

THE Signature

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NOVEMBER 14, 2008

Commander explains importance of new Navy ethos

By MC1 (SW) Dan Meaney, Commander, U.S. Naval Forces Europe-Commander, U.S. Sixth Fleet (CNE-C6F) Public Affairs

NAPLES, Italy - Following a world-wide, Web-based, and months' long survey of Sailors and civilians, the Chief of Naval Operations (CNO) has announced the creation of a new United States Navy Ethos.

The Oxford English Dictionary defines ethos as "the characteristic spirit, prevalent tone of sentiment, of a people or community; the 'genius' of an institution or system". The Navy ethos is meant to identify the distinguishing character, culture, and beliefs of the Navy.

Approved by CNO Adm. Gary Roughead as an underpinning to mission success Navy-wide, the ethos reflects the values Sailors and Navy civilians around the world need to accomplish their many and varied

missions. "The Navy Ethos is intended to be a statement of principles that recognizes the contributions of the military and civilian personnel who serve on the Navy team," according to Adm. Mark Fitzgerald, Commander of U.S. Naval Forces in Europe and Africa. "Our ethos captures the fundamental principles stated in our core values and the Sailor's Creed."

The ethos is entirely new and is meant to compliment the written - and often memorized - Navy Core Values and Sailors Creed. It is the first such statement in 25 years.

"Each member of the Navy team - military and civilian - plays a part in ensuring high standards of integrity and mission accomplishment," said Fitzgerald. "I have seen these principles at work every day since I first joined the Navy and I am

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Photo by MC2 Chris Delano
Cmdr Dennis Shelton, operations officer at Naval Air Station Sigonella and Sgt. Guido Cimino with the Italian delegation from 31st Stormo, place a wreath at the base of the memorial located in Motta S. Anastasia's town square in honor of all service members who gave their lives in past wars.

World War I fallen honored at memorial service

Article and photos by MC2 Chris Delano
Signature Staff

American and Italian service members gathered together in the town of Motta Sant'Anastasia to honor World War I fallen brothers-in-arms during a joint memorial service held Nov. 4.

The ceremony began with a Roman Catholic mass, followed by a processional, led by the Mayor of Motta, Nino Santagati and approximately 25 American and Italian soldiers, which weaved from the church to the war memorial in the town square. At the war memorial, local Italians and service members paid their respects as a wreath-laying took place.

"What we're trying to represent today is a legacy," said Mayor Santagati. "A legacy made up of all the people that served in the military during that time and gave their lives for the cause." Santagati took care to emphasize to the crowd of onlookers that the Americans also had family members who made the ultimate

WWI, continued on page 13

Unaccompanied personnel? Don't miss these Thanksgiving events

Article by Tracie Barnthouse
Signature Editor

It's your first overseas tour as a single Sailor and it's the holiday season. Think all there is to do is stay in your barracks playing video games and eat your turkey in the form of a sandwich? Think again!

Through a joint effort with the Chapel, Navy Marine Corps Relief Society (NMCRS) Morale, Welfare and Recreation (MWR), the Ombudsman Association, EOD Family Readiness Group, First Class Petty Officers Association, Second Class Petty Officers Association, Chiefs Mess, Philippine-American Association, Latin American Association, the Red Cross, Navy Exchange, Defense Commissary Agency (DeCA), and the Mineo Neighborhood Association, there will be plenty of grub for you to enjoy and activities to attend on Thanksgiving Day, Nov. 27.

An American-style brunch

will be held from 9:00 a.m. until 12:00 p.m. at the Duomo (CHECK) on NAS II and in the atrium area in Midtown on NAS I. "We wanted to maximize the opportunity for any unaccompanied personnel that would like to come," said [redacted] NCIS Ombudsman.

Each organization or association has been given a list of things to pick up for the brunch. "It's been a huge success so far. The people have generated so much enthusiasm. I'm completely astonished," said [redacted].

She said that they are seeking donations from the community in the form of monetary or edible. "This is a community event," she said. "You don't have to be affiliated with any organization. Anyone can donate anything they want; it will go to good use." Those who are willing to donate

THANKSGIVING, continued on page 13

Don't forget: holiday safety stand-down

Article by Tracie Barnthouse
Signature Editor

Grease fire burns. Drunken driving. A burned down Christmas tree. Not things you would normally associate with the holiday season. But, if you don't heed the advice and tips given during Safety Stand-Down held at the Midtown Theaters on NAS I on Nov. 18, 19, 20, you might find yourself facing one of these catastrophic events.

"The idea is to give a whole day to focus on safety in general," said Lt. Cmdr. Chris Tatro, Naval Hospital Sigonella OB/GYN and officer in charge of this year's Safety Stand-Down.



Tatro said that too often we give safety a passing thought, so taking time to take a step back and think about it is important.

Tatro said that although safety will be the main topic being dis-

cussed, they are restructuring the message to be a "if you have this problem, here's where you get answers" rather than a "do this, don't do that" theme. "It's hard to put a positive spin on safety, but as much as we can, we are trying to help with that," said Tatro.

The Stand-Down is mandatory for U.S. military personnel, encouraged for U.S. Civilians, and with supervisor's permission for Local National Civilian employees. It will be held Nov. 18-20, though you only have to attend one day, and you can go to either the morning session, which is from 8:30 a.m. until 12:00

STANDDOWN, continued on page 12

WEATHER UPDATE

November 14
H:72F
L:43F

November 15
H:72F
L:54F

November 16
H:70F
L:46F

November 17
H:70F
L:50F

November 18
H:73F
L:52F

November 19
H:73F
L:50F

November 20
H:73F
L:46F

TOP STORIES

It's a week after Halloween. There are still pounds and pounds of candies collected from the Trick and Treat. Is your child going to eat them all? As parents, we need to make healthy decisions for our children. The key is moderation.

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When the USS Halsey returned to homeport, they had done more than just support maritime security operations and the war on terrorism. They had actually played a major role in "going green" and saving thousands of gallons of fuel through a pilot fuel conservation program.

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Being unemployed is bad enough. But job seekers have a new worry: falling victim to criminals and con artists prowling Internet job-posting services. Find out how you can protect yourself while looking for the perfect job.

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In his book "A tour in Sicily and Malta," an account of his journey in Sicily in 1768, Scottish traveler and scientist Patrick Brydone describes the magnificence of the Palermo Cathedral. Discover why it's such a historical landmark in Sicily's largest city.

Page 6

Castelmola is an ancient little village nestled high above Taormina on a cliff overlooking the surrounding towns. The village's roots trace back to the Greeks who built it as a more protected extension of their Taormina colony. Check it out for an easy day trip.

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TRAFFIC NUMBERS

	Jan.- Nov. '08	Jan.- Nov. '07	Diff.
Accidents	240	248	-8
Injuries	44	39	+5
DUIs	7	7	0
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN



Health WATCH

Good candies vs. bad candies

Article by Lt. Cmdr. Willie Chao
Pediatric Dentist
U.S. Naval Hospital Sigonella

It's a week after Halloween. There are still pounds and pounds of candies collected from the Trick and Treat. Is your child going to eat them all? As parents, we need to make healthy decisions for our children. The key is moderation.

Cavities form when bacteria in plaque ferments the sugars in candies and creates acid that attacks the tooth's surface. Repeated "attacks" lead to cavities, so eating a bunch of candy -- for example, with a meal -- and then brushing your teeth is better than spreading that candy out over time.

The key message is that the longer the sugar stays on the teeth, the more damaging it is to the teeth. So it's more about frequency of exposure than the quantity of exposure.

HARD/CHEWY CANDY vs CHOCOLATE TREATS: Hard candy such as suckers, Jolly Ranchers, and chewy candies such as taffy are the most damaging to your child's teeth. Typically, these treats take a long time to eat, which allows sugar to

coat your teeth and lodge in the grooves. The result: cavities! A limited amount of chocolate is a better option for your teeth. Chocolate dissolves in your mouth instead of getting "stuck" in between your teeth as a caramel candy would. Chocolate also contains tannins, which aid in killing bacteria in the mouth.

CALORIES ADD UP QUICKLY: Some parents may automatically assume chocolate has more calories than hard or chewy candy but you may be surprised to know the calorie content is pretty comparable. A typical small taffy has about 40 calories, a box of Nerds has 60. Compare that with a 3 Musketeer, which has 63 calories. A snack-size Snickers has 80. As you can imagine, these treats add up quickly! You or your teenage could add a 1,000 extra calories to your daily diet by just eating a few handfuls a day. Keep in mind the American Dietetic Assoc. recommends the average teenage girl consume about 1,400 calories a day, 2,000 for the average teenage boy.

Brushing after eating candy

CANDIES, continued on page 12

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC		PROTESTANT	
Sunday		Sunday	
0830	Catholic Mass (NAS I Chapel)	0900	General Protestant (Mineo Community Center)
1200	Catholic Mass (Mineo Community Center)	1000	Liturgical Protestant (NAS I Chapel)
1600	Catholic Mass (NAS II Chapel)	1130	Contemporary Protestant (NAS I Chapel)
Monday - Wednesday, Friday		Wednesday (NAS I Chapel)	
1130	Catholic Mass (NAS II Chapel)	1700	Protestant Fellowship Dinner
		1800	Bible Studies for All Ages

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 ldsig@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



Do you hear what I hear?

Article courtesy of
Chaplain Hank Wilson

No, this is not a reference to Christmas already but I do want you to consider the question. The other day I was traveling down 417 and someone flashed their headlights at me over and over. I then began to ponder in my mind the reasons for the person flashing their lights at me. Are they flashing me because: 1) my bright lights are on, 2) there is trouble ahead, 3) there is a car trying to pass me, 4) there is someone pulling out in front of them, etc. . . . In a short period of time I had to make a decision as to how to interpret the flashing of lights in my direction. The person was giving me a sign that I needed to act upon.

In my last article I decided to begin

talking about the subject of suicide. So, this week we will continue talking about the subject often considered taboo. I want to draw awareness now to the first step in suicide intervention. The first step is simple yet often overlooked. It is easy yet often ignored. It is simply the ability to see the signs. Or, better yet it is the availability to listen to the signs.

Whenever someone is considering suicide there are often calls for help given to anyone who will listen. These are also known as *invitations*. Often a person with suicidal thoughts will offer invitations to anyone who will listen. It can take many forms.

CHAPLAIN, continued on page 13

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EMERGENCY MANAGEMENT OFFICE

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

WEEKLY TRAFFIC/ SAFETY UPDATE Traffic Court Results

- E6: Failure to obey traffic sign. Member was awarded one point.
- E6: Following too closely. Member was awarded two points and required to attend DIP class.
- E5: Improper passing. Member was awarded two points and required to attend DIP class.
- E2: Driving under the influence, reckless driving, negligent driving, failure to comply with host law. Member was awarded 14 points and driving privileges were suspended for one year.

NAVY News

Halsey crew pilots new fuel conservation program during deployment

By Lt. j.g. Chris Peters,
USS Halsey Public Affairs
SAN DIEGO (NNS) -- When USS Halsey (DDG 97) returned to homeport Nov. 3 following a six-month deployment and friends and family waved the familiar red, white and blue of the American flag, the crew knew they had done more than just supporting maritime security operations and the war on terrorism. They had actually played a major role in "going green" and saving thousands of gallons of fuel through a pilot fuel conservation program.

Late-model Arleigh Burke-class destroyers like Halsey are equipped with three diesel fuel-marine Gas Turbine Generators (GTGs) capable of producing 3,000 kilowatts of electricity each. Standard engineering plant operations include two GTGs on-line at all times in order to provide power to shipboard systems.

By assessing periods of reduced power requirements during their deployment, Halsey's engineers initially tested a pilot program running only one GTG at night, conserving between 600-900 gallons of fuel daily.

Gas Turbine Systems Technician (Mechanical) 1st Class (SW) Ganeshwar Rao, the leading fuels petty officer aboard Halsey, said



U.S. Navy photo by MC2 Dustin Kelling

Crew members hoist the fuel probe to the guided-missile destroyer USS Halsey (DDG 97) during a refueling at sea aboard the amphibious assault ship USS Peleliu (LHA 5). Peleliu and Halsey are part of the Peleliu Expeditionary Strike Group that is currently deployed to the Navy's 7th Fleet area of responsibility.

plant from single generator configuration to its maximum readiness condition. The results proved one generator sufficient to support a full array of defensive and offensive responses.

"We evaluated the costs versus the benefits of single generator operations," said Robbins. "We determined we could achieve significant cost savings without introducing unacceptable risk."

As the idea for the program evolved, Halsey's Senior Chief Gas Turbine Systems Technician (SW) Odelon Malig initiated discussions with the Southwest Regional Maintenance Center (SWRMC) gas turbine experts regarding the technical feasibility of the pilot.

"They were excited about the idea," said Malig. "Both SWRMC and NAVSSES [Naval Ship Systems Engineering Station] Philadelphia provided positive feedback and data collection guidance and felt there was no technical reason to not move forward with the pilot program. They are awaiting our feedback and lessons learned."

Cmdr. Robert E. Beauchamp, who assumed command of Halsey during the deployment and after the pilot program began, said he is impressed with the fuel-saving measures.

"Everyone in America is feeling the effects of higher energy costs," said Beauchamp. "We have been entrusted with these magnificent ships, it is our responsibility to act as true stewards of the public's trust and efficiently manage the resources."

Beauchamp said he is proud of the efforts of the Halsey engineers who helped develop and implement the pilot program. "We've benefited from great technical assistance provided by the SWRMC gas turbines shop both before deployment and as we have proceeded with this pilot project," said Beauchamp. "The results have been remarkable, saving over 21,000 barrels of fuel this quarter alone."

The PELESIG, which deployed May 4, is led by Commander, Amphibious Squadron 3 and includes the flag ship, USS Peleliu (LHA 5), the 15th Marine Expeditionary Unit, the amphibious ships USS Dubuque (LPD 8) and USS Pearl Harbor (LSD 52), the guided-missile cruiser USS Cape St. George (CG 71) and the guided-missile destroyers Halsey and USS Benfold (DDG 65).

For more news from USS Peleliu (LHA 5) - Peleliu Expeditionary Strike Group, visit www.navy.mil/local/lha5/.

Robbins said the ship ran numerous trials, energizing various elements of its combat system to measure the impact of any spikes in electrical demand, and drilling watch standers in re-aligning the propulsion

PHOTO FROM THE FLEET

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



U.S. Navy photo by MC2 Clifford L. Davis

After completing a four-day port visit in Guam, the Nimitz-class aircraft carrier USS George Washington (CVN 73) heads to sea for training operations in the Pacific ocean.

New Monika
Hop

Volcano

<h2 style="text-align: center;">COMMUNITY CALENDAR</h2>				FRIDAY	SATURDAY	SUNDAY
				14 NOVEMBER	15	16
				Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332	Craft Bazaar Knight's Hall Stephen Decatur Elementary School 9 a.m. - 1 p.m.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
17	18	19	20	21	22	23
CR for Youth - Topolino FFSC 8 a.m. - 11:30 p.m. x4291 Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332	Adams/Aware BETD x9201 Volunteer Orientation NMCRS 10 a.m. - 11:30 p.m. x4212 Olive Oil Workshop FFSC 9 a.m. - 2 p.m. x4291	Motta Castle Tour FFSC 10 a.m. - 11:30 a.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291 Alcoholics Anonymous NAS I Chapel 7 p.m.	Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291	Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332 Arrivederci BETD x9201	Babysitter's Training Boot Camp Red Cross 3:30 p.m. - 7:30 p.m. x4900	Babysitter's Training Boot Camp Red Cross 8 a.m. - 5 p.m. x4900
24	25	26	27	28	29	30
Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332		Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332 Survive & Thrive FFSC 8 a.m. - 2:30 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	Thanksgiving Holiday 	Alcoholics Anonymous NAS I Chapel 7 p.m. 339-344-9332		

Motta

Orange Park

Stags

Marchi

Did you know that . . . Society Volunteers can learn all about military income through the Society's Volunteer caseworker training program? Not only will you learn about a Leave and Earnings Statement, military pay, allowances, and deductions, but you also learn how to help others find lasting solutions to their financial problems. Many Volunteers gain skills that make them more marketable for future employment. Make your volunteer experience count. The training is free, and you can get reimbursed for child care and commuting expenses. Check out the opportunities at your local NMCRS Office today!

NMCRS: Seeking New Volunteers!
www.nmcrs.org



Steer clear of online job scams

****Article adapted from "Steer clear of online job scams" by David Morgan, Staffing Specialist, Government Operations**

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

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

Online recruiting sites such as Career Builder.com, HotJobs.com, and Monster.com have grown from job-posting boards into Web sites hosting millions of résumés and thousands of jobs. Unfortunately, crooks

have also discovered online recruiting, and they've been busily devising new schemes to exploit job seekers.

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

Better Business Bureaus in Arlington, VA.

SURFING FOR JOBS

Americans have flocked to Web sites in search of jobs in recent years. There they can explore postings and take advantage of résumé-writing services and personalized coaching. Online recruiters are mum about their

JOB, continued on page 12

Stampa

Pentagon

Cold Noses

WARM HEARTS



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

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

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.



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

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

Amaidda

Alberto Lunetta
 Signature Staff



Italian NEWS



Sicilian Culture, Events and Lifestyle

Palermo Cathedral: the resting place of ancient kings

In his book "A Tour in Sicily and Malta," an account of his journey in Sicily in 1768, Scottish traveler and scientist Patrick Brydone describes the magnificence of the Palermo Cathedral. He writes about "the majestic lighting featured on the naves consisting of 500 chandeliers and 20,000 candles."

The cathedral indeed abounds with art, blending a combination of different styles such as Gothic, Moresque and Baroque which show how it has changed structure over then centuries.

"The cathedral, which is the house of the Palermo Christians, was built with the hard work, the dedication, the suffering and the creative talent of a community which has left on it its cultural traces of its passage," said the cathedral parish priest.

The cathedral is dedicated to "Our Lady of the Assumption." This sumptuous church is in Corso Vittorio Emanuele, one of the busiest streets of the Palermo historic center. Archbishop Gualtiero Offamilio ordered its construction in 1185. The religious building was erected on a site which hosted an ancient basilica and, before that a Mosque. Offamilio wanted to rival the construction of the majestic Monreale cathedral built in

1174 by King William II to host the graves of his family. The cathedral façade was made between the 13th and the 14th century in gothic style. It features fine carved motifs recalling Islamic art decorations; the southern porch has a Catalan Gothic print while the apse between the towers resembles a Norman style. The external walls feature elegant intertwining arches of dark clear limestone and lava. Architect Ferdinando Fuga made the majestic dome between 1771 and 1809 and the interior is neo-classical. The walls of the three naves are decorated with amazing frescoes and mosaics from the 12th and 13th centuries. Stunning Baroque sculptures by 16th century sculptor Antonello Gagini are displayed on the central apse. In the right aisle, the Cappelle con le Tombe reali (chapels hosting royal tombs) are among the cathedral highlights, they are annually visited by thousands of tourists. There are six tombs of kings and queens of Sicily. The most impressive tomb is by far the sarcophagus containing the human remains of King Fredrick II. Four finely sculptured porphyry lions support this magnificent tomb which dates back to 1250.

The lid is enriched with three

medallions depicting Jesus Christ and the Virgin Mary set among the symbols of the four evangelists. The other royal tombs contain the bodies of King Henry VI, the Empress Constance of Aragon, King Roger II and Queen Constance of Altavilla, whose precious crown was found inside her coffin.

The Cathedral "Camera del Tesoro" (Treasure Chamber) is a must-see for visitors. On displays are masterpieces of medieval art religious objects (goblets, crosses and vestments), ornaments and jewelry.

Kept inside the cathedral are also the Holy Relics of Santa Rosalia, the beloved patroness saint of Palermo, whose remains have been kept inside a silver urn since 1631. Don't miss to visit the crypt which hosts 23 tombs of Palermo notables.

The cathedral is open daily from 9:30 a.m. to 1:30 p.m. (Holidays: 8 a.m. to 1:30 p.m. and 4:30-6 p.m. The Treasure Chamber opening hours are: Monday through Saturday from 8:30 a.m. to 5:30 p.m. Cathedral tours can be arranged by calling 091-334373. Tickets: € 2.50 and 1.50. For more information call the Palermo Tourist Office: 091 6058111.



Photo by Palermo Cathedral Press Office

The tombs of Sicilian kings and queens are among the highlights of the Palermo Cathedral. Visitors can have a chance to step back in time to learn about the different foreign civilizations that have conquered the island over the centuries.



Photo by Giuseppe Stimolo

The magnificent Palermo Cathedral holds a very special place in the history of the city and its Catholic community. Built in the 12th century, it is a repository of art treasures, tombs of kings and holy relics.

Kartodromo

Magnolia

Piano Concert at Catania Bellini Opera House



Photo by Blumedia Press Office

Piano legend Radu Lupu will perform at the Bellini Opera House on Wednesday, Nov. 19 at 9 p.m.

Lupu began playing at the age of 12. During his career, he has won the following international piano competitions: "Van Cliburn," "Enescu International" and "Leeds International."

Lupu, who was awarded twice the prestigious "Premio Abbiati" which was given by Italian music

critics in 1989 and 2006, the "Premio Arturo Bendetti Michelangeli" and a Grammy, has performed with the most famous conductors including Herber von Karajan, Riccardo Muti, Daniel Barenboim, Carlo Maria Giulini and Zubin Mehta. He will play music by Beethoven and Schumann. For more information and tickets call Associazione Musicale Etnea phone: 095-321252.

Stampa

Jazz concerts this weekend

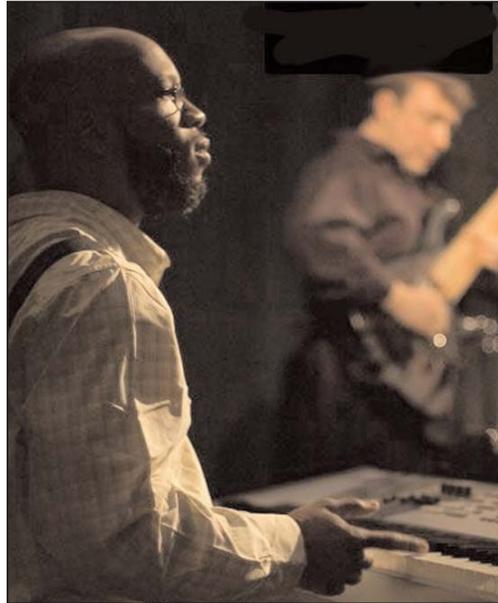


Photo by Blumedia Press Office

American pianist Orrin Evans and his trio (Ben Williams, double bass and Chris Beck, drums) will perform tonight at the Y's Club in Catania.

Born in Philadelphia, Evans is one of the most acclaimed American

jazz pianists in the world. His last work blends tradition with modernity. Over the year he has performed with top class jazz artists such as Bobby Watson Jack Walrath, Wallace Roney, Branford Marsalis, Pharoah Sanders etc.

Tomorrow night, (Nov. 15), Trio Be Bop (Laura Sfilio, piano and vocals, Nello Toscano, double bass and Enrico Di Bella drums) will be on the Y's Club stage to play unforgettable jazz classics such as: "Don't know why", "One flight down" by Jesse Harris, "Turn me on" by Loudermilk, "The nearness of you" by Hoagy Carmichael, "Baby baby all the time", "Devil may care", "Straighten up and fly right" by Nat King Cole, "Fly me to the moon", "My baby just cares for me" by Gus Kahn, "Cry me a river" by Arthur Hamilton, "Saving all my love for you" by Whitney Houston, "The closest thing to crazy" e "Call off the search" di Katie Melua, "Fever" Eddie Cooley and Otis Blackwell.

For tickets and more info, call: 095-7233120 or 392-9266069.

NEWS BRIEFS

Dental Assistant Training

The American Red Cross Sigonella will be offering a course in Dental Assistant Training beginning Jan. 12, 2009. Acceptance into the program is competitive and offers 300-500 hours of On-the-Job Practical Dental Assisting Training which can be used for future work in the field of Dental Assistance. A mandatory orientation meeting will be held Nov.

17 at 10 a.m. at the Red Cross Office. For more information, please call the Red Cross Field Office and speak with Christina Hood or Anel Talley at 624-4900.

Need a Gift for Mom or Dad for the holidays?

Want to meet Santa? Come to NMCRS Santa's Helper Sale on Dec. 6 from 10 a.m. - 1 p.m. Teen volunteers help kids shop for their families while moms and dads enjoy fresh-baked goodies. Enjoy free gift wrapping and free pictures with Santa! The children's sale will be held in the Youth Center next to the Nearly New Store.

Girl Scouts Craft Bazaar

Come out and support the Girl Scouts during a community wide Craft Fair, held on Nov. 15 from 9 a.m. to 1 p.m. at the Knight's Hall Elementary School. There will be over 15 home crafters who will display their creative and unique materials, and all are invited to come out and enjoy the beginning of the holiday season.

THE
Signature
SIGONELLA, SICILY

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Days Inn

Strike

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Take a trip to Castelmola

Article and photos by
Lt. j.g. Matt Knight
Public Affairs Officer

Castelmola, Sicily is an ancient and beautiful little village nestled high above Taormina on a cliff overlooking the surrounding towns. The village's roots trace back to the Greeks who built it as a more protected extension of their Taormina colony. Today, the village has a variety of shops, restaurants and coffee bars, which are complimented by the absolutely stunning views of Mt. Etna, Taormina, and the bay of Giardini Naxos. The village offers a relaxing and quiet break from the noise and exhaust of all the cars and busses around Taormina, because all of the streets are walking paths and are closed to scooters and are too small for any vehicular traffic.

Site: Five Stars

Castelmola earns a full five stars for having the perfect combination of interesting sites, historic buildings, peaceful surroundings and breathtaking views. The town is best known for its scenic views, castle ruins and Vino di Mandorla, or Almond wine, which is a sweet almond flavored white wine that is made locally. Other interesting things to see in the town are the International Eagle and Falcon show centre - which is above the town square and has daily shows April through October - Bar Turrisi, a coffee bar known for its phallic décor; although it should be noted to parents that even though it is only a coffee bar, Bar Turrisi's décor makes it an adult establishment that many would find inappropriate for younger viewers. Other sites around the town include the imposing church "La Chiesa Madre," or Duomo, as it is common-

ly called, and the smaller "Chiesa di San Giorgio."

Family Friendly: Two Stars

Castelmola is a wonderful and enchanting village, but loses three stars due to its precarious location on top of the cliff. Because of its location and many winding roads filled with tight turns, narrow alleys and many stairs, it may be difficult for a family with children to navigate. Also, the adult nature of many of the gift shops due to the fame of one of Castelmola's local coffee shops may make for some very discretionary shopping for parents with young children who don't want to explain what the phallic gift shop items are.

Accessibility: Five Stars

Castelmola is very easy to reach from NAS I or NAS II and has basically the same directions as Taormina. To reach Taormina in a personal vehicle, simply get on A19 Autostrada towards Catania. Follow signs to Catania/Messina and exit on A18. Take the exit for Taormina Nord. A18 is a toll road so remember to bring along a couple euros for each leg of the trip. Since there is no parking in Castelmola and only limited parking on the way there, the best route is to park in the Taormina parking garage that charges roughly 1.50 euro an hour. Take the free orange colored shuttle to up to Taormina. Right across from where the free shuttle drops off, a blue Interbus picks up passengers for Castelmola about once every other hour and charges 1.50 euros each way. A note on the parking garage: if driving a vehicle that is larger than a small SUV, choose the "Bus or Minibus" parking. The car parking is only accessible via a spiral ramp that a long or wide vehicle won't fit in. Those desiring a more athletic

approach can try the half day hike via the pedestrian path from Taormina to Castelmola. Simply climb the steps which ascend to the sanctuary of the Madonna della Rocca. This can be found above the Church of San Giuseppe off one of Taormina's main squares.

Travel Time: Four Stars

Castelmola rates four stars for travel time because the overall trip is approximately one hour from NAS I if driven directly. Times may vary based on bus schedules or hiking time.

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



The hilly nature of Castelmola makes the town a multi-leveled adventure with foot paths winding between the two and three storied buildings that are throughout the village.

STAMPA

Rigattiere



Clockwise from top left: A view of La Chiesa Madre in Castelmola with Taormina and the bay of Giardini Naxos in the background. The scenic side streets of Castelmola add to the inherent charm of the village and hide many interesting discoveries around each corner. Castelmola is located on a cliff that rises above Taormina giving the village an amazing view of the surrounding landscape. A view of Taormina, and the bay of Giardini Naxos from the International Eagle and Falcon show centre located above the Castelmola Town square.

Nurse

Protestant Women
of the Chapel



ALL WOMEN WELCOME!
Women's Ministries
Tuesdays: 9:15 a.m. NAS I
Chapel, 7 p.m. Mineo & Marinai
Community Centers
For more info
www.pwocsig.com



Attention all good standing
Catholic gentlemen!
Come join the ranks of
Sigonella's newest Knights of
Columbus Chapter!
We meet the first Sunday of
every month at 10:00 a.m.
at the NAS I Chapel Fellowship
Hall.
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/

Tamoil

Musco

Ristorante Bella Etna

New Galley Hours

Monday-Friday
Breakfast 0600-0830
Lunch 1100-1300
Dinner 1630-1830

Saturday-Sunday-Holiday
Breakfast 0700-0900
Brunch 1000-1300
Dinner 1630-1830

Friday
14

Lunch: New England Clam Chowder, Vegetable Lasagna, Pork Chops w/ Mushroom Gravy, Steamed Rice, Potatoes Garlic Roasted, Steamed Asparagus, Seasoned Okra, Lemon Cookies, Carrot Cake.

Speed line: Grilled Cheese/Hamburger, Baked Beans, French fried Potatoes.

Dinner: Cream Of Mushroom Soup, Scandia Fish, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Carrot Cake.

Saturday
15

Breakfast: Farina, Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hash Brown Potatoes, French Toast, Asstd Doughnuts, Pecan Sweet Roll.

Brunch: Breakfast Items, Vegetable Beef Soup, Baked Tuna & Noodles, Cajun Fries, Mixed Vegetables, Hot Beets, Chocolate Drop Cookies, Apple Crisp.

Dinner: Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.

Sunday
16

Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hash Brown Potatoes, Fried Rice, Waffles, Asstd Doughnuts, Twist Coffee Cake.

Brunch: Breakfast items, Bean & Bacon Soup, Reuben Sandwiches, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.

Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Jaegerschnitzel, Aztec Rice, Steamed Broccoli, Turnip & Bacon, Yellow Cake w/ Frosting, Hermits.

Monday
17

Lunch: Chicken Noodle Soup, Rosemary Turkey Roast, Baked Ham, Mashed Potatoes, Sweet Potatoes w/ Syrup, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake.

Speed line: Sub Sandwich & Vegetarian Spaghetti.

Dinner: Spanish Soup, Steak w/ Onions, Pasta Prima Vera, Baked Potatoes, Vegetable Stir Fry, Collard Greens, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake.

Tuesday
18

Lunch: New England Clam Chowder, Roast Pork, Chicken Lemon Sauce, Aloha Sweet Potatoes, Harvest Rice, Brown Gravy, Baked Beans, Glazed Carrots, Pineapple Upside Down Cake, Hawaiian Ambrosia.

Speed line: Chicken Fillet Sandwich, Onion Rings.

Dinner: Beef Rice Soup, Roast Veal w/ Herbs, Garlic Cheese Potatoes, Steamed Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, Pineapple Upside Down Cake, Hawaiian Ambrosia.

Wednesday
19

Lunch: Vegetable Beef Soup, Pasta Carbonata, Lemon Baked Fish, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Steamed Spinach, Cherry Cheese Cake, Chewy Nut Bars.

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

Dinner: Minestrone Soup, Salisbury Steak, Tossed Green Rice, Mashed Potatoes, Brown Gravy, Steamed Beans, Stewed Tomatoes, Cherry Cheese Cake, Chewy Nut Bars.

Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings

Thursday
20

Lunch: Egg Drop Soup, Chicken Cacciatore, Beef Stroganoff, Mashed Potatoes, Steamed Pasta, Seasoned Mix Vegetables, Steamed Cauliflower, Chicken Gravy, Vanilla Cookies, Devils Food Cake.

Speed Line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Cheddar Cheese.

Dinner: Chicken Noodle Soup, Spinach Lasagna, Oven Brown Potatoes, Corn O'Brien, Simmered Carrots, Brown Gravy Garlic Herb Roll, Vanilla Cookies, Devils Food Cake

Armed Forces Geico

ON THE GO WITH MWR

Explore Europe's finest cities this Christmas

Christmas in London awaits Signonellans from Dec. 23 to 28. Explore one of the world's most exciting and history drenched cities as you visit famous sights such as Big Ben, Trafalgar Square, Tower Bridge and many more. Priority is given to Single Sailors E-5 and below and for a bargain price of \$610 per person that includes airfare and accommodations. With spaces still available and \$100 deposit to secure your place. For more information call at 624-5602

Is a Roman holiday on your wish list? Then this trip is just for you. Christmas in Rome is a

popular extended trip for ITT and has proven a favorite with Signonellans every year. From Dec. 22 to 26, Signonellans can visit the great Roman Coliseum, the Sistine Chapel and museums, as well as the Vatican for Midnight Mass with the Pope.

This four-day trip will show you the wonders of the Eternal City and guarantee a trip of a lifetime experience for singles, couples and families. Limited space is available and \$100 deposits can be taken now. For more information call ITT on 624-4777.



Sicily in Stone: adventure to Agrigento and climb the Turkish Steps

On Nov. 16, ITT Gear-N-Go invites you to experience Sicily in stone with a visit to Agrigento's Valley of the Temples and the Turkish Steps.

Agrigento resides on Sicily's southern coast and is home to the ancient Greek city of Akragas, one of the leading cities during ancient Greece's golden age. In BC, the city was ruled by Romans and later the Carthaginians in 255 BC. Today, its "Valley of the Temples," is a world-wide attraction and includes seven massive Greek temples. The World Heritage Site has now been excavated and partially restored and houses some of the largest and best-preserved ancient Greek buildings outside of Greece.

ITT organizes monthly day trips to Agrigento, where the guided tour takes you through the seven sacred temples still standing today. You will see the Temple of Hera, Lacinia, Concordia, Hercules, Olympian Zeus (Jupiter), Castor and Pollux

(Dioscuri) and Vulcan. Visitors can walk the stoned path and marvel at these magnificent feats, erected thousands of years ago when construction tools and equipment were at their most primitive.

In addition to the impressive temples, the trip also includes a visit to the nature made wonder, the Turkish Steps. Known to the locals as La Scala dei Turchi, this natural rock formation, resembling a set of stairs coming out of the sea, along the coast of Realmonte, in the Province of Agrigento. Taking its name from past raids of piracy by the Saracens and Arab Nations, Turkish pirates in fact, found shelter in this area and a safer landing.

With so much history, both man-made and natural, to be found in Agrigento, there is no better time than now to introduce yourself to a world of mythical beauty and nature at its best.

For more information call ITT at 624-4777.

NOVEMBER 14 - NOVEMBER 21

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE & DESCRIPTIONS



Friday, November 14

3:00pm Babylon A.D. PG-13
5:00pm The Women PG-13
5:30pm High School Musical 3 G
7:30pm Ghost Town PG-13
8:00pm Lakeview Terrace PG-13
9:00pm Disaster Movie PG-13
FREE to E4 & below

Saturday, November 15

2:00pm The Women PG-13
2:30pm Burn After Reading R
4:30pm High School Musical 3 G
5:00pm Madagascar: Escape 2 Africa PG
7:30pm Igor PG
8:00pm Changeling R
9:30pm Righteous Kill R
FREE to E4 & below

Sunday, November 16

2:00pm Igor PG
2:30pm Ghost Town PG-13
4:30pm Lakeview Terrace PG-13
5:00pm Madagascar: Escape 2 Africa PG
7:00pm Burn After Reading R

Monday, November 17

3:00pm Madagascar: Escape 2 Africa PG
5:00pm Bangkok Dangerous R
5:30pm Ghost Town PG-13
7:30pm High School Musical 3 G
8:00pm Righteous Kill R

Tuesday, November 18

3:00pm High School Musical 3 G
5:00pm The Women PG-13
5:30pm Igor PG
7:30pm Changeling R
8:00pm Miracle at St. Anna R

Wednesday, November 19

3:00pm The Women PG-13
5:00pm Madagascar: Escape 2 Africa PG
5:30pm Lakeview Terrace PG-13
7:30pm Bangkok Dangerous R
8:00pm Burn After Reading R

Thursday, November 20

12:00pm Over the Hedge PG **FREE**
3:00pm The Changeling R
5:00pm The Women PG-13
5:30pm Bangkok Dangerous R
7:30pm Disaster Movie PG-13
8:00pm **THROWBACK THURSDAY FREE**
Good Luck Chuck R

Burn After Reading (R)

An ousted CIA official's memoir accidentally falls into the hands of two unwise gym employees intent on exploiting their find. (95 min.)

Ghost Town (PG-13)

Bertram Pincus is a man whose people skills leave much to be desired. Pincus dies unexpectedly, but is revived after seven minutes, he wakes to discover he has the ability to see ghost. A ghost pesters him into breaking the impending marriage of his widow Gwen. That puts Pincus in the middle of a triangle, with spirited results. (102 min.)

Igor (PG)

A hunchbacked lab assistant has big dreams of becoming a mad scientist and winning the first prize at the annual Evil Science Fair. (88 min.)

High School Musical 3 (G)

High School seniors Troy and Gabrielle are facing the prospect of being separated from one another as they go to different colleges. Joined by the Wildcats, they stage a spring musical reflecting their experiences, hopes and fears about their future. (112 min.)

Madagascar: Escape 2 Africa (PG)

Hoping to return to New York via a penguin-piloted plane, the four animal friends crash land in the plains of Africa. (89 min.)

Changeling (R)

A mother prays for the return of her kidnapped son. Her prayers are answered, however, she begins to suspect the boy who comes back is not her child. Inspired by true events that took place in Los Angeles in the 1920's (121 min.)

Lakeview Terrace (PG-13)

A young interracial couple move into their dream home and are increasingly harassed by their next-door neighbor, a tightly-wound black LAPD officer. When the couple decides to fight back the feud turns deadly. (106 min.)

Righteous Kill (R)

A pair of New York City detectives is on the trail of a serial killer. Before they can retire, they are called in to solve a murder, which appears to have ties to a case they solved years before. Like the original murder, the victim's body is found by a poem justifying the killing. The similarities between the recent killings and earlier cases raise a question: Did they put the wrong man behind bars? (101 min.)

Miracle at St. Anna (R)

Four soldiers from the Army's Negro 92nd Division find themselves separated from their unit and behind enemy lines. Risking their lives for a country in which they are treated with less respect than the enemy they are fighting, they discover humanity in the small Tuscan village of St. Anna di Stazzema. (160 min.)

The Women (PG-13)

In New York City's modern whirl of fashion and publishing, Mary Haines seems to have it all: a country home, a rich husband and a career creating designs for her father's company. Her best friend, Sylvie, leads an enviable life as a happily single editor of a prominent fashion magazine. When Mary's husband enters into an affair with Crystal Allen, a sultry "spritzer girl," all hell breaks loose and their relationship is tested to the breaking point. (114 min.)

SHOWING FRIDAY, NOVEMBER 21

3:00pm Madagascar: Escape 2 Africa PG
5:00pm The Women PG-13
5:30pm High School Musical 3 G
7:30pm Ghost Town PG-13
8:00pm My Best Friend's Girl R
9:00pm Miracle at St. Anna **FREE to E4 & below**

COMING SOON

Flash of Genius
Nick & Norah's Infinite Playlist

Monthly Special

Nerds Ropes and Lemon Fanta are 2 for \$1. Every Monday, the 3 p.m. show features a small popcorn and small drink for \$1.50. Call the movie hotline at x4248 or x4216 for special showings of free matinees for kids and to confirm show schedule.

Doug Casto fires up Chili Cook-Off with winning entry

ITT Doug Casto of PSD won this year's annual chili cook-off. The Ohio native loves to cook and prepares most of his family's meals. He shares his winning recipe with all Signonellans who prefer their chili fiery. Other noteworthy chili contestants include Ron Herb, Denise Potts and Chris Lee.

Casto's Spicy Chili

1 pound ground beef
2 links spicy Italian brats
2 links Chorizo brats

2 whole Japlepeno peppers
1 medium red onion
6 garlic cloves

2 packages McCormick hot chili mix
1 tbsp Zatarain's creole seasoning
1 tsp chili powder
½ tsp Mrs. Dash extra spicy seasoning
½ tsp Mrs. Dash table blend seasoning
½ tsp Mrs. Dash tomato basil garlic seasoning
1 tsp ground ginger
½ tsp cayenne pepper

2 4 oz. cans drained mushrooms
2 8 oz. cans Hunt's tomato sauce
2 10oz. cans diced tomatoes with Habaneros
1 14oz. can diced tomatoes
2 16 oz. dark red kidney beans
1 16oz. jar Pace Picante Hot Sauce

Naval Air Station



Quick assist loan provides relief for small emergencies

Article by Diann Rickert
NMCRS Volunteer

It has happened to us all at some point in life - a financial emergency that comes at the worst times. Moments like these, when individuals are already feeling stressed, can lead some to grasp at an easy solution. Sometimes, however, these solutions are not the most beneficial. Navy Marine Corps Relief Society is stepping out to offer a solution that is both easy and beneficial.

Quick Assist Loans have brought about a fast way for Sailors and their families to get financial help in a crisis. These loans are designed to have service members in and out of the office within 15 minutes with the proper preparation. As long as the service member brings their military identification and most recent Leave and Earnings Statement, the process is very quick and easy. Although coming without these items will not be cause for a loan refusal, it may be cause for a repeat visit. Although no appointment is necessary, filling out the application ahead of time may also speed up the visit.

The Quick Assist Loan (QAL) was designed to help service members with basic living expenses, medical and dental expenses, vehicular needs or a family emergency where they are in need of less than \$300. The advantage is that these loans, as common with any NMCRS aid, are interest free. One of the main goals behind these loans is to help avoid the high interest rates of other money lending services. In the end, it is designed to help service members find a realistic way out of their emergency without finding themselves in deeper financial problems after the fact.

Brandon Sierra, a local Sailor, recently had a very good experience utilizing the service. "There I was, brand new seaman fresh out of A-school. I had been eating nothing but ramen noodles and tap water for a couple of days. It was the only thing that I could afford. Some surprise expenses had come up and I was flat broke. I felt as if I had nowhere to turn. That was the day that we had our NMCRS brief during base indoctrination class. The woman speaking mentioned something called the Quick Assist Loan. I jumped all over it, I went straight up to the NMCRS office and after a few painless questions and one page of paper work, I was done. Within a few minutes I was walking out with a check and enough money to eat like a king until the next pay period. I was also given some great information on how to avoid such a situation in the future. In short, the relief society lived up to their name and reputation. I recommend their services to anyone that could use a little help getting back on the track to financial stability. Thanks again!"

While QALs are a convenient way of helping service members out of a pinch, NMCRS hopes to make it possible for service members to succeed on all levels while in the military. Providing this service will hopefully help service members avoid the pitfalls of high interest loans. Once the service member is past the emergency, NMCRS encourages the customers to come back in to do a budget with one of their caseworkers. By taking a proactive stance, they can hopefully help the individual prepare for future emergency situations.

Think fire safe: turkey fryers

Article by Gene Tatum
NASSIG Fire Department

A growing trend among Americans is frying a turkey for their holiday meals. Fried turkey can be a delicious treat - and for some, a family tradition - but don't sacrifice your family's safety for good taste. Based on their own testing, The Underwriters Laboratories (UL) finds the risk of frying turkey so great that they do not certify any turkey fryers with their respected UL mark.

The reasons why these fryers are considered unsafe are:

- Many units easily tip over, spilling the hot oil within the cooking pot.

- If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner/flames causing a fire to engulf the entire unit.

- Partially frozen turkeys placed into the fryer can cause a spillover effect. This too, may result in an extensive fire.

- With no thermostat controls, the units have the potential to overheat the oil to combustion.

- The sides of the cooking pot, lid and pot handles get dangerously hot, posing severe burn hazards.

- If you decide not to heed the warnings given by the UL and the NASSIG Fire Department, there are some important safety tips that we recommend you take to protect yourself and the safety of your family.

- Make sure the turkey is completely thawed and be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.

- The National Turkey

Federation recommends refrigerator thawing and to allow 24 hours for every five pounds of bird thawed in the refrigerator.

- Keep an ABC dry chemical fire extinguisher nearby. These are available at the NEX. Always have someone activate (call) the 911 system, immediately. Do not wait, even if you are attempting to extinguish the fire yourself. It only takes a matter of minutes for a fire to get out of control.

- Never use water to extinguish a grease fire.

- Even after use, never allow children or pets near the turkey fryer. The oil inside the pots remains dangerously hot, hours after use. Turkey fryers should always be used outdoors a safe distance from buildings and any other burnable materials.

- Only use outdoors! Never use turkey fryers on wooden decks or in garages.

- Fryers are unstable and can tip over easily. Make sure the fryers are used on a flat surface to reduce accidental tipping.

- Never leave the fryer unattended. Most units do not have thermostat controls. If you don't watch the fryer carefully, the oil will continue to heat until it catches fire.

- To avoid oil spillover, do not overfill the fryer.

- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.

- If you have any questions about the safe use of a turkey fryer, you can call the Fire Prevention Office at X5200/5202/6957 or look up turkey fryers on the Underwriter Laboratories website at www.ul.com.

CANDIES, continued from page 2
makes a big difference. Parents should start thinking about their children's dental hygiene from age one and learn how to brush their young kids' teeth. Until age seven or eight, children can't brush well by themselves. They should also have regular dental checkups and find out at the dentist's office how much fluoride they should be getting.

Dental Appointment Desk 624-4205

Materials taken from Dr. Sanjay Gupta's Tip for Healthy Halloween.

JOB, continued from page 5

effectiveness for job hunters: none of three major sites we queried could cite placement success rates. Indeed, targeted résumés are generally more effective than "resume blasting," says Rebecca Smith of Fremont, Calif., founder of eResumes & Resources.

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

BOGUS JOB OFFERS

One of the most prevalent scams is a cyber-twist on an old con: the fraudulent job-placement scheme. Job hunters who have publicly posted their résumés receive spam e-mail touting phony employment or work-at-home business opportunities. The object is to get the victim to pay a big fee, sometimes thousands of dollars, for job-placement assistance or to start a home business. But the "job openings," often government positions, are nonexistent or can be viewed free in classified ads or online job boards.

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

ID ATTACKS

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

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

WHAT YOU CAN DO

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

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

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

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

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

seekers.

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

STANDDOWN, continued from page 1

p.m., or the afternoon session, which is held from 12:30 p.m. until 4:00 p.m. "We're all humans and we all are exposed to risks," said Tatro. "We're all here to help each other out."

Cristaldi

S. Vito

Sol

Jet Service

THANKSGIVING, continued from page 1

can do so at three locations - the Chaplain's Office, [redacted] home in Mineo, or [redacted] home in Marinai. Any left over food will be taken to MWR's Take 5 facility for single Sailors there.

Those who are handling food, serving it, or cooking it are highly encouraged to attend a food handlers course on Nov. 21 at the training building on NAS II in classroom one from 2:00 p.m. until 4:30 p.m. For more information, contact [redacted] at [redacted].

That's not all going on on Nov. 27. Do you remember the names of the ships that landed on Plymouth Rock? If so, the Thanksgiving Tournament, held at Take 5 on NAS II is for you. According to [redacted], Take 5 Manager, there will also be a Guitar Hero Tournament, so start practicing your best air guitar now. They will also be offering desserts starting at 12:00 p.m.

On NAS I, in addition to brunch, Thanksgiving Day will be filled with free desserts all day and free bowling and movies at the theatre starting at 6:00 p.m.

Planning on doing a little overindulging on Nov. 27? Burn off those calories even before you eat them at the Pumpkin Pie Spin-Off, held at the Fit District on NAS I from 8:15 a.m. until 10:15 a.m.

There's something for everyone on Nov. 27, so make sure to get out and enjoy some of the activities being offered.

CHAPLAIN, continued from page 2

Sometimes it comes out in a persons affect. Their actual attitude will change. As they have these thoughts and feelings about their life they will begin to express them outwardly. They often take the form of behaviors such as crying, emotional outbursts,

recklessness, drug/alcohol abuse, withdrawal, etc . . . There may even be physical changes as well that include, but are not limited to: a lack of interest, lack of energy, disturbed sleep, loss of appetite, and an increase in minor illness.

Sometimes these invitations are subtle and hard to spot. Others are up front and may even catch us off guard. It can be as simple as a change in attitude around work or as blatant as expressing reasons for no longer living life. Nonetheless these invitations are usually there . . . we just need to learn to listen and be attuned to them as they are being expressed.

Just like the signs that are being given when a driver flashes his/her headlights at us from oncoming traffic people with suicidal thoughts may give us warning signs about their thoughts. Just as we have to process and determine what the driver is trying to tell us we need to do the same with persons with suicidal thoughts. *If people you know are giving the signs then the first step in intervention is to listen.* Listen to the things being said. Do they sound different? Do they sound as if things are hopeless and life does not seem worth living? Take the first step in a suicide aware community and listen to the people around for invitations and signs for help.

WWI, continued from page 1

sacrifice and reminded them to not forget to thank them for their service

The 45-minute ceremony closed with a moment of silence and benediction, followed by refreshments, which gave city members time to interact with the Sailors.

"To me, the best part of the whole thing was having the Italians invite us out to the ceremony in uniform, which gave me a chance to represent the Navy in uniform, while giving back to a community that I otherwise just drive through on the

way home," said AE1 (AW) Nolan Schramm.

ETHOS, continued from page 1

proud to play a part today in living these words."

"From the North Cape of Norway, through the waters of the Baltic, Black and Mediterranean seas, Africa and parts of the Middle East, our Sailors play a critical role in maintaining the Global sea lines of communication," he said. "Along with the more than 400,000 military and 180,000 civilian personnel worldwide, we share a common bond of service, regardless of background, personal experience, or position."

The New United States Navy Ethos:

We are the United States Navy, our Nation's sea power - ready guardians of peace, victorious in war.

We are professional Sailors and Civilians - a diverse and agile force exemplifying the highest standards of service to our Nation, at home and abroad, at sea and ashore.

Integrity is the foundation of our conduct; respect for others is fundamental to our character; decisive leadership is crucial to our success.

We are a team, disciplined and well-prepared, committed to mission accomplishment. We do not waver in our dedication and accountability to our Shipmates and families.

We are patriots, forged by the Navy's core values of Honor, Courage and Commitment. In times of war and peace, our actions reflect our proud heritage and tradition.

We defend our Nation and prevail in the face of adversity with strength, determination, and dignity.

We are the United States Navy.

Get your flu shot!



Photo by Tracie Barnhouse, Signature Editor
Command Master Chief Rosa L. Wilson receives her influenza vaccine from Preventative Medicine Division personnel. Flu vaccines are a medical readiness requirement for all active duty personnel.

The Preventative Medicine Division is currently going around to each command and giving out flu vaccines in the form of a traditional shot, or a flu "mist," which is a weakened virus that is sprayed into the nostrils.

Receiving the flu vaccine is a medical readiness requirement for all active duty personnel. To find out when your unit has an appointment with the Preventative Medicine Division, contact your unit Medical Readiness Coordinator.

For those who miss their units scheduled time, they can get their

vaccination at the Wellness Fair at the Midtown gym on NAS I on Nov. 14 from 11 a.m. until 6 p.m. If you still have not received your flu vaccination by Nov. 18, the Preventative Medicine Division will be administering them during the base Safety Stand-Down, on Nov. 18, 19, 20.

Dependents can receive their flu vaccine at the Naval Hospital Immunization Clinic on NAS I, which is open from 8 a.m. until 11 a.m. and 1 p.m. to 3 p.m. Monday through Friday. They are closed Wednesday afternoons for training.

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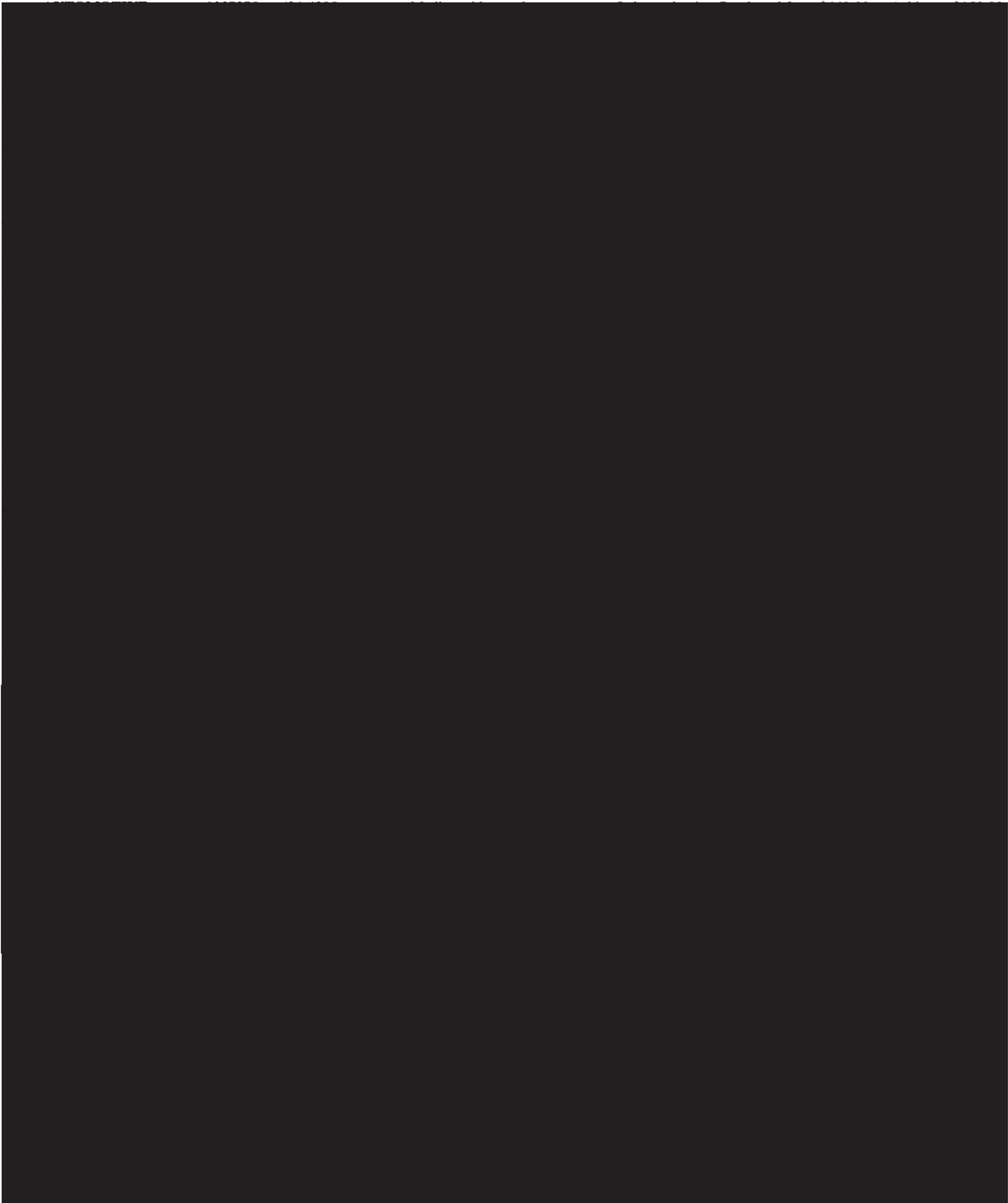
IL Mercato

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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