

# THE Signature

## SIGONELLA, SICILY

Vol. 26 No. 44

The Signature Online - [www.cnic.navy.mil/sigonella](http://www.cnic.navy.mil/sigonella)

NOVEMBER 20, 2009

### USS Fort McHenry Arrives In Catania For Port Visit



CATANIA, Sicily (Friday, November 13, 2009) - USS Fort McHenry (LSD 43) moors at the Port of Catania for a port visit while on a regularly scheduled deployment to the Fifth and Sixth Fleet Areas of Responsibility in support of Theater Security Cooperation with coalition forces. (U.S. Navy photo by Mass Communications Specialist Seaman Whitfield M. Palmer)

**By MCSN Whitfield Palmer**  
NPASE East Det. Sigonella

CATANIA, Sicily – USS Fort McHenry (LSD 43) Fort McHenry, while on deployment in support of Theater Security Cooperation (TSC) in the Fifth and Sixth Fleet Areas of Responsibility (AOR), arrived in Catania for a port visit Friday, Nov. 13.

While in Catania Naval Air Station (NAS) Sigonella has been providing logistical support for Fort McHenry and Moral Welfare and Recreation (MWR) has been providing quality of life support for the Sailors and Marines stationed to the ship. Sailors and Marines from the ship were free to visit NAS Sigonella to use the MWR facilities and they also took part in several tours offered by Information Tickets and Travel (ITT)

"We are very happy to be in Catania," said Fort McHenry Commanding Officer Cdr. Christopher Stopyra. "We are grateful for the

support NASSIG in terms of logistics and MWR support."

Fort McHenry has been conducting anti-piracy and amphibious operations with coalition forces. The ship also participated in Exercise Bright Star in the Mediterranean with Fifth and Sixth Fleet coalition partners, according to Stopyra.

"The crew has met every mission without issue," said Stopyra. "Materially, they've kept everything in order. Their training is such that

they've managed to execute the operations very well."

Several Sailors from NAS Sigonella, some whom have never been aboard a U.S. Navy ship toured Fort McHenry.

"This was my first time on a US Ship besides the Marlinspike at boot camp," said Personnel Specialist 3rd Class Shuwannia Medcalf, a command career counselor and one of the NAS Sigonella Sailors who visited the ship. "The Sailors work long days and nights in order to get the work done. It's amazing how nearly 800 Sailors and Marines live together in such small space. Before I visited the ship, I was anxious to get to a ship, but as right now I'm not sure. I would love to go to a Squadron or a Carrier but not a small ship like the Fort McHenry."

USS Fort McHenry is home ported in Navy Amphibious Base Little Creek and has been on regularly scheduled deployment since May 13.



USS Fort McHenry (LSD 43) arrives in Catania for a port visit while on a regularly scheduled deployment to the Fifth and Sixth Fleet Areas of Responsibility in support of Theater Security Cooperation with coalition forces.

### Thanksgiving Safety Tips



Illustration taken from: [thenutfarm.us](http://thenutfarm.us)

**By MC2 Gary Prill**  
NPASE East Det. Sigonella

It's that time of the year again: time to break out the deep fat fryers and barbeques to cook those great holiday feasts. The festivities may be overwhelming, but we should all remember the importance of safety while we prepare the day's meal.

Even though you may know how to cook and are sure everything has been prepared correctly, here are some tips, in case the base fire department isn't invited to your house for thanksgiving. As you may have heard, deep fat fryers and turkey fryers are not encouraged on base or in base housing, and everyone must be aware of the inherent dangers associated with these types of cooking appliances. The following information and safety tips should be followed for a safe cooking experience:

- Never leave fryers unsupervised. While small, kitchen sized fryers are generally stable, turkey fryers can easily tip over, spilling hot oil out of the pot
- Follow the manufacturer's direction when using these appliances
- Leave enough space in the fryer for the turkey. If a fryer is overfilled with oil, the oil will spill out of the unit when the food is placed into it

- Units with no thermostat controls can overheat the oil to the point of combustion (most turkey fryers do not have thermostat controls), so monitor closely

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

- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire

- Turkey fryers and barbeques should always be used outdoors a minimum of six feet from the buildings and any other material that can burn or be readily damaged

- Never use turkey fryers and barbeques on wooden decks or in garages

- Make sure fryers and barbeques are used on a flat surface to reduce accidental tipping

- Never leave cooking food unattended

- Never let children or pets near the fryer and barbeque when in use

- Make sure food is completely thawed and be careful with marinades. A spillover effect can occur, which can also result in a fire

- After you are done cooking, turn off the fryer and let the oil cool completely before handling

Thanksgiving, continued on page 12

### WEATHER UPDATE

November 20  
H:75F  
L:52F



November 21  
H:73F  
L:51F



November 22  
H:60F  
L:51F



November 23  
H:70F  
L:51F



November 24  
H:70F  
L:51F



November 25  
H:69F  
L:53F



November 26  
H:70F  
L:54F



### TOP STORIES

Let the leaves fall; that's fine with me. I love this time of year. I want to share one of my favorite stories of my wife. She may not look intimidating but, whew, she sure got my attention that day.

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USS New York (LPD 21), the fifth San Antonio-class amphibious transport dock, built with steel salvaged from the World Trade Center, was commissioned here Nov. 7 in a ceremony held in the shadow of the city for which it is named.

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Why a federal job? Many jobs within the federal government are likely to be a good match for your military background. In order to attract top candidates, the federal government offers benefits that rival those of the military -- something you might not find with a corporate job.

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In the constantly changing fashion world of teens today, two store brands are always found within their closets: American Eagle Outfitters and Aeropostale. Which is better?

Page 7

Egypt is the land of legend filled with mystique and ingrained with thousands of years of history predating nearly all written records. To visit Egypt is to glimpse back in time at one of the most impressive civilizations that has ever existed.

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### TRAFFIC NUMBERS

	Jan. 09- Nov. 09	Jan. 08- Nov. 08
Accidents	231	266
Injuries	24	44
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

I want to thank the NAS Sigonella Safety Department for coordinating and putting on this year's Holiday Safety Stand down that occurred this past week. The presenters spent a lot of time preparing important and useful information to help you make our holiday season a safe one. We do these safety stand downs twice a year and they are extremely beneficial for the entire community. They remind us to be safe and think about the consequences of our actions, especially over the holidays while we travel and get together with friends and family.

Listed below are a few points that were covered in the stand down that I want not only our military members but also our dependants and civilians to

think about over this holiday season.

Cooking, grilling and frying food is a key part of most holiday celebrations but it must be done in a safe and responsible manner keeping these things in mind:

Whether you are cooking indoors, grilling or using a turkey fryer always watch what you are cooking and never leave them unattended. Even turning your back to it could lead to fire damage in the home. When grilling place your grill in a well-ventilated area and away from the children's play area. Also stand upwind from the grill when lighting the fire and wear tight fitting clothing because loose clothing could easily catch on fire.

If using a turkey fryer for your Thanksgiving feast, ensure

that you read the instruction manual in its entirety. Ensure that your turkey is completely defrosted and dry. Operate the fryer at the end of your driveway to ensure that no one gets burned and have either CO2 or dry fire extinguishing agent on hand.

Driving safely in Sicily can be more of a challenge than in the states and is best accomplished following these tips:

Maintain a safe speed as posted on traffic signs. GO SLOW SIGONELLA.

Don't pass other cars illegally and use caution when a legal pass is possible.

Get enough rest before long drives and force yourself to stop and rest if you become tired on the road.

Ensure you use caution and

reduce your speed in wet weather conditions. The roads can become very slick and you could easily lose control of your car if you are driving too fast.

Never drink and drive. When going out for drinks have a plan that includes a designated driver or taxi which covers you for that night and the next morning to ensure enough time to sober up.

Lastly, I want to emphasize that we all need to look out for our friends, family members, coworkers, and housing neighbors. If you notice that a buddy or loved one has the winter blues, talk to them about it. Find ways to include them in Holiday activities and make them



feel included. Holidays far away from family and friends can be stressful and depressing. Catching these signs early will ensure the safety and well being of our entire community.

## Quick weight-loss or fad diets

By Lt. Cmdr. Justice Parrott

At any given time, millions of American people are dieting. Magazine and newspaper ads promise fast weight loss by using various systems and programs. Liquid diets, supplemented fasts, or food plans marketed by diet clinics are targeted to those who are looking for quick fixes for weight loss.

Many of these programs or systems offer only a temporary solution to the problem. They also often fall in and out of favor leading to their being labeled as "fad diets". Weight can be quickly lost but program followers often gain the weight right back, because of a return to old eating habits. Despite the fact that millions of dollars are spent each year on quick fix programs, they have not been shown to work. Many of these diets, like the infamous Cabbage Soup Diet, can undermine health, cause physical discomfort (abdominal discomfort and flatulence (gas)) and lead to disappointment with weight regain soon after it is lost.

Identifying "fad diets" can be a problem for some consumers, but

they usually have one prominent characteristic. Quick-weight-loss diets overemphasize one particular food or type of food. They violate the first principle of good nutrition: Eating a balanced diet that includes a variety of foods. Because no one type of food has all the nutrients needed for good health, staying on such a diet for more than a few weeks may lead to the development of nutritional deficiencies. The Cabbage Soup

## HEALTH WATCH

Diet mentioned above is an example. As there are no "superfoods", one should eat moderate amounts from all food groups, not large amounts of a few special foods. "Fad Diets" also violate a second important principle of good nutrition: Eating should be enjoyable. These diets are so monotonous and boring making it almost impossible for most people to stay on them for long periods.

To confuse matters, many of these diets falsely indicate that they are endorsed by or authored by professional and medical associations. The public should understand that

**FAD DIETS, continued on page 12**

**NASSIG WORSHIP SERVICES**  
Chapel Offices: NAS I 095-56-3975, NAS II 095-86-9049

<p style="text-align: center;"><b>ROMAN CATHOLIC</b></p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Thursday</u></p> <p>1130 Catholic Mass (NAS II Chapel)</p>	<p style="text-align: center;"><b>PROTESTANT</b></p> <p style="text-align: center;"><u>Sunday</u></p> <p>0900 General Protestant (Mineo Community Center) 1000 Traditional Protestant (NAS I Chapel) 1130 Contemporary Protestant (NAS I Chapel)</p> <p style="text-align: center;"><b>CHURCH OF CHRIST LAY SERVICE</b></p> <p style="text-align: center;"><u>Sunday</u> 1530 NAS I Chapel Rooms 3 &amp; 4 (Call 624-5128 or 335-841-8069)</p>
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**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

**SEE OUR HOLIDAY SCHEDULE ON PAGE 12**

## CHAPLAIN CORNER



Chaplain Coates

## Let the Leaves Fall . . . but Look After Your Limbs

Let the leaves fall; that's fine with me. I love this time of year.

I want to share one of my favorite stories of my wife. She may not look intimidating but,

whew, she sure got my attention that day.

Laura was seven months pregnant with Taryn. I was serving as a youth pastor and conducting a weekend retreat with approximately thirty students. Laura chose not to camp with us that Friday evening but drove out to join the group on Saturday. When my wife arrived, she noticed a sophomore girl who, in her eyes, was enjoying my company a bit too much.

As soon as there was a break, I found myself backed against a wall with Laura's finger pointing repeatedly into my face. Honestly, I don't recall the exact words she shared. I do know that I was not thinking any of the following:

- 1) "Oh how cute. My pregnant wife is jealous."
- 2) "When you speak to me in that tone and point your finger, it makes me feel like you don't respect me."
- 3) "I would like to review with you my particular interpretation of the idea that the husband is the head of the home and how that actually works in our marriage."

No, none of those thoughts entered my head. Instead, I just remember thinking, "If I don't listen to her, she is going to rip my limbs off my body." Whatever words she used, I got it. She made it very plain that I was not to accept attention from any female other than her. This principle was magnified during pregnancy.

**LEAVES, continued on page 12**

<p><b>Commanding Officer</b> Capt. Thomas J. Quinn</p> <p><b>Public Affairs Officer</b> Lt. Matt Knight</p> <p><b>Deputy Public Affairs Officer</b> Dott. Alberto Lunetta</p> <p><b>Editor</b> MC3 Jonathan Idle MC1 Christopher Delano</p> <p><b>Staff Writers/ Photographers</b> MC2 Jason Poplin MC2 Gary Prill</p> <p><b>The Signature editorial office is located at:</b> Naval Air Station Sigonella, Sicily PSC 812 Box 3020, FPO, AE 09627 Telephone: 095-86-5440; DSN 624-5440</p> <p>This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or</p>	<p>Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@eu.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.</p>
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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

## Navy Commissions USS New York In Big Apple

By **USS New York (LPD 21) Public Affairs**

USS New York (LPD 21), the fifth San Antonio-class amphibious transport dock, built with steel salvaged from the World Trade Center, was commissioned here Nov. 7 in a ceremony held in the shadow of the city for which it is named.

Secretary of State Hillary Rodham Clinton, a former New York senator, was the keynote speaker for the ceremony.

"This ship carries with it searing memories of September

11," said Clinton. "Lives cut short, families ripped apart, a nation attacked. And in that steel, burned but unbroken, lives the spirit we saw on 9/11 and the days that followed, the bravery of the rescuers, the resolve of the survivors, the compassion of this city, the patriotism of this great country."

Calling USS New York a symbol of freedom similar to the Statue of Liberty, Secretary of the Navy Ray Mabus explained how this ship will be

a reminder of all New York and the nation went through on September 11th.

"Today, we witness the birth of another memorial to liberty. Eight years ago, this city witnessed the worst atrocities committed against our country. The New York will be a visible testimony to our resilience, to the character of this city, to the strength of this country," said Mabus.

Chief of Naval Operations Adm. Gary Roughead spoke to the ship's future and what it

will mean to Americans through the years.

"Wherever she sails in the next 40 years...USS New York will forever conjure the valor, the sacrifice, the heroism and the tenacity of New York," said Roughead.

New York Governor David Paterson called the day "a great day for America, a great day for New York and a great day for everyone who believes in freedom and justice."

USS New York, the sixth Navy ship named for the state, was built at Avondale Shipyard in New Orleans by Northrop Grumman and christened March 1, 2008. The ship arrived in New York Nov. 2 and rendered honors at the World Trade Center site before pulling into Pier 88 on the Hudson River.

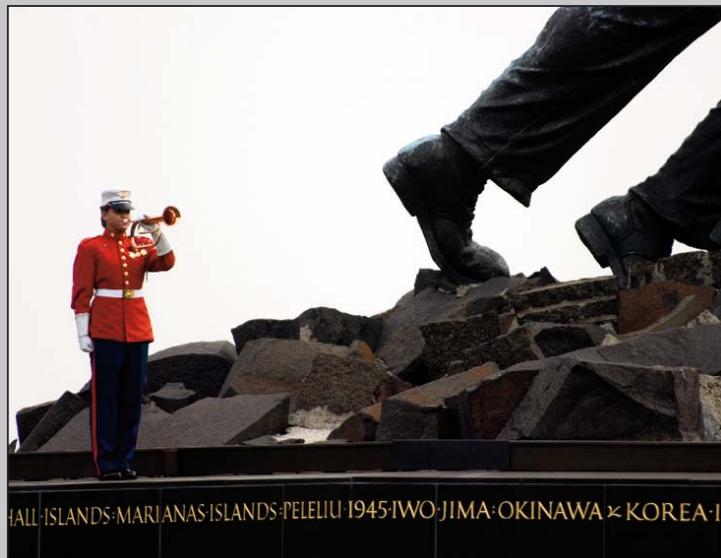
Thousands of veterans and invited guests witnessed the ceremony, which was also broadcast live in Times Square and on the Navy.mil website. The commissioning was the culmination of a week-long celebration of the Navy and Marine Corps team and the ship in New York City.

New York is an amphibious transport dock designed to transport Marines and their equipment. It will be used to support the nation's maritime strategy, to include humanitarian assistance and maritime security operations. The ship's homeport will be in Norfolk, Va.

For more news from USS New York (LPD 21), visit [www.navy.mil/local/lpd21](http://www.navy.mil/local/lpd21).

### PHOTO FROM THE FLEET

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



U.S. Navy photo by MC2 Kevin S. O'Brien

A Marine plays Taps during a wreath laying ceremony at the Marine Corps Memorial in honor of the 234th anniversary of the U.S. Marine Corps.



U.S. Navy photo by MC1 Dan Meaney

The amphibious transport dock ship USS New York (LPD 21) is commissioned in New York. The ship has 7.5 tons of steel salvaged from the World Trade Center towers forged into her bow, and will be used to support humanitarian, amphibious assault, special operations and expeditionary warfare missions around the world. New York is the sixth U.S. Navy ship named for the state and will be homeported in Norfolk, Va.

N e w  
Hope      Monika

Volcano



# Pistone

# Orange

# Borgo



### Why a federal job?

Many jobs within the federal government are likely to be a good match for your military background. In order to attract top candidates, the federal government offers benefits that rival those of the military -- something you might not find with a corporate job. The Office of Personnel Management (OPM) oversees certain aspects of the federal civilian work force. These benefits include:

**Health and life insurance.** You can usually choose from several health benefit plans with a federal job, but you may be required to pay a part of the premium.

**Paid vacation.** Most nonretired service members receive full credit for their military service time when accruing vacation in their federal civilian job. This means you could be earning the same -- if not more -- vacation time than you earned while on active duty. For retirees, credit is given only under certain circumstances. You can visit the OPM Web site at [www.opm.gov](http://www.opm.gov) for details.

**Retirement.** As a former military member, you may be able to "buy back" your military service years and apply them to your federal civilian retirement. For nonretired military members, full credit for uniformed service performed under honorable conditions may be given for retirement, provided a payment (or "buy back") is made to the retirement fund. (Keep in mind that the program may not be cost effective for retired military members because in many cases they must forfeit their military retired pay).

**Paid military leave.** If you join

the National Guard or Reserves after leaving active duty, your federal employer will allow you 15 days paid military leave per fiscal year.

**Understanding federal job preferences**

Veterans are given preference when applying for jobs with the federal government. Generally, eligible veterans must have served on active duty and received an honorable or general discharge. Although these preferences won't guarantee you a job with the federal government, they may help you to apply for jobs not open to the general public or to get hired for a job if you're one of the most qualified applicants.

**Veterans' Recruitment Appointment (VRA)** allows a federal agency to appoint a veteran to a position (through GS-11) without competition as long as the veteran is qualified for the job. If the agency has more than one VRA candidate for the same job and one (or more) is preference-eligible, the agency must apply the Veterans' Preference procedures prescribed in 5 Code of Federal Regulations Part 302. Those who are eligible include disabled veterans, veterans who served in a war or in a campaign expedition, veterans who were awarded an Armed Forces Service Medal, and veterans who separated from the military within the last three years.

**Veterans' Employment Opportunity Act (VEOA)** lets veterans apply for jobs that are otherwise open only to current federal civilian employees. To be eligible for VEOA, a veteran must be preference-eligible or have separated from the military under honorable

conditions after completing a three-year term of active service.

**Hiring preferences.** Veterans may receive a 5-point or 10-point preference for hiring if they are among the most qualified applicants for a position. To be eligible for the 5-point preference, the veteran must have served on active duty during a war, in a campaign expedition, or during a period defined by specific dates. Those veterans disabled during their military service may be eligible for a 10-point preference. For detailed information on hiring preferences, visit the Department of Labor's site for veterans at [www.dol.gov/vets](http://www.dol.gov/vets) or the OPM site at [www.opm.gov/veterans](http://www.opm.gov/veterans).

**Searching for federal jobs**

There are thousands of federal positions available, but finding your way through the federal hiring system can take a significant amount of time. These tips will help you get started:

**Networking.** Networking is one of the most effective tools you can use when you're searching for a federal job. Family members, friends, and former colleagues who work for the federal government may be able to give you important information -- including specific information about potential job openings.

**Know your series.** Each federal agency chooses how it will recruit for open positions, but most jobs are posted on job-vacancy Web sites -- sometimes on several sites. Navigating the Web sites might seem tiring, but you can easily search for jobs that match your qualifications once you know the series numbers. Go to the career section of the OPM site at [career.usajobs.opm.gov](http://career.usajobs.opm.gov) for a listing of series numbers and job descriptions. When applying for federal jobs, stick to those series that best suit your skills and experience -- and don't waste your time on ones that don't.

**Federal job Web sites.** Almost all federal jobs are posted on the OPM site at [www.usajobs.opm.gov](http://www.usajobs.opm.gov). But you will need to follow the vacancy-announcement instructions on how to apply -- and that often means applying for the job using an online resume-builder on a different site. Web sites for DoD job listings include:

Air Force Personnel Center (AFPC) for the Air Force ([www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil))

CHART for the Navy and Marine Corps (<https://chart.donhr.navy.mil/>)

Civilian Personnel Online (CPOL) for the Army ([www.cpol.army.mil](http://www.cpol.army.mil))

Follow the instructions. It may sound simple, but many job applicants don't follow the instructions described in the job announcement. Be sure to submit your resume and any additional information (such as your DD-214) by the closing date on the job announcement and in the method requested. It's possible that your resume won't be considered if you haven't followed the instructions carefully.

**Applicant pools.** Some agencies create applicant pools by continuously accepting resumes for certain job series. As positions become available, agencies may draw from that pool of applicants.

The Fleet and Family Support Center offers monthly classes on: Ten Steps to a Federal Job, Interviewing Techniques, and Resume Writing. These classes are valuable for the transitioning member. Please contact the Fleet and Family Support Center at 624-4291.

Alberto Lunetta  
The Signature Staff



# Italian NEWS

*Sicilian Culture, Events and Lifestyle*

## Italy's Novello wine makes 2009 debut

Everything is ready for the premiere of this year's Vino Novello, the Italian cousin of the better known French Beaujolais Nouveau, which took place recently at the Verona trade fair grounds.

While the novelty of Novello has worn off in recent years and production continues to decline, the wine maintains a strong following and has carved out its own market niche. The wine was presented at a two-day 'Anteprima Novello' event which saw leading producers offer their wines to the public and, more important, to buyers, wholesalers, retailers, the leading distribution centers and restaurant operators. Production of Novello this year is down some 4% over last year with 236 vineyards making the wine compared to 246 in 2008. Over 400 vineyards were producing Novello in 2004 after its popularity peaked.

According to a poll by wine's websites winenews.it and Vinitaly, Italy's most important wine trade fair, Italians are quite split over Novello. The poll found that 49% of Italians buy one or two bottles of the new wine every year, while 51% refuse to try it, preferring more traditional wines.

Among those who buy Novello, 54% said they did so because the wine for them represented an "autumn treat," something to put on their pre-Christmas tables along with mushrooms, chestnuts and freshly squeezed olive oil. Another 25% said they bought the wine because they liked its taste, while 21% said Novello had become a rite, a seasonal tradition like panettone Christmas cake or a chocolate Easter egg. Among those who do not buy Novello, most said they avoided it because they preferred traditional

wines; others did not like its taste and some considered the new wine to be just a marketing gimmick by winemakers. Vino Novello, which was officially recognized in 1987, traditionally makes its debut in the first week in November in order to get a jump on Beaujolais Nouveau. Beaujolais cannot be opened until the third Thursday of November, this year November 19. The popularity of Novello, especially among young people, is for the most part thanks to its clear red color, fruity taste and low alcoholic content, only 11%. Novello, like Beaujolais Nouveau, is a light, fruity red wine which by law must be bottled within a year of the harvest, but in practice is bottled within a few weeks.

The fruity flavor of new wine is in part due to the fact that the juice of the grapes is not left too long with the grape skins which contain the

chemical tannin. This allows winemakers to blend several types of grapes and the wine can even be served chilled like white wines. One of the main differences between Novello and Beaujolais is that several of the Italian wines retain some of the carbonation used to accelerate the fermentation process while the French Nouveau is traditionally flat. The tradition of producing new wine began in the Beaujolais area of France's Burgundy region during the 1950s and caught on in Italy in the late 1990s.



As it happens every year at the beginning of November, Italy's Novello Wine (New Wine or vin nouveau, often "Beaujolais nouveau" in France) was recently released and has begun to be sold across the country. Novello is a flavorful bright red or violet "young" wine that is made from more than 60 different varieties of grape. It is produced by a special method called "carbonic maceration."

## Italian invents anti-swine flu holy water dispenser

Story by Reuters

An Italian inventor has combined faith and ingenuity to come up with a way to keep church traditions alive for the faithful without the fear of contracting swine flu -- an electronic holy water dispenser.

The terracotta dispenser used in the northern town of Fornaci di Briosco, functions like an automatic soap dispenser in public washrooms -- a churchgoer waves his or her hand under a sensor and the machine spurts out holy water.

"It has been a bit of a novelty. People initially were a bit shocked by this technological innovation but then they welcomed it with great enthusiasm and joy. The members of this parish have got used to it," said Father Pierangelo Motta.

Catholics entering and leaving churches usually dip their hands into fonts full of holy water -- which has been blessed

by a priest -- and make the sign of the cross.

But fear of contracting the H1N1 virus has led many in Italy -- where some 15 people have died of swine flu -- not to dip their hands in the communal water font.

"It's great," said worshipper Marta Caimm as she entered the church. "Thanks to this we are not worried about catching swine flu. It is the

right thing for the times," she said.

Luciano Marabese, who invented the dispenser, said he did so out of concern that fear of swine flu was eroding traditions.

And he is now blessing himself all the way to the bank. "After all the news that some churches, like Milan's cathedral, were suspending the use of holy water fonts as a measure against swine flu, demands for my invention shot to the stars. I have received orders from all over the world," he said.



Photo by REUTERS/Stefano Rellandini

Inventor Luciano Marabese displays a prototype of his holy water dispenser at his office in Capriano Briosco, around 40 km (25 miles) north of Milan November 10, 2009.

## George Benson to perform in Catania



Legendary 10-time Grammy Award winner and 2009 NEA Jazz Master American guitarist George Benson will perform in Catania on Wednesday, Nov. 25 at the Metropolitan Theater. Describing "The Songs and Stories Tour," Benson's latest work which will be presented during his upcoming Sicilian concert, critics said: "at various points along the four-decade continuum of George Benson's career, he has been heralded as a jazz guitarist of unparalleled chops, a vocalist with great emotional range and sophistication or a combination of both. However, he regards himself as an entertainer in the broadest sense of the word -- a singer of songs, a spinner of tales. That's the essence, Songs and Stories." For more information and tickets visit [www.ctbox.it](http://www.ctbox.it)

## Mountain Fair in San Giovanni Gemini

If you are a Sicilian food lover, mark this one on your calendar! Cammarata and San Giovanni Gemini, two small picturesque mountaintop villages nestled on the Sicani Mountains and located between Agrigento and Palermo, have teamed up once again to host the 6th edition of "Fiera della Montagna" (Mountain Fair), a mouthwatering fall food festival running from Dec. 5 through 8 and featuring local cheeses such as ricotta, caciotta, "cascavaddi", fiore sicano, tuma persa, pecorino sicano and canestrato as well as other produce such as honey, olive oil, bread, nougat, jam, wine, salami, sweets, liquors and arts and crafts (wrought iron, embroidery, knitting, weaving, antiques, paintings exhibit and more). The fair will be set up at the San Giovanni Gemini sports arena. Admission is free. For more information, detailed schedules and directions call the San Giovanni Gemini Tourist Office at 0922 -903314/ 903262/ 903142/ 903082.



oxidiana

Medusa

# School NEWS

## American Eagle vs. Aeropostale

By Kayla Simmons  
Sigonella High School Student

In the constantly changing fashion world of teens today, two store brands are always found within their closets: American Eagle Outfitters and Aeropostale. Which is better?

A survey conducted among Sigonella students shows that the majority of teens prefer American Eagle Outfitters over Aeropostale. According to the students, American Eagle Outfitters clothing is of higher quality, is more comfortable, and can be worn with more things. All agree that Aeropostale has better sales and a larger color scheme. However, it is not the store of their preference.

Opinions between genders did not vary throughout the study.

Sigonella boys and girls agreed that, along with comfort and variety, American Eagle clothing is more sophisticated and gives their

wardrobes a more polished look. Whereas Aeropostale apparel is much more relaxed and isn't as high quality.

"If I wanted ripped jeans, I could just trash a pair of old ones," Conor Quinn, senior, said of Aeropostale.

The price range between the two stores was a secondary consideration. Students would rather spend the extra cash on higher quality and more comfortable clothes from American Eagle than take advantage of the multiple sales at Aeropostale.

"Yes, Aeropostale clothes are cheaper," Adrienne Moore, freshman, said. "However, I can wear things from American Eagle with much more than jeans."

So among Sigonella teens searching for comfort, quality, style, and variety in their wardrobes, studies show that American Eagle Outfitters is the place to go.

## Swordfish have strong showing in Naples

The Sigonella Swordfish traveled to Naples Nov. 9 to compete against Naples, Aviano, Vicenza, and Lakenheath. The Swordfish sent 28 swimmers to Naples and placed second among the five teams.

Final scores were:  
Naples 962  
Sigonella 665

Aviano 430  
Vicenza 242  
Lakenheath 143

Triple event winners for Sigonella were:

Hallie Kinsey 9-10 girls  
Joe Beadles 9-10 boys  
Cal Dermody 11-12 boys  
Jack Luna 13-14 boys  
Garrett McKeown 15-16 boys

Hallie Kinsey improved her own EFSL records in all three individual events.

The Swordfish will compete again against all teams in the EFSL Thanksgiving weekend at the Lignano Olympic Village near Aviano, Italy.

## Teen Issue: Body Image

By Rachel Sherrick  
Sigonella High School Student

"I'm too short. I'm too tall. I'm fat. My hair is ugly. I wish I had those clothes, that nose, her body."

Sound familiar? The average American teenager will say multiple comments like these daily.

Today's media causes teenagers to believe they have to look like models, actors, and athletes to be perfect and accepted and have a happy life, which isn't true.

Photographs of people in magazines are usually airbrushed and morphed on the computer to appear as what we call "perfect." The reality is,

they aren't perfect; they all have their own flaws.

Buying new clothes, coloring your hair, and having all of the latest accessories are just minor ways teenagers try to fit in these days. However, things can get more serious. To achieve that perfect model body, teenagers are beginning to starve themselves, which may cause them to develop eating disorders.

According to weighingthefacts.com, 70 million people around the world have eating disorders, and 24 million of those people are American. Out of those 24 million, 90 percent are females aged 12 to 25. Twenty percent of Americans with eating disorders will face death if they are not treated immediately.

Eating disorders are a serious disease that could easily be prevented. If teenagers would stop staring into mirrors and criticizing every "flaw" they had, eating disorder statistics would decrease immensely.

The media needs to stop focusing on people's flaws and start focusing on individuality and personal beauty. Teenagers need to realize they are perfect the way they are. They don't need to imitate someone else's appearance or personality. These are the qualities that make them unique and cause them to stand out and be remembered, rather than being just another face in the crowd.

Dott. Sterla

Agip

Alphio's  
Garden

Santo



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

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## A weekend in Egypt

Article and photos by  
**Lt. Matt Knight,**  
NAS Sigonella  
Public Affairs Officer

Egypt is the land of legend filled with mystique and ingrained with thousands of years of history predating nearly all written records.

To visit Egypt is to glimpse back in time at one of the most impressive civilizations that has ever existed. Using some careful planning, and/or a good travel agent, seeing this amazing place is possible over a three-day weekend and is worth every second and cent.

**Site:** As part of our extended travel locations, Egypt is a solid five stars with things to see that cannot be equaled anywhere else. Any visit to Egypt must include a visit to the pyramids, the Sphinx and the Museum of Egyptian Antiquities in Cairo. The

sheer scale of the Pyramid of Khufu, also known as the "Great Pyramid," is breathtaking and a visit to its interior gives a glimpse at the unparalleled precision that went into its construction. The slightly smaller Pyramid of Khafre, which still has some of its original limestone outer stones near the pinnacle, allows one to imagine what the pyramids must have looked like before thousands of years of desert sands and pilfering stripped them away. Situated directly to the East of the Pyramid of Khafre is the Sphinx, a cat like monument with the face of a pharaoh. It is highly recommended that a tour company is used to visit the different sites because each one is highly regulated by the "Tourism Police" which regulate vehicle access around the Pyramids. At the Pyramid of Khufu you can purchase a pass to see all the pyramids and the Sphinx for around

\$10. If you want to see inside the Pyramid of Khufu you must show up early because only 150 special access passes, at about \$20 apiece, are issued each day on a first come first served basis and are separate from the general access passes. The Museum of Egyptian Antiquities in Cairo contains everything from real mummies to the much publicized funerary items of "King Tut" and could keep an enthusiast busy for days exploring the treasures inside. The only big drawback is that there is no photography allowed inside and only allowed in the outer courtyard. A few guidelines for touring Egypt: The water in Egypt is not potable, do not drink it and either bring or buy bottled water. A general rule is to stay in a four or five star rated hotel for safety and ease of travel. Exchange at least a hundred dollars for Egyptian pounds because many of the tour sites only

accept local currency. However, most local vendors are more than willing to accept dollars on an exchange rate which is in their favor. Euros are not widely accepted. Part of the Egyptian culture is to ask for tips for everything. If someone at the pyramids offers to take your picture they will demand a tip after doing so and use your camera as collateral. Wear closed toe shoes at the Pyramids, especially if you want to go inside because some climbing is involved and the desert sand is everywhere.

**Family Friendly:** Cairo and Giza are ancient, gritty and wonderful cities, but not completely designed for families, which is why a two star rating is given. Families with small children can make the trip work, but not without some difficulty as many of the sites are not designed for them.

**Accessibility:** A quick trip to

Egypt is extremely accessible and a five star rating if you arrange your trip through a travel agent like Angie's Travel on NAS I, the trip includes a direct flight on Egyptair from Catania to Cairo and a pre-staged tour with a guide is included. However, even though attempting to see all the sites around Cairo on your own is possible, it significantly increases the difficulty and would make the trip a two or three star rating.

**Travel time:** The Egyptair direct flight from Catania to Cairo took about three hours and as an extended trip is a midrange giving it a four star rating. The sites surrounding Cairo and Giza can be seen in a day but keep in mind that Cairo and Giza have about 18 million residents and the city is very spread out making some transits 20 to 30 minutes long.



The Mohamed Ali Mosque is a very interesting structure that stands on the highest point inside the courtyard of the Citadel of Saladin, and is also called the Alabaster Mosque. The Mosque was built for Mohamed Ali, the ruler of Egypt from 1805 until 1849.



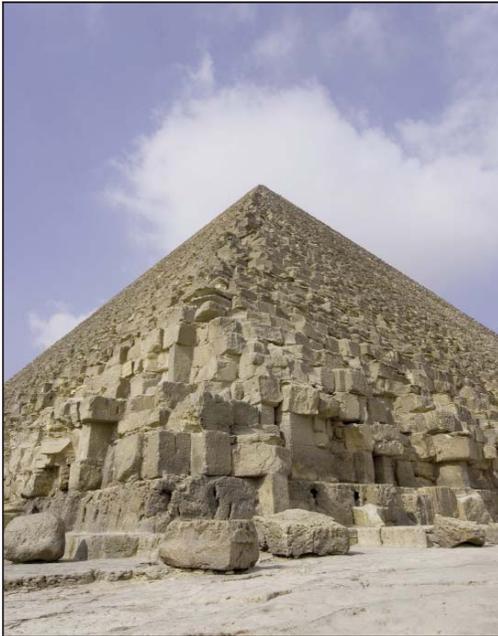
The Khan el Khalili bazaar is a well-known market that sells everything imaginable from spices and teas, to toys and sporting goods.

ENO

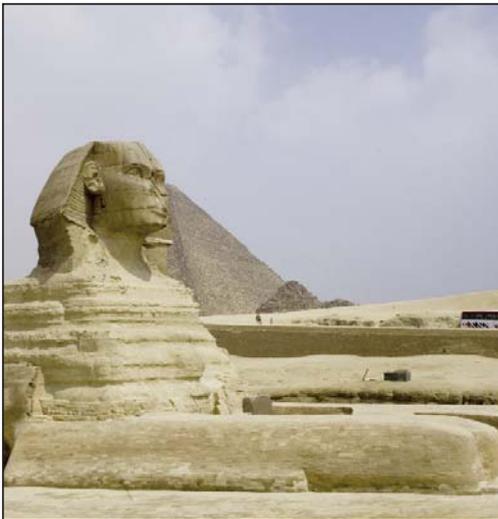


Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature is looking for you! We are 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.

AGIP



The Pyramid of Khufu, also known as the "Great Pyramid" is the only remaining structure of the Seven Wonders of the Ancient World. The pyramid is massive, measuring 230 meters on each side and 146 meters high and is constructed of limestone.



The Sphinx at the Giza Plateau is the largest sphinx figure in the world, with a length of 45 meters and was cut entirely from one piece of stone.

# Moroboshi



A local vendor gives a demonstration on how ancient Egyptians made papyrus paper for scrolls and art work. The art of papyrus paper making is one that is still practiced in boutique shops throughout Egypt and makes wonderful souvenirs.



The Great Pyramid of Khufu and the Pyramid of Khafre are two of the largest remaining pyramids in the world. Originally, both were covered in white limestone, but over the centuries it has been removed with only the top of the Pyramid of Khafre remaining covered.



Camel rides are available from the scenic outlook outside of the pyramids to the Pyramid of Menkaure, the smallest of the three large pyramids, and are a unique way to get a close view of them.

## 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](mailto:thesig@eu.navy.mil)

# Kartodromo

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

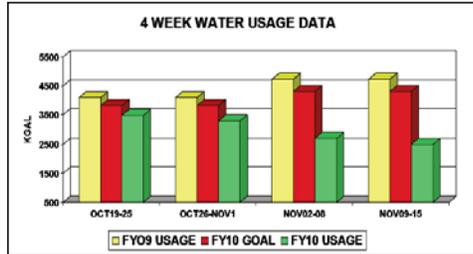
For more info.

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

# Go Green Sigonella!

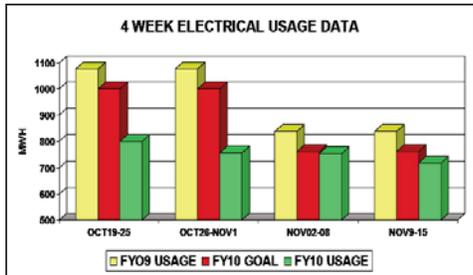
## Water Consumption at NASSIG

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.



## Electrical Consumption at NASSIG

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



# Geico

# Ristorante Bella Etna

- 20 \*Lunch: Cream of Potato Soup, Beef with Broccoli, Baked Fish, Tempura Fish, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding.  
\*Speed Line: Grilled Hamburger/ Cheeseburger, French Fried Potatoes, Baked Beans, RIKPAK.  
\*Dinner: French Onion Soup, Oriental Pepper Steak, Grilled Chicken Breast, Tuna Salad on Wheat Bread, Potato Chips, Steamed Rice, Spinach, Cauliflower Polonaise, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding
- 21 \*Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.  
\*Brunch: Breakfast Items, Beef Barley Soup, Swedish Meatballs, Chicken Caesar Roll Up, Buttered Pasta, Brown Gravy, Sprouts Superba, Fried Cabbage w/ Bacon, Snickerdoodle Cookies, Apple Crisp.  
\*Dinner: Pepper Pot Soup, Baked Parmesan Fish, El Rancho Stew, Mediterranean Brown Rice, O'Brien Potatoes, Peas w/ Celery, Okra Melange, Snickerdoodle Cookies, Apple Crisp.
- 22 \*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, Chicken Gumbo Soup, Beef & Turkey Sandwich, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, White Cake w/ Frosting.  
\*Dinner: Manhattan Clam Chowder Soup, Teriyaki Chicken, Ginger Pot Roast, Paprika Buttered Potatoes, Pork Fried Rice, Normandy Carrots, Cream Style Corn, Peach Cobbler, White Cake w/ Frosting.
- 23 Breakfast: Hot Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes  
Lunch: Creole Soup, Turkey Curry, Baked Fish Fillet, Vegetable Lasagna, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.  
\*Speed line: Assorted Pizza, RIKPAK.  
\*Dinner: Tomato Bouillon Soup, Baked Stuffed Pork Chops, Grilled Chicken Breast, Steamed Rice, Brown Gravy, Green Beans Nicoise, Carrot Slices, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin, RIKPAK.
- 24 \*Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Bran Muffins.  
\*Lunch: Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajitas, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Cornbread, Raspberry Filled Cake, Pecan Pie.  
\*Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni and Cheese, Hotdogs, RIKPAK.  
\*Dinner: Navy Bean Soup, Barbecued Beef Cubes, Roast Turkey, Steamed Rice, Mashed Potatoes, Chicken Gravy, Seasoned Asparagus, Honey Dijon Vegetables, Raspberry Filled Cake, Pecan Pie, RIKPAK.
- 25 \*Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.  
\*Lunch: Puree Mongole Soup, Fish Amandine, Country Fried Steak w/ Gravy, Potatoes Au Gratin, Steamed Rice, Collard Greens, Peas w/ Carrots, Strawberry Shortcake, Vanilla Cookies, Tapioca Pudding.  
\*Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.  
\*Dinner: Beef Barley Soup, Shrimp Curry, Sicilian Submarine, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding, RIKPAK.
- 26 \*Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Danish Diamonds.  
\*Lunch: Assorted Pizza, RIKPAK.  
\*Thanksgiving Dinner: French Onion Soup, Shrimp Cocktail, Roast Turkey, Baked Ham, Garlic Cheese Potatoes, Rice Pilaf, Marshmallow Sweet Potatoes, Fruit Sauce w/ Raisin, Giblet Gravy, Cranberry Sauce, Green Beans, Corn on the Cob, Bread Dressing, Sweet Corn Bread, Deviled Potato Salad, Waldorf Salad, Roasted Nuts Selection, Cheese Cakes, Eggnog, Holiday Candies, assorted Pies.

# ON THE GO WITH MWR

## MWR November Fitness Schedule

NOVEMBER FITNESS SCHEDULE						
Fit District	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7 am		Spin w/ Sarah		Spin w/ Sarah		
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		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
4:15 - 5:15 pm			Spin w/ Sarah	
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		Step w/ Michelle		Step w/ Michelle
5:30 - 6:30		Triple Shot w/ Melinda		Triple Shot w/ Melinda

Don't Just Sit There! Do Something!



Want to see Palermo with six of your friends? How about heading to Castelmola and then down to the beaches of Giardini Naxos? ITT can get you set up with a van and a driver for up to 14 people. Almost any destination on the island is available, as well as tour guides if requested.

"Create-a-Trip" is as nifty and convenient for families as it is for single sailors and those stationed here TAD.

Prices vary depending on the trip. For more information, call 624-4777.

## MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS



2012

*John Cusack, Chiwetel Ejiofor, Amanda Peet, Oliver Platt*  
Never has a date in history been so significant to so many cultures, so many religions, scientist, and governments. A global cataclysm brings an end to the world, and tells of the heroic struggle of the survivors. (158 min)

### Jennifer's Body

*Megan Fox, Amanda Seyfried, Johnny Simmons, JK Simmons*  
A cheerleader with the perfect life becomes the girl from hell when she gets possessed and begins killing boys in a small town. (102 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)

### Disney's A Christmas Carol

*Jim Carey, Gary Oldman, Bob Hoskins, Colin Firth, Robin Wright Penn*  
Ebenezer Scrooge begins the Christmas holiday with his usual miserly contempt, barking at his faithful clerk and his cheery nephew. But when the ghosts of Christmas Past, Present and Yet to Come take him on an eye-opening journey revealing truths Old Scrooge is reluctant to face, he must open his heart to undo years of ill will before it's too late. (76 min.)

### Love Happens

*Aaron Eckhart, Jennifer Aniston, Dan Fogler, Martin Sheen*  
When a self-help author arrives in Seattle to teach a sold-out seminar, he unexpectedly meets the one person who might finally be able to help him help himself. (102 min.)

### TWILIGHT SAGA: NEW MOON

*Kristin Stewart, Robert Pattinson, Taylor Lautner, Ashley Greene*  
Bella Swan delves deeper into the mysteries of the supernatural world she yearns to become part of, only to find herself in greater peril than ever. (130 min.)

### Movie dates and times are subject to change

SHOWING FRIDAY, NOVEMBER 27

#### Friday, November 27

5:00pm Twilight Saga: New Moon PG-13 PREMIERE  
5:30pm Couples Retreat PG-13 PREMIERE  
7:30pm The Blind Side PG-13  
8:00pm Twilight Saga: New Moon PG-13

For more information on MWR's programs and services, call 624-3968.

## Bountiful Activities for Thanksgiving Weekend



### Thursday, November 26

Fitness: 2 Hour Spin-a-Thon at Fit District 8 am  
ITT: Siracusa II and Seafood Restaurant  
Connections: Thankful Desserts Galore 4 pm  
SpareTime Bowling Center: Free Bowling 4-7 pm

### Friday, November 27

ITT: Godfather Tour- Savoca and Forza D'Agro  
Adventures Unlimited: Rapelling with Acquaterra  
Liberty: Dinner in Catania 7 pm

### Saturday, November 28

ITT: Paintball 1-3 pm OR Travel to Palermo  
Adventures Unlimited: Mountain Biking on Etna  
Connections: College Football and Taco bar 6 pm  
Jox: Open Mic Night 10:30 pm

### Sunday, November 29

ITT: Animal Fair in Amerina OR Agrigento and Turkish Steps  
Adventures Unlimited: Climbing in Sicily  
Connections: NFL Football and Chili

For more info, find us on Facebook at [Facebook.com/mwrsigonella](http://Facebook.com/mwrsigonella) or pick up a November Preview at any MWR facility

## Spin it off Thanksgiving Morning



Join Lisa and Miki and get a jump on those holiday calories with two hours of extreme spin at the Thanksgiving Day Spin-a-thon Thursday, Nov. 26, at 8 a.m. at Fit District.

All Attendees will be entered in a drawing for a pumpkin pie (one per family). Space is limited for this free event. Register at the Fit District or call 624-4483 for more information.

MOVIE HOTLINE:  
624-4248

**Thanksgiving, continued from page 1**

sealable containers in a cool dark place until next time

- Never pour cooking oil down the drain.

For further information and safety tips contact the Naval Air Station Sigonella Fire Department at 624-5287.

**FAD DIETS, continued from page 2**

reputable organization diet and lifestyle recommendations emphasize flexibility in food selection and stress the importance of eating more nutrient-rich foods – that have vitamins, minerals, fiber and other nutrients but are lower in calories – and fewer nutrient-poor foods. Unlike an incomplete liquid protein diet or other fad diets, a good diet can be eaten for years to maintain desirable body weight and good health.

Quick-weight-loss diets are flawed in many other ways. Many do not encourage physical activity such as walking 30 minutes most or all days of the week. Being physically active helps maintain weight loss

over a long time. Physical inactivity is a major risk factor for heart disease and stroke. Secondly, most quick-weight-loss diets require drastic changes in eating patterns, making them difficult to maintain for long periods of time. Following a regimen for a few weeks is less likely to lead to permanent positive eating pattern change. Finally, many "Fad Diets" are based on "food folklore," some dating back to the early 19th century. They have not been documented to be safe in the long term. Ideas about "fat-burning foods" and "food combining" are also classified by the American Heart Association as unsubstantiated myths.

Despite what quick-weight-loss diet books may say, the only sensible way to lose weight and maintain a

healthy weight permanently is to eat less and balance food intake with physical activity. A healthy diet rich in fresh fruits and vegetables, whole grains and fat-free or low-fat dairy products, along with regular physical activity, can help most people manage and maintain weight loss for both cardiovascular health and appearance. The American Heart Association urges people to take a safe and proven route to losing and maintaining weight — by following our guidelines for healthy, nutritionally balanced weight loss for a lifetime of good health.

- Related publications/resources:
- <http://www.americanheart.org>
  - <http://www.eatright.org>
  - <http://www.nal.usda.gov/fnic/>
  - <http://ama-assn.org>

# Camping

# Chiechio

# New Place

## 2009 RELIGIOUS MINISTRIES: HOLIDAY SCHEDULE

<u>CATHOLIC MASS</u>			FESTIVAL OF LIGHTS: A COMMUNITY CHRISTMAS CELEBRATION Festival of Lights is a special candle-light service that will feature music selections by an adult choir, a youth choir, a children's choir, a nativity scene, congregational caroling and a few special surprises.
Thanksgiving Mass			
26 November 2009	1000	NAS 1 Chapel	
Immaculate Conception Mass			
8 December 2009	1130	NAS 2 Chapel	
OL of Guadalupe Mass			
12 December 2009	1800	NAS 1 Chapel	
Christmas Eve Children's Mass			
24 December 2009	1630	NAS 1 Chapel	
<u>PROTESTANT CHRISTMAS EVE SERVICE</u>			CHRISTMAS COMMUNITY CHOIR ALL COMMUNITY ALL CHAPEL ALL AGES December 13, 2009 – 1800
24 December	1830	NAS 1 Chapel	JEWISH HANUKKAH For information regarding Jewish community observances, please contact our Jewish Lay Leader, Rebekah Jacobs (x1203).

**HONOR, continued from page 2**

That was almost nineteen years ago. I shared that memory with Laura over the phone. She just laughed and said, "I did?" After I assured her of the accuracy of the story, I could sense her smile as she said of herself, "Good for me."

I agree. Good for her. She knew the matters in life that are of vital importance, that are worth fighting for. As an expectant mother, she was going to protect that which was critical to her wellbeing and the survival of her young. Though caught unawares, I am also thankful that I was able to receive her sharp rebuke without becoming defensive. I needed to hear those words. I listened and learned what was at stake according to her reckoning. I wanted her to enjoy absolute confidence in my loyalty to her. If my wife felt threatened, then I was ready to protect her, not fight her.

You might expect as much from two people that truly love one another. But what of other human relationships? Are they not also of vital importance? Though my relationship with others is fundamentally different than that of marriage, is the integrity of my conduct with others any less critical?

In his essay, *The Weight of Glory*, C. S. Lewis writes,

"There are no ordinary people. You have never talked to a mere mortal. Nations, cultures,

arts, civilizations – these are mortal, and their life is to ours as the life of a gnat. But it is immortals whom we joke with, work with, marry, snub, and exploit."

The words of Lewis form an incredible perspective about what is temporary and what endures. In the deciduous flow of history, some elements are like leaves that fall and blow away. I have often invested my life and energies into such pursuits.

We are all transients in this particular community – tempo-

rary fills. Sometimes, that reality is discouraging to me. Can we be of any value in so short a time?

If, however, the individuals with whom we interact are greater than time itself, the precise amount of time we have wanes in consequence but our integrity and the quality of our exchanges swells in significance. Therefore, like a tree firmly planted and, if necessary, with a finger pointed in my face, I will listen and learn to conduct myself accordingly – if nothing else, for the sake of my limbs.

# Magnolia

# Gelso

# THE SPORTS LINE

## PIGSKIN PICKS

13 Oregon at 17 Arizona  
 Kansas State at Nebraska  
 Kansas at 3 Texas  
 8 LSU at Mississippi  
 Atlanta at NY Giants  
 San Diego at Denver  
 Indianapolis at Baltimore  
 San Francisco at Green Bay

	Oregon	Nebraska	Texas	LSU	Giants	Broncos	Colts	Packers
 <p><b>Overall Record: 65-33</b>                      NFL: 29-15                      NCAA: 36-18                      SN Kaminski, PSD</p>								
 <p><b>Overall Record: 63-35</b>                      NFL: 29-15                      NCAA: 34-20                      D Day</p>					Falcons	Broncos	Colts	49ers
 <p><b>Overall Record: 60-38</b>                      NFL: 24-20                      NCAA: 36-18                      MC3 Idle, Exec Admin</p>					Giants	Chargers	Colts	Packers
 <p><b>Overall Record: 60-38</b>                      NFL: 27-17                      NCAA: 33-21                      Joe Cunningham, NCTS</p>					Falcons	Chargers	Colts	Packers
 <p><b>Overall Record: 56-42</b>                      NFL: 27-17                      NCAA: 29-25                      Capt. Jaeger,                      USNH Sigonella</p>	Arizona	Nebraska	Texas	LSU	Giants	Chargers	Colts	Packers
 <p><b>Overall Record: 50-48</b>                      NFL: 24-20                      NCAA: 26-28                      Chief Payne, Weapons</p>			Kansas	Ole' Miss	Falcons	Broncos	Colts	49ers

### Game of the Week: 11 Ohio St. at Michigan

**MC3 Idle: Ohio St.**  
 One of the oldest and most bitter rivalries in all of sports lacks any real significance this year, but the games this week are lacking in general. You can thank teams like Alabama and Florida for playing cupcake out of conference games against Chattanooga and Florida Int. respectively. Can someone please force the SEC "powerhouses" to play some decent out of conference games please? With that said, I'm going with the Buckeye's to take down Michigan in the Big House. Michigan has nothing to play for, and Ohio St. still has a chance to take the Big Ten title again and lose another BCS bowl. Michigan started with a lot of promise this year before watching their season go down the drain with a 1-5 conference record. Wolverine freshman quarterback Tate Forcier looked superhuman early in the year, but as the season has worn the wheels have fallen off the Forcier band-wagon. The Buckeye's defense will be the difference in this game.

**GMC Payne: Ohio St.**  
 The week of the year for me, yes I have a pair of golden pants. All you Bucks fans will know what that means. When I played for "The Ohio State University", I was apart of the only Cooper led team to beat Michigan. So of course the only real pick is my Buckeyes,

Please Pryor don't screw up the winning streak.  
**Joe Cunningham: Ohio St.**  
 Wolverines fans, how is that Rich Rodriguez hire working out? These days RR probably wishes he were still in Morgantown. After a 4-0 start, the UofM may come into this game 5-6. As for the Buckeyes, yes, they have lost twice (somehow to Purdue???? Of course, Purdue also beat Michigan this year too) but only once in conference (at this writing they have yet to play Iowa). Jim Tressel will have them up for this game and the Buckeyes will continue their recent domination of Michigan in this year's match-up. Sure, this edition doesn't have national championship implications, but the spirits of Woody and Bo will get their respective teams excited. That will not be enough for Michigan though. The Buckeyes win. For the Roses!

**D-Day: Ohio St.**  
 Buckeyes are on a roll, well, sort of. Enough to beat the Wolverines, and that's what matters.

**Capt. Jaeger: Ohio St.**  
 Going with Ohio State in the GOTW.

**PSSN Kaminski: Ohio St.**  
 Ohio St. over Michigan - Looks like Pryor got his mojo back after that Penn State game. Going with the Buckeyes in the Big House.

# Sig Inn

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Send Il Mercato advertisements to [thesig@eu.navy.mil](mailto: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](mailto: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.

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