



JOX Rocks in the New Year

Story and photos by Lt. Jonathan Groveman
Sigonella Public Affairs Officer

The Cinder Road electrified the JOX Pub crowd New Years Eve with an hour and a half show, showcasing some of their hits from their recently released SuperHuman album.

The five-member rock band, originally from Baltimore, Maryland, made a stop to Naval Air Station Sigonella, as part of their multi-week Armed Forces Entertainment (AFE) concert series. The band will also make stops to other Italy-based military installations, and installations in Germany, Belgium, and the Netherlands.

The band, which formed in 1995, is taking part in their sixth Armed Force Entertainment tour, all part of their dedication to supporting the troops. Lead singer Mike Ruocco exclaimed, "we are proud to support the troops and these AFE's tours are our way to give something back to the troops, which give up so much for us."

Cinder Road is aptly named after the street some of the band members grew up on. They met and learned how to play music growing up on that street in Baltimore and thought it appropriate to name themselves after that important piece of their history together. The last two members of the band joined in early 2006 and have perfectly meshed their music talents together, highlighted in their recent album release.

When asked what bands influenced their music style, they without hesitation attribute Aerosmith and Def



Both Photos: The Cinder Road rock band from Baltimore, Maryland entertained the JOX Pub crowd New Years Eve with numerous songs from their recent album SuperHuman on an Armed Forces Entertainment concert series stop to NAS Sigonella.



Leppard having the greatest impact on them over the years. Although they all share rock music in common, Cinder Road has crafted a unique playing style unparalleled in today's rock scene. They have proudly toured with veteran rock bands Candlebox and Puddle of Mudd, and will soon start an American tour with Tesla.

"It is exciting to have an American band with hit singles to help us ring in the New Year," said Utilitiesman First Class Chad Roach. "They were a great band and put on an awesome show."

Although the band members had an opportunity to spend some free time in downtown Catania and the local area, the highlight of their tour was spending New Years with the troops overseas and "bringing a little piece of the US to Sigonella in the form of rock."

Polar Plunge

Story and photos by MC1 Brian A. Goyak
Fleet Public Affairs Center Detachment Sigonella

For most people the best time of year to hit the water for a swim is in the summer but a select few at Naval Air Station Sigonella decided that 31 Dec is a better choice.

Whether to wash away anything bad from the previous year or it just seemed like a good idea at the time, a small group of approximately 12 people took up Information Tickets and Tours' invitation to take the Polar Plunge.

The event started with participants laughing and joking about the step into the icy water they were about to take. Things really got underway when Master-At-Arms Third Class Joseph Masterson was testing the water. Inching his way in a little at a time, Masterson slipped on some algae and in he went. After that the rest of the group acted just like a flock of penguins and followed him in.

"It was a good cold time," said Explosive Ordnance Disposal First Class Charles Yohnke. "I was actually colder out of the water than in it. I wanted to get back in, out of the wind."

The participants swam about a hundred yards to the end of the break wall. On their return most of them dried off, got dressed and warmed up with some hot chocolate. A few like Aviation Ordnanceman First Class Micheal Rumpke decided the water wasn't that bad and jumped in again.

"I thought it was a good way to

bring in the new year," said Rumpke. "When you finally got numb enough the water wasn't bad at all."



(Above) A giant leap of faith into the cold. (Below) The participants in ITT's Polar Plunge make their return the pier after swimming about 100 yards to the end of the break wall.



The cold didn't seem to affect Aviation Ordnanceman 1st Class Michael Rumpke at all as he splashes and plays in the water.

WEATHER UPDATE	Jan. 4	Jan. 5	Jan. 6	Jan. 7	Jan. 8	Jan. 9	Jan. 10
	H:62F L:47F	H:61F L:45F	H:60F L:43F	H:52F L:34F	H:64F L:36F	H:56F L:36F	H:57F L:41F

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TRAFFIC NUMBERS

	Jan. 2007	2006
Accidents	1 276	323
Without Injuries	1 235	281
Injuries	0 41	42
DUIs	0 8	13
Traffic Deaths	0 0	0

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE

I am proud to say that we have once again exceeded our traffic safety goals for 2007. At the beginning of 2006 we set a tough but realistic goal of less than one traffic accident per day and we achieved it two years in a row. This would not have been possible without the hard work and dedication of each and every one of you, and I am extremely proud of this entire community.

We have come a long way from 2003, when we averaged over 2 accidents a day, 14 per week and 60 plus per month! There was even one month during 2003 where we racked up 78 accidents in that one month! Compare that to this month where we only had 23 accidents and you can see the dramatic improvements we have made on this issue. One hundred and nine less

NASSIG COMMANDING OFFICER CAPT. THOMAS J QUINN

Signonellans were injured in traffic accidents this year as compared to 2003 - that is a huge benefit to all of us and well worth the efforts we have all expended in traffic safety.

Entering 2007 we took a bold stance against reckless driving, unnecessary DUI incidents, and especially NO FATALITIES. We backed up this commitment with Safety Stand Downs, All Hands Emails, Signature articles, AFN commercials, and top-down leadership. These strategies paid off, as each and every member of the Sigonella community knew the importance of traffic safety and arriving home safe and sound to friends and family each and every day.

We ended 2007 with a total of 276 traffic accidents. Of those 276 accidents, only 34 involved injuries. DUI's were

down as well from 58 in 2003 to 8 needless DUI incidents this year. Lastly, and most importantly, we have had NO FATALITIES for two years.

This is another sharp reduction from our 2006 numbers and proof that we can exceed any traffic safety goal set out before us.

OUR Traffic Safety Goal for 2008 is: Zero traffic fatalities, a continued reduction in traffic injuries and zero tolerance for DUI's. Our traffic accident reductions over the past four years show that this is extremely feasible and I know we can exceed these goals once again for a fifth straight year.

I hope you all had a good Holiday Period and New Years celebration. Congratulations again on a safe 2007 and keep up the good work!



Health WATCH

**Preventive Medicine
Division, Naval Hospital
Sigonella NAS II,
Flight Line Clinic
624-6231**

Article Courtesy of Naval Hospital Sigonella

The Preventive Medicine Division administers a variety of public health programs. Our individual services are provided by appointment only. To schedule an appointment, please call during our hours of operation: Mon, Tues, Thurs, Fri (0730-1600) & Wed (0730-1100); closed Wed afternoon for training.

TB Screenings & INH Refills: Tues & Thurs, 0830-1130

Active Duty only, dependents are served by their Hospital Provider

Pleasure Travel Clinic: Fri, 0900-1100

Receive medical advice for AD & dependent pleasure travel. Appropriate immunizations and medications are recommended based on destination information. For best protection, visit Preventive Medicine at least 4 to 6 weeks prior to departure.

Deployment Medical Threat Briefs: By appt only

Contact Prev Med as soon as a deployment is assigned. Deploying groups should designate a unit POC to contact Prev Med and schedule a group briefing. IAs: Make appt as soon as you are tasked.

Smallpox and Anthrax Vaccinations: By appt only

Required for CENTCOM and Korea assignments

Food Safety Training: Call Prev Med for latest course schedule

Special Events Food Safety Training - NKO website

4-Hr Staff Food Safety Course - offered by various base entities

Manager's Food Safety Course - offered by Prev Med triannual basis

Water Testing: By appt only

Mon-Thurs, Prev Med performs limited water surveillance testing for bases, housing, and aircraft. PWD Environmental Division is our primary POC for base water quality concerns.

STI Education and Counsel/Referral Services: By appt only

Individual or unit education sessions are provided. A counsel session is required for lab confirmed STI cases (AD & Dependents)

Influenza Vaccinations: Unit POCs

should contact Prev Med by August to schedule unit's appt evolution. If a sailor misses the unit evolution, he/she may report to Flight Line Clinic during regular working hours.

In the event you cannot attend a scheduled appointment, please notify Prev Med as soon as possible, 624-6231. A missed appointment directly affects our efficient operations with limited manning.

NASSIG WORSHIP SERVICES

LDS Chapel in Catania
Sunday
1 p.m. Church of Jesus Christ
Latter-day Saints

NAS II Chapel
Monday
11:30 a.m. Catholic Mass
Tuesday
11:30 a.m. Catholic Mass
Wednesday
11:30 a.m. Catholic Mass
Friday
11:30 a.m. Catholic Mass
Sunday
4 p.m. Catholic Mass

Alcoholics Anonymous Meetings
Monday, Wednesday and Fridays
11:30 a.m.

NAS I Chapel
Sunday
8:45 a.m. Catholic Mass
10:45 a.m. Protestant Worship
5 p.m. Fellowship Meal
6 p.m. Bible Study

Mineo Community Center
Sunday
9 a.m. Protestant Worship
12 p.m. Catholic Mass

Maranai Community Center
11 a.m. Protestant Traditional Service

Call 095-86-1225 for weekly Jewish services



What You Send Out Usually Comes Back To You

Article courtesy of Chaplain Ken Rhodes

There is an unwritten law of the universe that says what you send out often comes back to you. Your own personal experience I believe will bear this out. If you smile at people and are friendly they usually smile back and respond to your friendliness and enjoy being in your company. The opposite is true as well, if you scowl and are abrasive with people, they often react in the same way toward you and avoid you as much as possible. When we reach out to people to help them in their need they usually express their gratitude by a thank you or sometimes a token gift. Even when they don't, just knowing we have helped someone is itself its own reward. Occasionally however, our act of caring has a dynamic impact on our life as this inspiring true story relates.

His name was Fleming, and he was a poor Scottish farmer.

One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied, waving off the

offer. At that moment, the farmer's own son came to the door of the family hovel. "Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of."

And that he did. Farmer Fleming's son attended the very best schools and in time, he graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin. The name of the nobleman? Lord Randolph Churchill.

His son's name? Sir Winston Churchill.

So ask yourself: What are you sending out? The New Year is upon us and it is a time when we make resolutions to better ourselves. One resolution to consider is to send out more positive signs to the people we meet knowing that what we send out will most likely come back to us fourfold. But above all reach out and care for those in need, for as the story indicated, that person in need you helped today may be the very one who will help you tomorrow at a critical time in your life.

Have a very Blessed and Happy New Year filled with good health and much happiness in 2008.

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

Truman, Arctic Assist Stranded Sailors

Article from USS Harry S. Truman Public Affairs
Photo by MC3 Joshua Moore

Nimitz-class nuclear powered aircraft carrier USS Harry S. Truman (CVN 75) and fast combat support ship USNS Arctic (T-AOE 8) rescued seven mariners adrift in a raft Dec. 23, in the central Persian Gulf.

While conducting a replenishment-at-sea with Truman, Arctic received a bridge-to-bridge radio call from the British-flagged cargo vessel MV British Courage.

British Courage was requesting assistance rescuing the stranded mariners, who were floating approximately three miles from of the Harry S. Truman.

The ships performed an emergency break away; Arctic, operated by the Navy's Military Sealift Command, dispatched two MH-60S helicopters to the scene. Arctic put one rescue swimmer in the water who recovered the four Pakistanis and three Indian mariners.

The helicopter crews brought the mariners to Truman for medical treatment, food and water. All are currently in good condition and awaiting transfer back to the United Arab Emirates.

The mariners had been transporting cargo from Dubai when their dhow sailed into rough seas and broke its keel. When the vessel started taking on too much water to remain afloat, the mariners abandoned ship into a life

raft where they remained for two days before the rescue.

Harry S. Truman, attached to Commander, Carrier Strike Group 10 (CCSG 10), and Arctic are currently deployed to the Persian Gulf as part of the ongoing rotation to support Maritime Security Operations (MSO) in the region.

Coalition forces conduct MSO under international maritime conventions to ensure security and safety in international waters so that all commercial shipping can operate freely while transiting the region.

The Truman Carrier Strike Group is made up of CCSG 10 staff, Truman, Carrier Air Wing (CVW) 3, Commander, Destroyer Squadron 26 staff, guided missile cruisers USS San Jacinto (CG 56) and USS Hue City (CG 66); guided missile destroyers USS Carney (DDG 64), USS Oscar Austin (DDG 79) and USS Winston S. Churchill (DDG 81); the Canadian frigate HMCS Charlottetown (FFG 339); and the British destroyer HMS Manchester (D 95). CVW-3 consists of Strike Fighter Squadrons (VFA) 11, VFA-32, VFA-37 and VFA-105; Tactical Electronics Warfare Squadron 130; Carrier Airborne Early Warning Squadron 126; and Helicopter Anti-Submarine Squadron 7.



The last of seven shipwrecked survivors is escorted across the flight deck of the Nimitz-class nuclear-powered aircraft carrier USS Harry S. Truman (CVN 75) after being rescued at sea by two MH-60S Seahawk helicopters, assigned to the "Sea Knights" of Helicopter Sea Combat Squadron (HSC) 22 embarked aboard the fast combat support ship USNS Arctic (T-AOE 8). The mariners were recovered after their dhow sank in rough seas. Truman and Arctic are deployed to the Persian Gulf as part of the on-going rotation to support maritime security operations in the region.

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 just looking for a warm home and someone to love. Each week the Signature will feature animals in need of adoption.

For more information contact the Stray Animal Facility at 624-3936 or Rose Cummings 339-426-8483.



Ashley and Diva: These two beautiful dogs are mother and daughter. They could be separated or taken as a pair. They love to play and go on walks. They would make a wonderful addition for any family.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MCSN Kiona M. McKissack

An SH-60F and an HH-60H Seahawk, attached to the "Dragonslayers" of Helicopter Antisubmarine Squadron (HS) 11, perform for family and friends of crew members during an air show sponsored by the nuclear-powered aircraft carrier USS Enterprise (CVN 65) during a three-day Tiger Cruise. Enterprise and embarked Carrier Air Wing (CVW) 1 are on a scheduled six-month deployment.



Protestant Women of the Chapel

Bible study every Tuesday: 9:15 a.m. at NAS 1 Chapel
(With free child care and Home school study/gym class)
6 p.m. at NAS 2 Chapel, and 7 p.m. at the Mineo
Community Center

Find us at www.pwocsig.com or pwocsig@yahoo.com

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NAVAL AIR STATION SIGONELLA COMMUNITY CALENDAR					4 Alcoholics Anonymous -7 p.m. -NAS II Chapel	5
6	7 Alcoholics Anonymous -7 p.m. -NAS II Chapel	8	9 Alcoholics Anonymous -7 p.m. -NAS II Chapel	10 Throwback Thursday Midtown Theater	11 Alcoholics Anonymous -7 p.m. -NAS II Chapel	12
13	14 Alcoholics Anonymous -7 p.m. -NAS II Chapel	15	16 Alcoholics Anonymous -7 p.m. -NAS II Chapel	17 Throwback Thursday Midtown Theater	18 Alcoholics Anonymous -7 p.m. -NAS II Chapel	19
20	21 Martin Luther King Jr. Day Alcoholics Anonymous -7 p.m. -NAS II Chapel	22	23 Alcoholics Anonymous -7 p.m. -NAS II Chapel	24 Throwback Thursday Midtown Theater	25 Alcoholics Anonymous -7 p.m. -NAS II Chapel No School - DoDDS	26
27	28 Alcoholics Anonymous -7 p.m. -NAS II Chapel	29	30 Alcoholics Anonymous -7 p.m. -NAS II Chapel	31 Throwback Thursday Midtown Theater	1 Febuary Alcoholics Anonymous -7 p.m. -NAS II Chapel	2
3	4 Alcoholics Anonymous -7 p.m. -NAS II Chapel	5	6 Alcoholics Anonymous -7 p.m. -NAS II Chapel	7 Throwback Thursday Midtown Theater	8 Alcoholics Anonymous -7 p.m. -NAS II Chapel	9
10	11 Alcoholics Anonymous -7 p.m. -NAS II Chapel	12	13 Alcoholics Anonymous -7 p.m. -NAS II Chapel	14 Throwback Thursday Midtown Theater	15 Alcoholics Anonymous -7 p.m. -NAS II Chapel	16



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

Stress Management & Self-Esteem

Courtesy of Fleet and Family Support Center

Stress management plays an essential part of good self-esteem. Being our own source of approval diminishes the need for approval from others. Those people who have high self-esteem are often the people who seem the least stressed. These are also the people who have a quiet sense of self-assurance - that is, self-assurance that is independent of external circumstances. Their self-esteem does not depend on circumstances and they don't need to have the approval of others to like themselves.

Stress management is a daily part of their lives and strangely enough, people like them.

Here are some tips for creating your own style of stress management and improving your self-esteem at the same time.

- Think positively. Look at each stressful situation as an opportunity to improve your life.
- Don't take work problems home or home problems to work.
- Rely on humor to relieve tension.

Take breaks about every 2 hours to stand and stretch, drink water, deep breath or just to refocus.

Go for a short quick really brisk walk outside. Yes, actually leave the building. Change your environment. Breathe in

some fresh air.

Take a couple of minutes to listen to music that calms you. Use your MP3 or CD player to listen to a song that calms you down and helps you focus.

Find things to read or listen to that you find funny. Keep visual reminders around that help you to lighten up and laugh.

Breathing - You can trick your body into relaxing by using heavy breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11. Repeat the 7-11 breathing until your heart rate slows down, your sweaty palms dry off and things start to feel more normal.

The Silent Treatment - Each day, pencil in a couple of minutes on your planner for complete silence. Turn off your phone, don't check your e-mail, and don't talk to anyone. Noise zaps your positive energy.

Surround yourself with people who are positive and supportive, and shun those who are cynical and negative.

Be positive about yourself and keep reminding yourself about your good qualities, your accomplishments and how you help your family, friends, others and yourself. Keep a small notebook in your pocket to make note of the things you accomplish throughout the day and read them

back at the end of the day.

Never compare yourself to others. Never put yourself down.

Work It Off Physically - When you're feeling sad, angry, hurt or upset, physical activity can help relax both your mind and your body. Use physical activities like walking, hiking, stretching, jogging, running, skating or riding a bicycle to release the pressure

Use Affirmations - Find attitude-enhancing phrases that resonate with you and repeat them regularly. Write little notes to yourself that say, "Smile more today," "Don't take things too seriously," "Don't sweat the small stuff," or anything else that reinforces a relaxed state of mind. Post these notes where you're likely to see them often.

Use Your Imagination - Imagine you are somewhere that makes you feel good, such as the beach or the woods, a spot where you have spent a restful vacation or a beautiful place you can picture even if you have never visited. Breathe slowly and deeply until you feel relaxed. Then gradually return your focus to the room you are in and end the visualization exercise.

Deflate the Danger of Your Fears - The next time you find yourself in a stressful situation, look closely at your thoughts

to see whether the situation merits as much stress as you feel. Ask yourself these questions:

- What is the worst that can happen?
- Is it likely that the worst outcome will occur? If so, how likely is it?
- How would such an outcome change your life?
- Is there anything else you can do to influence the result, or have you done all that is possible?

Asking yourself these questions can help you reduce stress to a more manageable size.

Quick Relaxation - Get comfortable.

- Tighten the muscles in your toes. Hold for a count of 10. Relax and enjoy the sensation of release from tension.
- Flex the muscles in your feet. Hold for a count of 10. Relax.
- Move slowly up through your body- legs, abdomen, back, neck, face- contracting and relaxing muscles as you go.
- Breathe deeply and slowly.

For more information or to seek support for managing stress and improving self-esteem, contact FFSC 624-4291 and schedule an appointment with a Licensed Counselor.

MWR CORNER

Fitness 624-4483

Corebox Aerobic Instructor CEC Workshop
January 12, 8 a.m.-6 p.m. at Fit District
\$129 -This is a kickbox training workshop geared for those who are group exercise certified.

ITT Gear-n-Go Day Trips 624-4777

Catania Shopping
Fridays - Depart: NAS II 8 a.m., NAS I 8:30 a.m. Return: 1 p.m. - \$12 + bring euro for food and shopping
Mandatory Snow Adventure Safety Class
Fridays from 5 - 5:30 p.m.

Plan on joining Adventures Unlimited (AU) for any snow sport this year? Please make the time to attend this mandatory class on safety and survival. AU wants to make this year a fun and injury-free year.

Snowboarding on Mt. Etna (Snow and weather permitting)

Saturdays Depart: NAS I 8 a.m. Return: 4 p.m.
Participants must attend the Snow Adventure Safety Class. Minimum age is 12 years old and must be accompanied by an adult. \$15 without rental package or \$25 with rental package + bring euro for lift ticket and food

Agrigento: Valley of the Temples & Visit to Burgio
January 5 - Depart: NAS II 8 a.m., NAS I 8:30 a.m. Return: 5 p.m.

\$34; includes entrance fees + bring euro for food
Snowshoeing on Mt. Etna (Snow and weather permitting)

January 20 - Depart: NAS I 8:30 a.m. Return: 3 p.m.
Participants must attend Snow Adventure Safety Class. \$25; includes transportation and guide + bring €12 for snowshoe rental, snacks, water and extra euro for food.

Forza D'Agro: Godfather Tour & Taormina
January 6 - Depart: NAS II 7:30 a.m., NAS I 8 a.m. Return: 6 p.m.
\$24 + bring euro for entrance-fee (€6) and extra euro for food

Special Sicilian New Year Cooking Class
January 9 - prepare Cornetti, Ravioli and Involtini
January 16 - prepare Italian Cake and other Dolci
9 a.m. - 1 p.m. at the Midtown classroom on NAS I \$25/class

ITT Gear-n-Go Extended Trips 624-4777

Milan Shopping & Valentine's Day Getaway
February 15 -18
St. Patrick's Day in Dublin
March 15-19
Dracula's Transylvania, Romania
April 4-9

Jox Pub 624-5603

Monday
Poker Point Club 7 p.m.
Tuesday
Pool Tournament 7p.m.
Thursday
Karaoke Night 8p.m. - 12:30 a.m.
Friday & Saturday
Live Band or DJ

Liberty 624-5602

Chinese Dinner - January 4

Catania Market & More - January 5
Bowling Blitz - January 6
Seafood Dinner - January 11
MLK Weekend in Paris January 18 -21 \$500/pp
Ski Weekend: Dolomites Italian Alps February 15-18 \$600/pp

Take 5 624-5602

Coffee & Desserts Galore - January 7
Air Hockey Tournament - January 8
Drinks On Us - January 10

Midtown 2 Theaters 624-4297

Where's Waldo... Midtown Logo Style
January 2 - 17
Stop by the theater to pick up an entry form. Locate five MWR Theater logos placed throughout the Midtown Complex. Return entry form for a chance to win great prizes. Winners notified Friday, January 18.

Nicholas Cage's Birthday

January 7
Free 8mm showing of Gone in 60 Seconds.

Youth Center 624-3712

Boys and Girls Clubs of America Clubs
Now through June 5 at 2:45-3:30 p.m.
Bored after school? Join in a variety of activities! We will begin several new clubs to jump start the New Year! Registration is on a first-come, first-served basis. Fees are based on income. Come by and check out what's happening! There is something for everyone!

JANUARY 4 - JANUARY 10

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, January 4

12:00pm Mr. Magorium's Wonder Emporium G 95 min.
3:00pm Enchanted PG 107 min.
5:00pm Beowulf PG-13 114 min.
5:30pm The Golden Compass PG-13 100 min.
7:30pm Charlie Wilson's War R 97 min.
8:00pm American Gangster R 157 min.
9:30pm 30 Days of Night R 114 min.

Saturday, January 5

2:00pm Bee Movie PG 91 min.
2:30pm I Am Legend PG-13 114 min.
4:30pm Alvin and the Chipmunks PG 88 min.
5:00pm Martian Child PG 108 min.
7:00pm National Treasure: Book of Secrets PG 135 min.
8:00pm Gone Baby Gone R 114 min.
10:00pm Lions for Lambs R 90 min.

Sunday, January 6

2:00pm Mr. Magorium's Wonder Emporium G 95 min.
2:30pm Beowulf PG-13 114 min.
4:30pm Dan in Real Life PG-13 98 min.
5:00pm American Gangster R 157 min.
7:00pm Charlie Wilson's War R 97 min.

Monday, January 7

12:00pm 30 Days of Night R 114 min.
3:00pm Enchanted PG 107 min.
5:00pm National Treasure: Book of Secrets PG 135 min.
5:30pm The Golden Compass PG-13 100 min.
7:30pm Alvin and the Chipmunks PG 88 min.
8:00pm Gone Baby Gone R 114 min.

Tuesday, January 8

5:00pm American Gangster R 157 min.
5:30pm Beowulf PG-13 114 min.
7:30pm Martian Child PG 108 min.
8:00pm Charlie Wilson's War R 97 min.

Wednesday, January 9

12:00pm I Am Legend PG-13 114 min.
3:00pm Mr. Magorium's Wonder Emporium G 95 min.
5:00pm Bee Movie PG 91 min.
5:30pm Lions for Lambs R 90 min.
7:30pm Dan in Real Life PG-13 98 min.
8:00pm 30 Days of Night R 114 min.

Thursday, January 10

3:00pm Alvin and the Chipmunks PG 88 min.
5:00pm Martian Child PG 108 min.
5:30pm Charlie Wilson's War R 97 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Eastern Promises R 100 min. (Stateside Release 12/07)
8:00pm Beowulf PG-13 114 min.

30 Days Of Night (R)

In Barrow, Alaska, the northernmost town in the U.S., the winter sun sets and does not rise for 30 days and nights. From the darkness comes an evil force that strikes terror on the town, and all hope is pinned on a husband-and-wife cop team.

Alvin And The Chipmunks (PG)

Three Chipmunk brothers, Alvin, Simon and Theodore are adopted by a man named Dave.

American Gangster (R)

Based on the life of drug-kingpin-turned-informant, Frank Lucas, who grew up in segregated North Carolina where he watched as his cousin was shot by the Klan for looking at a white girl. He eventually made his way to Harlem where he became a heroin kingpin by traveling to Asia's Golden Triangle to make connections, shipping heroin back to the US in the coffins of soldiers killed in Vietnam. He soon made upwards of one million dollars a day in drug sales. Lucas was shadowed by lawman, Richie Roberts, who finally helped bring the kingpin to justice. The two then worked together to expose the crooked cops and foreign nationals who made importing heroin so easy.

Bee Movie (PG-13)

Barry B. Benson is a graduate bee fresh out of college who is disillusioned at his lone career choice: making honey. On a rare trip outside the hive, Barry's life is saved by Vanessa, a florist in New York City. As their relationship blossoms, he discovers humans are mass consumers of honey and decides to sue the human race for stealing bees' honey.

Beowulf (PG-13)

In a legendary time of heroes, the mighty warrior Beowulf battles the demon Grendel and incurs the hellish wrath of the beast's ruthlessly seductive mother.

Charlie Wilson's War (R)

Based on the true story of how Charlie Wilson, an alcoholic womanizer and Texas congressman, persuaded the CIA to train and arm resistance fighters in Afghanistan to fend off the Soviet Union. With the help of rogue CIA agent, Gust Avrakotos, the two men supplied money, training and a team of military experts that turned the ill-equipped Afghan freedom-fighters into a force that brought the Red Army to a stalemate and set the stage for conflicts in the Middle East that still rage to this day.

Dan In Real Life (PG-13)

Advice columnist Dan Burns is an expert on relationships, but somehow struggles to succeed as a brother, a son and a single parent.

Enchanted (PG)

The tale follows the beautiful princess Giselle as she is banished by an evil queen from her magical, musical animated land--and finds herself in the gritty reality of the streets of modern-day Manhattan. Shocked by this strange new environment that doesn't operate on a "happily ever after" basis, Giselle is now adrift in a chaotic world badly in need of enchantment. But when Giselle begins to fall in love with a charmingly flawed divorce lawyer who has come to her aid--even though she is already promised to a perfect fairy tale prince back home--she has to wonder: can a storybook view of romance survive in the real world?

The Golden Compass (PG-13)

A 12-year-old girl tries to rescue a kidnapped friend and winds up on an epic quest to save her world.

I Am Legend (PG-13)

Robert Neville (Will Smith) is a brilliant scientist, but even he could not contain the terrible virus that was unstoppable, incurable...and manmade. Somehow immune, Neville is now the last human survivor in what is left of New York City...and maybe the world. But he is not alone. He is surrounded by "the Infected"--victims of the plague who have mutated into carnivorous beings who can only exist in the dark and who will devour or infect anyone or anything in their path. For three years, Neville has spent his days scavenging for food and supplies and faithfully sending out radio messages, desperate to find any other survivors who might be out there. All the while, the Infected lurk in the shadows, watching Neville's every move, waiting for him to make a fatal mistake. Perhaps mankind's last, best hope, Neville is driven by only one remaining mission: to find a way to reverse the effects of the virus using his own immune blood. But his blood is also what The Infected hunt, and Neville knows he is outnumbered and quickly running out of time.

PREMIERS FRIDAY JANUARY 11

August Rush
The Bucket List

COMING SOON

Hitman
The Mist

Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



The Catania Regional Province presents a photographic exhibition that explores the colorful and picturesque world of the Catania "Piscaria" Fish Market through 40 photographs by Neapolitan artist Enrico Grieco. The exhibition is open through Jan. 10 at the Corte del Palazzo dei Chierici (Elephant Square). Admission is free. For more information call the Catania Province Tourist Office at 095-7306211.



In Italy, there is a special version of "Santa Claus" which is called "La Befana". On the night of Jan. 5, the figure of a mysterious old "good witch" with a hooked nose, secretly visits people's houses to deliver gifts for children. Her name comes from the word "Epifania" (Epiphany), an Italian Catholic holiday celebrated on Jan. 6. The Feast of the Epiphany commemorates the visit which, according to legend, the "Magi" (Three Wise Men) paid to baby Jesus, bringing him their gifts of gold, frankincense, and myrrh. Tradition has it that, on their journey to Bethlehem, they stopped at an old woman's house asking her for directions. But she could not point them in the right way. Nevertheless, the Three Wise Men invited her to join them to go visit newborn Jesus. She then replied that she was too busy to go but later had second thoughts about it. But it was too late and despite she looked for them everywhere she couldn't find them. Ever since, she travels the world carrying gifts for the children to make up for that, as she sees baby Jesus in all the children of the world. The tradition also says that La Befana "knows" if the kids behave or not, and therefore she brings candies and gifts for the good ones and sugared "coal" for those who have been bad.

Italian Christmas Sweets: A Real Treat for the Taste Buds

Italian Christmas sweets include a variety of desserts that will definitely tempt your sweet tooth! Among the most popular Italian Christmas sweets are: Panettone (cake filled with candied fruit) and Torrone (nougat) and Pandoro ("bread of Gold," a fluffy cake decorated with powdered sugar).

Panettone is a leavened bread that was already popular in northern Italy's bakeries in the 15th century. According to legend, Panettone was invented by Ughetto, a young Milanese nobleman who fell desperately in love with Adalgisa, the daughter of a poor baker named Toni. To win her hand, the nobleman disguised himself as a baker, worked restlessly to prepare a rich bread made with flour and yeast, butter, eggs, dried raisins and candied lemon and orange peel. As the word spread, customers flooded the bakery to buy this delicious treat. Ughetto gave Toni credit for the invention. Soon, everybody in Milan got crazy for "Pan di Toni" (Toni's bread) from where it comes the word Panettone. Ughetto eventually married Adalgisa.

Another fascinating legend has it that a lazy Milanese baker called Antonio or Toni instead baked Panettone "accidentally" for the first time. He wasn't excited about his job, so he did not pay much attention while he was baking bread. One day, he accidentally spilt a jar of sugar, candied fruits and raisins into the bread dough. Since he was in a hurry to complete the task, he put the dough into the oven anyway. Unexpectedly, his customers loved this new creation that was named it "Tony's bread!"

According to historic sources, Panettone was already baked in the 10th century as a "modern version" of the traditional "Pan Grande" (big bread), which was popular in Italy during Christmas time. Sometimes it was enriched with raisins and can-



Panettone is one of Italy's exquisite and mouthwatering traditional Christmas sweets, which are still prepared according to traditional recipes, many of which have centuries of history.

died fruits. Christmas bread remained a Milanese specialty until the turn of the 15th century. Later on, the tradition spread from Milan throughout Italy arriving also in Sicily and even in America as Sicilian immigrants brought their food traditions with them. Because of the high cost of bakery-produced cakes, many families used to make it at home. In addition to the traditional candied fruit and raisin fillings, modern Panettone can be mixed with chocolate drops, chocolate frosting, dates, almonds, ice cream and even champagne cream.

Torrone or nougat is a mixture of sugar, honey, egg whites, almonds and hazelnuts.

It is also an ancient dessert, probably because honey, its main ingredient, was the first healthy sweetener ever. In Ancient Rome, its presence has been documented by historical accounts reported in a cookbook written by the famous Roman gourmet Apicius. This recipe included whole eggs pepper and milk.

According to tradition, the first Torrone was firstly baked 1441 at the court of the Visconti, the Italian family that ruled Milan from the 13th century until 1447, during the wedding banquet for Bianca Maria Visconti and Francesco Sforza, the duke of Milan. Some authors believe that court confectioners shaped this treat like the tower of Cremona, a city

that was included in bride's dowry. The main ingredients of this tasty dessert were: honey, almonds and beaten egg whites. The 13th-century tower, which still flanks Cremona's main church, was then known as Torrone (big tower) therefore the dessert was given the name Torrone. The guests at the wedding banquet, who came from all over Italy and Europe, were extremely impressed by this unusual delicacy and "sang its praises" in their countries upon their return home. Cremona was then flooded with requests for shipments of Torrone that eventually became a local landmark earning a worldwide reputation.

Available in many different flavors, Torrone ranges from the traditional hard white type filled with almonds or hazelnuts to chocolate and to the soft white one. Torrone also includes different kinds of liqueurs (Rum, Gran Marnier and Strega) among its ingredients. In Sicily, pastry chefs cover Torrone with lemon, orange or pistachio frosting.

According to one legend, Pandoro, a sweet yeast bread covered with powdered sugar, seems to have originated in the Austrian Empire where pastry makers baked it named it "The Bread of Vienna." Others instead believe Pandoro comes from the Venetian bakeries and it was popular during the Renaissance under the name: "Pan de Oro" (bread of gold).



Negramaro, one of Italy's most famous rock bands, will perform in Catania on Jan. 7 and 8 at 9 p.m. at the Metropolitan Theatre. For more information and ticket visit www.ctbox.it or call 095-7225340.

IL Mercato

All classified ads are free to the community. Their intent is for advertising personal property for sale trade or giveaway.

No commercial ads will be accepted. Ads run for two weeks. Classified ads are due no later than 2 p.m. of the Friday of the week before publication. For more information call 624-5440 or 624-2798 or 095-86-last four digits.

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AUTOMOTIVE

1998 Mercedes, automatic, model 250, a/c, cd player, electric windows runs great, very reliable car. Asking \$ 6,500 obo call work 624 3859 or cell 328 4355784

1993 Alfa Romeo 33, white. 90,000 kilometers on a 1300cc, box-4 EFI engine. 5-speed, power-windows, 4-door hatchback. Safety inspection, tune-up, oil-change, new fuel pump and filter in the last 2 months. Owned for 3 years, 2.5 weeks to a tank of gas as a daily driver from Motta. Throwing in an AIWA CD/MP3 player w/ detachable face. \$1000 firm, call Greg at work: 624-5463/5804 or at home: 095-30-7970.

1996 Ford Fiesta - 5 doors - a/c - radio - powered windows - one owner. € 1800 obo. Call Rossella @ 56-0509

2000 Toyota Sienna XLE minivan. \$8,900.00 excellent condition. Lots new! Taken Great Care of. Leather, CD changer, air, please contact at 624-0603 for more info.

2001 Opel agile comfort red - 4-dr, 4 cyl 1200-cc radio/cd - ac - afi tags alloy wheels, ex condition \$6,500 - obo - original owner see NAS 2 lot Tom 095 727-5442 home 335-578-8541 cell

2000 Opel Corsa, 1000cc, blue,

excellent condition, 2dr, A/C, 5 spd, stick shift, anti-theft alarm, radio, power windows, air bag, 2 new tires, 37k miles, asking Euro 3000. If interested call 338-8573119 after 4pm.

1996 Alfa 164, Bronze, Dr. Less than 56,000 miles in like new condition. Well maintained all service up to date (spark plugs, front brakes and all fluids are brand new). Tis car has fantastic Alfa rims and less than 5,000 miles on the tires. Just detailed inside and out. This car is simply one of a kind. Once you see and drive it, you will know what I am talking about. This is the perfect car for these roads. I wish I could bring this car back to the states with me. This car would be the talk of the town. Asking 3,500 Euro or best reasonable offer. For a test drive call Anthony at 624-1343.

1994 Ford Aerostar for sale \$1000.00 OBO, A/C, CD player runs Great new tires good gas mileage averages 400 miles to a tank. Also Focus ProForm Stride Select 825 Elliptical like new \$100.00 call work 624-6417 or home 624-0626.

WANTED

Seeking responsible, communicative English-speaking animal lover with common sense to house/pet sit for occasional travelers. Must love short strolls with two lazy, low-key dogs, and provide occasional belly rubs to old-

erly cat. Benefits includes great pay, a full tank of gas, all meals, full use of a 2-bedroom new villa with indoor and outdoor fireplace in Nicolosi, Internet and Xbox access, and backyard views of Etna. American neighbors nearby. 15 minutes from top of Etna. 15 minutes to Belpasso market. A few minutes walk to fantastic restaurants. 40 minutes from Sigonella on easy-to-traverse back roads with no traffic. If you think you may be the alpha dog we're looking for, email jacquelyn_leblanc@yahoo.com

Looking for someone to help set up Vonage for Windows Vista and also assist in a few other minor computer issues. Please Call Aimee 624-1407

Babysitter wanted for occasional use in Marinai. Needed to watch singular four-year-old boy one to three times per month. Fifteen years or older preferred. Please call if interested. Aimee 624-1407

FOR SALE

Mexican party set with three piñatas, mexican rubber duckies. Hawaiian area rug. Vases. Glasses. Brand new World Market chair pads. And other items for sale. Email jacquelyn_leblanc@yahoo.com strutmystuff.blogspot.com

Rollerblades: Brand new in-the-box Rollerblade Fusion rollerblades, Men's size 9.5 (27.5). Retail \$90, will sell for

\$65. Received as present, but too small. Call Ken at 624-1213.

Black Dining Room Set Six chairs/Hutch \$1,000. Futon Black 150, 25 in TV and Stand-30.00, Dining Set light wood four chairs 175.00. Please contact 624-0603

Sony VAIO PCG-K33 Laptop for sale. \$300. Pentium 4 3.06 GHz processor, 1 GB memory, 60 GB/4200 RPM hard drive, 15.4 in. display, Windows XP Home operating system, 24x CD RW/8x DVD-ROM and more! Email jlrumbach@gmail.com for specs. or call 624-0251.

Queen size mattress set with headboard for sale \$300 OBO, Full size black metal futon with extra plush mattress for sale for \$100 OBO, set of 4 wooden TV trays \$20 OBO Please call 624-0130. No deliveries.

MISC.

AA meetings will be held Monday, Wednesday and Friday, each week, at 7 p.m. in the NAS II Chapel. For further information call the AA hot line at 346-693-6935.

LOST AND FOUND

\$200 reward offered. My son left his backpack at the bus stop on NAS I across from the NEX, a black/grey backpack with camera, handheld video game system,

games and more. \$200 reward offered if returned. Please call 624-1209 624-2904 or 335-642-8352.

PETS

I need to find a good home for a 10-month-old Calico sweet kitten. She is spayed, micro chipped and up to date on all shots. I will give you kitten toys; cat scratching post, kitten carrier, a bag of cat food and \$100! Next duty station is a ship. Only sailors are allowed on board. Interested call Dan at 624-6571 or 335-786-4253.

Free to good home. Medium size loveable mutt. Very friendly an affectionate. 5 yrs old. He has a microchip and all shots up to date. Comes with kennel, toys, leash and harness, food and water dish, blanket, and any food we have leftover. Call 624-0320.

Two Basset Hound Puppies, a brother and sister 5 months old, available for sale. Pure bred. All vaccinations current. Price negotiable. Completely friendly and loveable, they just need a yard! If interested, contact me at 347-272-6244.

Free to a good home! 3-year-old Beagle mix, housebroken, great with kids of all ages, cats, and dogs. Comes with travel kennel, bed, toys, and food. Mother got a job and does not want to kennel pet for 10+ hours a day. Please call 624-0130.

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@nassig.sicily.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 National/ American base employees. Ads must be 40 words or less and typed in regular upper case, lower case format.

The Signature no longer accepts 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 they can call Stampa Generale @ 081-568-7884.