

Adm. Vitale visits NAS Sigonella



Photo by MC3 Jonathan Idle, The Signature Staff

Vice Adm. Michael C. Vitale (right), Commander, Navy Installations Command, and Rear Adm. David J. Mercer, Commander, Navy Region Europe, Africa, Southwest Asia, tour the galley at Naval Air Station (NAS) Sigonella Sept. 26. Vitale's visit marks his first tour of European installations under his command.

'Sex Signals' uses humor to teach sailors about sexual assault

By MC3 Jonathan Idle

The Signature Staff

Members of Catharsis Productions, a Chicago-based theater company, performed the sexual assault-themed comedy show "Sex Signals" Sept. 23 at the Midtown Theater on NAS I.

"Sex Signals" began as a show geared towards college students and it has been performed on various college campuses across the U.S.

The purpose of the two-person show was to teach sailors the definition of consent, what is or isn't rape and when to intervene on behalf of a friend or stranger in a public setting.

"The purpose of the show is to keep people safe, to motivate people to get consent and to make sure they know they need to get consent every time, to help identify dangerous situations, and to make sure that they take accountability for keeping the people they're with safe from harm," said Brian Golden, one of the performers.

The performers used audience

interaction and various skits of social situations to illustrate scenarios that sailors might relate to or find themselves in.

Fawzia Mirza, the other performer, said that to date, the production company has adapted a different version of the performance for every branch of service.

"The majority of our military shows are Army shows. We perform at the academies and we have a team in Iraq, Kuwait and Qatar right now," Mirza said. "They're doing Army shows, but we do have shows for all four branches. The military has really gotten on board with something that started as a college product and saying, 'Can you do this for us? Can you write a separate script that is a special military focus that focuses on our issues, our lingo and the places where we are?'"

Golden enjoys the opportunity to travel and perform for service members.

SIGNALS, continued on page 12

Sigonellans get healthy

By Tracie Barnthouse

The Signature Editor

Though we are still three months away from 2010 and New Year's Resolutions, it's never too early to make the decision to overhaul your sedentary lifestyle and get healthy. That's why on Sept. 23, the U.S. Naval Hospital Sigonella Health Promotion Department, along with Morale, Welfare and Recreation (MWR), the Navy Exchange and Defense Commissary Agency (DeCA) joined efforts to put together a health fair designed to jump-start and encourage the Sigonella community to make lifestyle changes.

The event, held in the breezeway between the NEX and Commissary on Naval Air Station (NAS) Sigonella's support base, drew a large crowd throughout the day, and provided participants the opportunity to learn more about topics pertaining

HEALTH, continued on page 12



Hospital Corpsman 3rd Class Matthew Belmonte demonstrates the use of a stretcher to students from Stephen Decatur Elementary School. The demonstration was a part of the annual Operation: Wellness Fair, held on Sept. 23 and put together by U.S. Naval Hospital Sigonella, Morale, Welfare and Recreation, the Navy Exchange, and the Defense Commissary Agency.

Ombudsmen thanked at appreciation luncheon

By Tracie Barnthouse

The Signature Editor

You see them around base, but you may not know who they are. They are advocates for you and your family and are essential links between you and your spouse's com-

mand. Who are they? Navy Family Ombudsmen.

Appointed by the Commanding Officer, command Ombudsmen have big shoes to fill, acting as volunteers and spouses of service members within the command. On Naval Air Station (NAS) Sigonella, there is a

large and devoted group of Ombudsmen, and they were recently recognized at an Ombudsman Appreciation Luncheon on Sept. 23.

"The greatest compliment I have ever received about Sigonella - and this goes directly to the Ombudsmen - is that the first question you hear at NAS Sigonella and all the tenant commands, is 'what can I do for you?' That, to me, exemplifies the Ombudsman Program," said NAS Sigonella Commanding Officer, Capt. Thomas J. Quinn.

Navy Family Ombudsmen are key resources for family members, especially during deployments. They maintain current files with information on military and civilian community agencies that can help families solve any problems that might arise during a spouses' deployment, and they also provide referral information and facilitate communication between the command and family members. In a nutshell, they are the link between the command and family.

OMBUDSMEN, continued on page 12



Ombudsmen from NAS Sigonella come together for an appreciation luncheon, held on Sept. 23. During the luncheon, each Ombudsman was thanked for her dedication for being a vital link between Navy families and the command they represent.

WEATHER UPDATE

October 2
H:76F
L:66F



October 3
H:77F
L:67F



October 4
H:76F
L:67F



October 5
H:77F
L:65F



October 6
H:82F
L:59F



October 7
H:80F
L:62F



October 8
H:80F
L:65F



TOP STORIES

In the Navy tradition of being prepared let's consider what you have in your pantry and medicine cabinets to help you and your family get through flu season.

Page 2

Explosive Ordnance Disposal Mobile Unit Eight (EODM8) stationed aboard Naval Air Station (NAS) Sigonella conducted Theater Security Cooperation (TSC) training using side scan sonar equipment with the Ukrainian Navy at NAS Sigonella Sept. 21-25.

Page 3

During the month of October, government and civilian organizations, churches, schools, workplaces and communities commemorate Domestic Violence Awareness Month through a variety of activities and events.

Page 5

Pistachio will be king at the 20th edition of the annual Sagra del Pistacchio or Pistachio Festival with runs through Sunday, Oct. 4 in the Bronte historic heart.

Page 6

An array of colors, scents and sounds greet you. The excited chatter of deal making resounds. These are the street markets of Catania, a feast for the senses. Every morning from Monday to Saturday the Pescheria, or fish market, comes alive in the shadows of Piazza Duomo.

Page 8

TRAFFIC NUMBERS

	Jan. 09- Oct. 09	Jan. 08- Oct. 08
Accidents	170	216
Injuries	19	35
DUIs	1	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

INSIDE

Direct Line
2

Navy News
3

Community Calendar
4

MWR Corner
11

Il Mercato
14

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

Any military commander can tell you that a military unit will perform to the level they were trained. Training is ongoing, always working to further perfect our abilities to work as a team and complete the mission. However, training applies not only to how we do our jobs but also to how we respond to emergencies. At NAS Sigonella, one of the ways we prepare for emergencies are no-notice drills that test the reactions of our emergency crews, security, command and control teams and our community.

On overseas installations like NAS Sigonella, many in our community not only live on base, but also spend much of their time using recreation facilities and base services on a daily basis. Because of that, it is vitally important that everyone understand the significance of drills and preparing for the worst. Also, they must realize that if a drill is taking place around them, they need to follow instructions and not just go about their business. The survival of our community members is just as dependent on their reactions during an emergency as it is on those who are trying to protect them from the emergency. If they ignore instructions during a drill, it is very likely that they could put themselves in dan-

ger during the real thing not realize the danger they are really in.

One of the most important instructions that need to be followed is "Sheltering in Place." The simplest definition of this is to take immediate shelter where you are; at home, work, school or in between. NAS Sigonella uses this procedure to protect the base from a variety of different threats including, chemical, biological, nuclear, radiological threats or to simply keep the community out of harms way during an emergency.

Shelter in place, if activated, will be announced over the loudspeaker system, All Hands email, AFN TV & radio and through chain of command notification. Once you have been notified that you should be sheltering, go indoors until told otherwise and don't leave children or pets outside. In a real emergency, it may be required to shut all doors and windows, turn off heating/cooling systems to slow air movement, find an interior room and seal the doors as well as possible. A true shelter in place during an emergency is where your emergency supplies consisting of food, water, basic emergency materials including a radio as well as basic med-

ical supplies will be utilized. A detailed list of supplies can be found at redcross.org/preparedness/.

Sheltering in place may seem like an inconvenience and an annoyance, but it is the quickest and most effective method at the disposal of the base to protect our community during an emergency.

Taking the time to follow instructions during the drill and sheltering in place helps not only our emergency responders do their job, but also makes it more likely that in a real emergency you will make the right choice which could ultimately save your life.



Getting your Flu kit ready

What you should have at home to get you through the Flu Season

By Lt. Skinner

U.S. Naval Hospital Sigonella
Public Affairs Officer

In the Navy tradition of being prepared, let's consider what you have in your pantry and medicine cabinets to help you and your family get through flu season.

Stock up on the following items to keep you from shopping while you should be at home getting better or taking care of your family member:

- Tissue/Kleenex
- Toilet Paper
- Bottles of water
- Low sugar sports or juice drinks
- Ginger Ale
- Crackers
- Soup
- Jell-O
- Over the counter medications:
- Tylenol
- Decongestants
- Cough drops
- Cough Syrup
- Motrin

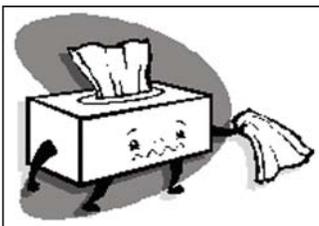
Make sure all of your prescription medications are up-to-date and on hand.

Discuss with your pharmacist and health care provider the best over the counter cold medications to take that do not interact or contra-

indicated to your health care plan.

Make sure you have the right dosages on hand for the appropriate ages of your family members.

Make sure your thermometer



is working and that you have hot/cold packs as needed.

It is a good time to check on your first aid supplies as well, such as alcohol pad, hand sanitizers, Lysol products and so forth.

Check with our NEX & Commissary for sales and see NH Sigonella Pharmacy for "Cold Packs" to get you ready for the season ahead.

Get your vaccine; call your health care provider or Immunization Clinic for details and services. NAS I 624-4622/4643 NAS II 624-5455/6932

FLU- HOT LINE: 624-4562

Remember you can check out CDC and www.flu.gov for more details & resources.

NASSIG WORSHIP SERVICES

Chapel Offices: NAS I 095-56-3975, NAS II 095-86-9049

ROMAN CATHOLIC

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

Monday - Thursday
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)

CHURCH OF CHRIST LAY SERVICE

Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

CHAPLAIN CORNER



Chaplain Kennedy

Tiger vs. Pig: Leadership's role in problem solving

I have devoted most of my articles this year to areas of leadership development. I define authentic leadership as influence. One important aspect of leadership is the ability to solve problems.

We all face many obstacles in this life. However, these problems can actually help us grow as people. Think about it, the main obstacle that a powerboat has to overcome is the water against the propeller; however, if it weren't for this resistance - the boat wouldn't move at all.

So, we need some problems in our lives. These obstacles that we experience in life are often called problems. As John Maxwell says, "A test of a leader is the ability to recognize a problem before it becomes an emergency." Consider this text from the book of James, "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything (James 1:2-4, NIV)."

You may be mature and complete, not lacking anything (James 1:2-4, NIV)."

So a leader must learn to deal with problems. James instructs us that problems actually help us grow and mature as people. My family has a tradition of eating dinner togeth-

er. Occasionally, in order to spark conversation, I'll ask a series of questions to the family. It's always interesting to hear my children's answers, especially my three year old boy, Nicolas. Alexis, my oldest daughter is nine and usually guides all conversations to a discussion about pets (dogs to be precise).

One night I asked Nicolas this question, "Nicolas, what animals would you like to see fight each other?" His response was thought-provoking, "I want to see a tiger and a pig fight each other!" We all laughed at this ostensibly lopsided battle. But Nicolas was convinced a pig would be a formidable foe in the fight. Logically, I didn't really think a pig or wild boar would have much of a chance fighting off a full grown

LEADERSHIP, continued on page 12

Commanding Officer
Capt. Thomas J. Quinn

Public Affairs Officer
Lt. Matt Knight

Deputy Public Affairs Officer
Dott. Alberto Lunetta

Editor
Tracie Barnhouse

Staff Writers/ Photographers
MC2 Gary Prill
MC3 Jonathan Idle
MCSN Whitfield Palmer

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

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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.

NAVY NEWS

EODMU8 conducts important training with Ukrainian Navy

By MCSN Whitfield Palmer
Navy Public Affairs Support
Element East
Detachment Sigonella

Explosive Ordnance Disposal Mobile Unit Eight (EODMU8) stationed aboard Naval Air Station (NAS) Sigonella conducted Theater Security Cooperation (TSC) training using side scan sonar equipment with the Ukrainian Navy at NAS Sigonella Sept. 21-25.

The training highlights the importance of TSC in the Black Sea area of responsibility and increases maritime awareness, according to Chief Sonar Technician Surface Manuel Ybarra (SW), Area Search Platoon leading chief petty officer for EODMU8.

"The ability to interact with members of the Ukrainian Navy and their officers has been rewarding. They brought with them extensive knowledge of the Black Sea but they have limited operational use of the equipment," said Ybarra. "The training we are giving them increases interoperability between the U.S. and Ukrainian Navies and is a highlight of what EODMU8 and the United States Navy does."

The training consisted of hands-on training in the Mediterranean using side scan sonar machines equivalent to equipment recently acquired by the Ukrainian Navy. Side scan sonar scans the bottom of bodies of water and uses data analysis to determine if objects are manmade or

natural. The training also included computerized training to provide the skills necessary for proper data analysis.

"This training is very important to us because we are learning about these extremely important devices and how to use the information we gain from them," said Capt. Igor Teroihin, Senior Mine Warfare Officer for the Ukrainian Navy. "We will not only learn how to detect navigational hazards, but in order for the Ukraine to work with the United States and NATO, we must be able to effectively exchange information. What we are learning allows us to work together and it puts the

Ukrainian Navy on the same level. This aids in the possibility of future joint exercises which would be severely hindered had the U.S. Navy not provided this training."

EODMU8's mission is to eliminate hazards from unexploded ordnance which jeopardize operations and perform specialized EOD services in support of the national military strategy. This is achieved by providing specially trained, combat ready, highly mobile EOD forces including an area search capability, using towed sides can sonar and unmanned underwater vehicles to locate submerged objects.



Photo by MC2 Gary Prill, Navy Public Affairs Support Element East Detachment Sigonella
Members from Explosive Ordnance Disposal Mobile Unit 8 perform hands on training with members of the Ukrainian Navy, on how to properly use a Side Scan Sonar Machine similar to the ones the Ukrainian Navy has recently acquired.

NMC Establishes New Detachment at NAS Sigonella

By MCSN Whitfield Palmer
Navy Public Affairs Support
Element East
Detachment Sigonella
Navy Munitions Command

(NMC) unveiled a new sign and held a ribbon cutting ceremony on Wednesday, Sept. 23 for a new detachment that was established Oct. 1 at Naval Air Station (NAS) Sigonella.

NMC Detachment Sigonella will be replacing the Naval Air Station (NAS) Sigonella Weapons Department. Along with NMC Detachments Rota and Souda Bay, it will make up three new European sites that are being added this year, providing the necessary fleet ordnance support to the Navy Region Europe, Africa and Southwest Asia.



Service members from Naval Air Station (NAS) Sigonella welcome Naval Munitions Command (NMC) Detachment Sigonella during a ribbon cutting ceremony on Sept. 23.

"Day-to-day business will remain mostly the same as the former NAS Sigonella Weapons Department, and the staff will also remain the same," said Executive

Officer, Navy Munitions Command Division C m d r . Kenneth Dalton (SW). "The changes are mainly administrative and together, we are going to continue servicing our customers in the fleet."

NMC functions as the Navy's center for ordnance management that aligns fleet ordnance support operations ashore worldwide. NMC Detachment Sigonella is one of 11 other detachments under NMC Conus East Division.

ETD Sailors lend helping hands

By AZC Chris Solis
Executive Transport
Detachment, Sigonella

Sailors from Executive Transport Detachment (ETD) Sigonella recently adopted CASA DI RIPOSO SANTA MARIA DI GESU, a Community Centre for the elderly in Caltagirone, as their own, to provide helping hands in an effort to beautify the landscaping and offer interaction with the residents of the establishment. It didn't take long to get volunteers when ETD's Officer in Charge, Cmdr. Wegman, asked for help in this endeavor. The sailors at ETD were more than happy to put in some hard work and extend their companionship to the elderly residents of the Community Centre.

"I had fun cleaning up around the nursing home and it looked like the older women really enjoyed us being there and talking with them," said YN2 Murphy, one of the volunteers on the project. Other volunteers agreed and all are looking forward to helping more in the future. ETD sailors are hoping to make this project a quarterly commitment.



Cmdr. Wegman, YN2 Murphy and CS2 Wyckoff talk with the staff at the Casa Di Riposo Santa Maria di Gesu.



AWF1 Rudisill and PR1 Vaughn pose for a quick photo while bagging leaves.

Calvary

Monika

Volcano



COMMUNITY CALENDAR

				FRIDAY	SATURDAY	SUNDAY
				2 OCTOBER	3	4
				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive Base Orientation FFSC 10:15 a.m. - 11:15 a.m. x4291	Sigonella Jaguars Football at home vs. Alconbury 1 p.m. (will be changed to 10 a.m. if temp. is expected to be high) Nearly New Shop Open NMCRS 10 a.m. - 1 p.m.	Hispanic Breakfast for Latin American Heritage Month NAS I Community Center 9:30 a.m.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
5	6	7	8	9	10	11
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 Home Buying Strategies FFSC 2 p.m. - 4 p.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Motta Castle Tour FFSC 10:30 a.m. - 1 p.m. x4291	Ricotta Cheese Workshop FFSC 9 a.m. - 2 p.m. x4291 Ombudsman Assembly Navy College 9 a.m. - 11 a.m. x4291	Sigonella Jaguars Volleyball at home vs. Naples Starting at 5 p.m. Powder Puff Football Game School Field 7:30 p.m.	Sigonella Jaguars Homecoming Girls Volleyball Cross Country 9 a.m. Tennis 11 a.m. Boys Volleyball 1 p.m. Jaguar Football vs. Rota	
12	13	14	15	16	17	18
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Columbus Day	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 Conflict Resolution FFSC 1 p.m. - 3 p.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291	Developing Your Spending Plan FFSC 9 a.m. - 11 a.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		

Brasil

Marchiu

Motta

Garsi

Did you know that . . .

In 2008, the Navy-Marine Corps Relief Society received its second consecutive 4-star rating from Charity Navigator? Only 16% of the charities they rate have received at least two consecutive 4-star evaluations, indicating that the Society out performs most charities in America in its efforts to operated in the most fiscally responsible way possible.

Charity Navigator rates more than 5,300 of Americas largest charities and strives to help givers choose where to give and to celebrate the work of charities. Visit www.charitynavigator.org to find out more.

**Helping Today &
 Tomorrow!**
www.nmcrrs.org



The

Fleet & Family Support

Center

Fleet and Family Support Center
 Administration Building 319
 NAS I

Monday-Friday 0730-1630
 DSN 624-4291
 Commercial 095-56-4291

Domestic Violence Awareness Month

Recognizing "The Purple Ribbon"

Courtesy FFSC

During the month of October, government and civilian organizations, churches, schools, workplaces and communities commemorate Domestic Violence Awareness Month through a variety of activities and events. A common observance by many supporters is the wearing of a Purple Ribbon. For more than two decades, the Purple Ribbon has become a recognized symbol that highlights the issue of domestic abuse, while representing the many forces of advocacy committed to ending domestic violence. Despite the common awareness of the symbol, little is known about its origins.

Twenty-two years ago, The Battered Women's Movement designated the Purple Ribbon as the emblem that signifies the countless lives lost to domestic violence and the goal of making the world a better and safer place for children and adults victims of violence. The majority of the founding members were incest and rape survivors, but also included medical professionals, therapist, law enforcement and caring members of the town. Explanations of why this color was chosen and when the formal use of the ribbon

became so commonly accepted differ. However, one narration believed by many, is this:

"There was a woman from the Midwest in the 1980's, who had left her abusive relationship and had worked her way to being director of the battered women's program in her community. Her batterer was in jail, but he had been released on a temporary furlough. During his release, he crossed state lines and found her and killed her in her home. The woman's name was Lisa Bianco, and she was loved and sorely missed by those who knew her. Her friends and family wanted to remember the life of this beloved woman and chose to wear her favorite color in her honor- the color purple."

The tragic and unfortunate incident led to the Purple Ribbon's unofficial use by domestic violence advocate before any awareness campaign ever existed. The ribbon symbolically represents the commitment of victims, survivors, family members, and all concerned persons determined to not allow those deaths and abuses to continue. From this small beginning, countless efforts have been initiated. The widespread use of

the Purple Ribbon has propelled the visibility of the movement to end domestic violence into every corner and segment of our society and into an international network of victim advocacy.

Because of the Purple Ribbon Campaign, the silence that supported the continuation of domestic abuse, child abuse and violence in society has been broken. Today, as twenty-years ago, we continue to wear the Purple Ribbon to acknowledge the horrific scourge domestic violence plagues on our society. No one can single handedly stop domestic violence but each of us can change our own behavior, be responsible role models, set examples, and promote violence awareness and respect. If you wear a purple ribbon, tie one to your car, or use this year's campaign theme, "Have You Crossed the Line? ... End Domestic Violence Before It Starts" that gesture is a welcome addition to our campaign.

For information on Domestic Violence Awareness Month programs and events, contact your installation Fleet and Family Support Center (FFSC) or Marine Corps Community Services (MCCS) at 624-4291.

Agip

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.



NIX (above) is a great girl. She needs a patient family who can show her love, affection and how to belong. She would love a warm bed to snuggle in each night.

SKEET (below) is kind and well-behaved. He is one of our larger dogs and would be a great addition to an outdoorsy 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.*

Marina

By Alberto Lunetta
 The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Bronte Pistachio Festival celebrates 20th year

Pistachio will be king at the 20th edition of the annual Sagra del Pistacchio or Pistachio Festival with runs through Sunday, Oct. 4 in the Bronte historic heart.

The festival, which draws at least 200,000 visitors every year, is an annual celebration of the historical heritage of the pistachio industry which averages 3,000 tons of pistachios (one per cent of the total world production). Pistachio is harvested every two years between August and September. Europe (mainly France and Germany) accounts for the 80 per cent of the pistachio exports (mainly France and Germany); the rest of the production is supplied to Italy.

As pointed out by Professor of Arboriculture Andrea Fabbri: "The pistachio industry in Italy is concentrated in the Southern island of Sicily, mainly in two small towns, Bronte and Adrano, along the western slopes of Mt. Etna. The most peculiar characteristic of pistachio cultivation in this area is its location on poor soils that are unsuitable for other fruit crops." Pistachio, which is nicknamed as "green gold," flourishes on the barren and harsh slopes of Etna.

Bronte pistachio has a PDO "Protected Designation of Origin," which is a European quality brand which certifies the heritage, character and reputation and guarantees its authenticity protecting it

from imitation or reproduction.

Romans first introduced the cultivation of pistachio in Sicily, importing it from the Middle East. However, the Arabs were the ones who actively grew, processed, and exported pistachio throughout the high middle age. That's why the Sicilian words for pistachio are "Frastuca" (the seed) and "Frastucara" (the plant), which both derive from the Arabic words "Fristach" and Festuch."

In the Catania province, pistachio has been cultivated in the high mountain fertile volcanic soils of Etna since the second half of the 19th century thanks to its resistance to extreme weather conditions. Over the centuries, local pistachio growers have been living in "symbiosis" with the volcano, fearing it but at the same time enjoying the fertility that Etna "donates" to the crops at the end of the eruptive activity.

Pistachio is mainly used within the confectionery industry for making mouthwatering "torroni" (nougats), sweets and ice creams, but if you attend the festival, you will discover all the different ways Sicilians eat this delicious nut.

"Festival highlights"

Festival booths will open every day at 10 a.m. in the historic center. Highlights include free pistachio ice cream tasting for children (Friday, Oct. 2-noon - piazza Castiglione); Concerts: Oct. 2 - 7



Bronte will host its 20th annual Pistachio Fall Festival this Sunday. Mayor Pino Firrarello will kick off the weekend's festivities which include food vendors specialized in pistachio specialties, unique arts & crafts, family fun, Sicilian Carts parades and free entertainment.

p.m. and Oct. 3- 10 a.m. "Tex Roses" (Piazza Piave) and "Inka Spirit" (Piazza Spedalieri)/ Oct. 2 - 8 p.m. "Enigma" (Piazza E. Cimbali); Concerts on Oct. 3: 7 p.m. "Tex Roses" (Piazza Spedalieri) "Mommo Show" (Piazza Rosario) "Inka Spirit" (Piazza Piave); 8 p.m. "Audio Clab" (Piazza E. Cimbali); Sicilian Carts parade (Oct. 4 - 11 a.m. - Corso Umberto); pistachio cake tasting (Oct. 4 - 6 p.m. - piazza

za Castiglione); Concerts on Oct. 4: 7:30 p.m. "Mommo Show" (Piazza Spedalieri) "Inka Spirit" (Piazza Piave); 8 p.m. "Appaloosa Victor's country music" (Piazza Rosario).

Festival specialties include desserts, cakes, ice cream, honey, "Nutella" (hazelnut spread with a chocolatey taste) patisserie and savory dishes such as "Tagghiarini" (tagliatelle) and "Maccarruni" (maccheroni) home made pasta with pesto sauce (made as the usual pesto but replacing the basil with pistachio), Ravioli, "Salsiccia" (pork sausage) and "Arancini" (breaded rice balls filled with ragù and

cheese). There will also be "pistachio vino," a dessert wine, as well as the cocktail al pistacchio (pistachio liquor). The festival also features booths arts and crafts (lava stone, wood) and other local produce such as cheeses, salami and more as well as sweets including "Fillette" (circular shaped confections made with flour, sugar, and eggs that is cooked in a frying pan) and "Nucatuli" that are made with flour, sugar, lard, eggs vanilla, peeled ground pistachio, cinnamon and rose water.

For more information and detailed schedule call Bronte Tourist Office at 095-7747111.

Nelson Castle

A visit to the pistachio festival would not be complete without enjoying the neighboring "Castello di Maniace and the Nelson' Duchy," an amazing summer mansion located in the neighboring town of Maniace, about eight miles (15-minute drive) from Bronte. The villa was built in the 18th century on the ruins of a medieval abbey erected on a basaltic rock by Queen Margaret of Navarra in 1173 and belonged to the legendary British Admiral Horatio Nelson, the one who defeated the French at sea during the Napoleonic Wars. Naples-based King of the Two Sicilies Ferdinand rewarded Nelson in 1799 for the support that the British admiral gave him to put down a rebellion that broke out in Naples and



made him the Duke of Bronte. But surprisingly, according to historians, Nelson never came to Sicily to stay at his estate even though his heirs lived in the castle until 1940 when they were forced to leave Sicily as Italy declared war to England. In 1943, after the Allied landing in Sicily, the Nelsons got back their property but later decided to sell it to Bronte's Municipality in 1981. Today, the castle's complex is a magnificent museum and a cultural center where art exhibitions and confer-

ences are held.

The castle preserves precious curios and artworks owned by Nelson such as medals, maps, paintings, military dispatches and orders, furniture, archeological findings, clocks, settles and even a set of glasses and a bottle that the admiral used just before his death, during the Battle of Trafalgar.

The castle also houses a Norman church in which some valuable paintings and sculptures are preserved.

Among them, an 11th century Byzantine painting that depicts the Virgin Mary is undoubtedly the most precious. Before you leave the castle, make sure you take a walk through its magnificent four hectare-park featuring gardens dotted with lava stone sculptures, pines, cypresses, willows, ashes, magnolias, horse chestnuts, wisteria, pergolas and rose hedges. The castello is open daily from 9 a.m. to 1 p.m. and from 2:30 to 6:30 p.m. Admission is € 3 for adults and free for children up to 10 years old; groups above 30 people pay € 2. Adults over 65 pay € 1.50. Guided tours in Italian are available every 30 minutes. For more information call 095-690018.

Magnolia

Fall festivals in Zafferana and Floresta



The fall season has finally arrived! Several Sicilian towns will host a plethora of fall festivals. Here are this week's picks.

Ottobrata (Oktoberfest) will kick off this Sunday, Oct. 4 in the Zafferana historic center featuring food and arts and crafts stalls (piazza della Regione, piazza

Umberto, via Roma and adjoining roads), as well as live music and shows that will be held throughout the day.

The sagra (festival) will take place every Sunday in October (Oct. 4, 11, 18 and 25). Zafferana is a beautiful town nestled on the eastern slopes of Etna whose name

derives from the Arabic word za'faran (yellow) for its proximity to woods that are rich in yellowish saffron and brooms. Festivalgoers can sample fresh local produce including honey, wine, grape, chestnuts, mushrooms, ricotta cheese, pistachio, apples, jam, fruit, and sweets.

Make sure you also taste the traditional Siciliana, a fried calzone filled with tuma (cheese) and either anchovies or ham.

For more information, directions and detailed schedules, contact the Zafferana Tourist Office at 095-7081975.

Floresta, an enchanting hill-top town in the Nebrodi mountains (Messina province), will host a festival to celebrate the start of

fall. Highlights include food booths offering tasting of "Vasola a Crucchittu" (beans), Casal floresta provola cheese (also available lemon flavored, see above photo) ricotta cheese, black Nebrodi salami and prosciutto, castrato lamb, as well as entertainment. For more information, directions and detailed schedules call 0941-662036.

Alphio's Garden

School NEWS

The newer school buses being used this year are equipped with seat belts. As a contractual requirement, and by law, students and passengers are required to wear the seat belt. Please ensure that your children understand this requirement and

comply with it. Non-compliance will result in a misbehavior report and possible disciplinary action. Your cooperation in this matter is greatly solicited and appreciated. For more information, call the Student Transportation Office at 624-3244.

Stella

Oxidiana

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL Catania's Markets - the sights, the sounds

By Lt j.g. Glen Sanders
The Signature Staff

An array of colors, scents and sounds greet you. The excited chatter of deal making resounds. These are the street markets of Catania, a feast for the senses. Every morning from Monday to Saturday the Pescheria, or fish market, comes alive in the shadows of Piazza Duomo. The market's center, just below the Fontana dell'Amenano, is full of the day's catch. An abundance of fish, from mussels to swordfish, is offered. The fish is only the beginning, as the market winds its way through serpentine streets to offer fruits, vegetables, nuts, poultry and meats. Piazza Carlo

Alberto houses a larger market located between Via Umberto and Corso Sicilia, not far off Via Etnea. This market exudes produce. A wide variety of dry goods, clothing and small household wares, are also offered. The Carlo Alberto market is open mornings, Monday through Saturday.

Site: Five stars

The markets get 5 out of 5 stars for the experience, the sights and sounds of people and products all vying for attention. The experience of shopping in the open air is a chance to see culture in action. Come to the market not only to shop but to see the people of Catania. This is the everyday; this is where culture can be found in the busy, noisy bustle of the

street.

Here are a few tips to keep in mind. If you plan on buying, wait until about an hour before the market closes. At this point vendors may start to drop prices to encourage sales. If you know enough Italian, haggle a bit for better prices. Mind your handbags and wallets as crowded markets are always susceptible to pick-pocketing.

Family Friendly: Four stars

One star was detracted because small children may tire of a busy market. If children are older, this likely won't prove an issue. When visiting the fish market, a family could find a break from the crowds at an Italian bar in or near Piazza

Duomo.

Accessibility: Four stars

The markets get 4 out of 5 stars in this category. One star was detracted because driving and parking in Catania requires vigilance and patience in equal parts. Parking by the city's arches, which are near the port, will place you very close to Piazza Duomo and the Pescheria.

Take Via Etnea to Via Pacini to find the market in Piazza Carlo Alberto.

Travel Time: Five stars

Catania rates 5 out of 5 stars because the travel time is only 20 minutes by car making the markets easy to reach.



The market is full of products; everything from fruits and vegetables to meats and cheeses.



Olives are one of the many delicious foodstuffs available at a good price.

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@eu.navy.mil

THE Signature
SIGONELLA, SICILY

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.

Waxy

Sushi



Vivid colors add to the market experience; freshness is the order of the day and quality products can be purchased at a good price.



Fish is not the only item to be found at the fish market. Varied food items line the streets that wind out from the market's center.



Everyday the fish is fresh and priced to move.



The center of the fish market is full of activity; from this central point the market coils out along several streets in the shadow of Piazza Duomo.

Medusa

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

Our Commitment:

- To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention
- 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.

Gas Station

Protestant Women of the Chapel



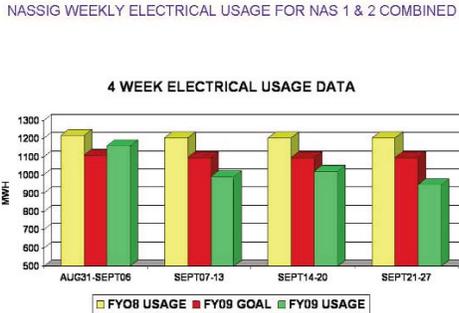
ALL WOMEN
 WELCOME!
 Women's Ministries
 Tuesdays
 9:15 a.m. -
 11:30 a.m.

NAS I Chapel Fellowship Hall
 Childcare Provided
 For more info,
www.pwocsig.com

Go Green Sigonella!

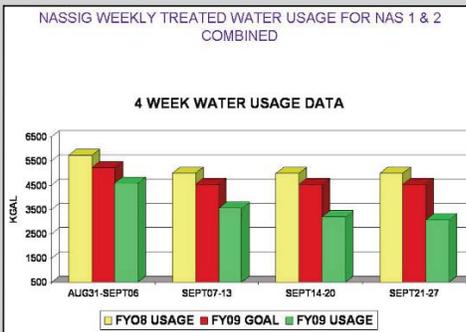
Energy Consumption at NASSIG

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.



Water Consumption at NASSIG

The following graph charts the last four weeks of water 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.



Alphio



- 2 **Lunch:** Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Baked Fish, Steamed Rice, Calico Cabbage, Herbed Broccoli, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
Dinner: Egg Drop Soup, Chicken Cacciatore, Beef Cordon Bleu, Rice Pilaf, Southern Green Beans, Savory Squash, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin, RIKPAK.
 - 3 **Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.
Brunch: Breakfast Items, Chicken Gumbo Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Tossed Green Rice, Peas w/ Carrots, Cauliflower Au Gratin, Brown Gravy, Velvet Pound Cake, Vanilla Cream Pie.
Dinner: Zesty Bean Soup, Baked Italian Sausage, Veal Steak, Steamed Rice, Home Fried Potatoes, Glazed Carrots, Savory Style Beans, Chicken Gravy, Velvet Pound Cake, Vanilla Cream Pie.
 - 4 **Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant.
Brunch: Breakfast Items, Knickerbockers Soup, Creole Pork Chops, Macaroni and Cheese, Islander Rice, Corn O'Brien, Green Beans, Marble Cake, Sugar Cookies.
Dinner: Nutty Split Pea Soup, Roast Beef, Baked Fish, Mashed Potatoes, Steamed Rice, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Marble Cake, Sugar Cookies.
 - 5 **Lunch:** Chicken Gumbo Soup, Beef Yakisoba, Veal Parmesan, Farfalle w/ Tomato Sauce & Shrimp, Steamed Rice, Oven Browned Potatoes, Green Peas, Seasoned Summer Squash, Spice Cake w/ Frosting, Vanilla Cookies, Fruit Gelatin.
Speed line: Sub Sandwich, Cartoccia, Pasta Primavera, RIKPAK.
Dinner: Minestrone Soup, Cantonese Spareribs, Cranberry Glazed Chicken, Pork Fried Rice, Lima Beans, Broccoli Parmesan, Spice Sake w/ Frosting, Vanilla Cookies, Fruit Gelatin, RIKPAK.
 - 6 **Lunch:** Egg Drop Soup, Sweet & Sour Pork, Chicken Chopsuey, Egg Foo Young, Chinese Fried Rice, Chow Mein Noodles, Oriental Fried Cabbage, Corn Kernel, Fruit Cocktail Upside Down Cake, Blueberry Pie.
Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, RIKPAK.
Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Shrimp Scampi, Seasoned Boiled Pasta, Spanish Style Beans, Carrots Slices, Fruit Cocktail Upside Down Cake, Blueberry Pie, RIKPAK.
 - 7 **Lunch:** Beef Noodle Soup, Pepper Steak, Chipper Fish, Spaghetti Carbonara, Bruschetta, Steamed Rice, Franconia Potatoes, Cream Style Corn, Eggplant Parmesan, Almond Cookies, Carrot Cake, Chocolate Pudding.
Speed line: Grilled Cheese/Hamburger, Pork & Beans, French Fried Potatoes, RIKPAK.
Dinner: French Onion Soup, Corned Beef & Cabbage, Baked Chicken, Steamed Rice, Potatoes Au Gratin, Club Spinach, Steamed Peas & Carrots, Almond Cookies, Carrot Cake, Chocolate Pudding, RIKPAK.
 - 8 **Lunch:** Vegetable Supreme Soup, Roast Porkloin, Honey Glazed Chicken, Steamed Rice, Roasted Garlic Potatoes, Seasoned Mix Vegetables, Club Spinach, Oatmeal Raisin Cookies, Cherry Cobbler.
Speedline: Assorted Pizza, Sautéed Mushroom, Baked Potatoes, Sourcream, Bacon Bits, Baked Italian Sausage, Sautéed Pepper & Onions, RIKPAK.
Dinner: Tomato Bouillon Soup, Roast Turkey, Swedish Meatballs, Red Beans w/ Rice, Mashed Potatoes, Natural Pan Gravy, Creole Green Beans, Corn Kernel, Oatmeal Raisin Cookies, Cherry Cobbler, RIKPAK.
- RIKPAK's are the galley's new Urban Meal with Warriors Appeal!
- They are designed to be to-go meals that are perfect for people unable to dine at the galley. The meals consist of fresh Ham or Turkey Sandwich on fresh baked white or wheat bread, Chips, Sweet Treat, Beverage, Fruit and Mint. The price is the same as a regular meal, \$4.25. RIKPAKs are available from 10 a.m. to 6 p.m. Monday through Friday. Please contact the galley for more information or to advance order at ext: 2061 or 5738.

Eno

Stampa

ON THE GO WITH MWR

Treat yourself to a Florentine Thanksgiving

Spend Thanksgiving indulging in the rich culture and history of Tuscany Wednesday, Nov. 25 to Sunday, Nov. 29 with ITT Gear-n-Go.

Tuscany is famous for its museums, Baroque architecture, food and fine wines. Package includes a guided city tour of the most picturesque towns in the region. There are stops in Pisa, to see the famous Leaning Tower and Siena, to see the splendid Piazza del Campo. In Florence, shop for unique and intricate leather goods.

Thanksgiving Day, visitors head to the countryside for a traditional Tuscan lunch and wine tasting. Reserve your spot today. Final payment is due Oct. 22. Prices are available for single, double, triple occupancy and children. For more information, call 624-4777.



OCTOBER FITNESS SCHEDULE

Fit District	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7 am		Spin w/ Sarah		Spin w/ Sarah		
7 - 8 am	Spin w/ Miki		Spin w/ Miki			
8:30 - 9:30 am	Kickboxing w/ Jill B	ABC w/ Lisa	Kickboxing w/ Jill B	ABC w/ Lisa	Yoga w/ Danielle	
9:30 - 10:30 am	Pilates w/ Danielle	Spin w/ Jill	Pilates w/ Danielle	Spin w/ Jill		Kickboxing w/ Angelica
4:30 - 5:30 pm	Cardio Jam w/ Danielle	Pilates w/ Danielle	Cardio Jam w/ Danielle	Pilates w/ Danielle		
5:15 - 6:15 pm		Spin w/ Lisa		Spin w/ Lisa		
5:30 - 6:30 pm	Yoga w/ Luisa	20/20/20 w/ Angelica	Yoga w/ Luisa	Zumba w/ Angelica		

Flight Line Fitness Center

	Monday	Tuesday	Wednesday	Thursday
6 - 7 am		Spin w/ Anna		Spin w/ Anna
5:15 - 6:15 pm	Pump It Up w/ Angelica		Pump It Up w/ Angelica	
5 - 6 pm		Yoga w/ Luisa		Yoga w/ Luisa

Mineo Community Center

	Monday	Tuesday	Wednesday	Thursday
8:30 am - 9:30 am		Kickboxing w/ Michelle		Kickboxing w/ Michelle
5:30 - 6:30		Triple Shot w/ Melinda		Triple Shot w/ Melinda

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



- Friday, October 2**
 3:00pm Aliens in the Attic PG
 5:00pm GI Joe: Rise of Cobra PG-13
 5:30pm Cloudy with a Chance of Meatballs PG
 7:30pm Post Grad PG-13
 8:00pm The Goods R
- Saturday, October 3**
 2:00pm Cloudy with a Chance of Meatballs PG
 2:30pm Aliens in the Attic PG
 5:00pm The Time Traveler's Wife PG-13
 5:30pm Post Grad PG-13
 7:00pm The Informant R
 7:30pm The Goods R
- Sunday, October 4**
 2:00pm The Time Traveler's Wife PG-13
 2:30pm Bandslam PG
 5:00pm Whiteout R
 5:30pm The Hurt Locker R
 7:30pm A Perfect Getaway R
- Monday, October 5**
 5:00pm Cloudy With a Chance of Meatballs PG
 5:30pm Surrogates PG-13
 7:00pm Whiteout R
 7:30pm The Hurt Locker R
- Tuesday, October 6**
 5:00pm GI Joe: Rise of Cobra PG-13
 5:30pm The Goods R
 7:30pm The Informant R
 8:00pm A Perfect Getaway R
- Wednesday, October 7**
 5:00pm Fame PG
 5:30pm The Time Travelers Wife PG-13
 7:00pm Surrogates PG-13
 7:30pm The Informant R
- Thursday, October 8**
 5:00pm Post Grad PG-13
 5:30pm G-Force PG
 7:00pm White Out R
 7:30pm The Ugly Truth R

Whiteout (R)

Kate Beckinsale, Gabriel Macht, Tom Skerritt, Columbus Short
 For U.S. Marshal Carrie Sletko, things are about to get even more dangerous. The only law enforcement in this unforgiving territory, she has just been sent to investigate a body on the ice. Antarctica's fire homicide. A shocking discovery in itself, it will plunge her into an even more bizarre mystery and the revelation of secrets long-buried under the endless ice- secrets that someone believes are still worth killing for. As Sletko races to find the killer before he finds her, winter is already closing in. In the deadly Antarctic whiteout, she won't see him until he's a breath away. (101 min.)

The Hurt Locker (R)

Ralph Fiennes, Anthony Mackie, Brian Geraghty
 In the summer of 2004, Sergeant J.T. Sanborn and Specialist Owen Eldridge of Bravo Company are at the volatile center of the war, part of a small counterforce specifically trained to handle the homemade bombs, or Improvised Explosive Devices (IEDs), that account for more than half of American hostile deaths and have killed thousands of Iraqis. A high-pressure, high-stakes assignment, the job leaves no room for mistakes, as they learn when they lose their team leader on a mission. (125 min.)

The Informant (R)

Matt Damon, Scott Bakula, Joel McHale, Melanie Lynskey
 Mark Whitacre, a high-level employee at ADM (Archer Daniels Midland), the "supermarket to the world," wears and FBI wire to uncover a major price-fixing scam. ADM pleads guilty and pays a \$100 million fine; however, Whitacre ends up doing more time than the corrupt leaders he helped to capture. (108 min.)

Cloudy With a Chance of Meatballs (PG)

Bill Hader, Neil Patrick Harris, Anna Farris, James Caan, Andy Samberg
 A scientist tries to solve world hunger only to see things go awry as food falls from the sky in abundance. (90 min.)

Funny People (R)

Adam Sandler, Seth Rogan, Leslie Mann, Eric Bana, Jonah Hill
 George Simmons is a famous stand-up comedian who learns that he has a terminal illness and less than a year to live. When he meets Ira, a struggling comedian, at a comedy club where both the comedians are performing, George hires Ira with his career and Ira helps George find closure in his legacy. However, when George learns that his disease has gone into remission and an ex-girlfriend re-enters his life, he's inspired to reevaluate what is important to him and what truly gives meaning to his life. (146 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, OCTOBER 9

- 3:00pm Aliens in the Attic PG
 5:00pm The Time Traveler's Wife PG-13
 5:30pm Shorts PG
 7:00pm District 9 R
 7:30pm The Informant R

COMING SOON!

Halloween 2, 500 Days of Summer, The Final Destination

The party is at Jox in October!

Looking for a great night out with hot music and a lively atmosphere?

Come to Jox Pub on NAS II. Jox, an all-hands pub, is home to the best live bands in Sicily.

Every weekend, stop by and check out local acts, such as rock bands

Alter Ego and Aramjam, and country favorite Appaloosa Victor. The last Saturday of every month is Latin Quarters; hit the dance floor for sizzling Latin Music all night long.

Saturday, Oct. 31, there is a

scary-good Latin Quarters Halloween Party at Jox. Enjoy drink specials, a

costume contest, and the great beat of Latin music.

Jox also has darts, billiards, and poker tables. Order food from Big Al's, and have it delivered,

or make use of the free Wi-Fi available throughout the facility. From command functions to birthdays, Jox is also available to host parties.

For more information on all of these events, call 624-5603.



Keurig shows Java Style Military Appreciation

Take 5 Recreation Center recently teamed up with the Keurig Company, famous for its one-cup-at-time coffee makers, to provide Sigonella's active duty with a fresh, new brew.

The staff at Take 5 had been interested in acquiring a "one-cup" coffeemaker for some time. Stephanie Varga, a Morale, Welfare, and Recreation (MWR) Take 5 employee owns a Keurig machine herself and mentioned the quality and high standard of the machines to Take 5 manager, Carla Clark.

From there another Take 5 employee, Jen Luder, spent months in communication with the Keurig Company, comparing price quotes for different machines.

"It was a team effort amongst all the staff here at Take 5 in obtaining a Keurig." said Varga. To use the Keurig, simply insert the single-serve cup, press the button indicating tea or coffee, and, in less than a minute, a fresh cup-o-joe is ready.

The Keurig Company was



Single Sailors enjoy a cup of coffee thanks to Keurig.

interested in the fact that Take 5 was a recreation center that specializes in single and unaccompanied sailors. In recognition of the service of all of the military members and their families here in Sigonella, the company formed a working relationship with the Take 5 facility and sent a brand new coffee maker along with over 100 boxes of different coffee and tea cups to use in the machine.

"It's been a big hit here," said Varga. "In the month that we've had the machine, we have gotten a great response from everyone who has used it. It's so easy and everyone is really eager to try the coffee."

MOVIE HOTLINE:
624-4248

HEALTH, continued from page 1

ing to their health. Paola Klein, U.S. Naval Hospital Sigonella's Health Promotion Director was pleased with the turn-out and encouraged by the number of people looking to make lifestyle changes. "I hope that they will learn what resources are available to them as far as either continuing on their health and wellness course, or improving their health and wellness." She said that providing events such as the health fair is important in fulfilling the Navy's mission, as well as the U.S. Naval Hospital's mission of keeping sailors helping and preventing diseases. "We have a relatively healthy population here [in Sigonella], so if we can get this kind of information out to them, then we can hopefully help to prevent diseases in the future."

Jenni James, MWR's Marketing Director said that providing sailors and families information about health and well-being is directly in line with MWR's goal; to care for the welfare of service members. "To have a healthy mind and body doesn't mean you have to spend hours in the gym every week," she said. "MWR is supporting the idea that fitness and well-being is a lifestyle change and can be easily accomplished both indoors and outdoors, in a fun, exciting way."

If you missed the Health Fair, don't worry. There are plenty of resources around base designed to help you meet your nutrition and exercise goals. Contact the Health Promotion Department at 624-4710/4950 for more information about the services available to you.

OMBUDSMEN, continued from page 1

Diann Rickert is the Ombudsman for the Public Works Department. To her, the title of Ombudsman is more than that; it's a way for her to give back to her husband's command and allows her to better understand his job. "I feel more plugged in, just because I feel like I make a conscientious effort to be there at the command and to talk to people that he works with," she said.

Rickert sees her job as an Ombudsman as a very important one to the Navy and says that her main drive behind becoming an Ombudsman is that she wanted wives coming to Sigonella to have a resource to go to for information. "I think [being an Ombudsman] is great. It's one of those jobs that I'm not sure the commands always realize what it is that Ombudsman do and I'm not quite sure the base always does, but when you know you've helped someone out, it's a really great feeling," she said. "It's helping people function on a day-to-day basis."

The following Ombudsmen were recognized and thanked at the luncheon: NASSIG: Debbie Joseph Hicks, Amber McKinney, Heather Turner, Lynn Syrcle, Shasteen Pennington, PW: Diann Rickert, FISC: Rachel Barto, Tiffany Judson, AFN: Anna Barbay, AIMD: Colene Block, Tricia Bauer, CTF-67: Olga Shultz, EODMU-8: Monika Fancher, ETD: Sue Ziegler, NAVHOSP: Adriana Patron, NCIS: Jennifer Cunningham, NCTS: Michelle Tamez, and PSD: Adrienne Hernandez. In addition, the Ombudsman Coordinator, Sonya Bey, was recognized for her dedication to the Ombudsman Program.

LEADERSHIP, continued from page 2

tiger. Nicolas "convinced" me to check YouTube to see if there were any such videos. There were several videos of tigers fighting boars—much to my surprise.

One video really arrested my attention, we watched it about five times in amazement (pigs are tough). It was a tiger against a pig alright. A fight to the death it was! I didn't think the pig would last one minute against a tiger—I was absolutely wrong.

The boar fought valiantly that day. Of course, the pig lost the fight. But it wasn't an easy victory for the tiger either. In fact, the tiger had a really difficult time with this pig. The tiger realized instinctually that it couldn't take down this boar. So, he solved the problem with patient endurance—it pulled the pig toward open water (I thought this was a bizarre tactic at the time). Tigers like water (pigs—not so much). The tiger pulled the boar into the water and finally drowned the pig—end of battle. The tiger identified the problem and solved it.

Undoubtedly, we will all face situations that challenge us, physically, emotionally, and intellectually. As leaders we must carefully assess problems and work towards solving them (sometimes you just need to add water).

John Maxwell contends, "My observation is that people don't like problems, weary of them quickly, and will do almost anything to get away from them... your problem-solving skills will always be needed because people always have problems." He also points out this useful information in his book *Developing the Leader Within You*. He says leaders typically recognize a problem in the following sequence (1) They sense it before they see it (intuition), (2). They begin looking for it and ask questions (curiosity), 3. They gather data (processing), 4. They share their findings to a few trusted colleagues (communicating), 5. They boil down the problem to its essentials (Defining), 6. They check their resources (evaluating), 7. They make a decision (leading).

If you can recognize this process, it will aid you in resolving problems in your life. The text from James reminds us that we can grow in maturity when we face "multicolored" troubles in life. As leaders we must learn to anticipate problems and learn from them. Sometimes, like the Tiger, you merely need to add water.

Stay fire safe - don't get burned!

By Sandra S. Basile

NAS Sigonella
Assistant Chief of Prevention

October 4 to 10 will be observed as National Fire Safety Week and the theme to this year's campaign is "Stay Fire Safe-Don't Get Burned". The campaign is geared toward simple precautions to prevent home fires and reduce the injuries, fatalities and property damage that fires cause. The Sigonella Fire Department Staff would like to remind the Sigonella community to take some time to keep their home, work places and surroundings fire safe.

According to statistics from the Sept 09 issue of NFPA Journal, the official magazine of the National Fire Protection Association (NFPA), in 2008 fires caused more than \$15.5 billion in direct property loss. Fire departments responded to an estimated 1.5 million fires. These fires resulted in 3,320 civilian fire fatalities and 16,705 civilian fire injuries.

SIGNALS, continued from page 1

"We feel very fortunate to be asked by the military to do this, because it's exciting that they're taking the leap on eradicating this problem," Golden said. "They're really trying to get out ahead of the pack and show both military and civilians that this is something that needs to be stopped."

Golden and Mirza have already performed in Naples and they will be performing in Bahrain, Djibouti and Souda Bay before returning to the U.S.



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/

ties and 16,705 civilian fire injuries. 403,000 fires (78 percent) of all structure fires occurred in residential properties. Don't be a statistic; take time to make an escape plan with your kids. Check your home for obvious fire traps. You can do your part by not overloading your outlets, using the right adapters, keeping candles away from flammable items and never leave cooking unattended.

Many people believe that it will never happen to them but the fact of the matter is that a fire department responds to a fire somewhere in the nation every 22 seconds. How many of those people thought it could never happen to them? Fire safety should not be ignored and if you don't do your part to keep your family fire safe it could be just a matter of time before the fire call is to your home.

One of the leading causes of residential fires is children playing with fire. The NFPA Journal goes on to say that in 2006, an estimated 14,500 structure fires involving fire-

play were reported to U.S. municipal fire departments. These fires resulted in an estimated 130 civilian deaths, 60% of them 5 yrs old or younger, 810 civilian injuries, and \$328 million in direct property damage. Most child-playing home fires are started with lighters or matches. Almost half of child playing home structure fires begin in the bedroom. The items ignited by home fire-play are principally mattresses, bedding, or clothing. Fifty percent of people who start reported fires by playing are 5 years old and younger. Teach your children the dangers of playing with fire and always keep matches and lighters out of the reach of children.

The good news about these statistics is that in 2006, the figures for structure fires, deaths, and injuries were the lowest ever recorded. With positive public education and the help of parents continuing the education at home, the numbers can continue to decrease. Remember: Do your part, be fire smart.



Photo by MC3 Jonathan Idle, *The Signature Staff*

Brian Golden and Fawzia Mirza from Catharsis Productions perform 'Sex Signals,' a comedic take on sexual assault, for service members Sept. 23 at the Midtown Theaters on NAS I.

Sportiva

Days Inn

THE SPORTS LINE

PIGSKIN PICKS

Game of the week:

Packers at Vikings

	San Diego at Pittsburgh	New York Jets at Saints	Baltimore at New England	Seattle at Indianapolis	#4 LSU at #18 Georgia	#8 Oklahoma at #17 Miami	#22 Michigan at Michigan State	#7 USC at #24 Cal
 Overall Record: 27-8 NFL: 12-1 NCAA: 15-7 SN Kaminski, PSD	Steelers	Saints	Ravens	Colts	LSU	OU	Michigan	USC
 Overall Record: 24-11 NFL: 10-3 NCAA: 14-8 D Day	Steelers	Saints	Pats	Seattle	LSU	Miami	MSU	Cal
 Overall Record: 24-11 NFL: 9-4 NCAA: 15-7 Joe Cunningham, NCTS	Chargers	Saints	Ravens	Colts	LSU	Miami	Michigan	USC
 Overall Record: 24-11 NFL: 9-4 NCAA: 15-7 MC3 Idle, Exec Admin	Steelers	Jets	Pats	Colts	LSU	OU	Michigan	USC
 Overall Record: 24-11 NFL: 9-4 NCAA: 15-7 Capt. Jaeger, USNH Sigonella	Chargers	Saints	Pats	Colts	Georgia	OU	Michigan	Cal
 Overall Record: 0-0 NFL: 0-0 NCAA: 0-0 MC1 Delano, Exec Admin*	Chargers	Jets	Pats	Colts	LSU	OU	MSU	USC

*substitution for GMC Payne

PSSN Kaminski: Vikings

Favre against his old team, this is going to be a good one. With the Vikings' tough D and outstanding running game this game will be decided by 7-14 points. Favre is going to be the main focus on this game. If he can keep the ball out of the opponents' hands, the Vikings will be victorious. GB defense has to put up a fight in this game

MC3 Idle: Vikings

The first time Brett Favre will face the Packers wearing the jersey of one of their most hated enemies. I honestly don't think Favre will play a huge part in the actual outcome of the game, but it's a good thing for the Vikings that they really don't need him. I like a lot of the pieces the Packers are building around (Aaron Rogers is a beast at QB), but I don't think they have the defense to stop the potent running game and offensive line of the Vikings. The Viking's have an outstanding run-defense and probably the best D-line in the league with the Williams Wall and Jared Allen. I think the Vikings will walk away with a solid win over a hated rival.

D-Day: Vikings

Agip

Vikes are the better overall team, and they're at home. Expect the Green Bay defense to be on the receiving end of a serious "packing" by the running game. Vikes by at least seven.

Joe Cunningham: Vikings

Brett Favre faces his old team in the Metrodome. The Vikes have looked good so far, and they have something no one else in the NFL does: Adrian Peterson! Couple him with an outstanding defense and a Brett Favre who so far in the season is content with doing enough for his team to win (i.e. not forcing balls into triple coverage) and I don't see the Pack coming out on top here. Vikings win in a sad, sad day for Packers fans. Anyone else think Number 4 looks ridiculously out-of-place in Vikings purple?

Capt. Jaeger: Vikings

Gotta go with the Vikings on this one! Peterson is too hard to contain and the Packers defense won't do it!

MC1 Delano: Packers

I gotta go with the Pack for this game of the week so I can be different.

Volvo

Morobishi

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 5 p.m. of the Friday before the week of publication. For more information, call 624-5440, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Send Il Mercato advertisements to thesig@eu.navy.mil

If you are transferring to NAS Sigonella and would like to see the classified section in full, email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the U.S. Military. If you are currently stationed at NAS Sigonella, you can find copies of *The Signature* on both NAS I and NAS II.

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@eu.navy.mil. Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in *The Signature*, call Stampa Generale @ 081-568-7884.

N e w Casablanca Stampa
Hope

Delivery Volcano Volcano

Stampa

Stampa

USAA