



Sigonella Remembers 9/11

Article by Lt. j.g. Matt Knight
Sigonella Public Affairs Officer

A Sept. 11 memorial flag ceremony and moment of silence was held on Naval Air Station (NAS) Sigonella at the NAS I flag poles at 2:46 p.m. on Sept. 11, 2008.

The ceremony took place at the exact moment of the attacks Eastern Standard Time (EST), and was in honor of the memory of those who lost their lives in the terrorist attacks on New York City, the Pentagon, and flight 93, which crashed in Pennsylvania.

The entire event was planned, coordinated, and executed by the 26 Chief Selectees and the Chiefs Mess with special involvement by NAS Sigonella's Commanding Officer Capt. Thomas J. Quinn and Executive Officer Capt. Joseph W. Beadles.

"I thought it was great ... It was definitely better than what we did last year," said NAS Sigonella Command Master Chief Rosa L. Wilson. "I think we captured the right moment, because this year we started at the same time the first aircraft hit the

Story continued on page 13



NASSIG Command Master Chief Rosa L. Wilson, Capt. Thomas J. Quinn, NASSIG Commanding Officer, and Capt. Joseph W. Beadles, NASSIG Executive Officer pay their respects to victims of the terrorist attacks of Sep. 11, 2001 at a ceremony held on the seventh anniversary of the attacks.

Sigonella Sailors Honor Italian 9/11 Victims



Cmdr. Daniel Eves, U.S. Naval Hospital Sigonella, lays a wreath at a memorial ceremony in Nissoria.

Article and photos by
MCSN Jonathan Idle
Signature Staff

Sailors from Naval Air Station Sigonella gathered with local nationals in the town of Nissoria, Sicily to honor two locals who died in the attack on the World Trade Center Sept. 11, 2001.

The Sailors went to pay their respects to the two men and to fur-

ther the sense of community and togetherness between the local Sicilians and U.S. servicemen in Sicily.

The memorial began with a special mass in the Catholic Church on the main street of town to honor Vincenzo Di Fazio and Salvatore Lopes, the Nissoria natives who lost their lives.

Following the service, a *Story continued on page 13*

Sigonella Runs in Memory of 9/11

Article and photos by
MC2 Joshua Wink
Signature Staff

Sailors tightened up their shoe laces and stretched out their legs one last time before they fell into formation to honor the fallen victims of the Sept. 11 attacks.

Over 350 Sailors turned out for the third annual 9-11 memorial run.

"It means a lot to me, when I was coming on up through the ranks, I was actually on watch during 9/11 and I saw first-hand exactly what happened that day," said Chief Master at Arms Eric Jak.

On that day 2,997 Americans and foreign individuals perished during a coordinated attack by 19 al-Qaeda hijackers.

Two of the four hijacked commercial airliners crashed into the World Trade Center buildings in New York City, resulting in their subsequent collapse.

Another airplane struck the west side of the Pentagon in Washington D.C., while the fourth airplane, also believed to be headed toward Washington, crashed near Shanksville, Pennsylvania after an attempt by passengers and crew to retake the airplane. No passengers or crew aboard either of the flights survived.

"To me, and I believe for everyone else, kind of brings everyone back down to reality. When we think



The Sept. 11 formation run makes its way to COMSTA as the new Chief Selectee's hold the flags and lead the group on their way.

that things are tough, moments like this give us a reminder why we are here," said Culinary Specialist Second Class Matthew Solowsky. "Our job can be tough at times, but try to remember everyone who perished on 9/11, and that's the reason we are here and working so hard."

More than 90 countries around the world lost citizens in the Sept. 11 attacks. Of the fatalities, 55 were military personnel from the Pentagon, and 2,918 were civilians.

An additional 24 people remain listed as missing, but are presumed dead.

To honor those who died in on that fateful day, Sailors wore cards on the front of their shirt, recalling the names of those who lost their life.

"It means a lot to me, and it's very important. It's one of the most infamous days we have ever had in United States history, and it should be constantly remembered," said Chief Jak.

WEATHER UPDATE

September 19
H:83F
L:65F



September 20
H:78F
L:60F



September 21
H:78F
L:57F



September 22
H:79F
L:62F



September 23
H:78F
L:65F



September 24
H:81F
L:70F



September 25
H:83F
L:71F



TOP STORIES

The Navy awarded a \$5.1 billion contract to Northrop Grumman Shipbuilding Newport News Sept. 10 for the detail design and construction of the future USS Gerald R. Ford (CVN 78), the lead ship in the Navy's newest class of aircraft carrier.

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The military is one of the few places you can enter with virtually no skills and leave fully trained in your chosen field. But what skills do you possess that are relevant to the civilian job market?

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The annual international "Couscous Festival" returns next week to San Vito Lo Capo to celebrate this universal savory food, combining chicken, lamb, stew or fish with vegetables and semolina, which is typically from the Mediterranean area.

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Understanding how food-product dating works might not be a subject you've lost any sleep over. But, if you're a typical consumer, it has probably been a source of confusion that's resulted in some perfectly good food being thrown in the garbage or poured down the drain.

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Scicli is a historic town located in the Province of Ragusa in the south east of Sicily. It was named a world heritage site by United Nations Educational, Scientific and Cultural Organization (UNESCO) along with towns such as Catania, Noto, Ragusa, Caltagirone and several others.

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TRAFFIC NUMBERS

Jan.- Jan.- Diff.
Sept. '08 Sept. '07

Accidents	206	203	+3
Injuries	34	30	+4
DUIs	7	7	0
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

Saturday, Sept. 20, NAS Sigonella joins the Boys and Girls Clubs of America and thousands of families on military bases worldwide and throughout the U.S. in celebrating the National Day for Kids. This day celebrated on the third Saturday in September each year is designed to highlight the importance of creating stronger relationships between adults and youth. Since 2001, this national campaign has brought to light the importance of spending quality time with young people and NAS Sigonella is proud to be a part of that.

Relationships are paramount in the military family and are often challenging to maintain given our constant moves and deployments. Finding creative ways to spend time with our families and create

lasting bonds that can carry us through the months of separation is vitally important. According to the Boys and Girls Club, "research shows that adults spending meaningful time with young people helps kids develop a positive self-image, and a sense of belonging, usefulness and purpose." These qualities help to balance the often hectic nature of the military lifestyle allowing our youth to adjust with more ease to their changing lives.

Building a relationship is a lot like working on your physical fitness, taking constant time and effort throughout the week.

It doesn't have to be a planned event scheduled into each day but instead, a quick round of playing catch or reading to your son or daughter at bedtime can go

a long way towards building a strong relationship.

The NAS Sigonella event is sponsored by MWR and is being held at the Chapel Piazza on NAS I on Sept. 20 from 2 p.m. to 5 p.m. The event will include watermelon and pie eating contests, games for parents and kids, a bounce castle, dance area, and free food and refreshments.

Events like the National Day for Kids are good reminders that our families and in particular our children have special needs that we can help to meet just by spending quality time with them. Come out and enjoy the festivities, enjoy some refreshments and spend some quality time with the youth of NAS Sigonella.



Health WATCH

National Cholesterol Education Month

Article courtesy of National Heart, Lung, and Blood Institute

Why Is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-

like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if

Story continued on page 12

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NASSIG WORSHIP SERVICES
Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
Sunday	0845 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)	Sunday	0900 Protestant Worship (Mineo Community Center) 1045 Protestant Worship (NAS I Chapel)
Monday - Wednesday, Friday	1130 Catholic Mass (NAS II Chapel)	Wednesday	1700 Protestant Fellowship Dinner 1800 Bible Studies for All Ages (NAS I Chapel)

CHURCH OF CHRIST LAY SERVICE
Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1671 or 349-197-7119
Jewish Services: Please call 095-86-1205
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 339-344-9332



Integrity, Do You Have It?

Article by Chaplain Russell Wilson

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

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

According to Webster's Dictionary,

integrity means: a firm adherence to a code of especially moral or artistic values. In the original Hebrew that this verse was written, the word integrity is based on the root word which means complete. The idea is that one would walk in a way that conveyed ethical straightness or perfection. The Jews understood this as living their lives by completely following God's law that was given to them in the Law of Moses. I like to think of integrity as a way of living life in which you would act no different in your private life than the way you would live your public life.

The verse from Proverbs says in the first *Story continued on page 13*

EMERGENCY MANAGEMENT OFFICE

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

WEEKLY TRAFFIC/ SAFETY UPDATE
Traffic Court Results

E6 - Negligent driving. Failure to comply with NASSIG/host laws. Member was awarded 5 points and DIP.
E5 - Speeding. Member was awarded 4 point and DIP.
E4 - Other moving violation. Member was awarded 3 points.

NAVY News

Navy Awards \$5 Billion Contract for Aircraft Carrier USS Gerald R. Ford

Article courtesy of
Naval Sea System Command
Public Affairs

The Navy awarded a \$5.1 billion contract to Northrop Grumman Shipbuilding Newport News Sept. 10 for the detail design and construction of the future USS Gerald R. Ford (CVN 78), the lead ship in the Navy's newest class of aircraft carrier.

Under this contract, Northrop Grumman will complete the detail design and construction of CVN 78, which includes engineering; integration; related development efforts

including drawing and work package development; advanced planning; design weight estimate; lifecycle support products and related logistics data; production planning; test and evaluation; further definition of initiatives to reduce CVN 78 class total ownership costs; and data necessary to support construction of CVN 78.

"This is an exciting day for the CVN 78 Program Office and for the Navy," said Capt. Brian Antonio, CVN 78 program manager in the Program Executive Office for Aircraft Carriers.

"When USS Gerald R. Ford is delivered to the fleet in 2015, it will bring superior warfighting capability and meaningful quality-of-life improvements for Sailors, in addition to greatly reduced lifecycle costs. Most important, CVN 78-class carriers will be able to adapt and evolve to defend this nation and our allies well into the 21st century," he said.

CVN 78 is the Navy's first major investment in aircraft carrier design in more than three decades and features many improvements over the 1960's Nimitz-class design.

CVN 78 includes a new flight deck with an improved weapons handling system, advanced arresting gear, a completely re-engineered electromagnetic aircraft launch system, new and simplified nuclear propulsion plants, a new electrical power generation system and reconfigurable design architecture.

"Together, these improvements provide transformational warfighting capabilities and enable reduced manning, ultimately reducing the total ownership cost of each Ford-class

carrier by approximately \$5 billion over the life of the ship," said Antonio.

CVN 78 was officially named Gerald R. Ford by the Secretary of the Navy in January 2007 and will be constructed in Newport News, Va. The keel is scheduled to be laid in late 2009, and the ship is scheduled to be delivered to the Navy in 2015. The Navy plans to build 11 Ford-class aircraft carriers, and construction of Ford-class aircraft carriers is projected to continue through 2058.

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 Chad R. Erdmann

The Military Sealift Command fleet replenishment oiler USNS Big Horn (T-AO 198) pulls along side the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7) for a replenishment at sea. Iwo Jima is deployed as the flagship of the Iwo Jima Expeditionary Strike Group in support of maritime security operations in the U.S. Navy's 5th and 6th Fleet areas of responsibility.



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

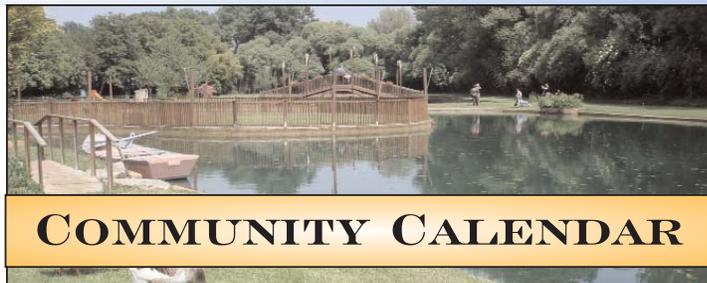
Secretary of the Navy (SECNAV) The Honorable Dr. Donald C. Winter receives a tour of General Atomics Electromagnetic Aircraft Launch System (EMALS) manufacturing plant. EMALS is the next generation of aircraft catapult systems that will be installed on the newest nuclear-powered aircraft carrier USS Gerald R. Ford (CVN 78).

NEW Arrivals



New Hitech
Hop

Monika



COMMUNITY CALENDAR

				FRIDAY	SATURDAY	SUNDAY
				19 - SEPTEMBER	20	21
				Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 FFSC Identity theft 10a.m. - 11:30 p.m.;x4291 Home Buying Strategies 1p.m. - 4:00 p.m.;x4291		Red Cross Healthy Preg./Baby 4:30p.m. - 7 p.m. x4900
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22	23	24	25	26	27	28
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 FFSC TAP (Pre-retirement) 8a.m. - 4 p.m.;x4291 Red Cross CPR Re-Certification 1:30am.-12:30 pm; x4900	FFSC TAP (Pre-retirement) 8a.m. - 4 p.m. x4291 Customs & Traditions 10 a.m. - 2 p.m. x4291	FFSC TAP (Pre-retirement) 8a.m. - 4 p.m. x4291 Dress for Success 1 p.m. - 3 p.m. x4291 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	FFSC TAP (Pre-retirement) 8a.m. - 4 p.m. x4291	FFSC TAP (Pre-retirement) 8a.m. - 4 p.m.;x4291 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 Red Cross Disaster Action Team 11:30am.-12:30 pm; x4900		
29	30	1 - OCTOBER	2	3	4	5
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	Red Cross Disaster Action Team 11:30am. - 12:30 p.m. x4900	NMCRS Mineo Budget for Baby 6 p.m. - 8 p.m. x4212 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	Red Cross Volunteer Orientation 10 a.m.- 1 p.m. x4900	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	NMCRS Nearly New Shop Open 10 a.m. - 1 p.m. x4212	

Motta

Days Inn

Stags

Marchi

Did you know that . . .

NMCRS Thrift Shops help stretch your budget when you need to buy household items at a fraction of the original cost? You can find bargains on pots and pans, books, furniture, uniform items, and lots more. These shops are well stocked with children's clothing - sweaters, winter jackets, shoes, etc. Thrift Shops are especially good for saving you money on expensive items you may not use often - such as sports and camping equipment, tap shoes, or musical instruments. Before spending your hard-earned paycheck on new white elephants, check out the savings available at Thrift Shops in your neighborhood.

NMCRS: A Helping Hand!
www.nmcrs.org



Bldg. 319 (NAS 1)
Monday-Friday
7:30 a.m.-4 p.m.
DSN 624-4291
Commercial 095-56-4291

Retirement, Transition: Developing Skills You Can Use Outside the Military

Article adapted from MilitaryOneSource

The military is one of the few places you can enter with virtually no skills and leave fully trained in your chosen field. But what skills do you possess that are relevant to the civilian job market? Some job-related skills are easily converted to civilian terms -- military police become law enforcement officers, for example. Other skills, such as leadership and

discipline, are also highly prized by civilian companies. Your military career will give you the chance to explore job opportunities and develop your own personal skill set. Knowing what skills to pursue and then developing them will help guide your career decisions while you're in the military. It will also make you more marketable when you decide to

pursue a career outside the service.

Look at skills that will be marketable in the future. Whether you have a short time left in the military or retirement is many years down the road, it's a good idea to take a look at employment trends and plan your career moves accordingly.

Assessment testing is available in the Family Support Center, Transition Assistance Program (TAP). These tests will help you determine the career paths best suited to your interests and abilities.

Pursue your education. Seeking a college degree or technical training while you're still in the military will improve your chances of landing a good job when you get out.

What skills are marketable outside the military?

Military members offer a skill set that is impressive to corporate recruiters and civilian companies. Although an employment recruiter may target a particular career area, he or she is always looking for those intangible skills that military members can provide. Because many service members are unsure of what these skills are, they don't always sell them to potential employers.

Job-related skills. Some military jobs are a fast track to a career in the civilian world. Computer technicians, mechanics, and engineers, for example, possess skills that can transfer easily to civilian jobs.

Intangible skills, such as leadership and self-discipline, are often cited by employment recruiters as marketable skills.

Communication skills are criti-

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.

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



Nix (Below) is a great girl. She needs a patient family who can show her love, affec-



tion and how to belong. She would love a warm bed to snuggle in each night.

For more information contact the Stray Animal Facility at 624-3936 or a SAWS representative at 345-502-2266.

cal in many civilian positions. At the very least, you must be able to communicate your abilities at the job interview.

Developing marketable skills

Military service often gives you the skills employment recruiters are seeking. But in some cases, you may need to make an effort to find and develop the skills you will need. If, for example, you are not in a job that transfers easily to a civilian job, you may need to take courses or volunteer for additional duties in order to develop a marketable skill set.

Selling your skills to employers

Putting your military service into civilian terms is the first step in

selling your skills to employers. But there's a fine line between de-emphasizing your military experience and over-civilianizing your résumé. Many of the employers you will be talking to are interested in your military career -- you just need to put it in terms they can understand.

Use the TAP office. The transition professionals who work with the Transition Assistance Program (TAP) at the Fleet and Family Support Center are trained to help service members succeed in the civilian working world. They offer help with résumés, interviewing tips, guidance on job searches, and advice on civilian federal employment.

mondo
male
sushi
Pentagon

Alberto Lunetta
Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Couscous Festival Begins in San Vito lo Capo

The annual international "Couscous Festival" returns next week to San Vito Lo Capo to celebrate this universal savory food, combining chicken, lamb, stew or fish with vegetables and semolina, which is typically from the Mediterranean area.

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

The 11th edition of the festival will take place in both the lively streets of the historic center and the breathtaking waterfront (via regina Margherita, via Venza, via Flores, via Savoia, piazza Santuario, via Abruzzi and via del Cous Cous) where ethnic music concerts and food booths, shaped as Berber tents, called "Al Waha" (oasis) will create a cozy and exotic atmosphere.

The festival, which runs from Sept. 23 through Sept. 28, is also a culinary competition featuring renowned chefs from eight Mediterranean countries (Israel, Ivory Coast, Italy, France, Morocco, Palestine, Senegal and Tunisia) who will show their best culinary expertise in making the best couscous. Judges include distinguished food journalists, and tourism experts. This year, chefs will also be awarded by the public. Last year, the best couscous was prepared by an Israeli chef.

History of Couscous

Couscous is a staple dish in North Africa's Maghreb region (Morocco, Algeria, and Tunisia) referring to the grain as well as to the finished dish. It is composed of meat and/or vegetable stew flavored with cumin and served over the cooked semolina. According to historians, the French term couscous stems from the Arabic word kuskus, which in turn evolved from another Arabic word, kaskasa, meaning "to pound or to make small." Couscous is traditionally steamed in a couscoussier or couscous pot, which consists of a



Photo by Couscous Fest Press Office

Now in its eleventh year, the "Couscous Festival" will be held from Sept. 23 through 28 in San Vito Lo Capo. Festival highlights will include couscous tasting, cooking demonstrations, live music performed by international artists and a prestigious cooking competition featuring top-class chefs from eight Mediterranean countries.

double boiler. The lower part is a cooking pot while the upper part is a second pot (with a lid) that fits on top of the bottom pot. The top pot is a sieve with holes in its bottom that admit steam from the lower pot. The stew of lamb, beef or chicken, the broth and fresh vegetables cook in the bottom pot while the wheat semolina couscous is steamed on top.

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

which is prepared in the Agrigento area and is actually a sweet couscous dish, with pistachios, almonds, candied pumpkin, chocolate cinnamon and icing sugar. It takes skillful hands to n'cucciare (mixing the semolina grains) in the mafaradda, a large terracotta container that is handed down from mother to daughter.

Festival highlights

The "red carpet" award ceremony, which takes place in piazza Santuario on Sept. 26 at 9:30 p.m., is definitely a must-see event.

During the festival, every day, from noon to midnight, festival goers can sample a €10 menu consisting of a Couscous course (you can chose between the Sicilian or the traditional kind), a glass of Sicilian wine, a portion of local sweets (cassatelle, cannoli, cassata and almond desserts) and some exquisite dessert wine.

The festival also features food workshops, arts and crafts, seminars

(which will be presented in Italian), wine, olive oil and traditional pastries

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

Concerts highlights to be held in piazza Santuario include "Sicily Stars" (Sept. 23 - 10 p.m.), "Mascamiri" (Sept. 24 - 10:30 p.m.), "African Headcharge with live mix by Adrian Sherwood" (Sept 25- 10:30 p.m.), "Roy Paci, Frank London, Boban Markovic and BM Orchester" (Sept 26 - 11 p.m.), "Piazza Vittorio Orchestra" (Sept 27 - 10 p.m.) and "Scirocco Musical" (Sept. 28 - 10:30 p.m.).

The festival will be preceded by another food event, Tempuricapuna, celebrating blue fish and dolphin fish which will run this weekend through Sep. 21. The festival will be held from noon until midnight, and it will feature music and entertainment.

For detailed schedule, visit the official festival website (also available in English): <http://www.couscousfest.it/> or call the local tourist office at 0923- 974300. Reaching San Vito lo Capo is fairly easy. Take the Catania-Palermo highway (A19). Once you arrive in Palermo take the Palermo-Mazara del Vallo highway (A29), exit Castellammare del Golfo and follow directions for San Vito lo

Kartodromo

Magnolia

Sicilian Art Student Crowned Miss Italy 2008



Photo by Luigi Saggese and Daniele La Malfa

Last weekend, Miriam Leone, a 23-year old college student from Acireale, was crowned Miss Italia 2008 by Italian actor Giancarlo Giannini and U.S. actor Andy Garcia, who were among the beauty pageant's judges. Miriam, who competed with 30 beauties from all over Italy, also brought home the Miss Cinema award which will give the chance to attend a three-month stage at the prestigious Lee Strasberg Theatre & Film Institute and Los Angeles. The community of Acireale welcomed her with open arms and big celebrations.

Upcoming Concerts



Make sure you don't miss the upcoming concerts of two of the most famous Italian pop and rock stars. Jovanotti (picture top) will perform at the Pergusa motor racing circuit, which is located in the Enna province tomorrow, (Sept. 20) at 9 p.m. Edoardo Bennato's concert (picture bottom) will be held in piazza Aurelio Saffi in Comiso (Ragusa province) on Sunday, Sept. 21. at 9 p.m. For more information, to confirm date and times, and tickets visit www.ctbox.it



American Forces

Teach Children How to Make Healthy Choices

Article Maj. Karen Fauber DeCA dietitian

Understanding how food-product dating works might not be a subject you've lost any sleep over. But, if you're a typical consumer, it has probably been a source of confusion that's resulted in some perfectly good food being thrown in the garbage or poured down the drain.

Many consumers incorrectly assume that a date stamped on a product's package is an expiration date. They automatically throw it out once that date arrives, thinking the food is unsafe to use. This is not true.

Does federal law require product dating?

Except for infant formula and some baby food, product dating is not required by federal regulations. Even so, you will typically find what's called an "open date" (use of a calendar date as opposed to a code) on perishable foods such as meat, poultry, eggs and dairy products. This dating is done voluntarily by the manufacturer. It is intended to help the store determine how long to display the product for sale, and to help the consumer know the time limit to purchase or use the product at its best quality. It is not a safety date.

Types of dates and what they mean

If a calendar date is shown on a product, federal regulations do require that a phrase explaining its meaning be printed immediately adjacent to the date. These phrases are "sell-by," "use-by" and "best if used by (or before)."

-A "Sell-By" date tells the store how long to display the product for sale. You should buy the product before this date.

-A "Best if Used By (or Before)" date is a recommendation for best flavor or quality. It is not a purchase or safety date.

-A "Use-By" date is the last date recommended for use of the product while at peak quality. This date is determined by the manufacturer based on analysis of the product throughout its shelf life.

Most asked about items

The items that cause most concern among commissary shoppers are exactly those perishable items listed above - dairy products, eggs, meat and poultry. So, let's take a look at each product or category of products separately.

-Milk: A "sell-by" date is normally stamped on every carton. Make sure you purchase the milk before

this date. Take it straight home and refrigerate immediately at 40 degrees or lower. Don't leave it in the trunk of your car while you squeeze in a few more errands on the way home, and don't let it linger on the counter or table during a meal. Pour the servings you need and return the carton to the refrigerator promptly.

Under optimum conditions, milk should remain fresh up to five days or longer beyond the "sell-by" date.

-Yogurt: Most yogurts will be stamped with either a "sell-by" or a "best if used-by" date. Store yogurts

Story continued on page 12

NEWS BRIEFS

Immediate Job Openings

U.S. Naval Hospital Sigonella is seeking applicants for three full-time Nurses.

Nurse Clinical (Emergency Room Nurse)

Nurse Consultant (Patient Safety Manager)

Nurse Clinical (Multi-Service Ward Nurse)

For inquiries concerning job applications, call the Human Resources Office at (095)56-4165/or DSN 624-4165 or visit:

<http://www.sicily.navy.mil> / click local job vacancies.

continuous enrollment, additional services are covered; however, this twelve-month waiting period will be waived if you enroll within four months of your retirement date. See www.trdp.org for specific covered services and their effective dates.

Eligible beneficiaries may enroll using a credit card and can begin receiving benefits as early as the first day of the next month.

Monthly premiums are \$36.97 (single), \$71.25 (two-person), and \$118.30 (3 or more persons). Note that a two-month premium prepayment is required for enrollment in the Enhanced-Overseas TRDP. Premium prepayments are \$73.94 (single), \$142.50 (two-person), and \$236.60 (3 or more persons). For more information or to enroll in the TRDP, please go to www.trdp.org or call (800) 721-8737. You may also call the Naval Hospital TRICARE office at 624-4880 for questions.

Great News About the TRICARE Retiree Dental Program Overseas

Attention all military retirees! Enrollment into the Enhanced-Overseas TRICARE Retiree Dental Program (TRDP) is now available in the Sigonella area. Two host nation providers in Catania, Dr. Amato and Dr. Nibali, participate in the TRDP.

For the first twelve months of enrollment, basic and preventive services are covered. After twelve months of

Strike

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Visiting Scicli, Donnafugata

Article and photos by
MCSN Jonathan Idle
Signature Staff

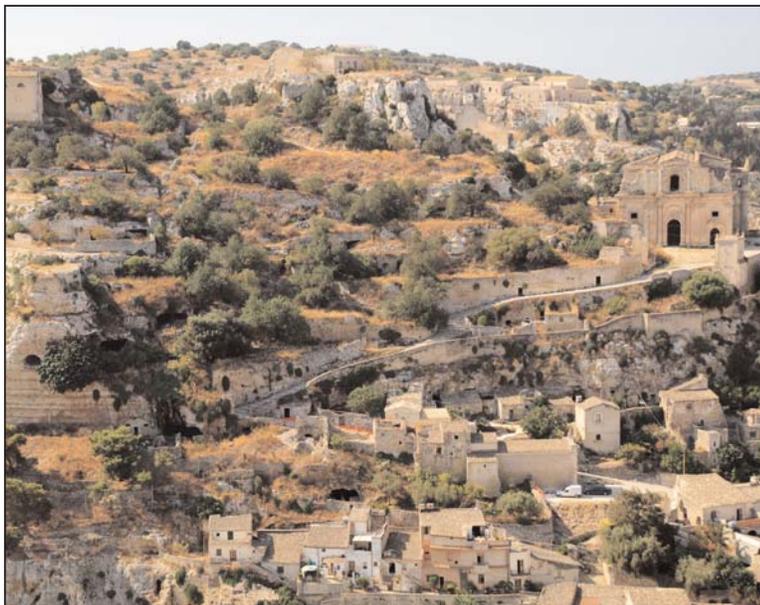
Scicli is a historic town located in the Province of Ragusa in the south east of Sicily. It was named a world heritage site by United Nations Educational, Scientific and Cultural Organization (UNESCO) along with towns such as Catania, Noto, Ragusa, Caltagirone and several others. The town is one of the best examples of Baroque art in Europe. It is sunken into a valley below the hills and mountains that surround it. The terrain played a part in the early history of the town in that many of the original residents lived in cave-style dwellings in the mountain leading up to the Church of San Matteo at the top. The church is one of several that offers great examples of the Baroque architecture Scicli is famous for.

This trip was put together by ITT and included a couple of hours at the beach in Donnafugata, which is approximately 15 minutes away from Scicli.

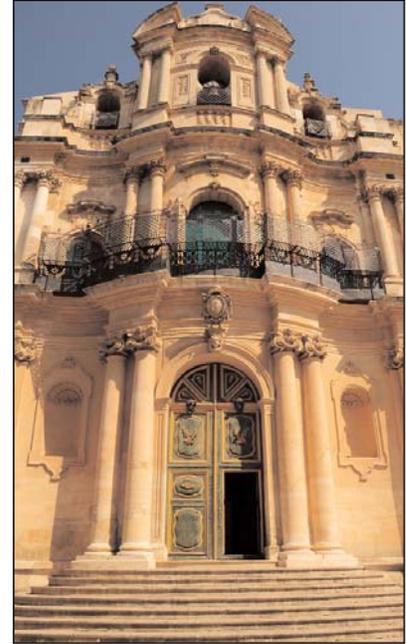
Sites: For things to see and do, Scicli rates four out of five stars. It only rates four because there is little to do for anyone who may not be interested in the historical appeal of the town. The main attraction is Scicli and the Baroque and Norman churches. The Church of San Matteo sits overlooking the town below. It is a steep hike to get to the top, but the view offers a great look at the town below. On a clear day you can see the water off in the distance. The Church of St. John is directly next to the city hall in the Piazza Italia. The church has a lot of impressive frescos and elaborate stained glass windows. The mayor's office in the city hall is also a



(Top) The view from the Church of San Matteo. (Above) The beaches at Donnafugata. (Below) A view of the Church of San Matteo and the caves that line the hill.



Rigattiere



(Above Left) Intricate paintings adorn the ceiling of the Church of St. John in Scicli. (Above Right) The exterior of the Church of St. John.

big tourist attraction. It is used as the office of Commissioner Montalbano in a popular Italian television series.

There are numerous shops and restaurants that line the main street of the town. The cost for a full Italian style lunch is approximately 10 euro without drinks.

The beaches in Donnafugata are a nice way to spend to an afternoon. The water is very temperate and the fine white sand is kept fairly free of debris. There are public and private beaches along the coast. There are fees to go to the private beaches along with umbrella and chair fees.

Family Friendly: Scicli rates three out of five stars in this category. The Church of San Matteo is difficult to climb to. The fact that many of the sites require climbing stairs or going up hills makes the town difficult to navigate for anyone with a stroller or wheelchair.

Families with small children may have difficulty finding things to entertain children. The architecture and sites are more of a draw for families with older children. Donnafugata is much more family friendly than Scicli. The beaches are clean, and the water is very shallow which allows children more room play in the water. There are small cafes and stores along the water front to buy food and drinks.

Accessibility: The trip gets five stars for accessibility because it is an ITT trip. The bus picks up passengers at NAS I or II and drives them to the sites. The bus returns in the early evening to drop passengers off at the base.

The drive is a couple of hours, but it is relatively simple if someone wishes to make the drive in a privately owned vehicle.

To get to Scicli take the A-18 toward Catania, merge onto the A-19 Palermo/Catania. Then, take E-45 down the coast to Scicli.

Travel Time: In this category, the trip rates three out of five stars. The bus ride is a little over two hours each way.

The driving time for a privately owned vehicle is similar.

Stampa

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

Protestant Women of the Chapel



Bible Study Summer Program
ALL WOMEN WELCOME!
 Tuesday: 9:00-11:00 am,
 June 24-July 29, Nas 1 Chapel
 Free childcare ages 0-12 (crafts and games for school age kids) For more info www.pwocsig.com <<http://www.pwocsig.com>> or pwocsig@yahoo.com

Pietro

Ristorante Bella Etna

<p>Friday 19</p> <p>Lunch: Beef Barley Soup, Herbed Baked Fish, Chicken Pasta Primavera, Roasted Pepper Potatoes, Waxed Beans, Simmered Okra, Spiced Cake w/ Frosting, Lemon Cookies.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Old Fashioned Bean Soup, BBQ/Braised Spareribs, Tossed Green Rice, Cajun Oven fries, Corn on the Cob, Stewed Tomatoes, Spiced Cake w/ Frosting, Lemon Cookies.</p> <p>Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.</p>	<p>Saturday 20</p> <p>Lunch: Creole Soup, Beef Stir Fry, Kielbasa w/ Sauerkraut & Apples, Filipino Fried Rice, Steamed Broccoli, Summer Squash, Apple Sauce, Cherry Pie, Abracadabra Bars.</p> <p>Dinner: Vegetable Soup, Spinach Lasagna, Spaghetti w/ Meat Sauce, Marinara Sauce, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, and Abracadabra Bars.</p>	<p>Sunday 21</p> <p>Brunch: Breakfast Items, Egg Drop Soup, Cheddar Chicken Broccoli, Fried Onion Rings, Eggplant Ratatouille, Club Spinach, Cream Puff, Hermits.</p> <p>Dinner: Chicken Vegetable Soup, Sauerbraten, Mustard Dill Baked Fish, Steamed Rice, Mashed Potatoes, Natural Pan Gravy, Steamed Cut Green Beans, Seasoned Carrots, Creamed Puff, Hermits.</p>	<p>Monday 22</p> <p>Lunch: Creamed of Broccoli Soup, Beef Pie w/ Biscuit Topping, Lemon Pepper Catfish, Steamed Rice, Buttered Noodles, Mix Vegetables, Parmesan Eggplant, Yellow Cake w/ Icing, Brownies.</p> <p>Speed line: Sub Sandwich, Pasta Primavera, Cartoccia.</p> <p>Dinner: Mulligatawny Soup, Savory Baked Chicken, Wild Rice, O'Brien Potatoes, Chicken Gravy, Peas & Onions, Harvard Beets, Yellow Cake w/ Icing, Brownies.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.</p>
<p>Tuesday 23</p> <p>Lunch: Egg Drop Soup, Sweet & Sour Pork, Chicken Chop Suey, Egg Foo Young, Chinese Fried Rice, Chow Mein Noodles, Oriental Fried Cabbage, Simmered Corn, Dinner rolls, Pineapple Upside Down Cake, Blueberry Pie.</p> <p>Speed Line: Chicken Patties Sandwich, Onion Rings, Pasta Primavera.</p> <p>Dinner: Chicken Gumbo Soup, Roast Beef, Mashed Potatoes, Orange Rice, Mushroom Gravy, Southern Greens, Seasoned Mix Vegetables, Chocolate Cookies, Apple Pie.</p> <p>Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.</p>	<p>Wednesday 24</p> <p>Lunch: Beef Rice Soup, Blackened Fish, Beef Cordon Bleu, Garlic Cheese Potatoes, Rice Pilaf, Green Beans, Stewed Tomatoes, Brown Gravy, Spice Cake w/ Frosting, Chocolate Pudding, Jello.</p> <p>Speed Line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Chicken Vegetable Soup, St. Louis BBQ Pork Ribs, Italian Roasted Potatoes, Vegetable Stir Fry, Steamed Green Beans, Spice Cake w/ Frosting, Chocolate Pudding.</p> <p>Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.</p>	<p>Thursday 25</p> <p>Lunch: Corn Chowder Soup, Roast Pork, Scalloped Ham & Noodles, Steamed Rice, Seasoned Carrots, Asparagus, Brown Gravy, Peanut Butter Cookies, Cherry Pie.</p> <p>Speed Line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredded Cheese, Assorted Pizza.</p> <p>Dinner: Minestrone Soup, Stuffed Cabbage Rolls, Ginger Rice, Rosemary Roasted Potatoes, Corn, Steamed Broccoli, Cherry Pie Peanut Butter Cookies.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.</p>	

The Sigonella Galley is open from 5:30 a.m. to 8:00 a.m. for breakfast, 11:00 a.m. to 1:00 p.m. for lunch and 4:30 p.m. to 6:30 p.m. for dinner. The galley is located on NAS II. This menu is subject to change without notice.

Stampa



KNIGHTS OF COLUMBUS
IN SERVICE TO ONE - IN SERVICE TO ALL

Attention all good standing Catholic gentlemen!
Come join the ranks of Sigonella's newest Knights of Columbus Chapter!
We meet the first Thursday of every month at 1930 p.m. above Applebee's.
You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!)
For more information visit - www.kofc.org/

Days Inn

MWR CORNER

34 Participate in Sigonella Triathlon

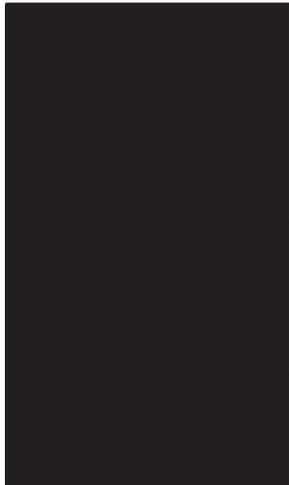
On Saturday, Sept. 6 more than 34 competitors gathered for MWR's 6th Annual Sigonella Triathlon. The challenge included a 500-meter swim, 12-mile bike, and 5k run.

"Sigonella Triathlon Club (STC) has been training all summer while bringing athletes to a comfortable competitive level for this annual event," said [redacted] STC coordinator. "We had two swim clinics, Wednesday evening no-drop bike rides, and Saturday advanced level bike rides."

The course was a fast one with the top finisher, [redacted] timing in at 1:01:32 and our very own Swordfish Swim Coach, Rich McKeown, coming in seven seconds later at 1:01:39. Captain Mike Hall was third overall with a time of 1:03:14.

The women competitors were not too far behind with [redacted] first overall, at 1:24:54. Angela Hewitt came in second with a time of 1:29:34, followed by [redacted] at 1:45:03.

[redacted] who is 15 years old, not only placed third overall in the women's category, but also was the youngest competitor at this year's



Elizabeth Ventura finishes strong and brings home bronze as the youngest competitor of this year's triathlon.

competition.

"This event is a terrific platform of Triathlete.

for those who would like to try a triathlon but may be a bit timid of open water or a little hesitant to sign up for a race that usually has a couple thousand people," said [redacted]. "The fitness staff here make this event fun for all fitness levels."

All competitors received an organic green designer shirt that had the message of Go Green, Get Lean on the back.

"This summer, MWR fitness, STC, and the Naval Hospital took a "go green" approach to being healthy and came up with the Go Green, Get Lean theme for the summer," said [redacted]. "We did this with organic shirts, more efficient poster advertising, as well as Bike to Work Fridays."

In celebrating the go green theme, a few competitors commuted to the triathlon from housing.

Despite race day temperature that climbed over 90F, every athlete finished and walked away with a new title

Captain's Cup Events Bring Community Together in Competition



[redacted] brings home the points at the last heat of the day. During the Captain's Cup Swim Tournament at the pool on NAS II.

Over the last couple of months, Captain's Cup events have been underway on Sigonella, giving commands the opportunity to represent themselves in a fun atmosphere of various games and competition.

Commands compete for placement and participation points which are tallied at the end of the fiscal year. The trophy presentation will take place at this year's Autumn Fest scheduled for October 31 and November 1.

The latest Captain's Cup competition was the annual swim meet held at NAS II Pool and brought many swimmers out for the event.

"It's amazing at the age we are at how well we are doing," said [redacted] one of the competitors.

Captain's Cup is for civilians, active duty, and spouses.

"Anyone can compete as long as they are attached to a command," said [redacted] Morale, Welfare and Recreation (MWR) sports coordinator.

The new Captain's Cup season begins next month with flag football and volleyball.

For commands looking to pull together teams, call [redacted] at x2711.

SEPTEMBER 19 - SEPTEMBER 26

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, September 19

- 1:00pm Space Chimps PG
- 3:00pm Kitt Kittredge: An American Girl G
- 5:00pm Hancock PG-13
- 5:30pm Meet Dave PG
- 7:30pm The Mummy: Tomb of the Dragon Emperor PG-13
- 8:00pm Hellboy II : The Golden Army PG-13
- 9:30pm Step Brothers R FREE TO E-4 AND BELOW

Space Chimps (PG)

Three NASA chimps are sent to a galaxy far, far away. Two have 'The Right Stuff,' and the other, a good natured goofball, has 'The Wrong Stuff.' They find themselves on a strange, uncharted planet, where they embark on a fantastical journey to save its inhabitants from a tyrannical leader. 81 min.

and their never-ending droid army. Anakin Skywalker and his Padawan learner Ahsoka Tano find themselves on a mission with far-reaching consequences. 100 min.

The Dark Knight (PG-13)

The Caped Crusader returns, protecting Gotham City from the mad criminal mastermind, The Joker. 152 min.

Saturday, September 20

- 2:00pm Kitt Kittredge: An American Girl G
- 2:30pm Journey to the Center of the Earth PG
- 4:30pm Star Wars: The Clone Wars PG
- 5:00pm Meet Dave PG
- 7:30pm X-Files: I Want to Believe PG-13
- 8:00pm The Dark Knight PG-13
- 9:30pm Step Brothers R FREE TO E-4 AND BELOW

Mamma Mia (PG-13)

Raised on a Greek island by a formerly rebellious mom who never disclosed the identity of her father, a bride-to-be locates three men who might be her father and invites them to her wedding. 109 min.

X-Files: I Want To Believe (PG-13)

When a group of women are abducted in the wintry hills of a rural Virginia town, the only clues of their disappearance are the grotesque human remains that begin to turn up along the highway. The truth to these horrific crimes is out there, and it will take Mulder and Scully to find out! 104 min.

Sunday, September 21

- 2:00pm Star Wars: The Clone Wars PG
- 2:30pm Kitt Kittredge: An American Girl G
- 4:30pm X-Files: I Want to Believe PG-13
- 5:00pm The Mummy: Tomb of the Dragon Emperor PG-13
- 7:00pm Hancock PG-13

Hellboy II: The Golden Army (PG-13)

The mythical world starts a rebellion against humanity in order to rule the Earth, so Hellboy and his team must save the world from the rebellious creatures. 120 min.

Step Brothers (R)

Brennan Huff, a sporadically employed thirty-nine-year-old, lives with his mother, Nancy. Dale Doback, a terminally unemployed forty-year-old lives with his father, Robert. When Robert and Nancy marry and move in together, Brennan and Dale are forced to live with each other as step brothers. As their narcissism and downright aggressive laziness threaten to tear the family apart, these two middle-aged, immature, overgrown boys will orchestrate an insane, elaborate plan to bring their parents back together. To pull it off, they must form an unlikely bond that maybe, just maybe, will finally get them out of the house. 98 min.

Monday, September 22

- 1:00pm Journey to the Center of the Earth PG
- 3:00pm Space Chimps G
- 5:00pm Hellboy II : The Golden Army PG-13
- 5:30pm Mamma Mia PG-13
- 7:30pm The Dark Knight PG-13
- 8:00pm X-Files: I Want to Believe PG-13

Journey to the Center of the Earth (PG)

A science professor's untraditional hypotheses have made him the laughing stock of the academic community. But on an expedition in Iceland, he and his nephew stumble upon a major discovery that launches them on a thrilling journey deep beneath the Earth's surface, where they travel through never-before-seen worlds and encounter a variety of unusual creatures. 93 min.

The Mummy: Tomb Of The Dragon Emperor (PG-13)

Explorer Rick O'Connell to combat the resurrected Han Emperor in an epic that races from the catacombs of ancient China high into the frigid Himalayas. Rick is joined in this all-new adventure by son Alex, wife Evelyn and her brother, Jonathan. The O'Connells must stop a mummy, awoken from a 2,000-year-old curse, who threatens to plunge the world into his merciless, unending service. 112 min.

Tuesday, September 23

- 5:00pm Mamma Mia PG-13
- 5:30pm Journey to the Center of the Earth PG
- 7:30pm Hellboy II : The Golden Army PG-13
- 8:00pm The Dark Knight PG-13

Kitt Kittredge: An American Girl (G)

Aspiring reporter Kit Kittredge can't resist bringing home strays, whether it's Grace, an abandoned basset hound, or Will and Countee, a pair of young hobos willing to trade work for meals. Determined to recover the stolen money and believing Will is innocent, Kit recruits her friends Ruthie and Stirling to help her track down the real culprit. 101 min.

Wednesday, September 24

- 1:00pm Space Chimps G
- 3:00pm Journey to the Center of the Earth PG
- 5:00pm Mamma Mia PG-13
- 5:30pm Step Brothers R
- 7:30pm X-Files: I Want to Believe PG-13
- 8:00pm The Dark Knight PG-13

Meet Dave (PG)

A massive fireball from space hits New York's Central Park and an ordinary man emerges unscathed. The man turns out to be a spaceship operated by 100 human-looking aliens who are one-quarter inch tall and seeking a way to save their planet; complications ensue when their captain falls in love with an Earth woman who's always picked losers for previous romances. 90 min.

SHOWING FRIDAY SEPTEMBER 26

- 1:00pm Space Chimps PG
- 3:00pm Mamma Mia PG-13
- 5:00pm Swing Vote PG-13
- 5:30pm X-Files: I want to Believe PG-13
- 7:30pm Sisterhood of the Travelling Pants: 2 PG-13
- 8:00pm The Dark Knight PG-13
- 9:30pm Pineapple Express R

Thursday, September 25

- 3:00pm Mamma Mia PG-13
- 5:00pm Step Brothers R
- 5:30pm Swing Vote PG-13
- 7:30pm Hellboy II : The Golden Army PG-13
- 8:00pm THROWBACK THURSDAY
FREE ADMISSION
Spanglish R

Star Wars: The Clone Wars (PG)

As the Clone Wars sweep through the galaxy, the heroic Jedi Knights struggle to maintain order and restore peace. More and more systems are falling prey to the forces of the dark side as the Galactic Republic slips further and further under the sway of the Separatists

COMING SOON

The Rocker

CHOLESTEROL continued from page 2

you already have it. Cholesterol lowering is important for everyone—yonger, middle age, and older adults; women and men; and people with or without heart disease.

What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:

- Total cholesterol
- LDL (bad) cholesterol—the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol—helps keep cholesterol from building up in the arteries
- Triglycerides—another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL* or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done. See how your cholesterol numbers compare to the tables below.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

* Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

LDL Cholesterol Level	LDL Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment in some people.

What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

-Diet. Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

-Weight. Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

-Physical Activity. Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

-Age and Gender. As women and men get older, their cholesterol levels rise. Before the age of menopause, women have

lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

-Heredit. Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

What Is Your Risk of Developing Heart Disease or Having a Heart Attack?

In general, the higher your LDL level and the more risk factors you have (other than LDL), the greater your chances of developing heart disease or having a heart attack. Some people are at high risk for a heart attack because they already have heart disease. Other people are at high risk for developing heart disease because they have diabetes (which is a strong risk factor) or a combination of risk factors for heart disease. Follow these steps to find out your risk for developing heart disease.

Step 1: Check the table below to see how many of the listed risk factors you have; these are the risk factors that affect your LDL goal.

Major Risk Factors That Affect Your LDL Goal

- Cigarette smoking
- High blood pressure (140/90 mmHg or higher or on blood pressure medication)
- Low HDL cholesterol (less than 40 mg/dL)*
- Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)
- Age (men 45 years or older; women 55 years or older)
- * If your HDL cholesterol is 60 mg/dL or higher, subtract 1 from your total count.

Even though obesity and physical inactivity are not counted in this list, they are conditions that need to be corrected.

Step 2: How many major risk factors do you have? If you have 2 or more risk factors in the table above, use the attached risk scoring tables (which include your cholesterol levels) to find your risk score. Risk score refers to the chance of having a heart attack in the next 10 years, given as a percentage. My risk score is _____%.

Step 3: Use your medical history, number of risk factors, and risk score to find your risk of developing heart disease or having a heart attack in the table below.

If You Have	You Are in Category
-Heart disease, diabetes, or risk score more than 20%*	I. High Risk
-2 or more risk factors and risk score 10-20%	II. Next Highest Risk
-2 or more risk factors and risk score less than 10%	III. Moderate Risk
-0 or 1 risk factor	IV. Low-to-Moderate Risk

* Means that more than 20 of 100 people in this category will have a heart attack within 10 years.

My risk category is _____.

Treating High Cholesterol

The main goal of cholesterol-lowering treatment is to lower your LDL level enough to reduce your risk of developing heart disease or having a heart attack. The higher your risk, the lower your LDL goal will be. To find your LDL goal, see the boxes below for your risk category. There are two main ways to lower your cholesterol:

-Therapeutic Lifestyle Changes (TLC)—includes a cholesterol-lowering diet (called the TLC diet), physical activity, and weight management. TLC is for anyone whose LDL is above goal.

-Drug Treatment—if cholesterol-lowering drugs are needed, they are used together with TLC treatment to help lower your LDL.

If you are in...
 -Category I, Highest Risk, your LDL goal is less than 100 mg/dL. you will need to begin the TLC diet to reduce your high

risk even if your LDL is below 100 mg/dL. If your LDL is 100 or above, you will need to start drug treatment at the same time as the TLC diet. If your LDL is below 100 mg/dL, you may also need to start drug treatment together with the TLC diet if your doctor finds our risk is very high, for example if you have a recent heart attack or have both heart disease and diabetes.

-Category II, Next Highest Risk, your LDL goal is less than 130 mg/dL. If your LDL is 130 mg/dL or above, you will need to begin treatment with the TLC diet. If your LDL is 130 mg/dL or more after 3 months on the TLC diet, you may need drug treatment along with the TLC diet. If your LDL is less than 130 mg/dL, you will need to follow the heart healthy diet for all Americans, which allows a little more saturated fat and cholesterol than the TLC diet.

-Category III, Moderate Risk, your LDL goal is less than 160 mg/dL. If your LDL is 160 mg/dL or above, you will need to begin the TLC diet. If your LDL is 160 mg/dL or more after you have tried the TLC diet for 3 months, you may need drug treatment along with the TLC diet. If your LDL is less than 130 mg/dL, you will need to follow the heart healthy diet for all Americans.

-Category IV, Low-to-Moderate Risk, your LDL goal is less than 160 mg/dL. If your LDL is 160 mg/dL or above, you will need to begin the TLC diet. If your LDL is still 160 mg/dL or more after 3 months on the TLC diet, you may need drug treatment along with the TLC diet to lower your LDL, especially if your LDL is 190 mg/dL or more. If your LDL is less than 160 mg/dL, you will need to follow the heart healthy diet for all Americans.

To reduce your risk for heart disease or keep it low, it is very important to control any other risk factors you may have such as high blood pressure and smoking.

Lowering Cholesterol With Therapeutic Lifestyle Changes (TLC)

TLC is a set of things you can do to help lower your LDL cholesterol. The main parts of TLC are:

-The TLC Diet. This is a low-saturated-fat, low-cholesterol eating plan that calls for less than 7 percent of calories from saturated fat and less than 200 mg of dietary cholesterol per day. The TLC diet recommends only enough calories to maintain a desirable weight and avoid weight gain. If your LDL is not lowered enough by reducing your saturated fat and cholesterol intakes, the amount of soluble fiber in your diet can be increased. Certain food products that contain plant stanols or plant sterols (for example, cholesterol-lowering margarines) can also be added to the TLC diet to boost its LDL-lowering power.

-Weight Management. Losing weight if you are overweight can help lower LDL and is especially important for those with a cluster of risk factors that includes high triglyceride and/or low HDL levels and being overweight with a large waist measurement (more than 40 inches for men and more than 35 inches for women).

-Physical Activity. Regular physical activity (30 minutes on most, if not all, days) is recommended for everyone. It can help raise HDL and lower LDL and is especially important for those with high triglyceride and/or low HDL levels who are overweight with a large waist measurement.

Foods low in saturated fat include fat-free or 1 percent dairy products, lean meats, fish, skinless poultry, whole grain foods, and fruits and vegetables. Look for soft margarines (liquid or tub varieties) that are low in saturated fat and contain little or no trans fat (another type of dietary fat that can raise your cholesterol level). Limit foods high in cholesterol such as liver and other organ meats, egg yolks, and full-fat dairy products.

Good sources of soluble fiber include oats, certain fruits (such as oranges and pears) and vegetables (such as brussels sprouts and carrots), and dried peas and beans.

Resources:
 "Live Healthier, Live Longer"—information on cholesterol lowering (www.nhlbi.nih.gov/chd)

"Aim for a Healthy Weight" (www.nhlbi.nih.gov)
 "Your Guide to Lowering High Blood Pressure" (www.nhlbi.nih.gov/hbp)

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in the same manner as fresh milk (refrigerated at 40 degrees or lower) and use by the "best if used-by" date for highest quality.

After that date you might see some separation of fluid in the product, which will affect its appearance, but this factor alone is not an indicator of spoilage. It may be perfectly fine once it is stirred. Trust your own sense of taste and smell, plus your personal knowledge of how well it has been cared for since coming to live at your house when deciding to use it or toss it.

Yogurt stored under optimum conditions can be expected to be of good quality and freshness seven to ten days beyond the "sell-by" date.

-Eggs: Egg cartons will normally be stamped with a "sell-by" date. At home, refrigerate the eggs in their original carton. It is designed to keep the porous shells from absorbing odors from other foods, and to protect

the eggs from breaking.

Eggs have a very long shelf life. Properly refrigerated, they can be expected to maintain reasonable quality for three to five weeks beyond the "sell-by" date.

-Meat and Poultry: Vacuum packed meats sold in European commissaries carry both a "sell-by" and a "use-by" date. Purchase these meats before the "sell-by" date, keep them refrigerated properly and either use or freeze by the "use-by" date.

Tray-packed fresh meats and poultry, including turkey, plus fresh rabbit and duck are normally stamped with a "use-by" date. Recommendations for handling and storage of vacuum packed meats also apply to these products.

Once a perishable product such as meat or poultry is frozen, these dates become irrelevant because, according to USDA experts, foods kept frozen continuously (at 0 degrees or below) can be safe indefinitely.

Infant formula and baby food

Federal regulations require a "use-by" date on the product label of infant formula and the varieties of baby food under FDA inspection. If consumed by that date, the formula or food must contain not less than the quantity of each nutrient as described on the product label. Additionally, infant formula must maintain a sufficient quality to pass through an ordinary bottle nipple. If stored too long, formula can separate and clog the nipple.

Dating of baby food is for quality as well as for nutrient retention. Do not buy or use baby formula or baby food after its "use-by" date.

Practice safe-food handling at home

Your commissary maintains rigid quality assurance and sanitation standards to make sure the foods you are offered are fresh, wholesome and safe. After making your selections,

though, it's up to you to care for them properly until consumed. To answer the "Is this stuff still good?" question with confidence, practice these four rules at your house.

-Purchase fresh-dated products before the "sell-by" date.

-Refrigerate perishable products promptly, and use or freeze meat

and poultry products before the "use-by" date.

-Remember that product dating is a guide for quality, rather than safety.

-Also, remember these rules do not apply to infant formula and baby food, which should not be used after the "use-by" date.

Chiechio

INTEGRITY continued from page 2 half that one who walks with integrity walks securely. Or, the one who walks as if his actions are based on the adherence of a moral code will not falter. Are your actions, both public and private based on a moral code? Are you walking in a straight manner both at work and at home when no one else is watching? So often the case is we do not. This is when we often find ourselves in trouble. One day we will be caught. Your web of lies or deceit will one day catch up with you and, as the second half of this verse says: his ways will become known. It is basically saying that the person who walks in a twisted or crooked way will be made known to all. You will be caught.

So often we think that because no one is watching that it is OK to act however we want. One example of this in our community is lack of care in driving. I observe daily people, sailors and dependants, speeding, passing in no passing zones,

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

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

The flag on NAS I is lowered to half-mast to honor those who died in the terrorist attacks on Sep. 11, 2001. The Chief Petty Officer Selectees conducted the ceremony. Capt. Thomas J. Quinn, NASSIG Commanding Officer, Capt. Joseph W. Beadles, NASSIG Executive Officer, and Master Chief Rosa L. Wilson, NASSIG Command Master Chief, served as the official party for the ceremony.



FLAG continued from page 1 building, last year was more of a tribute in the morning."

The ceremony included the singing of the Italian National Anthem by Kendra Roelike, the American National Anthem, sung by the Chief Selectees, the lowering of the American Flag to half mast, a reading of the timeline of the attacks, a moment of silence for the victims, and the playing of Taps.

"We had everyone pause on both bases which is usually difficult to do because both bases are about seven miles apart from each other. At the same time, everyone's heads were bowed and we took a moment to grieve" commented Wilson.

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precession walked down the main street to a memorial park outside of the local museum.

Filippo Buscemi, Mayor of Nissoria, addressed the crowd and then introduced Cmdr. Daniel Eves, an orthodontist from U.S. Naval Hospital Sigonella, who spoke on behalf of the Sailors.

"The fact that you invited us here to this service allows us to focus on what unites us rather than what divides us," Eves said. "Many of us are far, far from home. Knowing that there are such nice people here and such close friends makes us feel like we're not that far from home after all."

After he addressed the crowd, Eves ceremoniously laid a wreath at the memorial site while taps was played.

Buscemi expressed the importance of having a close sense of community between the

U.S. military and Sicily.

"It's important because we know every day that the terrorist threat is still out there," Buscemi said. "We invite all the Italian and U.S. military and police forces because we must remain diligent and to fight for peace, which means achieving peace through strength."

Also present at the ceremony were Benito and Caroline Chiara. They're the parents of Benny Chiara who worked in the same office as Lopes and Di Fazio.

On the morning of the attack Chiara was scheduled to work at 9 a.m., but he received a phone call from the office telling him to come in that evening instead, Caroline Chiara said.

"We thank God because he saved our son, but at the same time we feel for the other people who died," Chiara said. "There's no way to express how badly [we] feel for the others."



Sigonella Sailors stand next to the parents of Benny Chiara. Chiara was the third person from the small town working in World Trade Center. He survived the attacks of Sept. 11, 2001 when he was given the morning off of work.

NFC

IL Mercato

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

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

Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884 .

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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.

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