



Wellness Fair helps Sailors 'Learn More, Live Better'

Article and photos by
MCSA Whitfield Palmer,
Fleet Public Affairs Center
Detachment Sigonella

The Naval Air Station (NAS) Sigonella Health Promotions Department and Navy Morale, Welfare and Recreation (MWR) sponsored a Wellness Fair at the Midtown complex on NAS I to help educate the Sigonella community about health and wellness Friday, Nov. 14.

"We are providing a range of vital information, from breast cancer and mental health awareness to information about massage and physical therapy," said Paola Klein, Health Promotions coordinator at Naval Hospital Sigonella. "We are hoping to educate everyone by bringing all of these departments together."

Booths providing annual flu vaccines were available, and Drug and Alcohol Program Advisors (DAPA) were on hand to provide information about their services.

MWR offered exercise demonstrations, and there was a booth that provided personal information

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UT2 Esteban Echevarria receives the annual flu vaccine during the Wellness Fair at NAS Sigonella Nov. 14. With the slogan "Learn More, Live Better," the Naval Hospital Sigonella Health Promotions department coordinated the event to help educate the community on various ways to achieve better health and wellness.

Sigonella attends 'Holiday Safety Stand Down'

Article by MC3 Jonathan Idle
Signature Staff

Members of Naval Air Station Sigonella attended the mandatory annual "Holiday Safety Stand-down" Nov. 18-20 at the Midtown Movie Theater at the Midtown Complex on NAS I.

The topics addressed at the stand-down included alcohol abuse, suicide awareness, winter safety and tobacco use.

Capt. James Bloom, Naval Hospital Sigonella Commanding Officer, opened the stand-down by addressing the topic of drunk driving among members of the Sigonella community.

"Many of the alcohol blows that are positive are occurring now on Saturday morning and Sunday morning," Capt. Bloom said. "The Sailors are not getting caught on Friday night coming back from the clubs, and it looks like the plan that you've put in place for the designated driver or other transportation is working, because we don't have Sailors attempting to get back on

base who are intoxicated."

Capt. Bloom reminded Sailors that it takes several hours for even small amounts of alcohol to be completely processed by the human body.

"The problem now is Sailors who, on Saturday morning, still have enough alcohol in their system from Friday night to register on the breathalyzer," he said. "Most of those people are not at the intoxicated level, but please remember that it takes some time for your system to metabolize that alcohol. If you come home Friday night having had a reasonably pleasant night, you're probably going to last until about 10 a.m. Saturday morning before your blood alcohol will be zero."

Following Capt. Bloom's remarks, representatives from Alcohol Substance Abuse Council (ASAC) and the Substance Abuse Rehabilitation Program discussed the importance of Sailors getting

SAFETY continued on page 13

Sigonella runners take on Palermo Marathon

Article by
Tracie Barnthouse
Signature Editor

"I paid to do this?" That was the thought that kept coming into my head as I ran 13.1 miles on Sunday, Nov. 16 during the Palermo Marathon and Half Marathon. I, along with 33 other running enthusiasts from Naval Air Station (NAS) Sigonella took it to the streets of Palermo for this annual event and, despite the after effects of sore legs and blistered toes, along with that nagging question of "Why?" that I kept asking myself, I can honestly say that I'd do it again.

The weekend began on Saturday, Nov. 15 at the Child Development Center parking lot on NAS I. The sky had opened up and it



Photo by Zina Herb, MWR Fitness Director

The group of runners from Sigonella line up prior to the start of the Palermo Marathon and Half Marathon on Nov. 16. There were 34 runners from NASSIG who participated in the event.

was absolutely pouring down rain. Little pebbles of hail were thrown in, just for good measure. As the runners waited in our vehicles for the Morale, Welfare and Recreation (MWR) chartered bus, I have a feel-

ing we were all wondering the same thing - if the weather was any indication of what we could expect to run in the next day. Because I don't know if I'd be gung-ho about running whilst being hailed on.

As we traveled to Palermo, there was much excited chatter about the upcoming run, how much people had trained, and hopeful finishing times (for me, well... I just wanted to run the whole thing and not be last. I

have lofty goals.)

We arrived at our hotel, got checked in, and then wandered down to the race site to pick up our packets,

MARATHON, continued on page 12

WEATHER UPDATE

November 28
H:64F
L:46F



November 29
H:64F
L:48F



November 30
H:64F
L:57F



December 1
H:70F
L:57F



December 2
H:73F
L:54F



December 3
H:68F
L:50F



December 4
H:70F
L:48F



TOP STORIES

Yesterday we celebrated what I consider the best holiday of the year, Thanksgiving, because it celebrates the family, gives us an opportunity to give thanks for the many blessings we have received and is not ruined by commercialism. Read more about what Chaplain Rodes has to say about Thanksgiving.

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The Navy announced the implementation of a paternity leave policy authorized Oct. 14 which is part of the Fiscal Year 2009 National Defense Authorization Act.

Page 3

Holidays are special times for families, but when you are stationed overseas and living in another culture you need to plan ahead, be flexible, and open to celebrating in new ways. Living in a foreign country during the holidays does present some challenges, and provides a learning experience into a variety of cultural celebrations.

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Paternò townspeople will soon celebrate the annual religious festival honoring Santa Barbara (Saint Barbara, the town's beloved patron saint.

Page 6

Siracusa is an ancient city founded in 734 BC by Greek settlers from Corinth. Since then, empires have been leaving their mark in various forms of architecture and ruins that can be seen throughout the area.

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TRAFFIC NUMBERS

	Jan.- Nov. '08	Jan.- Nov. '07	Diff.
Accidents	247	248	-1
Injuries	44	39	+5
DUIs	7	7	0
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

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DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

Last Wednesday I had the pleasure and privilege of frocking 36 new third-class petty officers, 37 second-class petty officers and four first-class petty officers at Hanger 407 on NAS II. These Sailors took part in a very special Navy tradition and have entered a new chapter in their Navy journey, assuming great responsibility in the service of their country.

For the new third-class petty officers, the first part of their journey started with petty officer indoctrination. This three-day course was designed specifically to explain the rights and responsibilities of becoming a new petty officer in the United States Navy. Each part of the program explained something vitally important including military history, leadership and justice. The program

highlighted their new position and the added authority that comes with higher rank. They graduated with an increased knowledge of the responsibility they have to their subordinates, peers and superiors.

Our new second and first class petty officers have proven that they are technically competent to assume higher responsibility that comes with their new ranks. They have taken the next step forward in their careers and are an excellent example for the seamen and new third classes that are just now joining the petty officer ranks.

As the Navy transitions into a more competitive work force, it is crucial that you all take these exams seriously and make use of every available study tool as

well as starting to study now for the March exam. Base Education and Training offers an excellent Professional Military Knowledge course as well as an In-rate Training Program to develop "road maps" for advancement. I know these resources assisted our newly frocked petty officers to excel and I am sure they will tell you that the key is to use them early and often.

Congratulations to the newly frocked petty officers and I challenge you to keep pushing yourselves towards that next benchmark. For those of you who didn't quite make it this time around, now is the perfect time to set your study routine and begin preparing for the next exam.



Health WATCH

'Tis the Season for respiratory viruses

Article courtesy of
Cmdr. Tim Mott, M.D.
Fellow, American Academy of Family Physicians

The Holiday Season is a favorite time of the year for many, but it also heralds the unfortunate swell in seasonal cough, cold, and flu viruses. We're already seeing this expected increase in viral respiratory infections throughout Sigonella. If you, a family member, friend, or Shipmate happens to get one of these nasty "bugs," let me share some insights and resources.

Most of the seasonal viruses present as Upper Respiratory Infections, or "URIs." These include short-term infections of the middle ear (otitis), sinuses (sinusitis), nose (rhinitis), and throat (pharyngitis). Often, we have more than one of these areas involved and we simply say we have "a cold." It is a mistake, however, to lump "cold" and "flu" into the same category. URIs caused by cold viruses is far more common than infections by the influenza "flu" virus. However, a severe URI with high fever, dry cough, muscle aches (myalgias), and a prolonged course (usually a week or longer) may actu-

ally be the flu. Gastrointestinal (GI) symptoms such as Nausea, vomiting, and diarrhea are usually not common in cases of adult flu, but are more common in children.

Immunization with a flu shot or nasal spray vaccine is important to stem the chance of getting the flu. Equally as important, you are a good Shipmate and citizen for getting immunized as you may curtail the spread of the flu to those who may even die from this powerful virus—usually the very young, very old, and those with other severe illnesses. If you would like to win the Nobel Prize in Medicine, discover the cure to the common cold, but until then, symptomatic therapy (rest, hydration, analgesics, etc.) are the mainstay treatments. "Cold medicines" may help you feel better, but they are largely unproven to affect a speedier recovery. For proven cases of the flu, however, we do have some medications that may prove beneficial in most circumstances if caught early enough.

Seasonal viruses can also cause lower respiratory tract infections

RESPIRATORY, 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)
		1700	Contemporary Protestant (NAS II 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



Holidays rich in diversity

Article courtesy of
Chaplain Ken Rodes

Yesterday we celebrated what I consider the best holiday of the year, Thanksgiving, because it celebrates the family, gives us an opportunity to give thanks for the many blessings we have received and is not ruined by commercialism. In a few weeks we will celebrate three other wonderful holidays, Christmas, Chanukah and Kwanzaa, occurring around the same time. Each holiday has a rich tradition attached to it and an important message for its adherents. I would like to briefly describe each

Christmas - a Christian religious holiday and holyday, celebrates the birth of Christ and his coming into the world as its Savior. Jesus is the reason for the

season for Christians. Most everyone knows the Christmas story so I will move on to the other two celebrations which perhaps are less known

The story of Chanukah, a Jewish religious holiday, begins in the reign of Alexander the Great. Alexander conquered Syria, Egypt and Palestine, but allowed the lands under his control to continue observing their own religions and retain a certain degree of autonomy. Under this relatively benevolent rule, many Jews assimilated much of Hellenistic culture, adopting the language, the customs and the dress of the Greeks, in much the same way that Jews in America today blend into the secular

DIVERSITY, 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

NAVY News

Navy introduces paternity leave policy to Sailors

Article by Lt. Karen E. Eifert
Task Force Life Work

The Navy announced the implementation of a paternity leave policy authorized Oct. 14 which is part of the Fiscal Year 2009 National Defense Authorization Act.

The paternity leave policy provides Sailors another tool designed to help balance work and family. It grants 10 days of non-chargeable leave to married fathers who are currently serving on active duty following the birth of a child.

"I think the policy is great," said Yeoman 1st Class Luis Lujan who has two children and expects the arrival of a third in approximately two weeks.

"My wife is scheduled to have a C-section, which is a major surgery. She's going to need the time to recover and shouldn't have to worry about anything but healing during that time," he said.

Lujan said he'll adjust to a new routine during his paternity leave but feels it is important for him to help out during the critical first days after the birth of a new child.

Lujan said his wife usually takes the kids to school and picks them up from child care, but it's a job he'll assume during his leave.

"I'll also be doing the cooking, cleaning and laundry, and helping to care for the newborn," he said. "It's only fair."

Lujan's wife, First Class Petty Officer Monico Lujan, an active-duty hospital corpsman, said she's excited about the new paternity policy and said it makes her feel more committed to the Navy.

"The leave will really help us because we won't have family around to help," she said explaining that the nearest relative lives in Texas and will not be able to get time off from work to visit.

"But I think it's great because the Navy asks a lot of Sailors, and so it's like they are looking out for us."

The Navy, which is committed to becoming one of the top 50 employers in the nation and attracting the best talent possible, designed the

progressive paternity leave policy after considering the changing perspectives of work and family needs in the Navy. These perspectives include a desire for more family time.

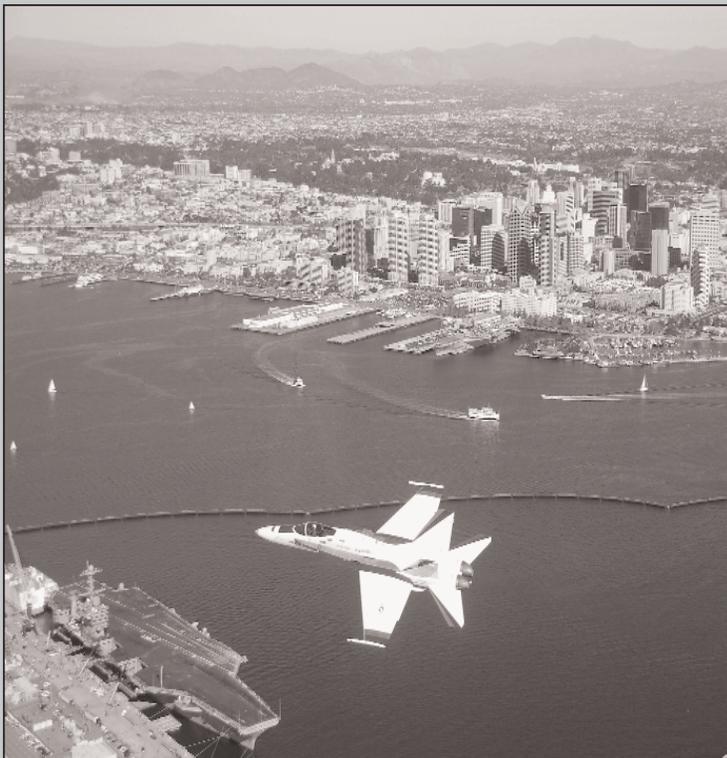
The Lujans are only one of several military families excited about the new paternity leave policy. The popularity of the new benefit among fathers demonstrates the priority both male and female Sailors place on striking a healthy balance between

work and family.

"We're pleased to be able to offer this highly-valued benefit," said Capt. Ken Barrett, head of Task Force Life Work, which helped spearhead the paternity leave policy. "Addressing life/work needs for our Sailors is a top priority. The ability for new dads to bond with a new baby or help mom at home is important to building healthy families and is a big priority for our Navy."

PHOTO FROM THE FLEET

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



U.S. Navy photo by Lt. Alex Allwein

An F/A-18C Hornet assigned to Fleet Readiness Center Southwest flies over Naval Air Station North Island and the aircraft carrier USS John C. Stennis to commemorate the 30th anniversary of the first McDonnell Douglas/Boeing F/A-18 flight. The Hornet making the commemorative flight was painted in the original manufacturer's paint scheme and piloted by Fleet Readiness Center Southwest chief test pilot Cmdr. Craig Reiner.



U.S. Navy photo by MC2 Zachary L. Borden

Operations Specialist 2nd Class Richard S. Martin, assigned to the guided-missile destroyer USS Ross (DDG 71), holds his son for the first time during a homecoming celebration following a five-month deployment. Ross deployed as part of the Nassau Expeditionary Strike Group (NAS ESG) supporting maritime security operations and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility.

NEW

Arrivals

New Monika
Hop

Volcano

 COMMUNITY CALENDAR				FRIDAY 28 NOVEMBER	SATURDAY 29	SUNDAY 30
				Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745		
MONDAY 1 DECEMBER	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745	Tobacco Cessation Class NAS 2 Flight Line Clinic 12 p.m. - 1 p.m. x4750 Healthy Pregnancy, Healthy Baby Red Cross 4:30 p.m. - 7 p.m. x4900	Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745 Motta Castle Tour FFSC 10 a.m. - 12:30 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	Ricotta Cheese Workshop FFSC 9 a.m. - 2 p.m. x4291 Volunteer Orientation Red Cross 10:30 a.m. - 11:30 a.m. x4900	Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745	Santa's Helper's Sale NMCRS 10 a.m. - 1 p.m. x4212 CPR Class Mineo 8 a.m. - 5 p.m. x4900	
8	9	10	11	12	13	14
Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745 Italian Holiday Conception Day	Volunteer Orientation NMCRS 10 a.m. - 11:30 a.m. x4212 Anger Management FFSC 8 a.m. - 11 a.m. x4291 Healthy Pregnancy, Healthy Baby Red Cross 4:30 p.m. - 7 p.m. x4900	Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291 Banking & Financial Services FFSC 10 a.m. - 11 a.m. x4291	Customs & Traditions Christmas Seminar FFSC 9 a.m. - 12 p.m. x4291	Saving & Investing FFSC 2 p.m. - 3:30 p.m. x4291 Alcoholics Anonymous NAS I Chapel 7 p.m. 346-840-7745	CPR Class NAS I 8 a.m. - 5 p.m. x4900	

Motta

Orange Park

Stags

Marchi

Did you know that . . .

Title Loan Companies charge an average annual percentage rate of 273%? Regulated by the same laws that govern pawn shops, these companies operate in 14 states, often near military bases, targeting low-income consumers. Title loan companies require the customer's vehicle title be held as collateral until the loan is paid in full. Many require a set of keys to your car to facilitate vehicle repossession, in case you miss a single loan payment. By making only the minimum loan payment, none of the money you pay is applied to the principal, and the loan is rarely repaid. Before falling victim to this consumer rip-off, visit your local NMCRS Office for financial assistance.

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Holidays Overseas: preserving the old -- exploring the new

Article Edited from MilitaryOneSource

Holidays are special times for families, but when you are stationed overseas and living in another culture you need to plan ahead, be flexible, and open to celebrating in new ways. Living in a foreign country during the holidays does present some challenges, but it also provides an exciting learning experience into a variety of cultural celebrations. When you can identify the holiday traditions you and your family want to preserve, and when you are open to embracing new holiday customs, you can create new traditions and wonderful memories.

Days Inn

There are many ways to create a holiday spirit wherever you are. Here are a few ideas that may be helpful:

Bring holiday keepsakes with you from home. Even though you may have had limitations on the weight allowance for your household goods shipment, it may still be possible to gather the familiar things that say "holidays" for you and your family. These might include favorite ornaments, holiday photos, cookie cutters or molds, recipes, candles, lights, and music. Keep your collection of treasures in a special box. During your overseas tour, add new treasures to remind you of the memorable traditions you began while living in your host country.

Make a list of things to do in order to get ready for the holiday. This will help build anticipation and get you and your children in the holiday mood. Involve your children and friends' children in shopping at local stores, and put them in charge of activities like cookie making for the neighborhood cookie exchange.

Be creative with making decorations. You may find that you can't import everything you associate with celebrating your holidays. The exchange offers a selection of holiday items, as well as the local Sicilian stores. Don't forget the markets and local feasts. If you want a specific item, ask friends and family members to send it to you.

Be inventive with your holiday meal. For most people, a festive meal is at the heart of a holiday celebration. A Passover Seder, a Christmas dinner, or a sundown feast during Ramadan may be the most important part of the holiday. Invite friends from a different holiday. **HOLIDAYS, continued on page 13**

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.

General (Right) is our newest dog. He is one and a half years old and he is quite the mellow character. He likes to be outdoors socializing with dogs and people. General is also the quintessential lap dog.



Lance (L), Crista (C) and Rocket (R) are the newest siblings at the facility. They are five-month old puppies and they are social dogs who like to play around. They would be the perfect addition to any family that had the time to teach a puppy what it means to have a family.

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

SEXUAL ASSAULT / VICTIMS INTERVENTION

SAVI offers a Sexual Assault Hotline

staffed with trained advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Alberto Lunetta
Signature Staff



Italian NEWS



Sicilian Culture, Events and Lifestyle

Ribbon cutting ceremony held for new Carabinieri kennel facility in Sigonella

Sigonella Carabinieri base officials have recently celebrated the grand opening of a new kennel facility which is dedicated to the 12 Carabinieri service members who were killed in a tragic terrorist attack occurred in 2003 in Nasiriyah, Southern Iraq.

In attendance at the ceremony were several distinguished guests, including the 41st Stormo Commanding Officer, Col. Antonio Giuseppe Di Fiore, NASSIG Commanding Officer, Capt. Thomas Quinn, Lt. Col. Matteo Falagario, the Carabinieri Military Police Commander of the base, located in Bari, which supports the Italian Air Force, the ITAF and NASSIG Security Officers, Lt. Col. Arena and Cmdr. Ricky Gilbert, as well as the Sigonella Carabinieri Commander, Captain Salvatore Catania. The event



Photo by Sigonella Carabinieri Press Office

also included remarks by Col. Di Fiore, Lt. Col. Falagario and Capt. Catania who paid tribute to the Carabinieri victims, especially to

Master Sergeant Bruno Massimiliano, whom he described as his friend and comrade.

A moment silence was observed

to remember those men who gave their lives in the cause of freedom. After the benediction, which was pronounced by the 41st Stormo

Chaplain, Father Giovanni Salvia, a memorial plaque was unveiled and Lt. Col. Matteo Falagario cut the ribbon.

Paternò pays homage to Saint Barbara

Paternò townspeople will soon celebrate the annual religious festival honoring Santa Barbara (Saint Barbara, the town's beloved patron saint).

The festival, which will be held on Dec. 3 and 4, is the greatest religious and folklore event in town which will include processions, arts and crafts displays, fireworks and music shows.

The Paternò community is grateful to Santa Barbara because it had benefited from her help in 1576, when a deadly plague epidemic hit the town killing thousands. According to legend, Saint Barbara appeared in a dream to a nun promising to save the town if townspeople would proclaim her as the patron saint. The nun disclosed the dream to the community that accepted the request and enthusiastically acclaimed her as the Santa Patrona (patron saint). A few days later the plague miraculously ended. So Paternò townspeople dedicated a sanctuary to their savior.

Tradition also holds that Santa Barbara succeeded in becoming the town celestial patron as she "got the better of her opponents," two saints both named Vincent. The first Saint Vincent, a 4th century Spanish martyr whose veneration had been introduced or actually imposed by Spanish prince Moncada of Paternò, the town governor in the 16th century. The second is Saint Vincent Ferreri, a preacher belonging to the Dominican Order who was sanctified in 1455.

Santa Barbara is also said to have interceded with God to stop two terrible Etna eruptions occurred in 1780 and in 1983, as well as the catastrophic 1908 Messina tsunami.

Saint Barbara is typically invoked to grant safety from thunderstorms, fires and natural disasters. Since the Middle Age, she has been regarded as the patron saint of those who are in danger of fire or explo-

sions. So she has been associated with artillerymen, fire fighters and ordnance disposal technicians. In the past, her image was displayed on arsenals and powder magazines. In Italian, the ammunition magazine on a war ship is still called "Santabarbara."

"Life of Saint Barbara"



Photo by Santa Barbara Parish Press Office

On Dec. 3 and 4, Paternò townspeople will honor Santa Barbara, with parades, processions, music and fireworks.

According to one legend, Saint Barbara lived in Nicomedia (Izmit, Turkey) around 273 AD during the rule of Maximus, an anti-Christian emperor. She was the beautiful and intelligent daughter of Dioscuro, a wealthy pagan nobleman and a jealous father. An ambitious man, he wanted to marry Barbara off to a mighty pagan prince. But she refused saying she was already devoted to Christ. Because of her stubborn refusal, Dioscuro had her locked in a tower (that is why Saint Barbara is usually represented standing by a tower with three windows, carrying

the palm of a martyr or the chalice of happy death in her hand) to punish her and to keep her away from the teachings of Jesus. But Barbara was not upset with her father's decision and actually "enjoyed" her imprisonment spending her time praying with her friend Giuliana. One day, upon his return from a long trip, Dioscuro discovered that Barbara had carved a cross on her bathtub and that another window had been added to the tower, the three windows symbolizing the Holy Trinity. Furious at discovering her perseverance in the Christian faith, Dioscuro threw himself with a blind impulse against Barbara who managed to escape toward a mountain and hid behind a rock that miraculously opened and closed behind her. The evil father eventually caught her and dragged her before Marcian, a Roman prefect who tried to convince her to give up her faith. As she kept refusing to abjure her Christian faith, Marcian decreed that she would be tortured and put to death by beheading. Dioscuro himself carried out the execution by grabbing her beautiful long hair and beheading her on Dec. 4, 290 AD. Immediately after her execution God punished this cruel father by striking him with a thunder.

Festival Schedule Highlights

On Dec. 3, 21 cannon blank shots will announce the beginning of the festival's eve at 8 a.m. In the evening, after the Holy Mass at 5 p.m., the holy procession featuring the saint's relics will kick off at 6 p.m. leaving from the S.S. Salvatore Church (the one located near via Vittorio Emanuele, the main street) and reaching piazza S. Barbara.

Later, an elementary students' choir will sing religious chants in piazza Indipendenza at 9 p.m.

(Entrata dei Cantanti), followed by another choir that will perform ancient city brotherhoods' songs. The evening will close with a firework and music show in piazza Nino La Russa.

The highlight of the festival is Dec. 4. The festivities begin early in the morning with cannon shots and bell ringing at dawn. Later, the statue depicting the saint and her holy relics will be unveiled at 8 a.m. (Svelata del Simulacro) at the Santa Barbara Church (piazza santa Barbara).

Following this ceremony, after the holy mass at 9 a.m., a music show by the local city band will be held at 10:15 a.m. in piazza Indipendenza to accompany the coming out of the statue and the relics that will be taken to the Church of Idria, where devotion started in 1576.

At noon, an amazing firework show will be performed in piazza Vittorio Veneto. At 10:30 a.m., a solemn holy mass will be celebrated at the church of Santa Barbara.

Two solemn religious processions will then be held at 10 a.m. and at 4:30 p.m. During the first one, the holy relics of the saint will be brought in procession throughout the historic center of the town, leaving from the Church of Saint Barbara and reaching the Church of Saint Antonio Abate. From there, the second procession will be repeated in the afternoon.

A group of nine varette or cerei (baroque styled carts containing a tall wax candle decorated with lights, small flags and statues depicting angels, saints and flowers) will lead the procession. Around midnight, the afternoon procession will return to the Church of Saint Barbara. Spectacular fireworks, to be held by the Norman castle, will end this breathtaking festival that will also feature art and arts and crafts, exhibitions, poetry presentations and sports activities. For more information and detailed schedule call City of Paternò 095-7970420 or the Santa Barbara Parish at 095-621380.

Magnolia

Gela students tour Sigonella



Photo by Rosa Ascia

VR-54 pilot Cmdr. Patrick Hagen answers questions about the C-130 aircraft from Gela Elementary School students who recently toured NAS Sigonella to get an understanding of the Navy operations and mission in Sicily. Every year, hundreds of Sicilian students and groups from cultural associations, local civic organizations (Rotary, Lions, and Kiwanis Clubs, FIDAPA etc.) participate in the NASSIG PAO base tour program which is aimed at fostering positive relations with the surrounding communities.

Last week, a group of 50 students from the "Nicolas Green" Elementary School in Gela visited Sigonella to learn about the Navy mission in Sicily, as part of the 2008/2009 PAO base tour program.

The group, which was led by Ms Rosa Ascia, the teacher who organized the base tour with the NASSIG PAO, was very attentive and curious about the military lifestyle. All students carried notebooks and asked questions to the facilitators. The tour started with a stop at the Fire Department where the children learned how Navy military and local national firefighters respond to airplane crashes across the flight line. Then, the students got very excited when they got a chance to go inside a C-130 aircraft. "The children were wonderfully behaved. I look forward to giving more tours in the future," said Cmdr. Patrick Hagen from Fleet Logistics Support Squadron Five Four (VR-54), who was brilliant in explaining in simple

words the complicated mechanical gauges and electronic instrument displays featured in the cockpit.

The Gela students also saw a demonstration by Military Working Dog (MWD) Unit K-9 handlers which included dog obedience training, explosive detection techniques and bite work.

"I like those tours. It's a lot of fun. It's good that those kids get to see what we do," said Sigonella Security dog handler MA2 Erik Winter.

Ms Ascia said her students were enthusiastic about the tour, "I think that this event was a very important opportunity for my students to see how the Italian and American military forces work together to maintain peace and stability in the world."

Fifth-grader Roberta Russotto definitely enjoyed the tour. "It's all very organized here. I like it!"

For base tour opportunities, contact the Public Affairs Office at 624-5440.

Strike

Ceramiche Comarce



Photo by Giuseppe Stimolo

Food fair in Caltagirone this weekend

"Kalat Expo" is an exciting food event kicking off for the first time in Caltagirone this morning at 10 a.m. at the public gardens (Villa Comunale) in the town's historic heart. Vendors coming from many surrounding towns will sell delicious Sicilian food specialties including vino (wine), pistachio, cheese, olive oil, treats and more. "Americans should come to our fair to enjoy our deli-

ful tastings which will make them experience the atmosphere of a traditional Sicilian family dinner," said Giuseppe Cona, one of the event's organizers. There will also be ceramics, which are typical of the area, arts and crafts, wood carvings and many other items. Opening Hours: Friday - Saturday 10 a.m.-1 p.m./5-7p.m.; Sunday 10 a.m.- 10 p.m.

Upcoming concerts in Catania



Photo by Blumedia Press Office

Make sure you don't miss to go to the Matilde Politi concert which will be held on Sunday, Nov. 30 at the Catania Sangiorgi Theatre (#233 via Sanguilliano). Politi is an eclectic singer, musician, actress and songwriter who keeps the Sicilian and Mediterranean folklore traditions alive. As an anthropologist, she has been exploring the Sicilian storytelling tradition. For more information and tickets call Associazione Musicale Etna at 095-321252.

Kartodromo



Do you have a passion for writing or are you looking for a little experience in journalism? The Signature is seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Siracusa uncovered

**Article and photos by
 MCSA Whitfield Palmer**
 Fleet Public Affairs Center
 Detachment Sigonella

Siracusa is an ancient city founded in 734 BC by Greek settlers from Corinth. Since then, empires have been leaving their mark in various forms of architecture and ruins that can be seen throughout the area. The heart of the city, actually an island linked to the mainland, is Ortigia. Filled with buildings in the Sicilian Baroque style, it is home to fashion boutiques, cafés and restaurants, and Siracusa's main church dedicated to Saint Lucy.

Site: Five Stars

Siracusa is filled with history. The historic center of Ortigia is a UNESCO World Heritage Site. There you can find the impressive Duomo and the Temple of Apollo (or Artemis), which is thought to be the oldest Greek Temple outside of Greece. Outside of the Ortigia, there is the Greek amphitheater, carved straight out of rock and the impressive Euryalus Castle. Located eight kilometers due west of the city, the castle was built in 410 BC. Although a shadow of its former self, the site remains one of the few remaining

examples of Greek defensive architecture, which is a group of structures built for defending a territory, anywhere.

Family Friendly: Four Stars
 Siracusa has no sites specifically dedicated to children, but any kid should enjoy running through the caves and ramparts of Euryalus Castle. Ortigia abounds with gelato shops and stands selling candies and inexpensive toys. Nearby beaches could be an option after a morning of siteseeing.

Accessibility: Five Stars

ITT offers two different Siracusa day trips, each focusing on different aspects of Siracusa. Solo travelers from NAS 1 and NAS 2 will find Siracusa easily accessible via Catania by taking the E45 southbound. With the exception of Euryalus Castle, all of the city sites are relatively close and can be explored on foot. A recommendation is to visit the castle first, head to town, park the car, and enjoy the rest of the sites on foot.

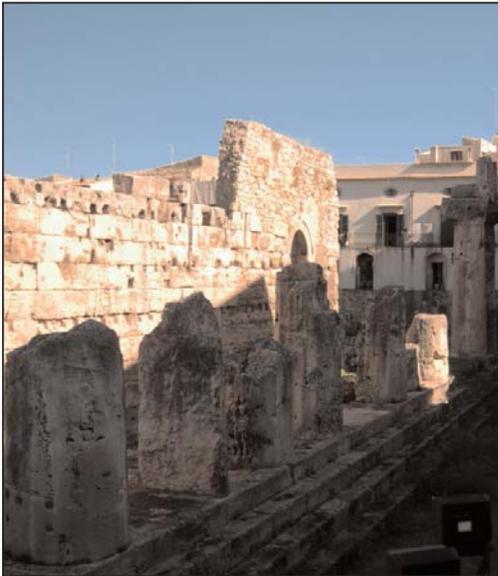
Travel Time: Four Stars

Travelling from NAS 1 and NAS 2 via Catania, the 60 kilometer trip takes around an hour. Simply head to Catania via the A19 Autostrada and follow the sign for the E45 to Siracusa.



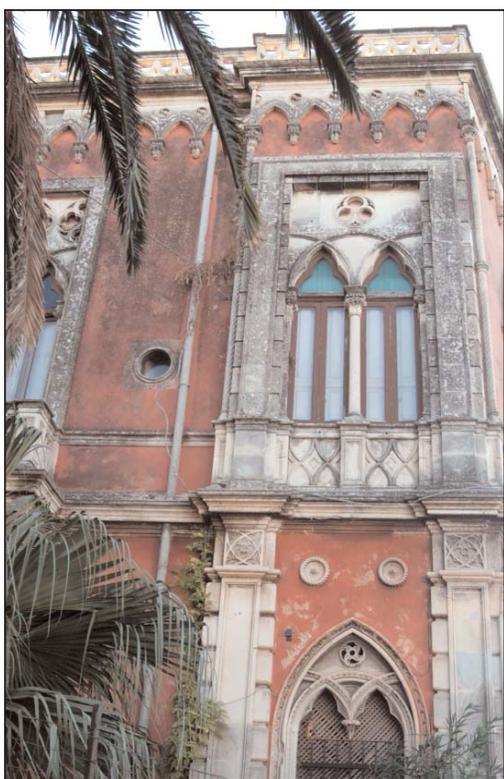
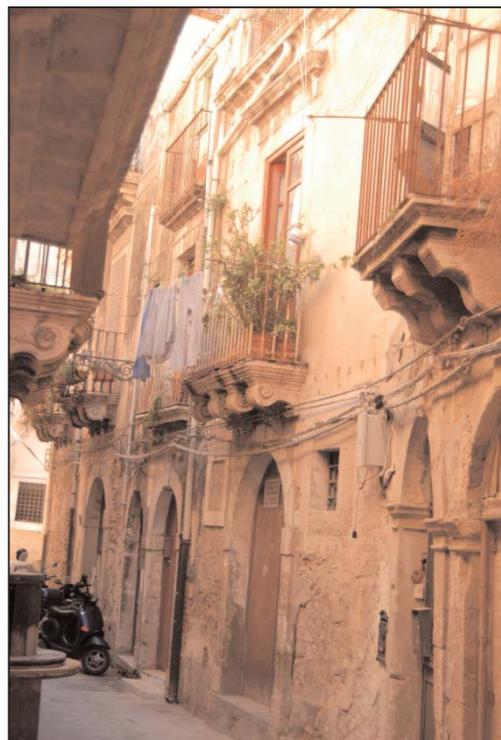
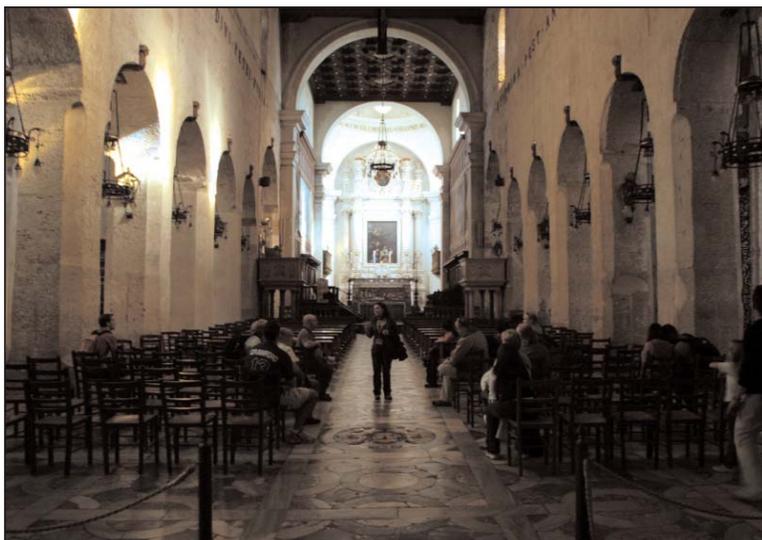
(Top) The Church of Santa Lucia, the town's patron saint, towers above the piazza bearing her name. The church was built in Byzantine times, rebuilt by the Normans, and was modified to its current state in the 17th century. The church has extensive catacombs underneath.

(Left) The Temple of Artemis lies in the Ortigia, the historic center of the town of Siracusa. Built in the Doric style, it is most likely the oldest temple outside of Greece.



Tamoil

Rigattiere



Do you have a passion for writing and enjoy seeing your name in print? The Signature is continuously seeking volunteers to help cover base-wide events as well as feature stories, like travel articles. If this sounds like an opportunity for you, please call the Public Affairs Office at 624-5440 for more information.

Photos clockwise from top left: 1) Inside Siracusa's Duomo in honor of Santa Lucia, the building retains much of its Byzantine character. 2) Ortigia, the historic center of Siracusa, is filled with quiet streets with buildings that reflect the Sicilian Baroque style of architecture. 3) The remains of Euryalus Castle lie about eight kilometers due west of Siracusa. Built in an impressive six years starting around 440 BC, the fortress and the 27 kilometers of walls that surround it are one of the finest and only examples of Greek defensive architecture anywhere. 4) Siracusa has many buildings representing the various empires that have been in control.



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

Ceramiche
Azzardi

Musco



Switch it off Sigonella!



Did you know

- A dripping faucet can waste up to 20 gallons of water a day.
- A leaking toilet can waste up to 200 gallons of water a day.

What do I do?

- Don't let the water run. Turn the water off while shaving or brushing your teeth.
- Take short showers. A short shower takes half the hot water of a tub bath. A 10 min. shower uses 50 gallons of water!
- Do dishes wisely. Wait until your dishwasher is full before running it. You'll do more dishes with less hot water.

Energy Conservation Idea of the Week

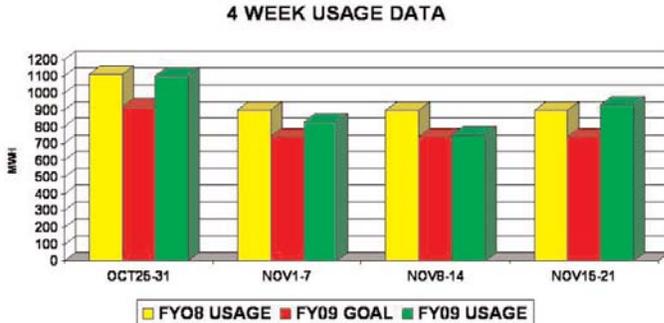
ET1(SW) Keenen Marvinedwards, ET2 (SCW) Bryan Chancellor, and ET2 (SW)William Sullivan, stationed at NAS Sigonella's Ground Electronics, designed and built a solar powered battery back up system intended to power the communications devices in the air station control tower during power outages. The system was built entirely with spare parts and proves that the creativity, ingenuity and determination of a couple of Sailors can go a long way toward improving NASSIG's capabilities and lower our energy use. The system is currently being approved by ITAF and, when installed, will ensure continuous communications with no additional energy cost to the base.

Ground Electronics currently has 18 remaining solar panels that can power many other devices, and they are encouraging any department or command that has a great idea to utilize them to call 624-5758.

Has your command or department come up with an idea or innovative process that saves the base energy? Let us know at thesig@nassig.sicily.navy.mil so they can be featured in this space.

Electrical Consumption at NASSIG

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



New Galley Menu Hours

Monday-Friday	Saturday-Sunday-Holiday
Breakfast 0600-0830	Breakfast 0700-0900
Lunch 1100-1300	Brunch 1000-1300
Dinner 1630-1830	Dinner 1630-1830

28
Lunch: Beef Barley Soup, Herbed Baked Fish, Chicken Pasta Primavera, Roasted Pepper Potatoes, Waxed Beans, Simmered Okra, Spiced Cake w/ Frosting, Lemon Cookies.
Speedline: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.
Dinner: Old Fashioned Bean Soup, BBQ/Braised Spare ribs, Tossed Green Rice, Cajun Oven fries, Corn on the Cob, Stewed Tomatoes, Spiced Cake w/ Frosting, Lemon Cookies

29
Breakfast: Hominy Grits, Baked Sausage Patties, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Kolaches.
Lunch: Creole Soup, Beef Stir Fry, Kielbasa w/ Sauerkraut & Apples, Filipino Fried Rice, Steamed Broccoli, Summer Squash, Apple Sauce, Cherry Pie, Abracadabra Bars.
Dinner: Vegetable Soup, Spinach Lasagna, Spaghetti w/ Meat Sauce, Marinara Sauce, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, and Abracadabra Bars.

30
Breakfast: Rolled Oats, Corn Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Waffles, Asstd Doughnuts, Cinnamon Sweet Rolls.
Brunch: Breakfast Items, Egg Drop Soup, Cheddar Chicken Broccoli, Fried Onion Rings, Eggplant Ratatouille, Club Spinach, Cream Puff, Hermits.
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

1
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.
Speed line: Sub Sandwich, Pasta Primavera, Cartocciaata.
Dinner: Mulligatawny Soup, Savory Baked Chicken, Wild Rice, O'Brien Potatoes, Chicken Gravy, Peas & Onions, Harvard Beets, Yellow Cake w/ Icing, Brownies.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips

2
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.
Speed Line: Chicken Patties Sandwich, Onion Rings, Pasta Primavera.
Dinner: Chicken Gumbo Soup, Roast Beef, Mashed Potatoes, Orange Rice, Mushroom Gravy, Southern Greens, Seasoned Mix Vegetables, Chocolate Cookies, Apple Pie.
Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.

3
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.
Speed Line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.
Dinner: Chicken Vegetable Soup, St. Louis BBQ Pork Ribs, Italian Roasted Potatoes, Vegetable Stir Fry, Steamed Green Beans, Spice Cake w/ Frosting, Chocolate Pudding.
Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.

4
Lunch: Corn Chowder Soup, Roast Pork, Scalloped Ham & Noodles, Steamed Rice, Seasoned Carrots, Asparagus, Brown Gravy, Peanut Butter Cookies, Cherry Pie.
Speed Line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredder Cheese, Assorted Pizza.
Dinner: Minestrone Soup, Stuffed Cabbage Rolls, Ginger Rice, Rosemary Roasted Potatoes, Corn, Steamed Broccoli, Cherry Pie Peanut Butter Cookies.
Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Nachos.

Stampa

Chiechio

S. Vito

ON THE GO WITH MWR

MWR celebrates the season with holiday fun for everyone

MWR has planned a number of holiday activities for Sigonellans this season starting with Almost Home for the Holidays Challenge and culminating with a New Year's Bash at Jox Pub.

If you're a fan of the popular television show *The Amazing Race*, you'll love MWR's Almost Home for the Holidays Challenge. Individuals compete in the ultimate test that challenge the body and mind. Challenges will not be disclosed in advance.

Winner will receive over \$1,000 in travel vouchers valid at Angie's Travel. Other great prizes for runner up contestants. Prizes are not redeemable for cash. Only active duty military are eligible. Call 624-4941 by Dec. 3 to register.

On Friday, Dec. 5, Sigonellans can join MWR for its holiday reception. Light Up the Season will be held from 5:30 - 8 p.m. at Midtown at NAS I. Santa and his elves will make

their debut appearance. The event will feature choral singing, tree lighting and holiday refreshments. Kids can enjoy the inflatable bounce houses at Fit District all weekend long: from 6 to 9 p.m. on Friday; 10 a.m. to 9 p.m. on Saturday; and noon to 6 p.m. on Sunday. For more information, call 624-4941.

On Dec. 12 the hunt begins. Santa is lost in Sigonella and the first to find him wins a \$500 shopping spree at the Navy Exchange. MWR celebrates the 12 days of Christmas with Where is Santa? and will release 12 clues, with one released each day, to find a toy

Santa hidden somewhere in Sigonella. The clue of the day will be released on AFN Radio 106.0 or participants can visit their nearby MWR facility. The hunt for Santa in Sigonella is open to all U.S. ID cardholders. If you find Santa, call 624-4941.



On Dec. 13 kids are invited to leave their sleigh at home and get on their toes for the Mistletoe Mile, a fun run in honor of the many miles that Santa travels for us every year. Free T-shirt for the first 125 to sign up. Registration is at 9 a.m. at Midtown on NAS I and the race begins at 9:30 a.m. For more information about the one mile event, call 624-4483.

Immediately following the race at 10 a.m., join Child & Youth Programs for Breakfast in Winter Wonderland, a morning at Midtown featuring a pancake breakfast, special holiday movies, arts and crafts at Santa's workshop, and free bowling for kids.

Those interested in holiday photos with Santa must bring their own camera. He's expected to arrive at 10 a.m. for photo opportunities.

This special event is free to the public. Attendees are encouraged to bring a gift for the less fortunate - a pet toy or treat for homeless animals or a children's gift that will be loved by either a girl or boy at a local orphanage.

Adults can rock into 2009 with a free blow out celebration at Jox Pub on New Year's Eve with the Lital Blues Rock Band, Panettone (traditional Italian holiday cake), spumante and prizes. The pub will be open until 3 a.m. on New Year's morning.

Party-goers can take advantage of Sigonella's new taxi service, which offers on-base pick up to your destination of choice, on or off-base. Set and special rates have been negotiated. The Jox Pub manager can hail your cab.

Volunteer storytellers wanted for toddler book reading

Every Wednesday at 10 a.m. toddlers are in for a treat at the Library. Volunteers are wanted as guest readers to share their favorite storybook with a captive audience of children. Call 624-3875 to get involved.

New fitness classes on NAS I

MWR is pleased to announce new fitness classes at Fit District. Cardio Jam on Mondays and Wednesdays from 8:30 a.m. to 9:30 a.m. and Tuesdays and Thursdays from 5 p.m. to 5:45 p.m. Pilates is offered on Mondays and Wednesdays from 9:30 a.m. to 10:30 a.m. and Tuesdays and Thursdays from 6 to 6:45 p.m.

NOVEMBER 28 - DECEMBER 5

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE & DESCRIPTIONS



Friday, November 28

12:00pm Nightmare Before Christmas PG
FREE
3:00pm Polar Express G **FREE**
5:00pm Beverly Hills Chihuahua PG
5:30pm Bolt PG
7:30pm Flash of Genius PG-13
8:00pm Nick & Norah's Infinite Playlist PG-13
9:00pm Burn After Reading R
FREE to E4 and below

Saturday, November 29

2:00pm Igor PG
2:30pm Quantum of Solace PG-13
4:30pm High School Musical 3 G
5:00pm Bolt PG
7:30pm Nick & Norah's Infinite Playlist PG-13
8:00pm Changeling R
9:30pm The Family That Preys PG-13
FREE to E4 and below

Sunday, November 30

2:00pm Igor PG
2:30pm Madagascar Escape 2 Africa PG
4:30pm Bolt PG
5:00pm Beverly Hills Chihuahua PG
7:00pm Burn After Reading R

Monday, December 1

3:00pm Bolt PG
5:00pm Quantum of Solace PG-13
5:30pm My Best Friend's Girl R
7:30pm The Rocker PG-13 **FREE**
8:00pm Righteous Kill R

Tuesday, December 2

5:00pm Madagascar Escape 2 Africa PG
5:30pm Beverly Hills Chihuahua PG
7:30pm Changeling PG
8:00pm Eagle Eye PG-13

Wednesday, December 3

3:00pm Nick & Norah's Infinite Playlist PG-13
5:00pm Quantum of Solace PG-13
5:30pm The Family That Preys PG-13
7:30pm Changeling R
8:00pm My Best Friend's Girl R

Thursday, December 4

3:00pm Burn After Reading R
5:00pm Righteous Kills R
5:30pm Igor PG
7:30pm Madagascar Escape 2 Africa PG
8:00pm The Rocker PG-13
FREE ADMISSION

Nick & Norah's Infinite Playlist (PG-13)

Nick frequents New York's indie rock scene nursing a broken heart and playing with his band, The Jerk Offs. Norah is questioning pretty much all of her assumptions about the world. Though they have nothing in common except their taste in music, their chance encounter leads them to an all-night quest to find a legendary band's secret show and ends up being a first date that could change both their lives. (90 min.)

Flash of Genius (PG-13)

Based on the true story of a college professor and part-time inventor Robert Keams' battle with the U.S. automobile industry. (120 min.)

Bolt (PG)

For super-dog Bolt, every day is filled with adventure, danger and intrigue - at least until the cameras stop rolling. When the canine star of a hit TV show is accidentally shipped from his Hollywood soundstage of New York City, he begins his biggest adventure yet - a cross-country journey through the real world. Armed only with the delusions that all his amazing feats and powers are real, and with the help of two unlikely traveling companions - a jaded, abandoned housecat named Mittens and TV obsessed hamster in a plastic ball named Rhino, Bolt discovers he doesn't need superpowers to be a hero. (96 min.)

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.)

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.)

Beverly Hills Chihuahua (PG)

A pampered Chihuahua named Chloe finds herself lost in the streets of Mexico. Alone for the first time, she must rely on her new friends to help her find her innerstrength on their incredible journey back home. (88 min.)

Quantum of Solace (PG-13)

Betrayed by Vesper, the woman he loved, 007 fights the urge to make his latest mission personal. Pursuing his determination to uncover the truth, Bond and M interrogate Mr. White who reveals the organization which blackmailed Vesper is far more complex and dangerous than anyone had imagined. Forensic intelligence links an MI6 traitor to a bank account in Haiti where a case of mistaken identity introduces Bond to the beautiful but feisty Camille, a woman who has her own vendetta. Camille leads Bond straight to Dominic Greene, a ruthless business man and major force within the mysterious organization. (106 min.)

The Rocker (PG-13)

Twenty years after he was unceremoniously kicked off a band on the verge of success, a passionate drummer has finally given up on the dream of becoming a Rock Star. At least until the day his nephew's high school band asks for help, giving him one last chance to reclaim the Rock God throne he always felt he deserved. (102 min)

****Movie times are subject to change.****

SHOWING FRIDAY, DECEMBER 5

5:00pm Beverly Hills Chihuahua PG
5:30pm The Express PG
7:30pm Four Christmases PG-13
8:00pm Quarantine R
9:30pm Ghost Town PG-13 **Free to E4 & below**

COMING SOON

Max Payne
W.
The Secret Life of Bees

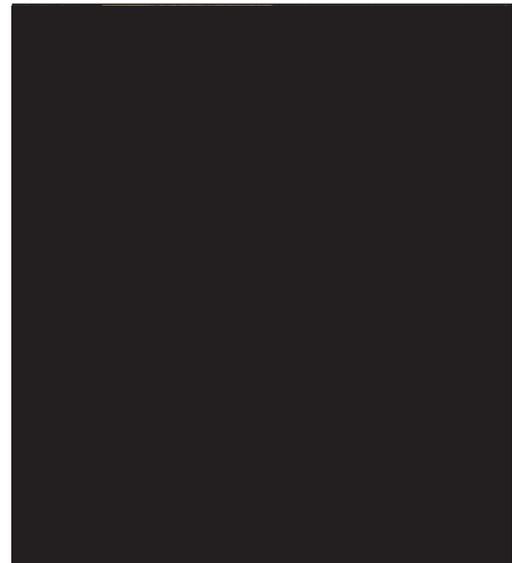
Two options for parents who need to finish last minute holiday preparations

On Dec. 20, Child & Youth Programs welcome children so that parents can enjoy an evening to themselves or finish last-minute holiday preparations, such as shopping.

Parents' Night Out offers two options. At the Child Development Center, kids, ages 6 weeks to 12 years old, are welcome from 6 to 11 p.m. The \$15 non-refundable fee includes a snack. Reservations are limited and must be placed as early as Dec. 1. Call 624-3736.

For parents wanting the entire evening to themselves, the Youth Center is hosting its wildly popular "Lock In" for first through fifth graders. Kids may be dropped off at 6 p.m. on Saturday night with pick up at 8 a.m. on Sunday. Cost is \$5 per child. The all nighter includes holiday treats, movies and games. Reservations are limited and deadline for registration is Dec. 14. For more information, call 624-3712.

Travelin' Max wows Sigonella crowd



On Nov. 8 Travelin' Max attracted and delighted hundreds with an interactive show, gifts and games.

****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 x4216 for special showings of free matinees for kids and to confirm show schedule.

MARATHON, continued from page 1

which included a chip that tied onto your shoe to track your time during the event, our race numbers, and a bag full of post-race goodies like chocolate bars and T-shirts.

The rest of the day was free to roam, and many people took advantage of the great weather and moseyed about the town, visiting the famed catacombs and shopping in some of the high end stores, while others took a nap, preparing for the next day's event. The group met up at 6 p.m. to head to dinner, where we were treated like royalty. Dish after dish was brought out and we enjoyed wonderful antipasti, pistachio pasta, pizza, tiramisu, and countless other dishes. We headed back to the hotel fairly early to get a good night's sleep.

The group met in the hotel lobby bright and early Nov. 16. We were all relieved to see the sun shining and a clear blue sky; it was perfect running weather. We walked down to the race site, took a dozen pictures in front of the starting line, and got ready to run. After a few announcements, the race got started.

Miles one through seven whizzed by, and went through a beautiful park within the Palermo city limits. Miles eight through 13 took us through the city streets of Palermo, with Italians lining the sidewalks cheering us on.

Team Sigonella did an excellent job at the marathon, half marathon, and marathon relay. The relay team took fourth place, and three runners completed the full 26.2 mile marathon. Sarah Barthelemy finished in third place for her age category for the full marathon, and Jennifer Patron finished in first place for her age category for the half marathon. The rest of us completed the half marathon, most of us clocking in our personal best. I'm proud to say that not only did I finish and not come in last, but I also finished four minutes faster than my first half marathon.

The satisfaction and feeling of accomplishment you get after completing a race such as this quiets any "Why?" questions that were still lingering. As author Arnold Hano said, "There is an itch in runners."

RESPIRATORY, continued from page 2

such as bronchitis in adults, croup and bronchiolitis in children, and even some pneumonias. Concern is elevated with severity of symptoms, "noisy breathing," wheezing, chest

discomfort, shortness of breath, increased work of breathing, restlessness (or its opposite), lethargy. Obviously, do not hesitate to seek medical attention as concerned.

Whether you end up "catching" a virus is a function to many things: your past exposures/immunities, your own genetic make-up, your underlying health, and exposure risk. Some people may get drastically ill from a virus that causes little or no symptoms in a close-contact. Some seasonal viruses may lead to GI symptoms, and some even can lead to infections of the spinal column, called "meningitis." Patients with viral meningitis are often remarkable for having a stiff and painful neck, headache, fever, fatigue, often in addition to other viral symptoms. Viral meningitis is relatively common and rarely fatal, but may present similarly to the much more concerning (and fortunately more infrequent), bacterial meningitis. The difference between the two can usually be deciphered relatively quickly with a lumbar puncture, or "spinal tap." Therefore, the bottom line is to seek prompt medical attention for any concerns of meningitis.

To stay healthy this holiday season:

- get proper nourishment for your mind, body, and spirit;
- get your flu immunization;
- exercise;
- wash and sanitize your hands frequently;
- turn and cover your coughs with your elbow (instead of your fist);
- and if you drink alcohol, drink in moderation and don't drink and drive;

For more information on the topics discussed above, go to:

- * cdc.gov
- * familydoctor.org
- * aap.org
- * or talk with your Primary Care Provider



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 1000 a.m. (after Catholic Mass) at the NAS I Chapel

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!)

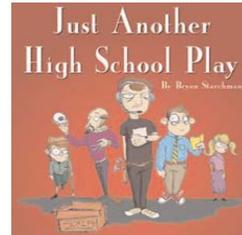
For more information visit - www.kofc.org/

Protestant Women of the Chapel



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

Just Another High School Play



Article by [redacted]
 Signature Intern

Students at Sigonella Middle and High School and teacher and director Mrs. Amber Ali put together and performed the play "Just Another High School Play" on Nov. 13 and 14 at Knight's Hall.

According to those who saw it, the play was a great success and was highly entertaining. It was a great chance for the students to display their talents to the public. Many parents and students came out to support the play.

Ali said, "I really like working with students in grades 6-12. The middle school actors learned great techniques from the high school actors. While in return, the older actors learned how to mentor and bring out the best in the younger ones."

NEWS BRIEFS

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.

Become a Navy Paralegal

The JAG Corps selects, develops, and retains a diverse force of mature, intelligent, and challenge-seeking personnel for the Legalman rating. Legalmen perform paralegal duties in military criminal law, administrative law, civil law and operational law. Their knowledge and expertise make them a valuable asset to civilian law firms once they leave the Navy. For more information about job description, skills and training required, and about how you can earn college credits, call 624-5649

Stampa

Cristaldi

Rist dei mari

FIL-AM Sigonella Invitational Basketball Tournament



Fil-Am Naples and Sigonella centers jump for ball possession to start the championship game.

Article and photo courtesy of
CEC Nito Rosal
NCTS Sigonella

The Filipino-American Association of Sigonella held a one-day Invitational Basketball Tournament Sunday, Nov. 16 at the MidTown gymnasium. The tournament consisted of five teams who played a total of eight games. The Filipino communities from Giarre and Messina (two teams) fielded in their own teams, as well as the FIL-AM Association of Naples. The games started in the morning and

ended around 7:00 p.m. where FIL-AM Sigonella emerged as the champions over Naples.

This event fostered camaraderie, friendship, and brotherhood among the participants and their families, a responsibility FIL-AM Sigonella imposes on themselves, to cultivate and maintain local community relationship on behalf of NAS-SIG.

The FIL-AM Sigonella team coach Butch Carlos and Team Captain Peter Vapor received the championship trophy.

Oxidiana

Stampa

DIVERSITY, continued from page 2

American society. More than a century later, a successor of Alexander, Antiochus IV was in control of the region. He began to oppress the Jews severely, placing a Hellenistic priest in the Temple, massacring Jews, prohibiting the practice of the Jewish religion, and desecrating the Temple by requiring the sacrifice of pigs (a non-kosher animal) on the altar. Two groups opposed Antiochus: a basically nationalistic group led by Mattathias the Hasmonean and his son Judah Maccabee, and a religious traditionalist group known as the Chasidim, the forerunners of the Pharisees (no direct connection to the modern movement known as Chasidism). They joined forces in a revolt against both the assimilation of the Hellenistic Jews and oppression by the Selucid Greek government. The revolution succeeded and the Temple was rededicated.

According to tradition as recorded in the Talmud, at the time of the rededication, there was very little oil left that had not been defiled by the Greeks. Oil was needed for the menorah (candelabrum) in the Temple, which was supposed to burn throughout the night every night. There was only enough oil to burn for one day, yet miraculously, it burned for eight days, the time needed to prepare a fresh supply of oil for the menorah. An eight day festival was declared to commemorate this miracle. Note that the holiday commemorates the miracle of the oil, not the military victory Chanukah begins at sunset on Dec. 21 and ends on Dec. 29.

Kwanzaa is a unique African American celebration with focus on the traditional African values of family, community responsibility, commerce, and self-improvement. Kwanzaa is neither political nor religious and despite some misconceptions, is not a substitute for Christmas. It is simply a time of reaffirming African-American people, their ancestors and culture. Kwanzaa, which means "first fruits of the harvest" in the African language Kiswahili, has gained tremendous acceptance. Since its founding in 1966 by Dr. Maulana Karenga, Kwanzaa has come to be observed by more than 18 million people worldwide, as reported by the New York Times. When establishing Kwanzaa in 1966, Dr. Karenga included an additional "a" to the end of the spelling to reflect the difference between the African American celebration (kwanzaa) and the Motherland spelling (kwanza).

Kwanzaa is based on the Nguzo Saba (seven guiding principles), one for each day of the observance, and is celebrated from December 26th to January 1st.

* Umoja (oo-MO-jah) Unity stresses the importance of togetherness for the family and the community, which is reflected in the African saying, "I am We," or "I am because We are."

* Kujichagulia (koo-gee-chagoo-LEE-yah) Self-Determination requires that we define our common interests and make decisions that are in the best interest of our family and community.

* Ujima (oo-GEE-mah) Collective Work and Responsibility reminds us of our obligation to the past, present and future, and that we have a role to play in the community, society, and world.

* Ujamaa (oo-JAH-mah) Cooperative economics emphasizes our collective economic strength and encourages us to meet common needs through mutual support.

* Nia (NEE-yah) Purpose

encourages us to look within ourselves and to set personal goals that are beneficial to the community.

* Kuumba (koo-OOM-bah) Creativity makes use of our creative energies to build and maintain a strong and vibrant community.

* Imani (ee-MAH-nee) Faith focuses on honoring the best of our traditions, draws upon the best in ourselves, and helps us strive for a higher level of life for humankind, by affirming our self-worth and confidence in our ability to succeed and triumph in righteous struggle.

When we understand the meaning and tradition of each holiday, we foster an atmosphere of respect and tolerance and are able to appreciate the rich diversity that makes up our American culture and spirit. In the name of that spirit I wish you "A Merry Christmas! A Happy Chanukah! A Joyous Kwanzaa!"

SAFETY, continued from page 1

help if they're abusing alcohol. Linda Riddle, a representative from ASAC, discussed the importance of stopping underage drinking among dependents on base.

"For parents in the community, and even those of us who aren't parents, our kids are watching us in our small community," Riddle said. "You should really look at your own drinking and what kind of message you're giving to the children in our community."

Dr. Rogerio Flevotomas, a clinical psychologist from the mental health department, gave a presentation on suicide awareness and prevention, which is an area of concern during the holiday season.

"The last year that statistics were compiled was in 2005 and we had more than 32,000 completed suicides," Flevotomas said. "That amounts to 89 suicides per day."

He stated the importance of watching for warning signs and taking any threat of suicide seriously.

"When you hear someone threatening to hurt or kill them self, if someone is seeking access to firearms, pills or other means, or someone is writing or talking about death, take action."

Other presentations at the stand-down covered tobacco cessation programs, upcoming events from the Chaplains' Office, spending tips for the holiday season and other programs from the Fleet & Family Support Center and a brief on tips for avoiding diseases from Preventative Medicine.

HEALTH, continued from page 1 about the damages of tobacco and offered information about tobacco cessation.

In addition, the Naval Hospital Sigonella laboratory sponsored a booth to provide information about STDs, and in particular HIV. "HIV is a concern for the military," said Hospital Corpsman 3rd Class Alex Perez, from the multipurpose ward. "Last year, 95 Sailors and Marines were diagnosed with HIV."

For information about health and wellness, contact your wellness coordinator or your healthcare provider.

HOLIDAYS, continued from page 5

country and ask them to bring a traditional dish from the native country.

Gather together. Plan a potluck dinner with your friends and fill the room with favorite holiday music. Or feature Nontraditional music — Beatles songs or folk music, even — as long as it reminds you of home. Take advantage of the various holiday programs that are offered on base.

Reach out. Organize an annual Christmas or Hanukkah party for

friends and neighbors, perhaps with a Special theme or costumes. Or consider inviting new friends or Single Sailors to celebrate Christmas with you and your family. Because helping others is a part of every holiday tradition, consider giving gifts to a local charity or offering help to people who have special needs.

Create new traditions. Learn about the local holiday traditions in your host country. And be open to celebrating in new ways. Example, Children in Italy believe in a female version of Santa Claus called La Befana, an old woman who flies on a broom and brings presents. On January 6, the Feast of Epiphany, La Befana goes out on her broom to drop off stockings filled with treats to all the sleeping children of Italy.

Include new friends in your celebrations. Bring friends from your host country into your families

Celebrations. Invite new friends to your holiday meal or party. Share stories from holiday celebrations of the past and ask your guests to tell you something about how they celebrate holidays.

Order a holiday to go. If your spouse will be absent from a holiday gathering, create a shoebox of gifts for him to take along to his destination if possible. Collecting the gifts is a great activity for children. The "to-go" box can include messages and drawings by the children, jewelry and trinkets, photos, a video, a joke book, or other presents. Another special gift to go is an "IOU promise" — something a child promises to do for her parent when she returns. Promises might include cooking a special meal, washing the car, or "big hugs". It's a lighthearted way to help children look forward to their parent's return. Finally, try if you can to be with people you care about when the holidays arrive. That will help you get over missing your Spouse or Stateside family. If you share the day with others, you'll feel better and your children will, too.

Being away from home at the holiday season can be a challenge, but it is also a chance to create new traditions and to take part in the holiday customs of your host country. When you can preserve the familiar holiday traditions you value most and at the same time, explore new ways to celebrate, you can make the holidays spent overseas some of your happiest.

Fleet & Family Support Center
Building 319 – NAS I
Open Monday – Friday, 0730-1600
(Closes at 1500 on Wednesdays)
DSN 624-4291
Commercial 095-56-4291

NAS Sigonella Ombudsman Program

Our Mission:

- Primary liaison between families and the command
- To be an advocate for families and single sailors
- To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support
- To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors
- We are committed to presenting accurate and up-to-date information for referrals
- We are committed to COMPASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F
- We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency.

Call us at 624-4291 or 24/7 at 335-580-1269 for more information.

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.

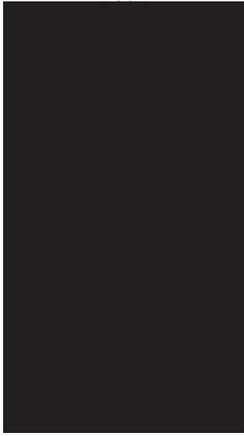
Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884 .

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