



## Holiday season kicks off at Sigonella

**Article by Tracie Barnhouse**  
Signature Editor

There was a certain chill in the air on Friday, Dec. 5 at Naval Air Station (NAS) Sigonella's Midtown Complex, but it wasn't because of the cool temperatures. Instead, the electrifying hum that filled the air was due to the excitement of everyone gathered around to watch the lighting of the base Christmas tree at Navy Morale, Welfare and Recreation's Holiday Reception.

NAS Sigonella Commanding Officer, Capt. Thomas Quinn, opened the ceremony and said, "This is a great way to start the holiday season." Then, with the help of the kids in the

crowd of over 150, he led a countdown that ended in the base Christmas tree being lit. "Oohs" and "Aahs" were expressed, as Morale, Welfare and Recreation (MWR) unveiled their new Christmas tree - one that boasts over 7,000 white lights. The NAS Sigonella Chapel cantata choir sang some Christmas music to get the crowd in the holiday spirit, and later led them in singing traditional Christmas songs like "Deck the Halls" and "We Wish You a Merry Christmas." The highlight of the event, at least for the kids, was the "snow" that fell on the Midtown Piazza. Even after the snow machine had run out, the chants of "snow,

snow, snow" could be heard from enthusiastic children in the crowd.

"This year's Holiday Reception, featuring the popular tree lighting ceremony was a culmination of many efforts from MWR and community members," said MWR Community Activities Director Token Barnhouse. "The Chapels' cantata choir, live music by [redacted] and other community volunteers made this a special memory and great way to kick off the holiday season. The event was a great success and MWR looks forward to hosting the NASSIG community at many other holiday

**HOLIDAYS, continued on page 12**

## 'Arrest a co-worker' raises \$800 for CFC



**Article and photos by MC3 Jonathan Idle**  
Signature Staff

Several members of Naval Air Station Sigonella found themselves in an unusual position as they were placed in handcuffs and taken to a holding pen for the "Arrest a co-worker" fundraiser to raise money for the Combined Federal Campaign (CFC) Dec. 3.

Co-workers were able to place bids with the command CFC representatives over the last couple of weeks to get a sailor of their choosing taken out of work by the NAS Sigonella Security Department.

No one was safe from being arrested as Capt. Joseph Beadles,

**CAMPAIGN, continued on page 13**

**Left Top: Aviation Boatswain's Mate Fuels Chief Thomas Wilber is removed from a car in handcuffs as a part of the Combined Federal Campaign fundraising event.**

**Left Bottom: NAS Sigonella Executive Officer, Captain Joseph Beadles, is led away from his office in handcuffs as a part of the Combined Federal Campaign's 'arrest a co-worker' event. The event was planned to help raise money for charities and help reach NAS Sigonella's fundraising goal of \$160,000.**



Photo by MC1 Chris Delano, Signature Staff

Naval Air Station (NAS) Sigonella's Commanding Officer, Capt. Thomas Quinn leads the countdown to light the base Christmas tree at the Holiday Reception on Dec. 5 at the Midtown Complex.

## Admirals visit FISC



Photo by MC3 Jonathan Idle

Rear Adm. Michael J. Lyden, commander, Naval Supply Systems Command Chief of Supply Corps and Rear Adm. William A. Brown, commander, Fleet and Industrial Supply Centers, visit Fleet and Industrial Supply Center at Naval Air Station Sigonella for an all-hands briefing at the Fleet Mail Center on the operational side of Sigonella. They covered topics ranging from the rate merger between Storekeepers and Postal Clerk to sea billets in the changing Navy for Logistics Specialists.

### WEATHER UPDATE

December 12  
H:66F  
L:46F



December 13  
H:64F  
L:50F



December 14  
H:61F  
L:39F



December 15  
H:63F  
L:41F



December 16  
H:63F  
L:48F



December 17  
H:57F  
L:37F



December 18  
H:63F  
L:41F



### TOP STORIES

A few articles ago I talked about awareness as a community when it comes to suicide. I began by encouraging you to talk about it in order to provide a suicide safer community. A suicide safer community is one that is equipped to discuss the situation when it arises and has a plan for helping people with suicidal thoughts.

Page 2

The Chief of Naval Personnel released detailed information about the delivery schedule, manner of wear and occasion for wear for the Navy Working Uniform (NWU) Dec. 2 in NAVADMIN 343/08.

Page 3

Many people underestimate how much money they will need for retirement. For this reason, building a more secure financial future begins with understanding the income and expenses that you will have after you stop working.

Page 5

It's that time of the year again, the town of Caltagirone, the hub of Eastern Sicily's ceramic-making industry, will offer a plethora of Christmas events including Nativity Scenes displays, concerts, Christmas markets and arts and crafts fairs that will be open throughout December.

Page 6

As a new transfer to Sigonella, my wife and I couldn't wait to get out and explore. Learning about a new culture is a fascinating and exhilarating experience. One of the ways to become immersed into a culture is through the food. Sicily is teeming with exotic plates and dishes designed to delight the palate.

Page 8

### INSIDE

Direct Line  
2

Navy News  
3

Community Calendar  
4

MWR Corner  
11

Il Mercato  
14

### TRAFFIC NUMBERS

	Jan.- Dec. '08	Jan.- Dec. '07	Diff.
Accidents	262	272	-10
Injuries	48	41	+7
DUIs	7	7	0
Traffic Deaths	2	0	+2

PLEASE,  
DON'T BECOME  
A STATISTIC!

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

The 4 December Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote this and the 19 December Direct Lines to answering all of them. Please keep sending the questions via email or phone and I will do my best to answer them.

Additionally, Feedback Live is the perfect opportunity to share with the community about your positive experience. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. Would it be a possibility for PSD to change their current working hours?

Answer: PSD's working hours are from 0700 - 1600 Monday through Friday. In order to ensure maximum customer service, to meet the requirements for twice weekly PT, and in lieu of closing for training every Wednesday afternoon, all these requirements, as well as Field day and Quarters are met between 0700-

0900. To ensure constant readiness for any emergency or contingency there is a Command Duty Officer who reports at 0615 and remain in the building until 1700 as well as maintains a cell phone watch overnight until reporting back at 0615.

Q2. MWR has wonderful programs for children 5 and older. Parents who have children under age 5 are limited to Tiny Tots, Ballet, and the new music program. Those 3 activities take place during working hours and if both parents work, this eliminates these activities for those children. Would it be possible to provide the community with more programs for the smaller children with afternoon/evening participation times, i.e. soccer, t-ball, cheerleading?

Answer: Thank you for the nice comment regarding our many youth programs. As you requested, MWR will look at our programs and times to see if they can realign to offer some activities after working hours for children under 5 years. A major consideration of the

activities we offer for this group is the specialized requirements due to their social and physical developmental stage. The programs we can offer are limited by the talents and resources available in the community. If you know someone who can teach a preschool class please let MWR know. MWR would also like to encourage to apply for our Youth Sports Coordinator position, which is currently vacant.

Q3. Would it be possible to have an "OUTDOC" program established by PSD that would bring all the same departments together that require check-in to handle all the paperwork required in a one week period. This would alleviate the numerous trips to NAS I required to check out with the various departments.

Answer: This type of program is being seriously considered and there is a planning team which is looking into the specifics of how it would work and who would operate it.



# Health WATCH

## Don't blame the bird!

Article courtesy of  
**HM1 Clarissa Rosalin**  
US Naval Hospital Sigonella  
Public Affairs Office

With Thanksgiving past us, many of us returned to work from the holiday only to hear people blaming the turkey for their after dinner fatigue. The famous bird is often cited as the culprit in after dinner lethargy, but the truth is you could omit the bird from your menu and still feel the effects of the feast. Turkey does contain L-tryptophan, an essential amino acid with documented sleep inducing effects. However, what a lot of people don't know is that tryptophan can't get to the human brain in large amounts when ingested as part of a massive Thanksgiving feast—it needs an empty stomach. It would also be worth noting that other foods contain as much or more tryptophan than turkey - beef, soybeans, chicken, pork and cheese are some examples, with Beef and soybeans

boasting higher concentrations than turkey. This is why many of us, after consuming an ordinary turkey sandwich, do not get tired.

So why the traditional Thanksgiving nap? The slumber may be caused by the stressful hustle and bustle of the holidays. Many find the holidays overwhelming with the most relaxing part of the festivities likely to be the meal. Another reason is the increased caloric intake of the year's biggest feast. It takes more energy to digest fats and the massive amounts of calories. Alcohol consumption, if any, can also contribute to the need for a nap.

So, why are you sleepy after a big turkey dinner? Stop blaming the turkey. It's a combination of the type of food (high in fats and carbohydrates), amount of food (increased caloric intake), and the celebratory atmosphere. Hope your Thanksgiving was great!

## NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

### ROMAN CATHOLIC

**Sunday**  
0830 Catholic Mass (NAS I Chapel)  
1200 Catholic Mass  
(Mineo Community Center)  
1600 Catholic Mass (NAS II Chapel)

### Monday - Wednesday, Friday

1130 Catholic Mass (NAS II Chapel)

### PROTESTANT

**Sunday**  
0900 General Protestant  
(Mineo Community Center)  
1000 Traditional Protestant (NAS I Chapel)  
1130 Contemporary Protestant (NAS I Chapel)  
1700 Contemporary Protestant (NAS II Chapel)  
**Wednesday (NAS I 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, 346-840-7745

## Suicide: You can make a difference!

Article courtesy of  
**Chaplain Russell Wilson**



A few articles ago I talked about awareness as a community when it comes to suicide. I began by encouraging you to talk about it in order to provide a suicide safer community. A suicide safer community is one that is equipped to discuss the situation when it arises and has a plan for helping people with suicidal thoughts. In my last article we talked about listening to people who are having suicidal thoughts and paying attention to the invitations they give us. By being aware of these invitations and being comfortable with talking about dying and living we can be a suicide safer community.

Today I want us to continue to look at how we can be a part of a group of people who are standing ready to help an

individual who is contemplating suicide. You might be the one individual who is asked to help someone with suicidal thoughts. What do you do when you have found yourself in a conversation in which you hear the invitations? You now feel confident that the individual you are talking to is having suicidal thoughts. The next thing you have to realize is that you are now the person who can help this individual. You have to make a choice. You either have to ask the question or ignore it and walk away.

What would you do if someone you knew was walking out into the street into oncoming traffic? I am sure most of us would act in some

**SUICIDE, continued on page 12**

- Commanding Officer**  
Capt. Thomas J. Quinn
- Public Affairs Officer**  
Lt. j.g. Matt Knight
- Deputy Public Affairs Officer**  
Dott. Alberto Lunetta
- Editor**  
Tracie Barnhouse
- Staff Writers/ Photographers**  
MCI Chris Delano  
MC3 Jonathan Idle  
MCSA Whitfield Palmer
- Interns and Volunteers**

The Signature editorial office is located at:  
Naval Air Station Sigonella, Sicily  
PSC 812 Box 3020  
FPO, AE 09627  
Telephone: 095-86-5440; DSN 624-5440

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or Stampa Generale S.r.l. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@nassig.sicily.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.

## 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

- E4: Following too closely; negligent driving. Member was awarded four points and required to attend EVOC and DIP class.
- E4: Operating a vehicle without ever obtaining a license; failure to report involvement in an accident. Member's driving privileges were suspended for two months and member received seven points.
- E2: Speed too fast for conditions; operating a vehicle without ever obtaining a license. Member's driving privileges were suspended for one month and member received five points.

# NAVY News

## Navy working uniform details and instructional video announced

Article courtesy of  
Chief of Naval Personnel  
Public Affairs

WASHINGTON (NNS) -- The Chief of Naval Personnel released detailed information about the delivery schedule, manner of wear and occasion for wear for the Navy Working Uniform (NWU) Dec. 2 in NAVADMIN 343/08.

An instructional video was also posted on the NPC Web site [www.npc.navy.mil/commandsupport/usnavyuniforms/](http://www.npc.navy.mil/commandsupport/usnavyuniforms/) and on NKO at <https://www.nko.navy.mil/portal/alerts/communications/home/what-snewwnko>.

According to the message, the NWU is intended for year-round wear and shall be the standard working uniform ashore. The NWU will replace working utilities, tropical working uniforms, wash khakis, winter working blue, aviation working green, and non-tactical/environmental usage of camouflage utility uniforms.

The NWU is designed to be

worn in sea and ashore environments that do not require special clothing (e.g., flight, flight deck, engine room, etc.). Unless otherwise prescribed by the regional commander, the NWU is authorized to be worn at all facilities on base, while commuting to/from work and home via POV, public transportation, and on government/military flights to/from OCONUS locations.

Routine stops while commuting are not authorized with an exception for genuine emergencies, such as medical emergencies and vehicle breakdowns.

For environment extremes the following modifications are authorized when granted by appropriate authority.

- (1) The NWU shirt may be removed on job sites or in work spaces.
- (2) NWU trousers may be worn unbloused on job sites or in work-spaces.
- (3) During the winter or inclement periods, the parka hood is

authorized for wear in addition to head gear. Black leather gloves are authorized.

The NWU will be available for purchase via designated Navy Exchange Uniform Centers as follows:

Dec 08 - Navy leadership (flag officers, commanding officers/OICs, (9580/9579/9578) command master/senior chiefs, and chiefs of the boat) via Navy Exchange Uniform Support Center at 800-368-4088 or 757-502-7450.

Jan 09 - Tidewater

Apr 09 - Southeast

Jul 09 - Northeast

Oct 09 - Capital region

Jan 10 - Western/northwest

Apr 10 - Gulf region

Jul 10 - Hawaii

Oct 10 - Europe/Japan/Guam

All existing working uniforms will continue to be authorized for wear until December 2010. Sailors who have not been issued NWU's at recruit training command or purchased NWU's while assigned to an

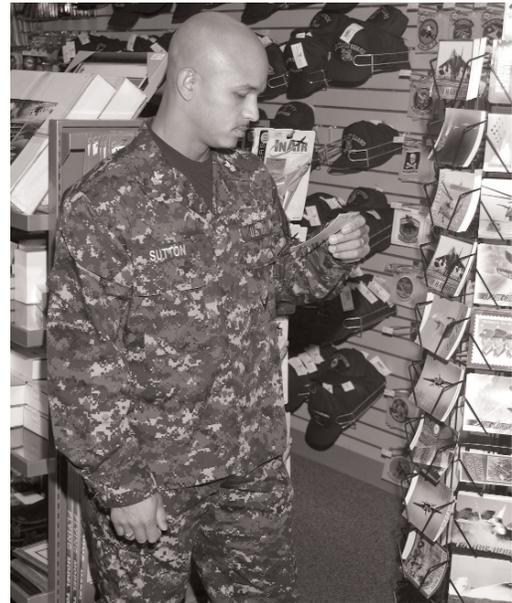
active rollout location must maintain their current working uniforms until the NWU is available in the area assigned. This policy also applies to Sailors wearing the new service uniform announced earlier in 2008.

FY08 and FY09 clothing replacement allowances have been adjusted to facilitate purchasing four sets of NWU shirts and trousers by December 2010. Reserve component Sailors will receive their uniforms via

their respective Navy Operational Support Centers.

For more information on uniforms and uniform policy, visit the uniform matters Web site at [www.npc.navy.mil/commandsupport/usnavyuniforms/](http://www.npc.navy.mil/commandsupport/usnavyuniforms/).

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/).

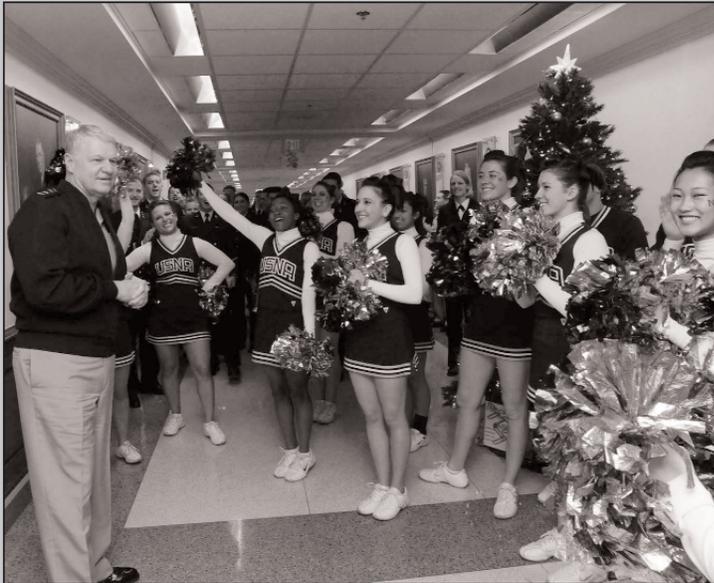


U.S. Navy Photo/Released

A Sailor wears the Navy working uniform (NWU) while shopping at the Naval Air Station Oceana Navy Exchange. The NWU is intended for year-round wear and will be the standard working uniform ashore by October 2010. The NWU will replace working utilities, tropical working uniforms, wash khakis, winter working blue, aviation working green, and non-tactical/environmental usage of camouflage utility uniforms. Unless otherwise prescribed by the regional commander, the NWU is authorized to be worn at all facilities on base.

## PHOTO FROM THE FLEET

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



U.S. Navy photo by MC1 Tiffini M. Jones

Chief of Naval Operations (CNO) Adm. Gary Roughead cheers with the U.S. Naval Academy cheerleaders during a pep rally at the Pentagon to kick off the upcoming Army-Navy college football game. The Midshipmen take on the Black Knights in the 109th Army-Navy game Dec. 6 in Philadelphia.

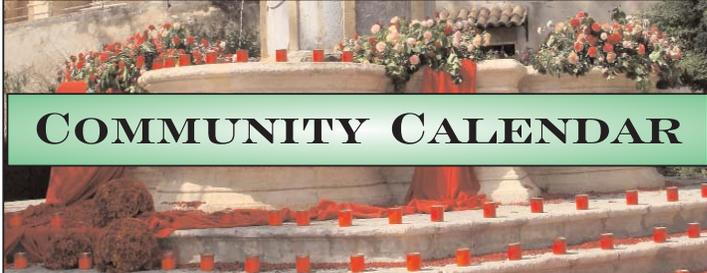
### NEW

### Arrivals

Lori and Simon Gutierrez Boy	Sheena and Tony Tanner Girl
Samuel Gregory Gutierrez Nov. 25, 2008 Length: 19 in Weight: 6 lbs 5 oz	Delilah Sol Tanner Nov. 26, 2008 Length: 20.5 in Weight: 8 lbs 2 oz
Erica and Georgios Georgiadis Boy	
Markos Georgios Georgiadis Nov. 28, 2008 Length: 20 in Weight: 7 lbs 2 oz	

New Monika  
Hop

Volcano

				FRIDAY	SATURDAY	SUNDAY
				<b>12 DECEMBER</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>13</b> CPR Class NAS I 8 a.m. - 5 p.m. x4900	<b>14</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>15</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 CR for Youth - Topolino FFSC 8 a.m. - 11:30 a.m. x4291	<b>16</b> Healthy Pregnancy, Healthy Baby Red Cross 4:30 p.m. - 7 p.m. x4900 Tobacco Cessation Class Flightline Clinic 12 p.m. - 1 p.m. x4710	<b>17</b> Motta Castle Tour FFSC 10 a.m. - 12:30 p.m. Budget for Baby NMCRS 5 p.m. - 7 p.m. x4212 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	<b>18</b> Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291 SAVI Training BETD x9203	<b>19</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Babysitting Bootcamp Day 1 Red Cross 3:30 p.m. - 5:30 p.m. x4900 Arrivederci BETD x9203	<b>20</b> Babysitting Bootcamp Day 2 Red Cross 8 a.m. - 5 p.m. x4900	<b>21</b> Happy Hanukkah 
<b>22</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>23</b> Tobacco Cessation Class Flightline Clinic 12 p.m. - 1 p.m. x4710	<b>24</b> Men's Group FFSC 1:30 p.m. - 3 p.m. x4291 Christmas Eve Children's Mass (Catholic) NAS I Chapel 4:30 p.m. Christmas Eve Service (Protestant) NAS I Chapel 6:30 p.m.	<b>25</b> Merry Christmas 	<b>26</b> Happy Kwanzaa 	<b>27</b>	<b>28</b>

Motta

Orange Park

Stags

Marchi

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

NMCRS: A Helping Hand!  
[www.nmcrs.org](http://www.nmcrs.org)



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

## Knowing how much you will need for retirement

Adapted from  
 Military One Source

Many people underestimate how much money they will need for retirement. For this reason, building a more secure financial future begins with understanding the income and expenses that you will have after you stop working. Start by estimating how much money you will need in retirement. As a general rule of thumb, your goal should be to put aside enough savings to match two-thirds to 70 percent of your current

income. But the amount you'll actually need will depend on your personal circumstances, spending habits, and lifestyle.

Know how much you can gain by saving. You may think that saving a small amount per week won't make much difference to your retirement. But consider a few numbers. Let's say that starting at age 50, you put \$25 a week into a savings account that pays 4 percent interest and you don't touch the money. You would have \$16,232 at age 60; \$40,260 at age 70; and \$75,827 at age 80. You can learn how much you would earn if you saved other amounts by using free online interest calculators. You can find these by searching the Internet for the words "compound interest calculator."

Understand your Social Security benefits. Every year the Social Security Administration mails a statement of projected benefits to everybody over 25 who is not yet receiving benefits. You can also get a copy by going to <http://www.ssa.gov/mystatement>. Keep in mind that the age at which you can get your full benefits is going up. If you were born between 1943 and 1954, you can collect full benefits at age 66. If you were born in 1955 or later, you will have to wait longer. You can find out on the Social

**RETIREMENT**, continued on page 12

# Baciamamo Le Mani

# SOL

# 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.

**Bobby (Right)** is still a puppy and he's grown so much in the short time that he has been with us. He loves to play with his toys as well as other dogs.

Bobby is extremely sportive and would be the perfect addition to any active family.



**Ed (Left)** is one of our newest dogs. He is very playful and would really complement an active family as well.



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

# Days Inn

## 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

## Christmas season begins in Caltagirone

It's that time of the year again, the town of Caltagirone, the hub of Eastern Sicily's ceramic-making industry, will offer a plethora of Christmas events including Nativity Scenes displays, concerts, Christmas markets and arts and crafts fairs that will be open throughout December.

After a yearlong preparation, Presepi, or Nativity Scenes, will be showcased in churches and Beautiful Baroque buildings located in the historic center.

A true display of faith and man's creativity, Presepe tells the story of the mystery of Jesus' incarnation. In the old times, Presepi were used as an artistic and educational way to teach the story of Christ's birth to the devotees in order to protect and preserve Christian traditions throughout the centuries.

They are traditionally set up in almost every Sicilian house featuring decorated figurines, which are carved from wood, shaped from ceramic, wax, papier-mâché, resin, clay, and other materials. Presepi depict both divine and human elements.

Representations of the Nativity date back to the Middle age. According to tradition, Saint Francis of Assisi was the first Christian to set up an impressive Nativity scene in 1223, on a Christmas Eve. The display included the live animals and had a breathtaking backdrop: the hills surrounding the town of Greccio (Center of Italy).

In Sicily, four major centers can boast a tradition for handcrafted nativity scenes production: Palermo, Siracusa, Trapani and Caltagirone.

In Palermo and Siracusa, where beekeeping is widespread, wax has been used since the 17th century to mold Bambinelli that are figurines depicting infant Jesus. Between the 17th and the 18th century, the area surrounding the Church of San Domenico in Palermo was home to many Bambinai (craftsmen that used to shape these figurines) and their shops. Wax sculptor Gaetano Zumbo is among the most famous 17th century craftsmen. He carved an amazing Nativity scene that is on a permanent display at the Victorian Albert Museum in London. The Bambinelli with their hieratic expressions are usually enriched with silver or gilded accessories. They are often depicted holding a cross.

In Siracusa, 18th century Cerari (wax workers) represented infant Jesus with a joyful or a sleeping expression, holding a lambkin, a flower or a fruit. These fine figures are placed inside Scarabattole or glass caskets.

In Trapani, craftsmen shape precious figurines with valuable materials such as coral (used alone or mixed with ivory), alabaster, shells, ivory and mother-of-pearl. Breathtaking examples of these Nativity scenes are those exhibited at the Pepoli Museum in Trapani and Cordici Museum in Erice.

Caltagirone has world-renowned Presepi making reputation, dating back to the 17th century, of Nativity Scenes that are made with big clay or wood figurines set on a painted background representing country life scenes.

According to tradition, kids used to collect every month some little money in order to buy, until Christmas, little clay figurines to decorate their Nativity scenes. Pasturari and Santari, (craftsmen who made shepherd or saint-shaped clay statuettes) used to sell these magnificently carved figurines during town fairs or inside their workshops. These artisans were also commissioned by convents and churches to create figurines that were imitating the ones depicted in famous holy paintings.

In the 18th century, Nativity scenes became popular in everyday houses. Families used to compete amongst each other for the most beautiful display. They invited friends and even people passing by to their home to judge the best Nativity scene, which would typically depict rural, world scenes. The characters represented in the Nativity scenes included sleeping shepherds, pipers, Ricotta seller, hunters and more. Today, over 100 craftsman workshops in Caltagirone still keep the tradition alive.

Nativity scenes are not the only attraction of the Caltagirone Natale or (Christmas). Here are some other



Photo by Giuseppe Stimolo

**If you want to capture the Christmas holiday spirit of Sicily, make sure you check the exciting cultural events taking place in Caltagirone. Nativity Scenes, or Presepi, are the centerpiece of the celebrations which also include a series of concerts, arts and crafts and food fairs and more.**

highlights of this year's holiday season.

A Christmas market will be set up in piazzale Falcone e Borsellino on Dec. 14, 21 and 28 from 9 a.m. to 10 p.m. and an Ethnic Food Festival will take place on Dec. 28 at 4 p.m. and 7:30 p.m. piazza Municipio (main square). If you want to satisfy your sweet tooth, make sure you go

to the "Fiera del Dolce" (Sweets Fair) that will be held at the "Luigi Sturzo" Art Gallery in the main square on Jan 6 at 10 a.m.

Concerts:

Christmas Music Concert (Dec. 14- 5 p.m. - Basilica of San Giorgio); Christmas Sicilian folklore chants (Dec. 18- 8 p.m. Church of Rosario); Christmas songs concert (Dec. 22- 7

## Moda Italia

### World Music Festival in Taormina this weekend

New York-based bluesman Jonathan Kane is one of the international acclaimed performers of the 2008 Taormina edition of WOMAD, a world music festival created by legendary musician and activist Peter Gabriel in 1980, which will be held this weekend (Dec. 12 and 13) at the Palazzo dei Congressi (conference palace located in # 19 Corso Umberto). The other festival highlights include the following artists: "SUDD MM" (Sicily), Joji Hirota (Japan), "Fanfara Tirana" (Balkans), Dabo Toure (Mali), Dhol Foundation (Pakistan/U.K.). Shows will begin at 9 p.m. Admission is free. For more details call Taormina Arte at 0942-21142.

## Magnolia

### 41st Stormo awards NASSIG sailors

The 41st Stormo ITAF Commanding Officer, Col. Antonio Giuseppe Di Fiore has recently hosted the traditional 2008 "C. Sala Award Night," which recognizes Italian Air Force servicemembers who have distinguished themselves during their service in Sigonella.

Among the awardees, three distinguished NASSIG sailors received recognition awards for their outstanding professionalism. The three Navy awardees were as follows: Capt. Thomas Quinn, Cmdr. Dennis Shelton and Petty Officer 1st Class Mark Odell. Created by Col. Di Fiore three years ago, this award is named after Capt. Carlo Sala, a heroic 41st Stormo pilot who died in 1973 during a training flight over Misterbianco.



p.m. - Church of SS. Salvatore); City of Luganski Concert (Dec. 29- 7:30 p.m. -Church of Rosario); Epiphany Concert featuring the polyphonic Saint Giuliano Choir (Jan. 4 - 7:30 p.m. Church of Sant'Anna).

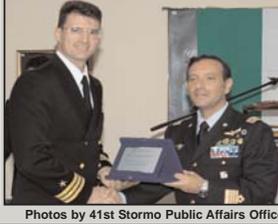
#### Nativity Scenes:

Here are some of the must-see Nativity scenes, recommended by the Caltagirone Tourist Office, that you can visit through the end of the month.

"Il Presepe animato in terracotta" (The Mechanized Pottery Nativity Scene) - Church of Carmine (open daily from 9 a.m. to 8 p.m.); "Mostra Presepi -Presepe nella storia siciliana con pupi in movimento" (Mechanized Nativity Scene as featured in Sicily's history) - # 71/75 via Testa, (open daily- 10 a.m. - 1 p.m. and 3 - 8 p.m. / open continuously during the holidays); "Il "Presepe negli archi" (Nativity Scene set up by the arches)- (open daily- 9:30 a.m. - 1 p.m. and 3 - 7 p.m. / open continuously during the holidays);

"La Storia della Salvezza" (Salvation Story Nativity Scene) - Capuchin Convent (9 a.m. - 12 p.m. and 3:30 -7 p.m. / Sundays 10:30 a.m. - 12 p.m. and 3:30 p.m. - 7 p.m.).

"Presepe di Santa Maria di Betlem a Modica" (St. Mary of Betlem Nativity Scene in Modica) -



Photos by 41st Stormo Public Affairs Office

Museo Civico, Carcere Borbonico (town museum, # 10 via Roma); "Vetrina del Presepe su Fiat 500" (Nativity Scene displayed inside Fiat 500), piazza Municipio (main square) open on Dec. 12, 13 and 14; "Presepe Vivente nei carruggi" (Living Nativity Scenes in the picturesque narrow streets of the historic center, open on Dec.27 and 28 in the San Pietro neighborhood).

Dozens of other public and private Nativity Scenes will also be showcased in the town's main churches and historic buildings. Almost all of these exhibitions require a fee to be admitted.

Please note that events' schedules may be subject to change without notice.

Special town historic center and Nativity Scenes tours can be arranged by calling 0933-26635 or 338-1126812. For more information,

detailed event schedules and other events call Caltagirone Tourist Office at 0933-41111/41365 (open 9 a.m. 7 p.m. Mon-Sat.; Sunday 9 a.m.-1 p.m. 3-7 p.m. closed on Monday afternoon).

## Medieval Music concert in Catania

Internationally acclaimed medieval music ensemble "laReverdie" will perform in Catania at the Biscari Palace on Tuesday, Dec. 16 at 9:15 p.m. The ensemble, which was founded in 1986, is specialized in musical repertoire of Europe from the High Middle Ages to the end of the 14th century (liturgical dramas and dramatic liturgy). For more information and tickets call AME at 095-321252.

## Catania Kiwanis Club visits Sigonella

On Nov. 30, a group of 50 members from the Catania International Kiwanis Club visited Sigonella in order to learn about the U.S. Navy and Italian Air Force's mission in Sicily. The newly arrived Patrol Squadron Four (VP-4 / "Skinny Dragon") hosted the Kiwanis Club members for a P-3 static display.

"I'm very fond of the US because it is a country of freedom. With this tour I went back to my childhood memories as my father worked on base for the Navy for 22 years as a supply technician. I strongly believe that strengthening long-standing friendship and cooperation

for peace and development between the U.S. and Italy is of utmost importance," said Prof. Ignazio Vecchio, the club's president.

"It was a great experience to have representatives from the community coming here and checking what we do and see how we coexist here with the Italian Air Force, which hosts us as a tenant command," said VP-4 pilot Lt. j.g. Bradley Roberts, who facilitated the tour of his squadron.

As for the Italian side of the base, the group toured the Italian Air Force Air Traffic Control Tower, the Weather Station and the Radar Station.



## Last Opera show in Catania

Tonight, the Bellini Catania Opera House will host a performance of Donizetti's "Don Gregorio," the last opera show of the 2008 season. The opera, which debuted at the Naples Teatro Nuovo 1826, is the Neapolitan version of one of Gaetano Donizetti's earliest masterpieces: "L'ajo nell'imbarazzo" (1824). It tells the story of Don Gregorio, the tutor of two young men whose severe father wishes to preserve the temptations of the world, especially from

women. This segregation will actually be counterproductive. Pippetto, the younger son, will fall in love with the elderly maid, while his brother Enrico will marry in secret, Gilda, who will bear him a child. Don Gregorio will be busy in mediating between the angered father and the disobedient sons. The show starts at 5:30 p.m. For more information and tickets visit <http://www.teatromassimobellini.it>



Photo by Bellini Opera House Press Office

# Maryland

# Kartodromo

# Strike

# Cin! Cin!

## CELEBRATING THE FOOD & WINE OF SICILY Visit local agriturismo and learn the art of Sicilian cooking

Article and photos by  
MC1 Chris Delano  
Signature Staff

As a new transfer to Sigonella, my wife and I couldn't wait to get out and explore. Learning about a new culture is a fascinating and exhilarating experience. One of the ways to become immersed into a culture is through the food. Sicily is teeming with exotic plates and dishes designed to delight the palate. With a high emphasis placed on freshness, rest assured that the Italian food will leave you wanting more. I learned this during a Naval Air Station (NAS) Sigonella Fleet and Family Support Center (FFSC) cooking class held at the Agriturismo dell'Etna.

The FFSC hosts a monthly cooking class designed to highlight different restaurants throughout Sicily.

The cooking class began with a journey down to the outskirts of Giarre, a small town south of Taormina, which is where Agriturismo dell'Etna is located. The head chef and owner, Salvo Strano, took great pleasure in showing us around his farm. At Agriturismo dell'Etna, you can wander through banana trees, artichokes and potato patches. During the walking tour of the farm, Salvo told us about each plant and explained how they are harvested and used in the kitchen. After the tour, we went inside and began prepping a local seasonal dish - Pumpkin Lasagna.

Family Friendly - Five stars.

### What is an agriturismo?

An agriturismo is the combination of the words "agriculture" and "tourism" in Italian. It describes a style of vacationing in farm house resorts, where the food served to guests has been prepared from the raw materials produced on the farm, or at least locally. Some agriturismos allow the guests to participate in the activities around the farm - from harvesting to cooking the meals.

Agriturismo's date back to the 1950s when small scale farming in Italy became less profitable, and farmers abandoned their farms to search for work in larger towns. But since Italians value traditions and the produce of small scale production of food, a law came out in 1985 that defined agriturismo's, and abandoned buildings and estates were restored. The agriturismo allowed for the small farmer to augment the income from the farm and for vacationers to get a sample of rural life in Italy.

Almost everything to see and do is in a small area on the farm. This makes getting around with young children, strollers or wheelchairs relatively easy. While there is not much specifically geared toward children, the process of making the pumpkin lasagna kept kids entertained.

Accessibility - Five stars. Hosted by Fleet and Family Support Center transportation and interpretation services were provided. By car: Follow A18 down to the Giarre exit, then follow SS114 toward S. Leonardello until you see signs for Carruba. Then head toward Archi di Riposto.

Travel Time - Five stars. The trip was scenic with quick travel time of about thirty to forty minutes.

For more information, go to [agrietna.com](http://agrietna.com) or contact the Fleet and Family Support Center at 624-4291 and ask about their monthly cooking classes.



Agriturismo dell'Etna boasts gorgeous views of Mt. Etna from their vegetable fields. The agriturismo was a lemon orchard until 2000. It has now been transformed into a horticultural farm.



At Agriturismo dell'Etna, the family is constantly harvesting seasonal fruits and vegetables from their farm, including potatoes.



Throughout the day at Agriturismo dell'Etna, farmers can be seen gathering various vegetables ready to be eaten.

Scalilli

Cooking

Japanese

Tamoil



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.

# Pumpkin Lasagna - *Preparation time: 1.5 hours Baking time: 35*



What you'll need: pumpkin, olive oil, onion, besciamella (can be in the local market), lasagna sheets, pepato fresco cheese.

### Step One:



Start by chopping an onion and place in to a bowl.

### Step Two:



Halve and chop a pumpkin and place in bowl with onions.

### Step Three

After chopping, cook the pumpkin and onion with some olive oil, until it is a thick consistency.



### Step Four:



Puree pumpkin onion mixture. Add besciamella and mix together.

### Step Six:



Cover with another sheet of lasagna and repeat layers until there is no more room in the baking dish; approximately four to five layers of lasagna. Bake for approximately 35 minutes at 350 degrees Fahrenheit. When finished, a fork should penetrate the lasagna easily. Buon appetito!

\*Because of the length of prep time required for this recipe, it rates as moderate to difficult. If you have never worked with pumpkin before, the process can be fairly tedious, but the end result is worth the time spent!

### Step Five:



Place a layer of the pumpkin mix on the bottom of a casserole dish and then place a sheet of lasagna over top of it. On top of that, add another layer of pumpkin mix plus some cubed pepato fresco cheese.

### REVIEW SUMMARY

#### 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 review. If you have comments or questions on this review contact: [thesig@nassig.sicily.navy.mil](mailto:thesig@nassig.sicily.navy.mil)

## NEWS BRIEFS

### Visiting Nurse - NMCRS Sigonella

The Navy-Marine Corps Relief Society has openings for part-time Visiting Nurses. Applicants must have all of the following attributes to be considered: (1) be a command-sponsored spouse of an active duty service member or be the spouse of a member of the U.S. civilian personnel component, (2) possess a current sojourn permit, and (3) be a U.S. citizen. Minimum requirements: Active R.N. license/insurance from any State, Current CPR certification or ability to obtain within 3 mos. of employment, valid stateside driver's license, current automobile insurance, and reliable transportation. Experience in med/surg, home health education, discharge planning, Ob/Gyn exp. is highly desirable. Starting salary is \$21/hour. Preference will be given to those applicants who have prior experience with the Society as a volunteer or employee. For more information, or to obtain an application, please call the NMCRS Sigonella Office at 095-56-4212 or DSN 314-624-4212. You may also request an electronic application by sending an email message to [hr@hq.nmcrs.org](mailto:hr@hq.nmcrs.org). Please send completed and signed applications, and supporting sojourn documentation to NMCRS Headquarters office at 875 North Randolph Street, Suite 225, Arlington, VA 22203, USA or fax to (USA) 1-703-696-0144 no later than Dec. 19, 2008. Although we will acknowledge receipt of all applications, only those selected for interviews will receive additional notification. Visit NMCRS on the Web at [www.nmcrs.org](http://www.nmcrs.org). E.O.E.

# Medusa

# Alphio

# Musco



# Switch it off Sigonella!

### Did you know

- Americans use twice as much energy as necessary to heat their homes?
- The dishwasher uses 80% of its energy just to heat the water?
- A 1/4 inch crack under your front door will waste as much energy as a 2" x 2" hole in your wall?

### What do I do?

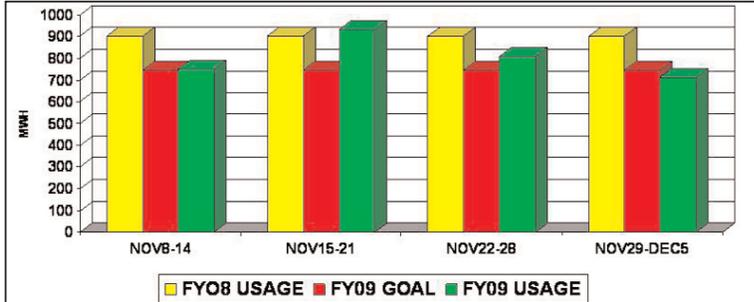
- Turn down your thermostat a couple degrees.
- Close your drapes when it gets dark outside.
- Move furniture away from heating registers.



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](mailto:thesig@nassig.sicily.navy.mil) to be featured in this space.

### Electrical Consumption at NASSIG

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



## Ristorante Bella Etna

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

<b>12</b>	<b>Lunch:</b> New England Clam Chowder, Lemon Pepper Catfish, Pork Chop w/ Mushroom Gravy, Steamed Rice, Garlic Roasted Potatoes, Seasoned Asparagus, Creole Green Beans, Lemon Cookies, Carrot Cake. <b>Speed line:</b> Grilled Cheeseburger/Hamburger, French Fried Potatoes, Baked Beans. <b>Dinner:</b> Cream of Mushroom Soup, Beef Sir Fry, Pork Fried Rice, Oven Potatoes, Whole Corn, Stir Fry Vegetables, Lemon Cookies, Carrot Cake. <b>Made to Order:</b> Vegetarian Burger, Turkey Wrap, French Fries.
<b>13</b>	<b>Breakfast:</b> Farina, Baked Sausage Patties, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, French Toast, Asstd Doughnuts, Pecan Sweet Roll. <b>Lunch:</b> Vegetable Beef Soup, Baked Tuna & Noodles, Chicken Nuggets, Garlic Roasted Potatoes Wedges, Mixed Vegetables, Hot Beets, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp. <b>Dinner:</b> Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Steamed Okra, Stewed Tomatoes, Chocolate Drop Cookies, Apple Crisp.
<b>14</b>	<b>Breakfast:</b> Rolled Oats, Biscuits & Gravy, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Hashed Brown Potatoes, Waffles, Asstd Doughnuts, Twist Coffee Cake. <b>Brunch:</b> Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Rosemary Potatoes Wedges, Steamed Brussels Sprout, Hermits, Yellow Cake w/ Icing. <b>Dinner:</b> Split Pea Soup, Pasta Alla Sicilian, Jaegerschnitzel, Rice Pilaf, Steamed Cauliflower, Seasoned Succotash, Garlic Bread, Hermits, Yellow Cake w/ Icing.
<b>15</b>	<b>Lunch:</b> Beef Noodle Soup, Baked Fish Scandia, Penne Boscaiola, Parsley Potatoes, Mixed Vegetables, Seasoned Spinach, Tartar Sauce, Yellow Cake w/ Frosting, Chocolate Cream Pudding. <b>Speed line:</b> Sub Sandwich, Pasta Sicilian. <b>Dinner:</b> Cream of Potato Soup, Country Fried Steak, Hopping John, Collard Greens, Lyonnaise Wax Beans, Corn Bread, Garlic Bread, Yellow Cake w/ Frosting, Chocolate Cream Pudding. <b>Made to Order:</b> Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Chips.
<b>16</b>	<b>Lunch:</b> Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Steamed Rice, Cut Green Beans, Steamed Carrots, Dinner Roll, Yellow Cake w/ Icing, Chocolate Chip Cookies. <b>Speed line:</b> Chicken Patties Sandwich, Hotdogs, Onion Rings, Pasta Primavera. <b>Dinner:</b> Manhattan Clam Chowder, Spaghetti w/ Meat Sauce, Buttered Noodles, Seasoned Green Beans, Harvard Beets, Yellow Cake w/ Icing, Chocolate Chip Cookies.
<b>17</b>	<b>Lunch:</b> Corn Chowder Soup, Pineapple Chicken, Vegetarian Spaghetti, Scalloped Potatoes, Rice Pilaf, Steamed Mixed Vegetable, Seasoned Spinach, Sweet Potato Pie, Shortbread Cookies. <b>Speed line:</b> Grilled Cheese/Hamburger, Baked Beans, French fried Potatoes. <b>Dinner:</b> Shrimp Gumbo Soup, Mexican Pepper Steak, Steamed Rice, Parsley Buttered Potatoes, Vegetable Stir Fry, Pineapple Green Pepper, Sweet Potato Pie, Shortbread Cookies.
<b>18</b>	<b>Lunch:</b> Mulligatawny Soup, Turkey Pot Pie, Meat Loaf, Brown Gravy, Mashed Potatoes, Steamed Rice, Seasoned Peas & Carrots, Steamed Cauliflower, White Cake w/ Icing, Fruit Nuts Bar. <b>Speed line:</b> Hotdogs, Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredded Cheese, Assorted Pizza. <b>Dinner:</b> Beef Noodle Soup, Baked Ham Slices, Garlic Cheese Potatoes, Steamed Broccoli, Stewed Tomatoes, White Cake w/ Icing, Fruit Nuts Bar.

# Stampa

# Stampa

# Oxidiana

# ON THE GO WITH MWR

## First clue released for 'Where's Santa?'

**What did the Gingerbread Man put on his bed?** This is the first clue in the Sigonella manhunt that starts today, Dec. 12.

Santa is lost and all U.S. ID cardholders are on the hunt for a toy Santa who has been hidden somewhere in Sigonella. First to find him wins a \$500 shopping spree at the NEX.

MWR celebrates the 12 days of Christmas with 12 clues to find Santa - one released each day starting Dec. 12. To get the clue of the day, visit your nearby MWR facility, tune in to AFN or email jacquelyn.leblanc@eu.navy.mil.



**This little Santa could win you a \$500 shopping spree at the NEX. He could be anywhere... use your eyes, ears and mind to find him!**

## Titina tells stories to toddlers

Every Wednesday at 10 a.m. is toddler storytime. Last week's special guest reader was "Titina," a magical clown.

Cristina Vigo goes by Titina as her storyteller stage name. Vigo enjoys reading to the children and sharing stories that her father has passed down to her.

"My dad always told us stories while growing up," said Vigo, who is the sixth child in a family of 16 children. "I have really enjoyed passing on the legacy."

Vigo is a retired military spouse whose journey started in Hawaii in 1976 followed by Japan, Florida, Sicily, California, Puerto Rico, Virginia and back to Sicily.

Vigo has 32 years of experience as a storyteller, special events, birthday parties and has also painted many young faces at both Autumn Fest and Spring Fest.

The MWR Library welcomes guest storytellers for its Wednesday weekly reading for toddlers. For more information call 624-3875.



## Flag football season ends, WEPS wins!

Regular season play comes to a close with 10 NASSIG departments battling it out for the top title. WEPS took first place with 13 wins and 2 losses.

Special thanks to all the players and coaches who made 2008 a season to remember.

Teams	WIN	LOSS
WEPS	13	2
SEC	12	3
NCTS	11	4
PWD	10	5
SEC Gold	10	5
CTF-67	8	7
AIMD	5	10
PSD	4	11
Copper	3	12
HOSP	0	15

DECEMBER 12 - DECEMBER 19

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

### SCHEDULE & DESCRIPTIONS



**Friday, December 12**  
 5:00pm The Secret Life of Bees PG-13  
 5:30pm W. PG-13  
 7:00pm Max Payne PG-13  
 8:00pm Quarantine R  
 9:00pm My Best Friend's Girl R  
**FREE to E4 & below**

**Saturday, December 13**  
 12:00pm A Christmas Story PG FREE  
 2:00pm Four Christmases PG-13  
 2:30pm Madagascar Escape 2 Africa PG  
 4:30pm Quantum of Solace PG-13  
 5:00pm Australia PG-13  
 7:00pm Quarantine R  
 8:00pm Body of Lies R  
 9:00pm Eagle Eye PG-13  
**FREE to E4 & below**

**Sunday, December 14**  
 2:00pm Bolt PG  
 2:30pm Australia PG-13  
 4:30pm Max Payne PG-13  
 5:00pm The Secret Life of Bees PG-13  
 7:00pm Quantum of Solace PG-13

**Monday, December 15**  
 3:00pm The Secret Life of Bees PG-13  
 5:00pm Four Christmases PG-13  
 5:30pm W. PG-13  
 7:30pm Body of Lies R  
 8:00pm Quantum of Solace PG-13

**Tuesday, December 16**  
 3:00pm Bolt PG  
 5:00pm Australia PG-13  
 5:30pm Beverly Hills Chihuahua PG  
 7:30pm My Best Friend's Girl R  
 8:00pm Quarantine R

**Wednesday, December 17**  
 3:00pm Nick & Norah's Infinite Playlist PG-13  
 5:00pm Quantum of Solace PG-13  
 5:30pm Flash of Genius PG-13  
 7:30pm The Express PG  
 8:00pm Four Christmases PG-13

**Thursday, December 18**  
 5:00pm Bolt PG  
 5:30pm My Best Friend's Girl R  
 7:30pm The Express PG  
 8:00pm The Color of Money  
**THROWBACK THURSDAY  
 FREE ADMISSION**

#### Australia (PG-13)

In Australia, on the brink of World War II, an English aristocrat travels to the faraway continent, where she meets a rough hewn local and reluctantly agrees to join forces with him to save the land she inherited. Together, they embark upon a transforming journey across hundreds of miles of the world's most beautiful yet unforgiving terrain, only to still face the bombing of the city of Darwin by the Japanese forces that attacked Pearl Harbor. (165 min.)

#### Body of Lies (R)

A CIA operative attempts to uncover a major terrorist operation in Jordan, but he doesn't know which of his allies he can fully trust. (128 min.)

#### Bolt (PG-13)

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 to 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.)

#### Four Christmases (PG-13)

When upscale, happily unmarried San Francisco couple Kate and Brad find themselves socked in by fog on Christmas morning, their exotic vacation plans morph into the family-centric holiday they had, until now, gleefully avoided. Out of obligation and unable to escape, they trudge to four relative choked festivities, increasingly mortified to find childhood fears raised, adolescent wounds reopened...and their very future together uncertain. As Brad counts the hours to when he can get away from family, Kate is starting to wonder if their crazy families' choices are not so crazy after all. (90 min.)

#### Max Payne (PG-13)

Max is a maverick cop, a mythic anti-hero, determined to track down those responsible for the murders of his family and partner. Hell bent on revenge, his obsessive investigation takes him on a journey into a dark underworld. As the mystery deepens, Max is forced to battle enemies beyond the natural world and face unthinkable betrayal. (99 min.)

#### W. (PG-13)

W. takes viewers through Bush's eventful life. His struggles, triumphs and how he found his wife and faith. Take a look at the critical days leading up to his decision to invade Iraq. (129 min.)

#### The Secret Life of Bees (PG-13)

Lily Owens is a 14-year old girl who is haunted by the memory of her late mother. Trying to escape her troubled relationship with her father, she finds solace in beekeeping in a small South Carolina town with her caregiver and only friend. (110 min.)

**\*\*Movie Schedule Subject to Change\*\***

SHOWING FRIDAY, DECEMBER 19

3:00pm High School Musical 3 G  
 5:00pm The Secret Life of Bees PG-13  
 5:30pm Pride and Glory R  
 7:00pm Max Payne PG-13  
 8:00pm Quarantine R  
 9:00pm Flash of Genius PG-13 **FREE to E4 & below**

COMING SOON

Role Models

**December Special  
 Buy a small popcorn, get another free!**

## Turkey Bowl - ladies reign supreme

Article courtesy of Allison Batdorff

"227 dive! On two. Ready? Hup! Hup!"

The huddle sprang into action. Yet I stood there, dumfounded. Here I was among Americans, on an American military base, playing a uniquely American sport. But this language I did not speak or understand -- Football.

Up until last week, I thought a "hunchback" played along with the halfback and fullback. A blitz? A sweet pancake, right? And "down" was merely the direction that you didn't want your airplane to go unexpectedly. But the fun factor trumped logic and reason, so I signed up for the "Powder Puff" Turkey Bowl, half-thinking (half-hoping) no one would call me. But I got the e-mail, and a few days later, there we were. Twenty women on a field, ready to play. My teammates and coaches impressed me as athletic, hard-hitting and deadly serious about football.

Still, they fielded my questions patiently. "Which direction do I run?" "Who do I tackle?" "What do I do with the ball?" Little by little, football knowledge seeped in.

Not all lessons were pleasant. After the second practice, I felt an uncomfortable pain in an area where I didn't realize there was muscle. Ah-ha! I found my groin (which should be re-named the "groan")! My shoulders ached from ramming into walls of people at practice. I nibbled my fingernails to nubbins with pre-game nerves, scared-to-death that I'd run the

wrong direction at the game and embarrass my teammates.

Game day arrived. From the moment the game started, it was a blur. Competition was fierce; all eyes were set firmly on the prize. The tension was palpable. There were too many players on the field, there were interceptions, there were penalties and the crowd in the stands was emotional.

"Don't you hurt my mommy!" a small girl snarled at some of the players. "It's okay, honey," one of the mommies yelled back. The game continued to whiz by with amazing plays by both teams. The clock was running out. And then, it happened! I finally got a decent tackle! But instead of playing it cool like the real athletes on the team, I went "Braveheart" with exhilaration, shouting and holding the flag aloft like the beating heart of a vanquished enemy. Then reality returned and the game continued.

I don't care about what anyone says, games are about winning and losing. But afterwards, game faces relax back into smiles. Afterwards, it's about sudsy beverages and subdividing the match into moments, great, gross and groan-worthy. There was team consensus; we didn't win but we did have a very good time.

Beyond a ripped nail and sore calves, the experience left me wiser. I know now never to give up yardage. I also learned a fly pattern involves no wings and "off-sides" involves no sidelines. And that "football" is a language worth learning.



Photo courtesy of Michael Fry  
**MWR's Turkey Bowl was held on Nov. 22. Coached by Rick Gilbert and John Maybry, Team Blue won.**

**SUICIDE, continued from page 2**  
 way to try and divert them from being hurt. When we are faced with someone who is having suicidal thoughts it is the same. They are in danger, they are hurting, and at that moment the only way they may see out of their emotional state is suicide. It is up to you to take action and help this individual.

So, what do you do? Well, it is simple; you ask the question. It may sound difficult and weird, but you ask the individual directly about their thoughts of suicide. You should ask them if they are considering acting on their thoughts. This is a crucial step in the helping process. If you have heard the invitations and you are genuinely concerned you should ask the individual if they are considering suicide. It can sound something like this: "Are you considering suicide?" or "Are you thinking of killing yourself?" However you word it, it should be direct and to the point.

You may be concerned that the person might get mad if you ask. The reality is that if you have received all of the invitations then you can be fairly certain that will not happen. The person at risk will more than likely feel relieved that you asked and are willing to talk with them. They now know that you care and are not scared of the real potential for suicide. The worse that could happen is that they answer "no." They still know you care for them and that you are willing to discuss suicide with them. This reinforces a suicide aware community with individuals willing to help.

Are you willing to help? Are you willing to be a part of a helping community that is not afraid to talk about suicide, listen for the invitations, and then to ask the simple but

tough question? By being willing to ask the question you can be the one person who helps someone with suicidal thoughts to not act on them. The fact of the matter is this: YOU can make a difference.

**RETIREMENT, continued from page 5**

Security site when you can start collecting benefits. No matter when you were born, you can get reduced benefits starting at the age of 62. But if you do, you will get the lower amount for the rest of your life. In addition, if you keep working after you start collecting benefits, you may have to pay more income taxes on your Social Security benefits. And if you're working and collecting Social Security benefits before you reach the full retirement age, the government may reduce your benefits in proportion to the amount you earn.

Tips on catching up with your savings

You'll need a come-from-behind plan if you have saved little or nothing until now. Here are some tips.

1.) Pay yourself first. Save some money from every paycheck, even if it's a very small amount. This will help you adopt a habit of saving.

2.) Put more into your employer-sponsored retirement plan if your organization offers one. If you are putting 5 percent of your income into an employer-sponsored retirement plan, such as the Thrift Savings Plan, increase it to 10 percent or more if possible. Or just the amount of the raise you receive annually. This year in 2009, the raise will be 2.6%. Raise your TSP a like amount and watch it grow rather than spending it. The money you put into your TSP reduces the amount of taxes taken out of your paycheck, and you don't have to pay

taxes on the income you earn until you withdraw the money at retirement.

3.) Use an automatic savings plan. Your organization may have a payroll savings plan that lets you have money deducted from each paycheck deposited in a savings account at a bank or credit union. If so, start using this plan or increasing the amount you save through it. If you don't have a payroll savings plan at work, look into the options at your bank. You may be able to have money transferred automatically from a checking to a savings account.

4.) Try to save at least 20 percent of your income. Many experts recommend that people save at least 20 percent of their income between the ages of 40 and 60, because most workers reach the peak of their earning power then. If you can't save 20 percent now, work out a plan for reaching that goal. You can save through a combination of putting money into a retirement account, into a personal savings account, and through other investing that you do.

5.) Have an emergency fund. Make sure you have enough money to pay for an emergency such as a dental emergency or car-repair bill. Most financial professionals suggest having an emergency fund that consists of 3-6 months of basic living expenses. If you don't have emergency savings, you may have to dip into your retirement savings and lose the interest or tax breaks you would get from them.

6.) Take advantage of tax breaks for late savers. If you participate in the TSP at work, you can save extra money in an Individual Retirement Account (IRA). There are two types of IRAs. A traditional IRA lets you avoid paying taxes on income you earn from the IRA until you withdraw

money at retirement. Another type of IRA, called a Roth IRA, gives you an extra reward for saving. If you meet certain guidelines and keep your account open for at least five years, you can withdraw your earnings tax-free. Take advantage of these incentives.

Getting help with saving for retirement As you think about the best way to step up your savings, you may want to get help from any or all of these resources:

Your bank or credit union. Many banks or credit unions offer a wide range of free financial services, such as budget worksheets or help with drawing up savings plans. You may want to talk to several banks to get a variety of ideas on the best way to meet your savings goals.

Your Command Financial Specialist. This person is trained to help educate members of your command on financial matters. Seek their training and counsel. Complete a financial planning worksheet with them to develop your spending plan. And then follow that plan.

Financial planners. A certified financial planner can help you explore a wide range of saving or investing options and develop a comprehensive financial plan for your retirement. You can find a planner by contacting your employee assistance program (EAP) or through the Financial Planning Association (<http://www.fpanet.org>).

Budget or debt counseling. If you have trouble saving because you have a lot of debt, you may want to look into budget or debt counseling services. But beware of Internet debt counseling services that sound too good to be true. Instead, contact your CFS or attend classes at the Fleet and Family Support Center.

Financial planning guides.

Most libraries and bookstores have helpful books on financial or retirement planning. You might begin with *Retire on Less Than You Think: The New York Times Guide to Planning Your Financial Future* (Holt/Times Books, 2004) by Fred Brock, the retirement expert for the Times. It offers practical tips on a wide range of topics for people in midlife.

Finally, remember that it's never too late to start saving. By taking the steps now, you'll be on your way to a more secure future.

**HOLIDAYS, continued from page 1**

events this year."

MWR welcomes the community to the Winter Wonderland, held next Saturday, Dec. 13 at the Midtown Complex. The event will feature a pancake breakfast, pictures with Santa (bring your own camera to get a picture of your child with Saint Nick), holiday movies, "snow-bowling," and holiday crafts. The festivities start the morning of Dec. 13 with the Mistletoe Mile for kids, with registration starting at 9 a.m. at Midtown and the run beginning at 9:30 a.m. The first 125 people who sign up will get a free t-shirt. The pancake breakfast and other festivities start at 10 a.m. and go throughout the day.

**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](http://www.pwocsig.com)

Days Inn

Stampa

Stampa

CAMPAIGN, continued from page 1

NAS Sigonella Executive Officer, learned as he was escorted out of his office by Security.

The arrests came as a surprise to some of the sailors including Information Systems Technologists Chief Michael McCaskill, Information Systems Leading Chief Petty Officer.

"I thought it was serious," McCaskill said. "I was told by a fellow officer that I was being arrested. My heart was pounding."

Once McCaskill realized the nature of the event, he took a more humorous approach to his predicament.

"I'm innocent," he said. "I won't blame Sigonella Security. Identities can be messed up. I did my time admirably. I think it was all propaganda to kill my holiday spirit."

The event was success as it raised \$800 for Sigonella's CFC efforts which brings the total to over \$123,000, said Boatswain's Mate Chief Galo Moreira, the CFC area program officer.

"Looking at the economy, it's a good accomplishment for the Sigonella community," Moreira said.

## Conarce

## Sushi

# When secrets can't be secrets

Article courtesy of  
Special Agent Carrie Nelson  
Naval Criminal  
Investigative Service

Life isn't always easy. Money is tight. The kids act up in school. The house never seems to stay clean. And you can't sleep at night because your neighbors are at it again. The shouting. The yelling. The glass breaking. You also notice that when the two of them are out in public, he interrupts her, criticizes her, yells at her and scares her. It's one more problem that you don't want to face. But, it is your problem, because this kind of behavior, public or private, is everyone's problem.

This is domestic violence. It's not just something you read about. It doesn't just happen in the movies. It happens in your community. Maybe it's your friend, your co-worker, neighbor or gym buddy. Maybe it's happening in your own home.

Domestic violence is not just black eyes and broken bones. It doesn't even have to be physical. It can also be verbal abuse, attempts to

belittle and shatter your self-esteem. It can be threats and intimidation. It can be zero control over your finances, making you completely dependent upon your abuser. And worse, if your abuser isn't hitting your kids – yet – your kids are watching this violence play out. And they are taking it in. Did you know that sons who grow up in a house with domestic violence are up to 1,000 times more likely to become wife beaters? They continue the cycle of violence that they learn as children.

Too often people think domestic violence can't happen to them, or their relationship is too strong to fall victim to domestic violence. What may have started as a caring, loving relationship can sometimes turn into a gruesome and unhealthy partnership. There is no one face of domestic violence-- victims and abusers can be of any age, sex, race, culture, religion, education, employment or marital status. The only common thread is the relationship between the abuser and the abused, where the abuser uses a set of behaviors to control another person. Whether the abuse is a one-time attack or prolonged aggression, domestic violence can have lasting effects and it can transform the home from a place of safety and love to one of danger and fear.

The effects of domestic violence on Navy and Marine Corps personnel adversely affect our Navy's mission to train and equip combat ready Naval forces capable of winning wars. Domestic violence directly impacts unit morale and readiness. When a service member lives with domestic violence, as either the abuser or the victim, they can't perform

up to their expected standards. And such behavior is not just wrong; it is also a crime. In some cases, if a service member is convicted of a domestic violence assault, even a misdemeanor, they can no longer deploy.

The Naval Criminal Investigative Service (NCIS) and Fleet and Family Support Center (FFSC) take the issue of domestic violence very seriously since it impacts mission readiness, thus posing a significant risk to everyone in our naval community. If you have seen, heard about or felt the effects of domestic violence, it is your responsibility, as a

member of the military community, to take action. This isn't someone else's problem. It's not a "family issue" or a "private matter". This is your problem. And you can make a difference. By keeping quiet, you are telling the abuser that their vicious behavior is okay. You must actively confront the issue of domestic violence, because not only is domestic violence illegal, it is wrong. It breaks down levels of commitment, love and responsibility. It destroys households, relationships, families and futures. Domestic violence does not solve any problems, it only creates more. Ignoring it further perpetuates the cycle of silence.

If you are being abused, don't tell yourself it can't get any worse. It can and it will. Department of Defense statistics report that 33% of female homicide victims are killed by an intimate partner. While you may be afraid to report domestic violence because of career problems or a worsening of abuse, the Department of the Navy has resources to help you. The earlier domestic violence is reported, the higher the chances of successful treatment and the continuation of a normal military career.

For victims or people who have

## Cristaldi

## Rigattiere

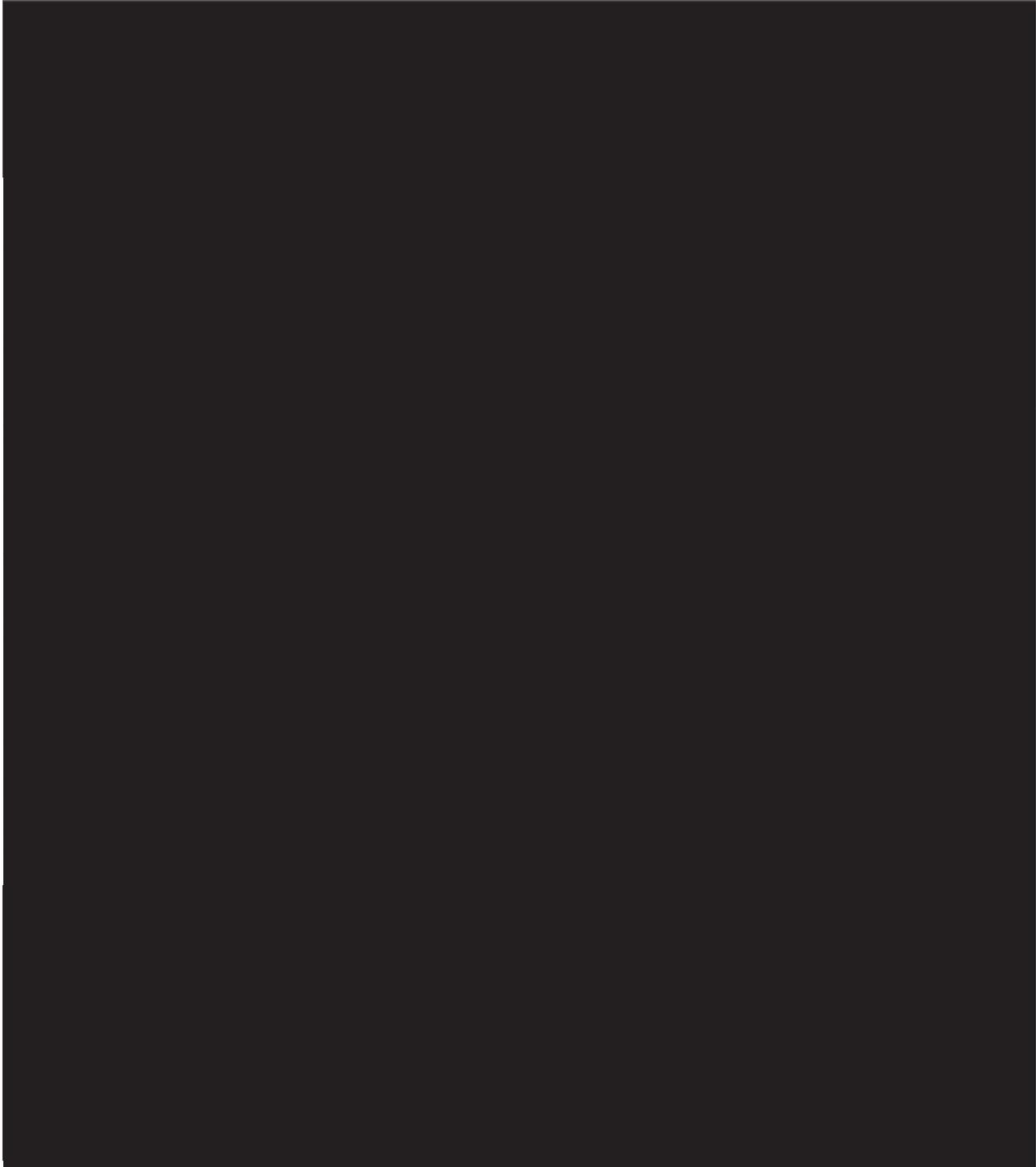
seen, heard or felt the effects of domestic violence there are options if you come forward: Restricted and Unrestricted reporting. Restricted reporting allows the abused to receive medical attention without command notification or law enforcement involvement, with the exception being full disclosure to command or law enforcement when necessary to prevent an imminent threat to the victim or another person. Unrestricted reporting results in command notification, law enforcement involvement and FFSC participation, which provides victims with a number of advocacy services, including medical services, risk assessment, intervention and counseling.

Remember: domestic violence can be prevented if people get involved. Step up and confront the abuser by telling them that their actions are illegal and hurt everyone in their family and community. Attitudes need to change, and you can start that change when you take actions to show that domestic violence is wrong and has no place in the Navy or Marine Corps.

If you are being abused YOU ARE NOT ALONE! The National Domestic Violence Hotline is available to help. Hotline services include crisis intervention, safety planning, information about domestic violence and referrals for local service providers. 1-800-799-SAFE (7233).

Step up and intervene. Break the silence. Break the cycle. You're not only authorized to report suspected domestic violence. You're obligated to do it.

# IL Mercato



Centro  
traslochi

Medusa

V e n t o  
Dell'est



Volcano

ch

Hi Tech

Deliver Casablanca  
y

Casablanca

Geico

# NEX