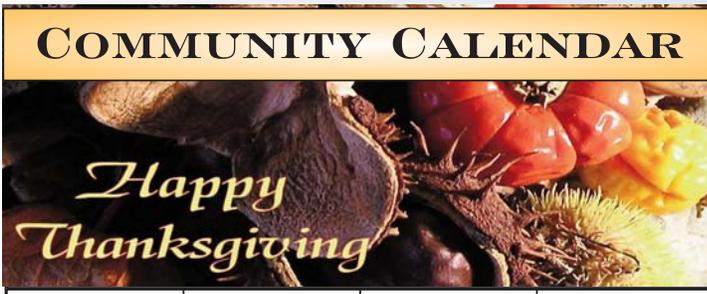
Mother: Theresa L. Klaput
Father: Bryce D. Klaput
Newborn: Blaze Andrew Marind Klaput
Date: Nov 09, 2009
Sex: Male
Length: 19
Weight: 7 lbs 2oz

Mother: Elizabeth A. Gage
Father: Josh J. Gage
Newborn: Anastyn Faith Gage
Date: Nov 13, 2009
Sex: Female
Length: 20
Weight: 7.4

Mother: Lori M. Donovan
Father: Brian C. Donovan
Newborn: Molly Christine
Date: Nov 5, 2009
Sex: Female
Length: 19.5
Weight: 7 lbs 5 oz

Calvary Monika

Muscle

COMMUNITY CALENDAR				FRIDAY	SATURDAY	SUNDAY
				27 NOVEMBER	28	29
				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	FFSC Surviving the Holidays Financially 10 a.m. - 11 a.m.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
30 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 FFSC TAP 8 a.m. - 4 p.m. ICR for youth Topolino 8 a.m. - 11:30 a.m.	1 DECEMBER Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 FFSC TAP 8 a.m. - 4 p.m.	2 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 FFSC Mens Group 1:30 p.m. - 3 p.m. TAP 8 a.m. - 4 p.m.	3 FFSC TAP 8 a.m. - 4 p.m. Ricotta Cheese Workshop ICR for youth Benvenuti 8 a.m. - 12 p.m.	4 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 FFSC ICR 12:30 pm. - 3:30 p.m. Anger Management 9 a.m. - 11 a.m. Arrivederci 8 a.m. - 11:30 a.m.	5 Babysitting Training American Red Cross 9 a.m. - 4 p.m. x4900	6
7 FFSC ICR 8 a.m. - 3:30 p.m. IA Pancake Breakfast 8 a.m. - 10 a.m. Stress & the Holidays 1p.m. - 2 p.m.	8 FFSC ICR 8 a.m. - 3:30 p.m. Consumer Awareness 1p.m. - 2 p.m.	9 FFSC ICR 8 a.m. - 3:30 p.m. Men's Group 1:30 p.m. - 3 p.m.	10	11	12	13

Franzoni

Cafe Brasil

Waxy

Motta

Did you know that . . .

Vehicle repair loans may be available to you through the Navy-Marine Corps Relief Society? Based on need, we offer interest-free loans for essential repairs necessary for the safe operation of a vehicle when you do not have sufficient resources to repair the vehicle yourself.

You'll need a:

- Driver's License
 - Registration
 - Insurance
 - Viable Spending Plan for Repayment
 - Estimated Cost of Repairs (two sources)
 - Repayability
- When you need help, visit your local Navy-Marine Corps Relief Society Office.

NMCRS: A Helping Hand!

www.nmcrs.org

Pistone

Orange

Borgo antico



NAS I

Fleet and Family Support Center Monday-Friday 0730-1630
Administration Building 319 DSN 624-4291
Commercial 095-56-4291

Article courtesy of the Fleet and Family Support Center

Being unemployed is bad enough. But job seekers have a new worry: falling victim to criminals and con artists prowling Internet job-posting services.

Online recruiting sites such as Career Builder.com, HotJobs.com, and Monster.com have grown from job-posting boards into Web sites hosting millions of résumés and thousands of jobs. Unfortunately, crooks have also discovered online recruiting, and they've been busily devising new schemes to exploit job seekers.

Most scams take one of two forms: either a fraudulent offer of placement assistance or identity theft by someone posing as an employer to gain a job applicant's personal data. "Swindlers are using the Internet to target millions," says Sheila Adkins, a spokeswoman for the Council of Better Business Bureaus in Arlington, VA.

SURFING FOR JOBS

Americans have flocked to Web sites in search of jobs in

recent years. There they can explore postings and take advantage of résumé-writing services and personalized coaching. Online recruiters are mum about their effectiveness for job hunters: none of three major sites we queried could cite placement success rates. Indeed, targeted résumés are generally more effective than "resume blasting," says Rebecca Smith of Fremont, Calif., founder of eResumes & Resources.

But recently, some online recruiting sites have begun warning users about scams. "Third parties may have been using résumés and having access for purposes that were not approved," says Colleen McGrath, a Monster.com spokeswoman.

BOGUS JOB OFFERS

One of the most prevalent scams is a cyber-twist on an old con: the fraudulent job-placement scheme. Job hunters who have publicly posted their résumés receive spam e-mail touting phony employment or work-at-home business opportunities. The object is to get the

victim to pay a big fee, sometimes thousands of dollars, for job-placement assistance or to start a home business. But the "job openings," often government positions, are nonexistent or can be viewed free in classified ads or online job boards.

Business-opportunity pitches are often illegal pyramid schemes, complete fiction, or thinly disguised multilevel-marketing programs requiring job hunters to make large cash investments. Among the most common "opportunities": medical billing or assembling products such as jewelry at home. (In the latter case, the finished goods are almost always rejected, and victims never recoup their outlay.)

ID ATTACKS

Personal online security probably isn't foremost in the minds of online job seekers, but it should be, says Pam Dixon, a research fellow with the non-profit Privacy Foundation in Denver. When investigating online job services recently, she learned that thieves posing as employers respond to résumés posted on the Web, leading job hunters to believe that they are about to be offered a position.

The catch: they must submit to a "pre-employment background check" to be hired. The applicant is asked to provide personal data, which sometimes includes checking-account numbers. The thieves then use the information to create bogus credit cards, take out loans, or drain checking accounts.

WHAT YOU CAN DO

-Don't put your Social Security number, birth date, or personal data on a résumé.

-Don't put your home address or phone number on a résumé you post publicly.

-Do post your résumé anonymously. Anonymous posting allows you to remove all personal identifiers except an e-mail address provided by the Web site.

-Don't agree online to a background check. You should first have a face-to-face interview and give written consent.

-Don't pay up front for a job placement; most legitimate placement firms charge employers, not job seekers.

If you think you or someone you know may be a victim contact your legal office for advice.

Alberto Lunetta
The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Mafia number two caught after acid murder

Story taken from News.sky.com

Trapani (Sicily) - The Italian Mafia's second-in-command, who had the son of a supergrass (police informer) dissolved in acid, was arrested last week in a dramatic police raid.

Domenico Raccuglia, 45, known as "the veterinarian" for his love of animals, was on Italy's 10 Most Wanted List and had been on the run for more than a decade.

Despite being hunted, he fathered two children with his wife during his time as a fugitive.

Raccuglia was arrested by armed Polizia (police) in a raid at an isolated apartment on Sunday, following months of undercover work.

He had tried to escape by attempting to climb over a balcony, but was caught.

Helicopters hovered over-

head as units of police teams stormed the building at Calatafimi, near Trapani, on the west coast of Sicily - the Mafia's island stronghold.

Officers said he was unarmed but a search of the apartment uncovered several firearms.

After the 2006 arrest of the Mafia's "Boss of Bosses" Bernardo Provenzano, Raccuglia was named by police as Cosa Nostra's number two, behind new Godfather Matteo Messina Denaro.

Raccuglia has been given multiple life sentences for murder, including one over the kidnap and killing of Giuseppe Di Matteo.

The 11-year-old son of informer Santo Di Matteo was snatched in 1993, on the orders of mobster Giovanni Brusca, to force the father to retract his

testimony - but he refused.

After more than two years in captivity, Guisepppe was killed in January 1996 and his body dissolved in a barrel of acid to destroy the evidence.

Interior Minister Roberto Maroni praised the police for Raccuglia's capture and said: "(His) arrest is a severe blow to the Mafia because he is in fact number two in Cosa Nostra."

Italy's chief anti-Mafia prosecutor Piero Grasso said: "(Raccuglia) is one of Italy's most wanted criminals and, even during his time on the run, he was still able to maintain his influence as a boss over the Trapani area." Raccuglia is in custody in Palermo and will appear in court within days.

Crowds of people holding a Sicilian flag in Palermo and Calatafimi applauded Raccuglia's arrest.



Photo by News.sky.com

Masked Italian police officers with captured top Mafia fugitive boss Raccuglia. Nicknamed the 'veterinarian' for his love of animals, he was arrested last week after 15 years on the run. "The arrest of such a top boss is a severe blow to the Mafia because he is in fact number two in Cosa Nostra. He was also a potential contender to become the new boss of the Palermo Mafia," Interior Minister Roberto Maroni said. Raccuglia was jailed under the highly restrictive measures imposed by Italy's 41-bis detention's regime.

Jazz festival continues

Article taken from

Signonella jazz buffs should not forget that the vibrant Catania "Sicily Jazz & More Festival" is not over yet! Tonight's MOP MOP exotic jazz concert (SEE ABOVE PHOTO) will kick off a new wave of exciting live concerts that will continue through Saturday, December 19. The concert, which will be held at the Zo Center (# 6 Piazzale Asia, near the train station) on Nov. 27 at 10:30 p.m., will be repeated at the Y's Jazz Club (# 10/B viale Kennedy, Le Dune Hotel) on Nov. 28 at 9:30 p.m.

On Nov. 27, the MOP MOP performance will be followed by a Black music concert featuring Italian band Ridillo and starting at 11:30 p.m. The festival lineup, which teems with highly reputed international jazz stars, will also include the following concerts:

Gibson's Female Jazz Guitarist of the Year five-time winner guitarist/songwriter Leni Stern (Wednesday, Dec. 2, 9:30 p.m. - Zo Center); Brazilian guitarist and composer Yamandu Costa (Thursday, Dec. 3, 9:30 p.m. - Zo Center); London-based pianist/singer/songwriter Joe Stilgoe, considered as "the new face of Britain's music's answer to the new face of music's jazz" (Jonathan Grafton) and his Trio (Friday, Dec. 4, 10 p.m. - Zo Center); Swing Italian group "The Good Fellas" (Friday, Dec. 4, 11:30 p.m. - Zo Center); Legendary American Jazz saxophonist Steve Grossman (Wednesday, Dec. 9, 9:30 p.m.



Photo by APCOM

- Zo Center); Tribute to Miles Davis (Thursday, Dec. 10, 9:30 p.m. Zo Center); Catania-based rock band Crabs (Friday, Dec. 11, 10 p.m. - Zo Center); Tribute to Jimi Hendrix (Friday, Dec. 11, 11:30 p.m. - Zo Center); Sicily Music Awards night (Dec. 12, 17 and 19 - 9:30 - Y's Jazz Club).

For more information and tickets, visit <http://www.brassgroup.com/>



oxidiana

Italian Navy retirees visit Sigonella



Gela Marinai d'Italia visit Sigonella

Last week, about forty members of Marinai d'Italia (Italian Navy retirees) from Gela participated in the first 2009/2010 orientation tour of NASSIG and the 41st Stormo. As for the American side of the base, the Gela group toured the VP-40 PATRON Squadron whose officers briefed participants on their

activities and presented them the P-3 military aircraft.

NASSIG PAO is committed to raising awareness and enhancing community relations between the U.S. Navy and host nation communities.

Sunday tours are aimed at hosting local cultural associations, service organizations and groups such as the Lions Club, Rotary, Kiwanis, Red Cross, veterans associations etc.

"It truly was our pleasure having the group visiting the Fighting Marlins of PATROL SQUADRON FORTY. The warmth and gratitude of the men and women on the tour was wonderful. We appreciate the opportunity to share some of our experience and culture and to have them do the same for us," VP-40

Training Officer LCDR Erik Estenson said.

"Despite being an experienced master mariner, I learned a lot about the Navy from this tour that I did not know. Both the NASSIG and 41st Stormo PAOs did a wonderful job in showing us how Sigonella performs its SIXTH FLEET and NATO logistic support mission. We all truly appreciated the opportunity to learn from and meet Navy Sailors and Italian Air Force Airmen," Gela Marinai d'Italia Vice-president Liborio Maniscalco said.

"I felt extraordinarily lucky to have the chance to meet and interact with men who were in the military when they were younger and their wonderful families. They were all so interested and vibrant it made me smile to think that someday I will be there, too. It was even more fun that they were Sicilian or Italian because it gave us the opportunity to show them what we do in their country," LTJG Jennifer Daniels said.

Medusa

School NEWS

Dead Week

By Kayla Simmons
Sigonella High School Student

Dead Week. The mention of this term brings a look of weariness to student athletes. That is because dead week is the period between sports seasons. During this time, students hand in their uniforms and prepare themselves for the next season. Students also enjoy awards they have won at the sports championships, catch up on late assignments, and enjoy going home early.

But no matter how nice it is to have time to relax, Dead Week is a difficult transition for students. Adjustments must be made to each athlete's schedule, even though it is

only going to last for five days.

"It's hard to go from always having something to do and a place to be, to not having anything to do at all," Mitchell Wegman, freshman, said.

Students at Sigonella think Dead Week is stressful because of the temporary adjustments that must be made, along with their preparations for the winter sports season.

"It would be so much easier if we could just jump right into the next season," Rachel Sherrick, senior, said.

Students don't deny that it is nice to have things slow down after the rapidly moving athletic season, but Dead Week is a little too long.

"I wish it could just be Dead Day," Adrienne Moore, freshman, said.

All in all, students are eager to start their next sport and enjoy the on-the-go lifestyle that accompanies it.



NJROTC Drill Team at Aviano Championships

By Bailey Skeet
Sigonella High School Student

The NJROTC Drill Team won four trophies and two awards at the Aviano Drill Competition Nov. 14. They competed against AFNORTH, Aviano, Kaiserslautern, Ramstein, and SHAPE.

The team won first place in armed drill team, third place for inspections, and the Spirit Award. In addition, Jordan Rettie won first place for solo armed drill. Rettie also received the Best Inspection Commander award. Ricky King

won the best team commander.

"I think we did outstanding," Captain Jack Flanagan, Sigonella's Senior Naval Science Instructor (SNSI) of NJROTC, said.

The Color Guard consisted of Ricky King, Tristan Morris, Bailey Skeet, and Mark Takakura.

The Armed Drill team consisted of Brandon Albert, Roman Duenas, Ricky King, Tai McGee, Tristan Morris, Jordan Rettie, and Mark Takakura.

The Sigonella NJROTC drill team wore their Service Dress Blues to all of the challenges.

Dott. Sterla

Alphio's Garden

2009 RELIGIOUS MINISTRIES: HOLIDAY SCHEDULE

CATHOLIC MASS

Thanksgiving Mass			
26 November 2009	1000	NAS 1 Chapel	
Immaculate Conception Mass			
8 December 2009	1130	NAS 2 Chapel	
OL of Guadalupe Mass			
12 December 2009	1800	NAS 1 Chapel	
Christmas Eve Children's Mass			
24 December 2009	1630	NAS 1 Chapel	
Christmas Day Mass			
25 December 2009	1000	NAS 1 Chapel	
New Years Day Mass			
1 January 2010	1000	NAS 1 Chapel	
PROTESTANT CHRISTMAS EVE SERVICE			
24 December	1830	NAS I Chapel	

FESTIVAL OF LIGHTS: A COMMUNITY CHRISTMAS CELEBRATION

Festival of Lights is a special candlelight service that will feature music selections by an adult choir, a youth choir, a children's choir, a nativity scene, congregational caroling and a few special surprises.

CHRISTMAS COMMUNITY CHOIR

ALL COMMUNITY
ALL CHAPEL
ALL AGES

December 13, 2009 - 1800

JEWISH HANUKKAH

For information regarding Jewish community observances, please contact our Jewish Lay Leader, Rebekah Jacobs (x1203).

Santo Doca



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.

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Agrigento: The Valley of the Temples

Article and photos by
MC1 Chris Delano
The Signature Staff

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

Site: For things to see and do, the city of Agrigento rates five stars. The town is geared almost entirely toward tourists who come for temple attractions. The ITT trip offers visitors an amazing view of the temples, complete with a tour guide that elaborates on the history of the ruins. Upon completion of the tour, there are local shops which offer the usual souvenirs and merchandise that can

found in most tourist locations. The ITT trip also takes visitors to the Turkish Steps, which has a breathtaking view of the coastline.

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

Accessibility: Since this was an

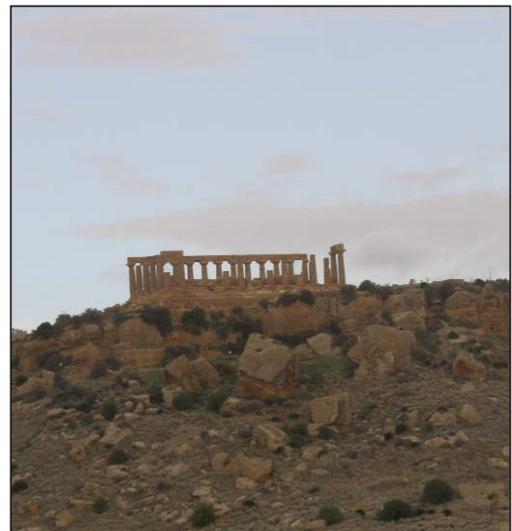


(Top) The sandy beaches stretch out between important natural monuments such as the "white point" and the "Turkish steps".

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



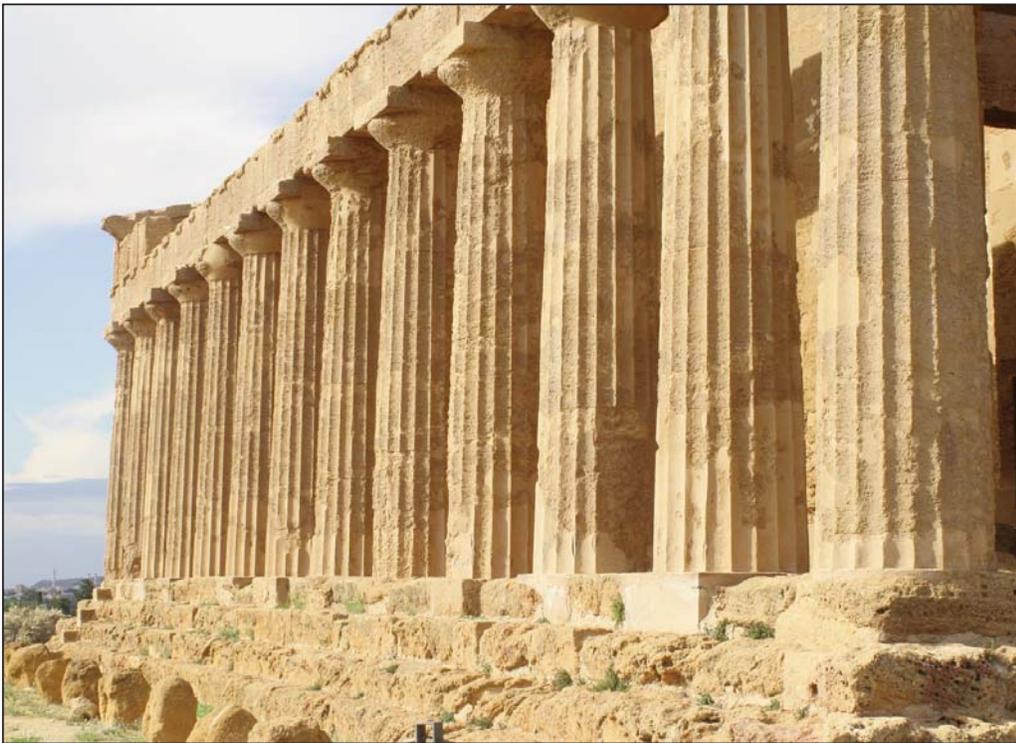
The Temple of Hercules, the oldest temple in Agrigento, was originally built around 500 BC. It was destroyed by the Carthaginians in 406 B.C., rebuilt by the Romans and subsequently destroyed once more by an earthquake. Visitors are allowed to wander through the temple.



AGIP



(Top) After travelling through the "Valley of the Temples" visitors can browse through the local vendors wares for the typical tourist mementoes.



Moroboshi

ITT trip it rates five stars for accessibility. The bus leaves from base and wraps up around the highway on the southern coast to Agrigento. For those who wish to drive, take the motorway toward Catania-Palermo. After Enna, exit toward Caltanissetta/Agrigento and take the 640 road follow the Caltanissetta sign first and then follow Porto

Empedocles until you get to the rotatoria Giunone below the Temple of June. From there, follow the sign Valle dei Templi to get to the Posto di Ristoro (parking and entrance to the site)

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

Kartodromo

REVIEW SUMMARY

Site:



Family Friendly:



Accessibility:



Travel Time:



These ratings are out of five stars, and are the opinion of the Signature staff and in no way constitute a professional travel review. If you have comments or questions on this review contact:

thesig@nassig.
sicily.navy.mil



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.

Go Green Sigonella!

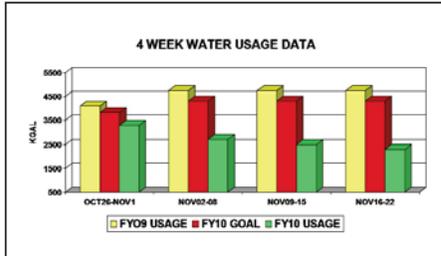
Have an idea to improve efficiencies in your workspace, department, base, or region?

Submit your idea to:

<https://www.cnmc.navy.mil/europe/suggestion-box/index.htm>

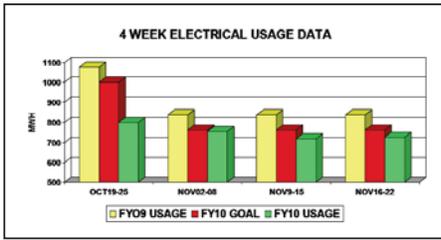
Water Consumption at NASSIG

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



Electrical Consumption at NASSIG

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



Agip

Magnolia



- 27 *Lunch: New England Clam Chowder, Lemon Pepper Catfish, Grilled Pork Chops, Steamed Rice, Garlic Roasted Potatoes, Asparagus, Creole Green Beans, Sugar Cookies, Cheese Cake, Vanilla Cream Pudding.
*Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.*Dinner: Vegetable Supreme Soup, Italian Rice and Beef, Teriyaki Chicken Breast, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding, RIKPAK.
- 28 *Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.
*Brunch: Breakfast Items, Logging Soup, Baked Tuna and Noodles, Beef Stirfry, Pork Fried Rice, Cajun Oven Fries, Steamed Broccoli, Glazed Carrots, Almond Cookies, Blueberry Pie.
*Dinner: Cream of Mushroom Soup, Grilled Steaks, Jamaican Rum Chicken, Steamed Rice, Fried Okra, Corn Whole Kernel, Almond Cookies, Blueberry Pie.
- 29 *Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Kolaches.
*Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Monte Cristo Sandwich, Cheddar and Chicken Broccoli, Rosemary Potato Wedges, Steamed Brussels Sprouts, Glazed Carrots, Hermits, Velvet Pound Cake.
*Dinner: Pepper Pot Soup, Pasta Alla Siciliana, Jaegerschnitzel, Rice Pilaf, Cauliflower Polonaise, Seasoned Succotash, Garlic Bread, Hermits, Velvet Pound Cake.
- 30 *Breakfast: Hominy Grits, Minced Beef w/ Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls.
*Lunch: Beef Noodle Soup, Fish Florentine, Yankee Pot Roast, Southwestern Rice, Parsley Buttered Potatoes, Calico Cabbage, Sprouts Superba, Almond Cake, Peach Crunch, Butterscotch Pudding.
*Speed line: Assorted Pizza, Pasta Primavera, RIKPAK.
- 1 *Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Biscuits and Gravy, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Butterfly Rolls.
*Lunch: Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Steamed Rice, Cut Green Beans, Steamed Carrots, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.
*Speed line: Philly Cheese Steak, Onion Rings, RIKPAK.
*Dinner: Manhattan Clam Chowder, Creole Shrimp, Stuffed Green Peppers, Boiled Pasta, Cream Style Corn, Baked Hubbard Squash, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies, RIKPAK.
- 2 *Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.
*Lunch: Mulligatawny Soup, Roast Turkey, Meatloaf, Steamed Rice, Mashed Potatoes, Chicken Gravy, Peas & Carrots, Steamed Cauliflower, Sweet Potato Pie, Shortbread Cookies, Peach Gelatin.
*Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
*Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Fishwich, Steamed Rice, Lima Beans, Vegetable Stir Fry, Sweet Potato Pie, Shortbread Cookies, RIKPAK.
- 3 *Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Pineapple Carrot Muffin.
*Lunch: Corn Chowder Soup, Pineapple Chicken, Beef Sauerbraten, Orange Rice, Mashed Potatoes, Steamed Asparagus, Summer Squash, Devils Food Cake, FruitNut Bar.
*Speed line: Assorted Pizza, Baked Italian Sausage, Sautced Pepper&Onions, Cartoccietta, Bruschetta, RIKPAK.
*Dinner: Beef Noodle Soup, Mambo Roast Pork, Chicken Parmesan, Steamed Rice, Steamed Broccoli, Seasoned Carrots, Devils Food Cake, Fruit Nut Bar.

AT&T

ON THE GO WITH MWR

MWR November Fitness Schedule

Fit District

NOVEMBER FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7 am		Spin w/ Sarah		Spin w/ Sarah		
8:30 - 9:30 am	Kickboxing w/ Jill B	ABC w/ Lisa	Kickboxing w/ Jill B	ABC w/ Lisa	Yoga w/ Danielle	
9:30 - 10:30 am	Pilates w/ Danielle	Spin w/ Jill	Pilates w/ Danielle	Spin w/ Jill		Kickboxing w/ Angelica
4:30 - 5:30 pm	Cardio Jam w/ Danielle	Pilates w/ Danielle		Pilates w/ Danielle		
5:15 - 6:15 pm		Spin w/ Lisa		Spin w/ Lisa		
5:30 - 6:30 pm	Yoga w/ Luisa	20/20/20 w/ Angelica	Yoga w/ Luisa	Zumba w/ Angelica		

Flight Line Fitness Center

	Monday	Tuesday	Wednesday	Thursday
4:15 - 5:15 pm			Spin w/ Sarah	
5:15 - 6:15 pm	Pump It Up w/ Angelica		Pump It Up w/ Angelica	
5 - 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

Mineo Community Center

	Monday	Tuesday	Wednesday	Thursday
8:30 am - 9:30 am		Step w/ Michelle		Step w/ Michelle
5:30 - 6:30		Triple Shot w/ Melinda		Triple Shot w/ Melinda

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Friday, November 27

- 5:00pm Twilight Saga: New Moon PG-13
- 5:30pm Couples Retreat PG-13
- 7:30pm The Blind Side PG-13
- 8:00pm Twilight Saga: New Moon PG-13

Saturday, November 28

- 2:00pm Whip It PG-13 PREMIERE
- 2:30pm The Stepfather PG-13 PREMIERE
- 5:00pm Disney's A Christmas Carol PG
- 5:30pm Twilight Saga: New Moon PG-13
- 7:30pm Couples Retreat PG-13
- 8:00pm Zombieland R

Sunday, November 29

- 2:00pm Michael Jackson's This Is It PG
- 2:30pm Twilight Saga: New Moon PG-13
- 5:00pm Whip It PG-13
- 5:30pm Couples Retreat PG-13
- 7:00pm The Stepfather PG-13

Monday, November 30

- 5:00pm Planet 51 PG PREMIERE
- 5:30pm Whip It PG-13
- 7:00pm The Stepfather PG-13
- 7:30pm Couples Retreat PG-13

Tuesday, December 1

- 5:00pm 2012 PG-13
- 5:30pm The Blind Side PG-13
- 7:30pm Love Happens PG-13
- 8:00pm Zombieland R

Wednesday, December 2

- Denzel Day!
- 5:00pm Déjà Vu PG-13 FREE
- 5:30pm The Great Debaters PG-13 FREE
- 7:30pm Inside Man R FREE
- 8:00pm Taking of Pelham 123 R FREE

Thursday, December 3

- 5:00pm Planet 51 PG
- 5:30pm Twilight Saga: New Moon PG-13
- 7:30pm All About Steve PG-13
- 8:00pm The Informant R

SURROGATES- Bruce Willis, Radha Mitchell, Rosamund Pike, Boris Kodjoe, James Francis Ginty
People are living their lives remotely from the safety of their own homes via robotic surrogates- sexy, physically perfect mechanical representations of themselves. It's an ideal world where crime, pain, fear and consequences don't exist. When the first murder in years jolts this utopia, FBI agent Greer discovers a vast conspiracy behind the surrogate phenomenon and must abandon his own surrogate, risking his life to unravel the mystery. (89 min.)

THE BLIND SIDE- Sandra Bullock, Quinton Aaron, Kathy Bates, Lily Collins, Tim McGraw
Michael Oher, a homeless African-American youngster from a broken home, is taken in by the Touhys, a well-to-do white family who help him fulfill his potential. At the same time, Oher's presence in the Touhys' lives leads them to some insightful self-discoveries of their own. Living in his new environment, the teen faces a completely different set of challenges to overcome. As a football player and student, Oher works hard and, with the help of his coaches and adopted family, becomes an All-American offensive left tackle. (126 min.)

THE INVENTION OF LYING- Ricky Gervais, Jonah Hill, Louis CK, Jeffrey Tambor
In an alternate reality, lying, even the concept of a lie, does not even exist. Everyone- from politicians to advertisers to the man and woman on the street- speaks the truth and nothing but the truth with no thought of the consequences. But when a down-on-his-luck loser named Mark suddenly develops the ability to lie, he finds that dishonesty has its rewards. In a world where every word is assumed to be the absolute truth, Mark easily lies his way to fame and fortune. But lies have a way of spreading, and Mark begins to realize that things are getting a little out of control when some of his tallest tales are being taken as, well, gospel. With the entire world now hanging on his every word, there is only one thing Mark has not been able to lie his way into: the heart of the woman he loves. (100 min.)

TWILIGHT- Kristin Stewart, Robert Pattinson, Taylor Lautner, Ashley Greene, Michael Sheen
Bella Swan delves deeper into the mysteries of the supernatural world she yearns to become part of, only to find herself in greater peril than ever.

WHIP IT- Ellen Page, Marcia Gay Harden, Kristen Wig, Drew Barrymore, Juliette Lewis
Tired of being pushed into beauty pageants by her parents, Texas teen Bliss finds herself after joining a female roller derby team. (111 min.)

ZOMBIELAND- Woody Harelson, Jesse Eisenberg, Emma Stone, Abigail Breslin, Amber Heard
Two men have found a way to survive a world overrun by zombies. Columbus is a big wuss, but when you're afraid of being eaten by zombies, fear can keep you alive. Tallahassee is an AK-totin' zombie-slayin' tough guy whose single determination is to get the last Twinkie on earth. As they join forces with Wichita and Little Rock, who have also found unique ways to survive the zombie mayhem, they will have to determine which is worse: relying on each other or succumbing to the zombies. (88 min.)

Movie dates and times are subject to change

SHOWING FRIDAY, DECEMBER 4

Friday, December 4

- 3:00pm Shrek PG FREE
- 5:00pm 2012 PG-13
- 5:30pm The Blind Side PG-13
- 8:00pm Twilight Saga: New Moon PG-13
- 8:30pm Law Abiding Citizen R PREMIERE

For more information on MWR's programs and services, call 624-3968.

Hey Sigonella... Where's Santa?



Living overseas, Sigonellans best know that Santa sure does get around. Now, MWR needs your help in finding him this season with a hunt for Santa, who is somewhere here, in Sigonella.

Beginning Tuesday, Dec. 1, MWR celebrates the 12 days of Christmas by releasing a total of 12 clues to find him. One clue will be released each day on AFN radio 106.0 and at Facebook.com/mwrsigonella. If you miss hearing a clue, visit your nearby MWR facility. There is a great holiday prize package available for the person who can find Santa in Sigonella.

The hunt is open to all U.S. ID cardholders. If you find Santa, bring him to the MWR Main Office to claim your prize.

For more info, call x4941.

Parents, Take The Night Off

Parents get an early holiday present of a kid-free evening when Child and Youth Programs presents Parent's Night Out Saturday, Dec. 5, from 6 - 9 p.m.

Drop the kids off at any of the youth program centers to spend a night writing cards, shopping for presents, or just spending romantic night together

while the kids stay at the CDC, School Age Care, Tween, or Teen centers.

Sign up now at all program centers. For more information, call 624-3736, 624-3712, or 624-1750.

Light The Night at Midtown

Sig's the Season with MWR, and we're kicking off the holiday season in style.

Be a part of the Community Tree Lighting on Friday, Dec. 4, beginning at 4:45 pm in the Midtown Piazza.

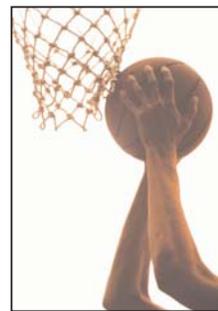
Enjoy a performance by the Elementary school choir and holiday treats in the atrium leading up to the annual lighting of the Tree. There, watch the second stage of Almost Home for the Holidays.

Following the Tree Lighting, kids can bounce, bop, and bound in our fantastic bouncy houses in the Fit District Gymnasium from 5 to 8 p.m. For more info 624-4941.

Saturday, Dec. 5, drop the kids off at any of the youth program centers for Parent's Night out from 6 - 9 p.m. Parents can spend a night writing cards, shopping for presents, or just spending romantic night together while the kids stay at the CDC, School Age Care, Tween, or Teens centers. Sign up now at all program centers. Tween and Teen centers are free. For more information, call 624-3736, 624-3712, or 624-1750.



Basketball And Cheerleading



Hit the court with Youth Sports

Kids can make this season a slam dunk because Youth Basketball and Cheer is back.

For ages 5 to 13, Parents can register for basketball and cheer Tuesday, Dec. 1 to Thursday, Dec. 17. Sign-ups are taken Monday through Friday from 8 a.m. to 4:30 p.m. at Fit District.

There is a registration fee for basketball and cheerleading that includes both football and basketball season and uniform (top and skirt).

There is a skill assessment for basketball players Tuesday, Jan. 5, at Fit District Gymnasium. This skills assessment is mandatory for all participants ages 7 to 13.

For more pricing or information on Youth Basketball and Cheer, call 624-3785.

MOVIE HOTLINE:
624-4248

SMOKING, continued from page 1

is considered the chief preventable cause of premature death and disease in the United States, killing more than 400,000 (19 percent of total deaths) annually. Tobacco use in any form is addictive. Involuntary exposure to tobacco smoke has been shown to cause cancer, lung and heart disease in healthy nonsmokers."

Environmental Tobacco Smoke (ETS) has been proven to cause cancer, including lung cancer in humans. According to the Navy, tobacco use and ETS have an adverse effect on mission readiness.

"Tobacco use adversely affects night vision, respiratory capacity, and wound healing rates, and contributes to risk of cold injuries, including frostbite. Statistically, smokers have higher accident rates than do nonsmokers."

"Tobacco use harms readiness by impairing physical fitness and by increasing illness, absenteeism, premature death, and health care costs."

The Navy is also concerned

about the effects of secondhand smoke on Sailors, Marines and their families. Lt. Cmdr. Kevin Kennedy, NPC's Tobacco Cessation Program action officer, highlights the following from the new Secretary of the Navy Instruction 5100.13C: "(Department of the Navy) policy is to reduce tobacco use and protect personnel from involuntary exposure to environmental tobacco smoke to the greatest extent possible. Where conflicts arise between the rights of nonsmokers and the rights of smokers, the rights of nonsmokers to a smoke-free airspace shall prevail."

Web-based quitting programs and hotlines are available at www.nehc.med.navy.mil/hp/tobacco, as are cessation programs through the military treatment facilities' Health Promotion Program.

The ban will cover all hospital grounds on both NAS1 and NAS2, to include Sidewalks, Parking areas, and the Helicopter Pad.

"This is the right thing to do, for quality patient care and patient safety, as well as for the health of our own crew," said Bloom.

GREEN, continued from page 1

from a bar fight to a sexual assault to someone riding their bike without a helmet.

"A red dot is an act of violence; a rape, a spouse hitting another spouse, a bar fight or a non-supportive statement to a victim," said Arnold. "A red dot is anything that perpetuates violence in our community. We know that most people are not red dot makers. We know that most people will never intentionally hurt anyone. So, instead of a red dot maker most people are green dot makers. A green dot is a conscious decision to make our community a safer place."

A green dot could be as a little as someone sweeping up broken glass on the sidewalk, Arnold said.

"Any one person is capable of making a green dot," Arnold said. "They don't have to be stopping a physical altercation."

Arnold hopes that the community as a whole will embrace this program.

"We can stop violence," said Arnold. "We don't have to have rapes. We don't have to have domestic violence. We don't have to have people getting hurt, but we can't stop it with just one person. Everything we do

added together, working together, can stop violence."

Arnold hopes the campaign will not only raise awareness of unsafe situations but that it will raise awareness of those who are working daily to make Sigonella a safer place to live.

"Notice what other people are doing," said Arnold. "Notice what your neighbors are doing. Thank them for sweeping up the glass. Thank them for calling security because kids were running around like crazy."

Arnold said she is working on ideas right now for a competition between the numerous commands, departments and organizations around base to see who can make the most green dots.

"Let people know about your green dots," Arnold said. "Share your green dots with people so that we know what's happening in our community to make it a safer place."

Dr. Dorothy Edwards, a professor at the University of Kentucky, is the creator of the Green Dot concept.

CLOAK, continued from page 2

ella. Since the cappella was a holy relic of the church, a priest cared for the cappella as custodian. This keeper of the cloak or cappellanus, also provided ministry to the King and his military officers. Ultimately, there was a plurality of priests caring for this relic, they were called cappellani. The French translation of cappellanus was chapelains, which is where we get the w English word, chaplain. The depository for this religious relic was called the chapel, later a place of worship. I don't want to belabor my Signature readership with endless etymologies, but the origins of the words are a significant part of understanding the significance of military chaplaincy. I hope your perception of chaplains is not deflected from the friendly and befuddled Father Mulcahy, from M*A*S*H. I hope I don't contribute to this perception! Chaplains continue to offer support to troops engaged in combat operations and ships enduring lengthy deployments. Rob Dreher

in an article entitled, Ministers of War adds, "...on the battlefield they [chaplains] serve as a sign of the presence of the just and good God in the midst of hell on earth...the chaplain's presence is a sign that God has not abandoned them." During the Vietnam war Chaplain Vincent Capodanno, a Roman Catholic Priest, was killed ministering to his Marines during an intense firefight. Although his right hand had been nearly severed in the fight, Capodanno wouldn't leave his Marines, he died there with his Marines. He could have been evacuated, and rightly so. However, he wouldn't leave his men. He was posthumously awarded the Medal of Honor. Father Daniel Mode, biographer of the Grunt Padre, a book devoted to telling the heroic story of Capodanno; penned these words, "I've met almost a hundred of the guys who served with him. They remember so many details about him, and the physical expressions they use when they talk about him tell you that he had an amazing impact upon their lives." Capodanno was thankful to

serve with sailors and Marines. This devotion continues today in the heart each military chaplain. The mission statement of the Navy Chaplain Corps is "Chaplains care for all service members, including those who claim no religious faith, facilitate the religious requirements of personnel of all faiths, provide faith-specific ministries, and advise the command." We provide for specific religious needs, facilitate for other religious needs, and care for all service members, regardless of their faith. The vision statement for the Chaplain Corps is "A Chaplain Corps and RP rating which deliver religious accommodation, care, and advisement, to strengthen faith, values, and virtues, so that Sailors, Marines, and their families may best serve our country." You can be sure that the chaplains here at NASSIG are wholeheartedly thankful to serve you. So, as I reflect on all of the blessings in my life this Thanksgiving, I realized that I am profoundly thankful to be counted among the number of men that are the keepers of the cloak!

NEY, continued from page 1

during a special program held in Reno, Nevada.

The Ney award was established in 1958 by the Secretary of the Navy and IFSEA to improve and recognize the quality of food service in the Navy.

IFSEA is a nonprofit food service association dedicated to enhancing the professional image and growth of persons serving the food service industry.

Bella Etna will be inspected on Dec. 3 by Cmdr. Tom Dailey, NAVSUP Food Service Director,

and Donna Foster, IFSEA Chef.

The food service team and the NAS Sigonella community have been working together to make sure Bella Etna is prepared for its final evaluation.

Senior Chief Culinary Specialist Juancho Lucero, Bella Etna's Leading Culinary Specialist, and Domenico Strano, Supervisory Food Services Specialist, stated that the community support has been phenomenal, and the entire Sigonella community is very excited about the competition and looks forward to "Ney Game Day."

Palermo

NEX

Magnoliae

AT&T

THE SPORTS LINE

PIGSKIN PICKS

18 Clemson vs South Carolina
12 Oklahoma St. at Oklahoma
21 Utah at 19 BYU
Georgia at 7 Georgia Tech
NY Giants at Denver
Arizona at Tennessee
Carolina at NY Jets
Kansas City at San Diego

Game of the Week: New England at New Orleans

 Overall Record: 72-35 NFL: 32-16 NCAA: 40-19 SN Kaminski, PSD	Clemson	Ok. State	Utah	GT	Broncos	Cardinals	Jets	Chargers
 Overall Record: 68-39 NFL: 30-18 NCAA: 38-21 D Day	Clemson	OU	Utah	GT	Broncos	Cardinals	Panthers	Chargers
 Overall Record: 68-39 NFL: 28-20 NCAA: 40-19 MC3 Idle, Exec Admin	Clemson	Ok. State	BYU	GT	Giants	Titans	Panthers	Chargers
 Overall Record: 67-40 NFL: 30-18 NCAA: 37-22 Joe Cunningham, NCTS	S. Carolina	Ok. State	Utah	GT	Giants	Titans	Panthers	Chargers
 Overall Record: 63-44 NFL: 31-17 NCAA: 32-27 Capt. Jaeger, USNH Sigonella	S. Carolina	Ok. State	BYU	GT	Broncos	Titans	Panthers	Chargers
 Overall Record: 55-52 NFL: 25-23 NCAA: 30-29 Chief Payne, Weapons	S. Carolina	OU	BYU	GT	Giants	Cardinals	Panthers	Chargers

MC3 Idle: Patriots
There has been a lot of scrutiny on Patriots coach Bill Belichick after his decision to go for it on fourth-and-two with a six point lead in the fourth quarter of their loss to the Colts. I think he made the right call, even though it didn't work out. He put the game into the hands of his future Hall of Fame quarterback in an attempt to keep it out of the hands of Peyton Manning who had been torching his defense in the second half. I think the Patriots are better team than the Colts and Saints. Even on the road, I'm going with the Pats. The Saints have looked unimpressive the last few weeks and I think this will be the end of their undefeated run. I think this going to be a high scoring shootout between the two offenses. Both the Pats and Saints are struggling through injury problems in their secondaries. Tom Brady and Drew

Brees will both have big games, but I think the Tom Terrific will pull it out in the end.
GMC Payne: Saints
The N.O., cause they almost screwed up once and Sean Payton knows Bill Belichick from the '91 Giants, for those who do not remember....
Joe Cunningham: Patriots
Patriots over the Saints.
Capt. Jaeger: Saints
Saints, duh?
D-Day: Patriots
The Saints have been turning the ball over a lot of late, and I think they're overdue for a loss. They'll get it here. Pats with big win.
PSSN Kaminski: Patriots
New England over New Orleans- This was a tough one. Both teams have high powered offenses. But the Pats will end up winning this one with a strong defensive showing.

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