

Sigonella celebrates annual Autumn Fest



Participants in the hot dog eating contest attempt to out eat each other Oct. 23 at the annual Autumn Fest celebration on NAS I.

By MC2 Gary Prill
Photos by MC2 Gary Prill and
MCSN Whitfield Palmer

NPASE East,
Detachment Sigonella

Naval Air Station Sigonella, once again saw costumes a little earlier than the rest of the world. No it wasn't Halloween, but there was trick-or-treating, and there certainly were plenty of pirates, and princesses to be found.

For some Sigonellans like US Navy Civilian Dave Gardner this was a treat for their children. "We came out Friday for the little one, and he loved it," said Gardner. "He spent all night talking about it, so we brought him back again today."

Although the festivities

catered a lot towards children, there was plenty of adult entertainment to be found. The festivities included Sicilian vendors marketing wine, cheese, and even a little of Catania's home brewed craft beer. Morale Welfare and Recreation (MWR) department, also sponsored a dare to the strong-stomached with a marathon of events to include a feast of pickled pig's feet, and a custom treat referred to as a wasabi bomb.

Sigonellans weren't the only people in attendance, as part of a hotdog eating contest MWR locked in champion eaters from the states to assist fellow local eaters in the consumption of a plethora of hotdogs.

AUTUMN, photo spread
on page 8

Sigonella establishes first military HOG chapter



Members of the newly established Sigonella Military Harley Owners Group (HOG) Chapter hold up their new chapter's flag after their first official meeting Oct. 23 at the Midtown Theaters on NAS I. The Sigonella Military Chapter is the first ever official military chapter sanctioned by HOG.

By MC3 Jonathan Ildle

The Signature Staff

The first military chapter of the Harley Owners Group (HOG) was officially opened at a meeting Oct. 23 on the support side of Naval Air Station (NAS) Sigonella.

HOG is the officially sanctioned motorcycle club of Harley Davidson which has over 1,400 chapters in 130 countries worldwide.

Kris Schoonover, Director of HOG Field Operations, oversaw the inaugural meeting of the Sigonella Military HOG Chapter.

"The reason that this is a big deal is because this is a military dedicated HOG chapter," Schoonover said. "It's basically meant to feel like a U.S. chapter that is not on U.S. soil. It's just a way to promote camaraderie, to promote riding and having

fun."

Louis Genaro, president of the new Sigonella chapter, believes this new chapter is a great step forward for HOG and its relationship with the U.S. military.

"In my view I think it's historic because it's the first military chapter," Genaro said. "This will put Sigonella on top and hopefully expand out to other military bases as Harley Davidson expands."

Genaro believes the Hog chapter will bring service members a much needed taste of home while also allowing them to bond with local nationals through joint events with local motorcycle chapters.

"We're planting a seed and we're going to watch it grow," said Genaro. "That's what's going to happen here and we're going to have great benefits reaped from it with the community and the culture.

Obviously we have relationships outside of the base and that's going to grow more and more."

Schoonover covered some of the perks for members of HOG including a subscription to HOG Magazine, roadside assistance and numerous corporate partnerships, but he believes those are all just secondary to real reward of being a member of HOG.

"The amount of connections and friends that people make just by being a member of HOG is amazing," Schoonover said. "I've had some fantastic conversations with people that I would never have talked to, but I happen to recognize the HOG symbol and just start conversations which lead to further friendships. HOG is brotherhood, it's a sisterhood, it's a family and it's just a great organization to be a part of."

WEATHER UPDATE

October 30
H:72F
L:53F



October 31
H:69F
L:46F



November 1
H:69F
L:49F



November 2
H:64F
L:45F



November 3
H:66F
L:47F



November 4
H:66F
L:54F



November 5
H:67F
L:50F



TOP STORIES

Come out and support your Sigonella Jaguars Football Team in their playoff game at 1 p.m. at the Land Annex tomorrow.

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In the aftermath of last month's devastating earthquakes in Indonesia, rapid response and cooperation led to a successful humanitarian relief effort there, a Navy commander said.

Page 3

If you have never seen a black pig, or if you have never tasted it, then mark this one on your calendar as a must go event! From November 6 through Sunday, November 8, Cesarò will host the annual Black Pig and Porcino Mushroom festival.

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Whether you call it triple Cs, robo-tripping, or the more common name of "skittles," the abuse of cold medicine is a fad that is becoming popular among some teenagers.

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Special center-spread layout of photographs from this year's Autumn Fest.

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TRAFFIC NUMBERS

	Jan. 09- Oct. 09	Jan. 08- Oct. 08
Accidents	224	243
Injuries	24	41
DUIs	3	5
Traffic Deaths	1	2

PLEASE,
DON'T BECOME
A STATISTIC!

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

Anyone who has lived or worked on NAS Sigonella for any length of time has experienced power fluctuations, spikes and brownouts that seem to come and go randomly. While these can be personally annoying - they can also be destructive to sensitive equipment and causes duty personnel to constantly be resetting alarms or other equipment wasting time and resources.

NASSIG Public Works has been hard at work developing a solution to correct this problem and have discovered that in nearly all the power fluctuations the root cause is a lack of a stable power supply from ENEL, the Italian power company. What you may not have known is that Public Works doesn't produce power for either of our two bases. Both NAS I and NAS II are totally dependent on power generated off base by ENEL. The problems tend to occur most often during and after rain which seems

to make the fluctuations worse. ENEL has acknowledged that the problem is in part due to their 30 -40 year old transmission lines which run through some areas of Sicily which are hard to get to. Simply put; aging technology which is easily affected by bad weather and is located in hard to reach locations has kept ENEL from locating and repairing the faults which in turn cause our power fluctuations.

PWD's Utilities Energy Manager and the Utilities Engineer have both met with ENEL to discuss the problem and develop possible solutions to better ensure a stable power supply. The NAVFAC Regional contract manager has gotten involved and is working with ENEL to ensure the product we pay for is to their satisfaction. Additionally, NASSIG PW contacts ENEL every single time the power fluctuates ensuring they are aware of the problem.

Unfortunately there is not a quick, simple or inexpensive fix to this problem.

Bottom Line - we have identified the problem, are working with ENEL to get it solved on their end while pursuing other solutions on our end. The end goal is to have a stable and reliable power supply which allows us to live and work on NASSIG and ultimately complete our mission without loss or damage to equipment.



No Tricks just treats

Lt. Lynn Skinner

U.S. Naval Hospital Sigonella

It's that time of year when everyone can be a kid.

While your planning your autumn and Halloween festivities make safety priority one!

Costumes:

Make sure they have a fire retardant material rating.

Check length to avoid tripping.

If wearing a mask ensure your eyesight not obstructed.

Dark in color add reflective belt

Plan ahead for cold or rainy weather by layering or creatively dressing up rain coat or umbrella to accentuate your costume.

Carry a flash light.

Don't use open flames/candles for decorations.

Jack-o-Lantern without the flame!

Check your yard for trip hazards; make the path to your door spooky without need for first aide

Enclose your pets securely as the goblins come out to play

Candy:

Make sure your children know to have parents check the goody bag before eating begins

Set aside treat bags with portions in mind that avoid stomach aches

Help your children decide how to spread the bounty and combine with healthy snack for later enjoyment.

Make sure your children floss and brush

well after candy, especially the sticky, oh so goeey kind.

Ensure pet safety as most chocolates poisonous to pets.

Report any candy tampering to security and only trick or treat to houses you know!

Be safe Sigonella and may your evening delight all your senses without too much fright.

Check out CDC site at www.cdc.gov/family/holiday/

HEALTH WATCH

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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

The Measure of An Effective Leader: Encouraging Others to Lead

By Chaplain Ron Kennedy

I devoted my articles this first year to the area of leadership. I've used Jim Maxwell's definition of leadership as a guide along this journey. He defines leadership as influence.

Some may argue that this is an oversimplification of this term; however, I wholeheartedly believe this is a useful definition. So if leadership can be defined as influence; effective leadership can be defined as influencing others to lead.

Maxwell describes this concept, "The one who influences others to follow only is a leader with certain limitations. The one who influences others to lead others is a leader without limitations."

As Andrew Carnegie once quipped, "no man will make a great leader who wants to do it all himself or to get all the credit for doing it." This marks the difference between a leader (someone with influence) and an effective leader (someone who influences others to lead).

When I joined the United States Navy, I already knew how to be a minister, within the civilian context. However, I

was new to the military. My first duty station was with the First Marine Division, located in Camp Pendleton, CA.

I discovered while I was in Chaplain School that my battalion 3d Battalion, 1st Marines, would be deploying to Iraq in support of Operation IRAQI FREEDOM in early September 2004 (we actually deployed in June, approximately 1 month after I joined the battalion).

When I met my new CO, LtCol Willy Buhl, I was impressed immediately by his leadership style. He looked into my eyes and said, "Ron, we are going to the al Anbar province

LEAD, continued on page 12

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

Collaboration Drove Earthquake Relief, Commander Says

WASHINGTON (NNS) -- In the aftermath of last month's devastating earthquakes in Indonesia, rapid response and cooperation led to a successful humanitarian relief effort there, a Navy commander said.

Rear Adm. Richard Landolt, commander of the Amphibious Force 7th Fleet based in Okinawa, Japan, described the operation, lessons learned and his use of social media to keep the public informed during an Oct. 22 "DoDLive" bloggers roundtable.

Landolt was tracking seasonal storm activity when a series of powerful earthquakes and aftershocks erupted in and near Sumatra, Indonesia, on Sept. 30. While the

USS Denver, which already was under way to the Philippines, and the USS McCampbell headed to the region, Landolt flew in with a humanitarian assistance and survey team.

"There was some benefit in not having forces at the ready, because it allowed us the opportunity to really focus them when they got there, by allowing that [humanitarian assistance and survey team] to survey and decide where help was needed," Landolt said.

When he arrived, Landolt said, three out of four hospitals were leveled in Padang, a city of about 1 million people. In the countryside, virtually all structures and roads were

destroyed. The 353rd Special Operations Group out of Kadena Air Base, Japan, quickly set up communications, and a newly operational Air Force Humanitarian Assistance Ready Response Team turned a soccer field into a hospital.

Good cooperation took place among the Indonesian government, the U.S. Embassy and international relief organizations, including a team from Australia that brought reverse osmosis water purification units, Landolt said.

These factors contributed to a successful operation that offers positive lessons for relief operations, he noted.

One lesson learned is to take

care of densely populated urban areas before moving to the countryside, he said.

"If you have water, sanitation, hygiene and people living in tents, they are not going to migrate; they are not going to become refugees or internally displaced people," Landolt said.

As an experiment, Landolt augmented his daily meetings with officials by keeping the public informed via the social media sites Facebook and Twitter.

"I tried to use Twitter as a way to try to talk to somebody, say in the fifth grade," he explained. "As I learned something that I thought was useful, I would [send a 'tweet'] out and post it; a factoid on what we were doing or what kind of capacity a CH-53 helicopter has, for instance."

Quick and coordinated actions to provide essential aid in Padang stabilized the situation and prevented what could have been an outbreak of infectious disease. When the USS Denver arrived Oct. 8, Landolt said,

they immediately were able to focus on airlifting tents, water and food to people in remote areas.

Within four days, he said, they delivered more than 100,000 pounds of cargo to people in need.

In the midst of relief operations, it can be difficult to discern when conditions have improved enough to wrap up work, Landolt said. He received some good, light-hearted advice on the subject from a member of another relief team, which he shared in his final Twitter update.

"You always want to leave when they're still smiling at you and waving at you with all five fingers," Landolt said, repeating his 'tweet'.

The social networking updates have garnered positive feedback and now serve as a permanent record of what went right during the relief operation, Landolt said. The full account is available on the "Amphibious Force SEVENTH Fleet" Facebook page.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MC3 Jake Berenguer

Naval Medical Center San Diego hosted the United States Olympic Committee Paralympic Military Sports camp. The camp is designed to introduce paralympic sports to service members and veterans with disabilities. Sports included archery, swimming, strength and conditioning, and volleyball.



U.S. Navy photo by MC2 Byron C. Linder

Commander, Amphibious Force Seventh Fleet, Rear Adm. Richard Landolt meets with some children outside the Humanitarian Assistance Rapid Response Team medical tent in Padang, Indonesia. Landolt visited the hospital, which is providing free medical treatment to Indonesian citizens of west Sumatra following two earthquakes.

Calvary Monika

Muscle

				FRIDAY	SATURDAY	SUNDAY
				30 OCTOBER	31	1 NOVEMBER
<p align="center">COMMUNITY CALENDAR</p>				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Sigonella Jaguars Football Playoff Game Land Annex 1 p.m.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
2	3	4	5	6	7	8
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	ARC Orientation American Red Cross 10 a.m. - 1 p.m. 624-4900	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		
9	10	11	12	13	14	15
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Babysitting Training American Red Cross 9 a.m. - 4 p.m. x4900	

Franzoni

Cafe Brasil

Waxy

Motta

Did you know that . . .

Living beyond your means is a prescription for disaster? Does more than 25% of your take-home pay go to paying bills? Are you making only minimum payments on bills due? Are you taking out new loans to pay off old ones? Are you missing payments? Are you stalling one creditor to pay another? Are you having frequent family arguments over money?

The Navy-Marine Corps Relief Society can help you improve your financial picture. NMCRS Volunteers and employees work hard to help Sailors, Marines, and their families pull themselves out of deficit budgets and into spending plans. Call today to schedule an appointment.

NMCRS: Service with a Smile!

www.nmcrrs.org

Armed Forces (FULL PAGE)

Alberto Lunetta
The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Black Pig and Porcino Mushroom festival planned in Cesarò

If you have never seen a black pig, or if you have never tasted it, then mark this one on your calendar as a must go event! From November 6 through Sunday, November 8, Cesarò will host the annual "Sagra del Suino Nero dei Nebrodi e del fungo porcino" (Black Pig and Porcino Mushroom festival). Cesarò is a small medieval village located in the heart of the magnificent Nebrodi Park which covers an area of 85,000 hectares of protected land. Suino Nero dei Nebrodi is a small black swine breed native to the Nebrodi Mountains area that resembles wild boar. It has been raised in

the Messina province since the Greek colonization of the island (7th-6th centuries BC).

Black swine's mouthwatering flesh is transformed into some of the most delicious arrays of cured meats including prosciutto, salami, Capocollo and bacon.

The festival will also celebrate Funghi Porcini, the high quality chefs' most-wanted mushrooms. The 10th edition of this popular festival will kick off on Friday, Nov. 6 at 6 p.m. in piazza Matteotti and at the Aldo Moro villa. On Saturday, Nov. 7, festival grounds will open at 10 a.m. Later, there will be a

di carne di suino nero (maccheroni with black swine meat sauce) tasting at Villa A. Moro at 1 p.m. In the evening at 7 p.m., local chefs will prepare other black pig-specialties such as salsiccia (sausage), pork chops, Porcini mushrooms soup with bread croutons. Live music will follow at 9 p.m. in Corso Margherita. On the last festival's day (Sunday, Nov. 8), food booths will open at 10 a.m. Later at 1 p.m., festival goers will have the opportunity to enjoy homemade foods like "Risotto ai funghi porcini dei Nebrodi" and salsiccia at Villa A. Moro. In the evening, visitors will be offered a free tasting of freshly oven baked bread dressed with olive oil, salt, pepper, chili peppers and porchetta (pork roast). Live music will end the festival at 9 p.m. Offering free admission, there



Cesarò will be the scene of a mouthwatering Black Pig and Porcino Mushroom festival set for November 6 through 8 in the historic center. This family-oriented festival offers an array of black pig and mushroom specialties, live music as well as arts and crafts.

will be a free shuttle service from the parking area located near the local soccer field. Cesarò is fairly easy to reach. Take State Road 121 (Catania-Paternò) and drive until

you get to Bronte, then follow signs to Cesarò. For more information and directions call the Cesarò Tourist Information Office at 095-7739011.

Sagra del Fungo della Mela e dei Prodotti Tipici dell'Etna

dal 10 al 31 Ott. e domenica 1° Nov.

(tutti i week end da venerdì a domenica)

feriali 17,00/23,00
festivi 10,00/24,00

PIAZZA DON BOSCO PEDARA (CT)

TUTTE LE DOMENICHE PRANZO A MENÙ FISSO € 8 con i prodotti tipici

Mushroom & Apple Festival in Pedara

Whether you are a mushrooms' connoisseur or just love this delicious food, you shouldn't miss the chance to come celebrate the fall in Pedara where a mouthwatering Sagra del Fungo e della Mela (Mushroom and Apple Festival) runs every weekend in October (and on Sunday, Nov 1) in piazza Don Bosco. The sagra features the world's best gourmet mushrooms like porcini, Etna's area apples and specialties, live music, entertainment, food workshops, exhibitions as well as arts and crafts and more. Open: 5 p.m. to 11p.m. on Fridays and Saturdays; Sundays 10 a.m. to midnight.

Every Sunday there will be a fixed menu for 8 euros. For more information call the Pedara Tourist office at 095-7028180.

Donizetti Opera to debut in Catania

Catania Bellini Opera presents Gaetano Donizetti's opera L'elisir d'amore (The Elixir of Love), opening Tuesday, November 3 with seven subsequent performances through Saturday, November 14. For more information, detailed schedules and tickets call ITT at 624-4777 or Bellini Opera at 095-7150921 or visit www.teatromassimobellini.it

Oxidiana

Orange Park

Medusa



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.

School NEWS

DXM and Teens

Signonella High School Student

Whether you call it triple Cs, robo-tripping, or the more common name of "skittles," the abuse of cold medicine is a fad that is becoming popular among some teenagers.

According to Linda Riddle, the ASACS counselor at Signonella High School, "Teens are more likely to abuse cold medicine than other drugs because they are easier to purchase."

The abuse of cold medicine has become popular among teens due to the availability and the easy access of purchasing the medicine. Teens can purchase the over-the-counter drugs at stores. They may also purchase the drugs on the internet, as well as learn how to take them and the amount they need to get high. Also, the internet makes it possible to purchase the drug Dextromethorphan (DXM) in a powder substance, rather than having to drink cough medicine or buy pills.

DXM has been used as a safe and effective cough and cold suppressant ingredient for over-the-counter cough medicine since the 1950s. When used correctly, there are few side effects. However, when the directions are not followed, multiple side effects may occur. The medicine may even be fatal.

DXM can be taken safely in 15 - 30 milligram doses for cough and cold symptoms, but those who abuse DXM consume 360 milligrams or more to get high. Taking such a large amount of DXM can cause short-term side effects such as hallucinations, loss of motor control, vomiting, nausea, abdominal pain and irregular heartbeat. More serious and long-term side effects of Dextromethorphan abuse are loss of consciousness, seizures, brain damage, and even death.

DXM abusers need to be educated about the drug so they know why it shouldn't be taken for recreational purposes. Parents should be educated about the drug so they know how to help their child if they begin taking them as well as be able to recognize the signs of Dextromethorphan abuse. Signs of the abuse of cold medicine are: money begins to disappear, pill bottles are becoming low on supply, teen's eyes are "glossy", teen becomes more distant from the family, and teen becomes more drowsy.

If you or someone you know is abusing DXM containing substances, help is necessary. A parent, teacher, guardian, or Signonella's High School ASACS counselor, Linda Riddle, is there to help.

Dott. Sterla

Flipping Out Over Flip-flops

Signonella High School Student

In previous school years when you heard a student walking down the hallway you'd hear click clack click clack or thud, thud, thud, thud. Now you mainly hear flip-flop, flip-flop.

The new sound comes from the upsurge of students wearing flip-flops, or slides to school. In this new fashion trend, it is now cool to wear flip-flops beyond the regular summer use at the pool or on the beach.

The most commonly worn brands are Adidas, Quicksilvers, Old navy, and Reefs.

Why are kids wearing them?

"They're comfy and easy to put on," a frequent flip-flopper said.

However, with the winter season coming and all the wet weather, how much longer will the flip-flop trend last?

Some students plan on wearing flip-flops all year long. As for others, they are undecided on the concept. But then again, there are as many pros as there are cons.

Pros: you don't have to hassle with tying and untying your shoes when you put them on. Also, you don't have to worry about getting them wet and ruined (that is, unless you have leather flip-flops). Plus, you don't have to

worry about that unappealing foot odor.

Cons: your feet will get wet in the rain, as opposed to them staying warm in a nice pair of shoes. That also raises the chances of those nasty winter sicknesses such as pneumonia and hypothermia. That is sure to put a damper on your day. In the wintertime it may be too cold to go nearly barefoot. If it rains and you are that unfortunate kid in leather flip-flops (i.e. American Eagle, AeroPostale, Reefs), your flops are going to stretch out a little more than you would want.

Teachers have mixed opinions about students wearing flip-flops. Some agreed that they were fashionable, but were shocked as to how many students were wearing them at school. On the other hand, some were repulsed by the idea.

However, they agree flip-flops are a safety hazard and pointed out that in many schools in the states, it's against the rules to wear flip-flops.

Despite the differing opinions, flip-flops appear to be more than a temporary trend or simple fad. The next time you pick up a CCS or AeroPostale catalogue, see if the guys in suits are wearing flip-flops.

When you hear the soft pad of flip-flop, flip-flop in the school hallway, you'll know you're hearing fashion in the making.

Off to the races

Signonella High School Student

"Ahhh, S-I-G JAGS!"

Eleven runners turned out for the Jaguars cross-country team this fall. Among the returning students are juniors Samantha Niemann and Thomas Berak. Seniors are Dylan Blomgren, Jordan Rettie, Trevor Arcand, Denice Patron, and George Corey.

"I'm really looking forward to this season. It's my last year and I can tell it's going to be a

good one," Blomgren said.

New team members are juniors Kayla Simmons and Amanda Bayes; and seniors Nate Niemann and Conor Quinn.

"This is my first time doing a running sport, so it will be interesting to see how this season goes," Bayes said.

The coaches are Gene Rinaldi and Miki Gilbert.

"We've got a great group of kids on the team this year," Rinaldi said. "Our boys team is really strong, and despite it being a

building year for our girls team, they're doing very well also."

The team captains are Jordan Rettie (boys team) and Denice Patron (girls team).

Rettie and Patron believe it was a great honor to be selected to lead "such a great team."

Rettie and Patron have high expectations for the team. Both hope the team will give 110% not only in meets, but in practice also. They are looking forward to a great season.

Stampa

Alphios Garden

Sigonella celebrates annual Autumnfest



Magnolia



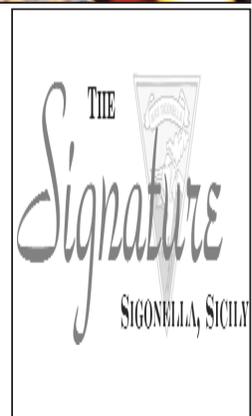
Kartodromo



Morobishi



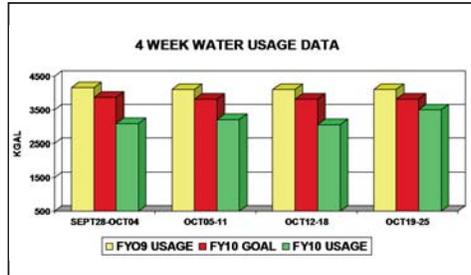
Agip



Go Green Sigonella!

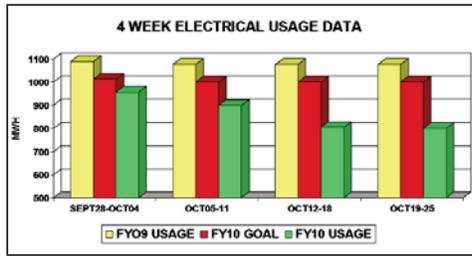
Water Consumption at NASSIG

The following 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.



Electrical Consumption at NASSIG

The following 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.



Agip

Stampa

Ristorante Bella Etna

- 30 Lunch: New England Clam Chowder, Fried/Baked Fish, Grilled Pork Chops, Penne Ala Norma, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
Dinner: Cream Of Mushroom Soup, Cantonese Spareribs, Grilled Chicken Breast Sandwich, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding, RIKPAK.
- 31 Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.
Brunch: Breakfast Items, Beef Vegetable Soup, BBQ Beef Sandwich, Chicken Nuggets, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.
Dinner: Manhattan Clam Chowder, El Rancho Stew, Southern Fried Chicken, Mashed Potatoes, Chicken Gravy, Steamed Rice, Green Kale, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.
- 1 Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Kolaches.
Dinner: Cream Of Mushroom Soup, Grilled Reuben Sandwiches, Chili Conquistador, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.
Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.
- 2 Lunch: Chicken Noodle Soup, Rosemary Roast Turkey, Baked Ham, Mashed Potatoes, Sweet Potatoes, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.
Speed line: Assorted Pizza, RIKPAK.
Dinner: Pepper Pot Soup, Steak w/ Onions, Grilled Chicken Breast Sandwich, Baked Potatoes, Collard Greens, Calico Cabbage, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie, RIKPAK.
- 3 Lunch: Cream of Asparagus Soup, BBQ Spareribs, Southern Fried Chicken, Spaghetti Carbonata, Chicken Gravy, Mashed Potatoes, Hopping John, Corn on the Cob, Southern Style Greens, Jalapeno Corn Bread, German Chocolate Cake, Cherry Pie.
Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, Hotdogs, RIKPAK.
Dinner: Beef Rice Soup, Roast Veal w/ Herbs, Spaghetti w/ Meatballs, Lyonnaise Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, German Chocolate Cake, Cherry Pie, RIKPAK.
- 4 Lunch: Beef Vegetable Soup, Breaded Pork Steaks, Savory Baked Chicken, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Tangy Spinach, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.
Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.
Dinner: Minestrone Soup, Salisbury Steak, Sicilian Submarine, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs, RIKPAK.
- 5 Lunch: Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, Farfalle Pesto, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.
Speedline: Assorted Pizza, RIKPAK.
Dinner: Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken Breast, Oven Browned Potatoes, Corn O' Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake, RIKPAK.

EMO

ON THE GO WITH MWR

Powder Puff Football returns



Ladies, get ready for some football! The 3rd annual Ladies Powder Puff Flag Football Game is back. Sign-ups begin Nov. 2 for this all-girl gridiron showcase. Game day is Wednesday, Nov. 25. Sign up now or call 624-0504 for more information.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Friday, October 30

3:00pm Shorts PG
5:00pm Where the Wild Things Are PG
5:30pm I Can Do Bad All By Myself PG-13
7:30pm Sorority Row R
8:00pm Whiteout R

Saturday, October 31

K-5 COSTUME CONTEST AT 2PM!
2:00pm Where the Wild Things Are PG FREE
2:30pm I Can Do Bad All By Myself PG-13
5:00pm Julie & Julia PG-13
5:30pm Sorority Row R
7:30pm Inglorious Basterds R
8:00pm Halloween 2 R

Sunday, November 1

2:00pm I Can Do Bad All By Myself PG-13
2:30pm Where the Wild Things Are PG
5:00pm Sorority Row R
5:30pm Whiteout R
7:30pm The Final Destination R

Monday, November 2

5:00pm Where the Wild Things Are PG
5:30pm I Can Do Bad All By Myself PG-13
7:30pm Sorority Row R
8:00pm Gamer R

Tuesday, November 3

5:00pm Shorts PG
5:30pm 500 Days of Summer PG-13
7:00pm Whiteout R
7:30pm Halloween 2 R

Wednesday, November 4

5:00pm I Can Do Bad All By Myself PG-13
5:30pm Julie & Julia PG-13
7:30pm Inglorious Basterds R
8:00pm The Final Destination R

Thursday, November 5

3:00pm Where the Wild Things Are PG
5:00pm 500 Days of Summer PG-13
5:30pm Shorts PG
7:00pm District 9 R
7:30pm Sorority Row R

Where the Wild Things Are

Catherine Keener, Mark Ruffalo, Forest Whitaker

Max, a rambunctious and sensitive boy, feels misunderstood at home and escapes to where the Wild Things are. He lands on an island where he meets mysterious and strange creatures whose emotions are as wild and unpredictable as their actions. The Wild Things desperately long for a leader to guide them, just as Max longs for a kingdom to rule. When Max is crowned king, he promises to create a place where everyone will be happy. Max soon finds, though, that ruling his kingdom is not so easy and his relationships there prove to be more complicated than he originally thought. (94 min.)

Surrogates

Bruce Willis, Radha Mitchell, Rosamund Pike

People are living their lives remotely from the safety of their own homes via robotic surrogates - sexy, physically and perfect mechanical representations of themselves. It's an ideal world where crime, pain, fear and consequences don't exist. When the first murder in years jolts this utopia, FBI agent Greer discovers a vast conspiracy behind the surrogate phenomenon and must abandon his own surrogate, risking his life to unravel the mystery. (89 min.)

All About Steve

Sandra Bullock, Thomas Hayden Church, Bradley Cooper
Mary Horowitz is a cruciverbalist - a crossword puzzle constructor. Her brain spins at warp speed with an endless stream of arcane information. She can come up with the perfect word - and dozens with the same meaning - at a moment's notice, but "normal" behavior eludes her. For Mary, nothing is typical, especially relationships. When she is set up on a blind date with handsome cable-news cameraman Steve, Mary thinks the chemistry is undeniable - that Steve is "the one." (98 min.)

Inglorious Basterds

Brad Pitt, Eli Roth, Mike Myers, Diane Kruger

In Nazi-occupied France, Lieutenant Aldo Raine organizes a group of Jewish soldiers to engage in targeted acts of retribution against the German army. (145 min.)

Michael Jackson's This is it

Michael Jackson

A rare glimpse into the final days of Michael Jackson, the documentary is compiled from an estimated 80 hours of rehearsal and behind-the-scenes footage of the legendary entertainer preparing for his 50 sold-out shows at London's O2 Arena that were scheduled to commence in July 2009 before his untimely death in June at age 50. Interviews with collaborators and close friends of the late performer are also featured. (111 min)

Movie dates and times are subject to change.

SHOWING FRIDAY, NOVEMBER 6

1:00pm Aliens in the Attic PG FREE
2:00pm G-Force PG FREE
2:30pm Harry Potter: Half Blood Prince PG FREE
5:00pm Where the Wild Things Are PG
5:30pm Michael Jackson's This Is It PG
7:30pm Love Happens PG-13
8:00pm The Informant R

COMING BACK

Book a party with MWR



As the holiday season sets in, why not let MWR host your next seasonal event?

MWR facilities are available to host private parties, command functions, holiday celebrations and more. Jox Pub, Connections Recreation Center, Midtown 2 Theaters and many others are all perfect locations for your next gathering.

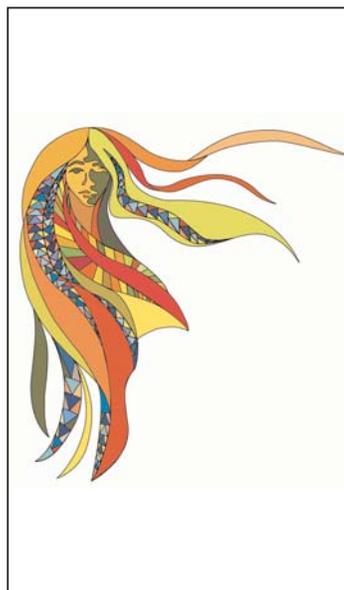
Different packages are available and there are catering options as well. Details vary for each facility. For Midtown 2 Theater, call 624-4502. For Connections, call 624-4264. For SpareTime Bowling Center, call 624-4302. For Jox Pub, call 624-4263.

Celebrate Native American month

During the month of November, MWR Library and Child & Youth Programs celebrate Native American Heritage Month with festivities for all to enjoy while reflecting on this rich portion of our history.

Stop by the MWR Library and expand your knowledge of Native American culture by viewing different books and images located at the Native American Heritage Month display. Afterward, enjoy a free recipe bookmark to add to your cookbook collection. The Native American Heritage Month bookmarks feature different tribal recipes such as Apache Bread, Hopi Corn Stew, and Cherokee Grape Dumplings.

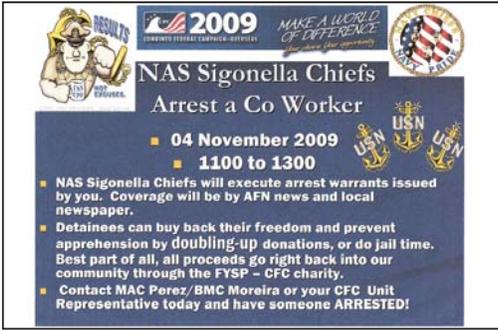
Next, sample these very dishes at 4-H Cooking Clubs' Native American Heritage Luncheon at noon on Friday, Nov. 13, at the Marina Community Center. 4-H Cooking Clubs members will demonstrate their culinary skills by preparing a feast for the parents. If planning to attend, be sure to RSVP by Monday, Nov. 9 at 624-3712.



Car wash closed at Auto Skills Center

The Auto Skills Center (ASC) is getting a tune up. The car wash and vacuum area of the ASC will be closed until March 31, 2010 due to construction. A brand new car wash area and extension are being added. The ASC will maintain normal business hours at this time. For more information, call 624-5244.

MOVIE HOTLINE:
624-4248



2009 MAKE A WORLD OF DIFFERENCE
NAS Sigonella Chiefs
Arrest a Co Worker

- **04 November 2009**
- **1100 to 1300**
- **NAS Sigonella Chiefs will execute arrest warrants issued by you.** Coverage will be by AFN news and local newspaper.
- **Detainees can buy back their freedom and prevent apprehension by doubling-up donations, or do jail time.** Best part of all, all proceeds go right back into our community through the FYSP - CFC charity.
- **Contact MAC Perez/BMC Moreira or your CFC Unit Representative today and have someone ARRESTED!**

Days Inn

Marchi

NEX

Agip

LEAD, continued from page 2

of Iraq.

Our mission will be to conduct counterinsurgency and stability operations in and around the restive city of al Fallujah. We are going into combat. We'll all be tested. We'll all be pushed to the limit. We're going to lose a lot of men. Be ready. I'll need you and you'll need me." Throughout this nearly eight month long deployment, I witnessed how he empowered his company commanders and staff officers. He always corrected behind closed doors. He always praised in public. Whenever senior chaplains visited our battalion, he always praised my efforts.

I don't really think I could ever measure up to his compliments, just being honest. He knew how to encourage his Marines and Sailors (especially, during Operation Phantom Fury, the November 2004 assault on Fallujah). Before the assault he asked for a prayer, which I gladly offered. We all knew that the battle would be intense, urban combat always is.

However, we knew that our CO would be with us ever step of the way, and he was. We gladly followed him into the hellish streets of Fallujah. He had the uncanny ability to call us all higher. He trusted us. He mentored us. He inspired us. He cor-

rected us. He prepared us. The night before the initial push, he told us, "Gentlemen, write your letters to your family members, and make sure your men write theirs." He truly cared about us and our families.

During combat operations he was constantly encouraging us to keep on going. Our battalion lost 33 Marines KIA and earned over 545 purple hearts. It was a tough deployment. He was the right man at the right time. I still stay in touch with Col Buhl. He was truly a leader who encouraged others to lead. This is an example of effective leadership in action. Sidney J. Harris once said, "People want to be appreciated, no impressed. They want to be regarded as human beings, not as sounding boards for other people's egos. They want to be treated as an end in themselves, no as a means toward the gratification of another's vanity."

Hence, a true leader is one deeply concerned with developing others and valuing their contributions as well. Since we are all leaders lets do our best to be effective leaders. Let's help others lead with confidence. I'm sure we all have people in our lives we'd like to emulate. The challenge is clear: we need to help develop the people with whom we have influence. We might not all be called to lead a battalion into combat, however, we'll all be called to lead. Let's be effective leaders.



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

Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first 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/



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Open to all Girls ages 5 - 17
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For info, email siggirlscouts@yahoo.com

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THE SPORTS LINE

PIGSKIN PICKS

3 Texas at 14 Oklahoma State
 Georgia vs. 1 Florida
 22 South Carolina at Tennessee
 Temple at Navy
 Minnesota at Green Bay
 Atlanta at New Orleans
 Denver at Baltimore
 Jacksonville at Tennessee

Game of the Week: 5 USC at 10 Oregon

	Overall Record: 49-22 NFL: 23-8 NCAA: 26-14 SN Kaminski, PSD	Texas	Florida	Tennessee	Navy	Vikings	Saints	Broncos	Titans
	Overall Record: 46-25 NFL: 20-11 NCAA: 26-14 D Day	Texas	Florida	Tennessee	Navy	Vikings	Saints	Ravens	Titans
	Overall Record: 45-26 NFL: 19-12 NCAA: 26-14 Joe Cunningham, NCTS	OK State	Florida	South Carolina	Temple	Vikings	Saints	Ravens	Titans
	Overall Record: 45-26 NFL: 19-12 NCAA: 26-14 MC3 Idle, Exec Admin	Texas	Florida	Tennessee	Navy	Vikings	Saints	Ravens	Jaguars
	Overall Record: 40-31 NFL: 19-12 NCAA: 21-19 Capt. Jaeger, USNH Sigonella	Texas	Florida	Tennessee	Navy	Vikings	Saints	Broncos	Titans
	Overall Record: 36-34 NFL: 17-14 NCAA: 19-20 Chief Payne, Weapons	OK State	Florida	Tennessee	Navy	Vikings	Saints	Ravens	Titans

MC3 Idle: USC

I may be biased due to the fact that I am a die-hard USC fan, but I have to pick the Trojans here. The Ducks have looked impressive after rebounding from their season opening loss to Boise State, but I think the Trojans are finally starting to click on both sides of the ball. USC QB Matt Barkley torched Notre Dame's defense for 380 yards last week, and he has looked stronger and stronger as the year goes on. This will also be the best defense that Oregon has faced all year. USC middle linebacker Chris Gallipo is a budding superstar and looks primed to take the reins and run with them as the leader of the defense after safety Taylor Mays departs for the NFL at the end of the year. The one thing working against USC will be the crowd at Autzen Stadium in Eugene. It can be an imposing place to play, but the Trojans have already shown they can win tough road games at Ohio State, Notre Dame and Cal.

Joe Cunningham: USC

USC has had their one bad PAC-10 loss already this season, and after dismantling Cal and holding on against the Irish, seem to have righted things. With only one loss they are still in the national championship hunt, and

will remain so. It's not easy to visit Eugene but the Trojans get the job done here. USC wins.

Capt. Jaeger: USC

Having been previously misguided, I went against USC in two games that they won! I am not making that mistake again!!!! Go USC, of course this may be the game they lose! USC takes it!

D-Day: USC

There's nothing I hate more than seeing the Trojans play at Oregon. This one could go either way, as always, but I think USC is good enough to pull it out. Trojans in a nail biter.

Chief Payne: USC

USC, duh!

PSSN Kaminski: Oregon

Even though the Trojans look tough this year, I'm going to have to go with the upset at Autzen Stadium. Ducks squeak it out.

MC3 Idle:

Ok, all the love for USC is a bit disconcerting for me. Both of the games that this panel has picked involving USC have been split. I'm rethinking my choice simply to tip the karmic scales back in the Trojan's favor a little. I'm sticking with the Trojans, but if they lose it's officially this panel's fault.

Palermo



EMO

Santo Doca

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

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.

Calvary Joes

Hi Tech

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Joe's University

Volcano

Classified

AFC