

# The Signature

Vol. 19 No. 43

Naval Air Station Sigonella, Sicily

Friday, November 1, 2002

## More Sailors to advance sooner

Chief of Naval Personnel  
Public Affairs Office

WASHINGTON – Nearly 26,000 Sailors got the word that they will be getting that news significantly sooner thanks to a series of initiatives designed to speed up the advancement notification process.

The total number of advancing Sailors, 25,884, is 1,239 more than the March 02 advancement cycle. This was also a significant increase in exam passers. More than 99,000 Sailors passed their advancement exam, an increase of more than 11,000 from the March 02 advancement cycle.

“The increase in Sailors passing their exams is a testament to the quality of our Sailors,” said Chief of Naval Personnel Vice Adm. Gerry Hoewing. “Sailors can see that their test preparations are paying off.”

The Chief of Naval Operation’s goal is to grow the Top Six to 75.5 percent of the Fleet by fiscal year 2007. “This will increase the technical depth of our senior enlisted leadership and provide our Sailors with stable advancement opportunity,” explained Hoewing.

“Future cycles will continue to be competitive as the best of the best strive for their next promotion.”

Advancement opportunity to first class petty officer is the highest since 1991, with better than a one in five chance to promote.

Sailors vying for promotion to second class petty officer benefited from a quota increase of 182 from 9,175 to 9,357 over the March 02 advancement cycle, and the number of test passers increased by 3,606 to 47,804. The increase in test passers was responsible for the slight decrease in percent promotion opportunity from 20.76 to 19.57 percent.

Similarly, E-3s seeking promotion to petty officer third class benefited from an increase of 149 quotas from the March 02 advancement cycle, from 10,854 to 11,003. The increase in test passers by 3,819 led to the decrease in promotion opportunity from 50.92 to 43.92 percent.

Some ratings where the Navy is in particular need of Sailors are experiencing better than average promotion opportunity: BM3 at 100 percent; OS3 and OS2 both at 100 percent; NC1 at 100 percent; and AW2 at 74.72 percent. Undermanned ratings like the ratings outlined above offer high advancement opportunities. Sailors are encouraged to take advantage of these higher advancement rates by pursuing a lateral conversion into another rating. Providing incentives for Sailors to consider options in undermanned ratings provides better career options for Sailors while increasing the skill mix throughout the Navy.

Based on a request from the Fleet to speed-up the process to let Sailors know their results on the exam, commands sent exams by overnight delivery to ensure quicker scoring and speedier promotion notification.

Because the Fleet implemented the improved procedure, nearly seven weeks have been shaved off the notification process.

For a full list of advancement quotas from the Sept. 02 advancement exam (cycle 176), available soon at the BUPERS Web site at <http://www.bupers.navy.mil>.



Photo by PH3 Richard Williams

Mt. Etna lay dormant for 15 months, just a familiar landmark on our skyline. And then, ash, and lots of it.

On Oct. 26 our local volcano reawakened and by the morning of Oct. 27 most of our area was covered with black ash. Although numerous minor earthquakes rocked the region, when *The Signature* went to press no people or towns were under threat from the lava flowing from the north and south faces of the mountain.

According to base officials, the following precautions should be taken in ashy areas:

- Exercise extreme caution when operating a motor vehicle. Roads are slippery and breaking distance is reduced dramatically by the ash. Visibility is reduced and road markings are not visible. Slow down and save a life.

- Exercise common sense principles when high concentrations of volcanic ash is present. Minimize your

exposures by remaining inside. Exercise in the gym versus the daily jog and encourage inside activities for children. If you have respiratory ailments remaining inside is extremely important.

- Disposable dust mask respirators (NIOSH approved) and goggles may be used to reduce exposures. If you are involved in work or clean up operations that create a dusty environment, contact your safety office or respiratory program manager for guidance.

- As much as possible, keep ash out of buildings, machinery, air and water supplies, downspouts, storm drains, etc.

- Minimize travel; driving in ash is hazardous to you and your car.

- Do not tie up the phone line with non-emergency calls.

As a safety precaution, we have suspended motorcycle driving on base (including base housing areas). My staff will continue to evaluate the situation daily.

Reminder, be safe and watch those ashy areas around the volcano. If you do not have to travel towards the volcano, please stay away.



Photo by SN Michelle Watkins

## Inside this Edition

Direct Line... page 2

Italian News... page 4

AFN Lineup... page 10

Uniform change... page 11

Sig Sports... page 13

Il Mercato... pages 14 & 15

## Italian phrase of the week...

*Fa ancora caldo!*



*(It is still warm!)*

## SECURITY BLOTTER



## Helping make the community aware

CRIME STOPPER'S HOTLINE 624-6389

Oct. 21 - Oct. 27

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 9
- Traffic accident with injuries - 2
- Car break-ins - 6
- DUI - 2
- DUI's 2002 - 30
- DUI's 2001 - 33

The

## Signature

The *Signature* editorial office is located at:  
Naval Air Station Sigonella, Sicily  
PSC 812 Box 3020  
FPO AE 09627.

Telephone: 095-86-5440; DSN 624-5440

**Commanding Officer**  
Capt. Timothy L. Davison

**Public Affairs Officer**  
Lt. Steve Curry

**Deputy Public Affairs Officer**  
Alberto Lunetta

**Asst. Public Affairs Officer**  
JO1 Craig Coleman

**Editor**  
JO3 Jay Price

**Staff Writer**  
SN Michelle Watkins

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, or the United States Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense or *City Crier, Inc.*, 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 *City Crier, Inc.*, PSC 812 Box 3020, Shawn Kelley, Publisher. Telephone: 349-391-6027. Editorial submissions are welcomed from all NAS Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via e-mail at any of the addresses located below the staff's names, guard mail stop #68 or hand-delivered no later than close of business Friday preceding expected publication date. All advertisements in this publication are the property of *City Crier, Inc.* Any reproduction of advertisements in *The Signature* is unauthorized without the written consent of the publisher.



## Direct Line

Capt. Tim Davison, NASSIG  
Commanding Officer



American cyclist Lance Armstrong was said, "I can get up in the morning and look myself in the mirror and my family can look at me too and that's all that matters." And Academy Award winner Denzel Washington said "Acting is just a way of making a living; the family is life."

Family is life indeed. Believe me, family is what makes it great here at Sigonella. I truly appreciate everything that my family does for me. I look forward to spending my "off-duty" hours with them every chance I can get.

The Secretary of Defense has designated November as "Military Families Appreciation Month" to encourage official recognition of military families for their remarkable service, selflessness, and commitment. Those on active duty rely on the support of spouses, children,

parents, and other family members and we sincerely appreciate the significant personal sacrifices and contributions families make every day.

Frequent moves and extended family separations make Navy life especially unique and challenging. To ease this burden, we will continue to work to improve quality of life throughout the Navy. I encourage all of our Navy personnel and their families to take full advantage of these special occasions. Also, explore the many community and family support programs and activities offered year-round at our installations. These include superb recreational activities, outstanding parenting programs, and numerous other services designed to enrich the lives of Sailors and their families.

And we can not forget a group of people who stand side by side with us every day, our single Sailors. They too are a part of our Sigonellan family. Right now, our Sigonella family is about 8,000 people strong, including both our Italian and American members. I am proud to be a part of it. We have a great bunch of men and women working hard every day to provide the Naval support that we are accustomed to.

To family and friends, both personal and professional, thank you for making life enjoyable here; I'm grateful to you all.

## The Pulse

### Secondhand Smoke Risks

Article courtesy of Health Promotions, USNH

We spend more time in our homes than anywhere else. So the thought of cancer-causing chemicals circulating throughout our houses and apartments can be quite unsettling. Yet, according to the Environmental Protection Agency, that is exactly what happens when someone lights a cigarette in your home. The EPA has classified secondhand smoke as a class "A" carcinogen. Secondhand smoke is just as dangerous as asbestos and radiation exposure, which cause cancer. Every year 53,000 Americans die from illnesses related to second hand smoke.

Those most affected by secondhand smoke are children. Because their bodies are still developing, exposure to the poisons in secondhand smoke puts children in danger of severe respiratory diseases and can hinder the growth of their lungs.

Ventilation systems in homes cannot filter and circulate air well enough to eliminate secondhand smoke. Blowing smoke away from children, going into another room to smoke, or opening a window may help reduce children's exposure but will not protect them from the dangers of secondhand smoke.

#### Secondhand Smoke is a serious health risk to children

- Infants and young children whose parents smoke are among the most seriously affected by exposure to secondhand smoke, being at increased risk of lower respiratory tract infections such as pneumonia and bronchitis. EPA estimates that passive smoking is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age annually, resulting in between 7,500 and 15,000 hospitalizations each year.

- Children exposed to secondhand smoke are also more likely to have reduced lung function and symptoms of respiratory irritation like cough, excess phlegm, and wheeze.

- Asthmatic children are especially at risk. EPA estimates that exposure to secondhand smoke increases the number of episodes and severity of symptoms in hundreds of thousands of asthmatic children. EPA estimates that between 200,000 and 1,000,000 asthmatic children have their condition made worse by exposure to secondhand smoke. Passive smoking may also cause thousands of non-asthmatic children to develop the condition each year.

#### Benefits of a smoke-free home

- The greatest benefit, of course, is that you will remove all the health risks associated with secondhand tobacco smoke.

- Your food will taste better.
- You'll spend less time, energy, and money cleaning your curtains, walls, windows, and mirrors
- Even your pets will be happier. For example, secondhand smoke increases the risk of lung cancer in dogs

#### How to Make (and Keep) Your Home Smoke-Free

- It may feel awkward at first to tell people not to smoke in your home, no one wants to make guests uncomfortable, but if you tell them that for the sake of your family's health, you simply cannot allow smoking in your home. Have gum or mints available as an alternative to lighting up. If visitors absolutely must smoke, tell them they can do so outside.

- If someone in your household smokes, be sympathetic and understanding, but encourage him or her to quit. Let that person know that cigarette smoke affects everyone, not just the smoker. Let them know you care and you want to help.

According to the EPA, more than two million people quit using tobacco every year. If you would like to quit, assistance is available. Call Health Promotion at 624-4710 for more information about our Tobacco Cessation Program. WARNING: There is no safe tobacco product. The use of any tobacco product, including cigarettes, cigars, pipes, and spit tobacco; mentholated, "low-tar," "naturally grown," or "additive free" can cause cancer and other adverse health effects. (CDC)



## Marinai opens!

By SN Michelle Watkins

Staff writer

For many servicemembers, their way of living will change, in different and new housing that is.

For ET3 Chadwick Anderson and his family the move into the new housing complex, Marinai, was one that made their lives a little easier.

Phase one of Marinai has just been completed and now Sailors and their families are allowed to move into the completed parts of Marinai. Marinai, which is located just outside NAS II, proves to be more convenient for Sailors, like Chadwick and his wife. Kristi Anderson, who has just two more weeks to go before she is due to give birth to their second child, is glad that they are closer to the hospital and medical facilities. "I did not want to be stuck in Costanzo in November (when I was due), waiting on Chadwick, when it take 45 minutes depending on traffic to get home," she said.

The Andersons seemed quite satisfied with their new housing, as they recalled the conditions of Costanzo compared to Marinai. "Living here is outstanding, if you compare it to where we came from, this place brings so many improvements down to the yard being fully fenced in, going from one bathroom to two and a half bathrooms... and having a dishwasher," said Chadwick. Marinai also includes a new playground and fenced backyard for their two-year-old son, Sean, to play in. In Costanzo they did not have a fenced yard, only a few weeds, a smaller playground, one bathroom, and no dishwasher.

"I felt so isolated because I could not do anything, even though we lived in an American community..." said Mrs. Anderson on being so far away. Everyday Chadwick had to get up early to take the long drive to work. This drive included tolls, and sometimes backed up traffic. The scenario was no different on his way home. "I have gone through three cars because of how far away we lived," said Chadwick.

Other improvements in their new home include having American outlets, Internet, phone and cable in every room. "In Costanzo, I had to run a cable from one room into the others and split it just to get it in the other rooms," recalled Chadwick.

With the completion of phase one, many Sailors and there families will be relocating to Marinai.



### 7-Up Cake

By Bea Cook

Contributing writer

2 sticks margarine  
½ cup Crisco  
3 cups sugar  
5 eggs  
2 tbsp lemon extract  
3 cups flour  
½ can of 7-Up

Cream margarine, Crisco, sugar, eggs, lemon extract. Mix in flour. Add 7-Up. Mixture should be creamy. Bake at 350 degrees in a greased and floured bundt pan for an hour and 15 minutes or until a toothpick comes out clean.

# S.A.F.

**Dogs: 2**  
**Cats: 0**  
**Puppies: 1**  
**Kittens: 4**



Call 624-3200 for the Stray Animal Facility if you are looking for a particular animal (i.e. Breed, size, color or age).



# From the Fleet



Photo by PH2 James A. Farrally II.

**Capt. James McDonell (left), CO of USS John C. Stennis, accompanied by Rear Adm. James Zortman, Commander of the USS John C. Stennis Battle Group, reenlists a group of 29 Sailors for a cumulative re-enlistment bonus of \$1,154,500. Dubbed the "Million-Dollar Reenlistment Ceremony," the Sailors took advantage of the region's tax-free status as Stennis and embarked Carrier Airwing Nine support Operation Enduring Freedom.**

## Selective Re-enlistment Bonus Picture for FY03

*From the Office of the Chief of Naval Personnel*

WASHINGTON (NNS) — Following another unprecedented year of increased re-enlistments, the Navy has adjusted Selective Re-enlistment Bonus (SRB) award levels to hone the skill mix in the fleet and operate within anticipated fiscal year 2003 funding levels.

The biggest difference Sailors will see in the adjusted award levels is the shift in focus from awards based on ratings to awards based on specific Navy enlisted classification (NEC) codes.

SRB levels for 60 NECs will increase, 66 will remain unchanged, and SRB levels for 65 NECs will be reduced. That compares favorably to the reduction in SRB levels for individual ratings: 20 will increase, 24 will remain unchanged, and 33 will decrease. While the average SRB award level was reduced from 1.6 to 1.3, the number of Sailors with the needed skill sets who will be eligible to receive SRB awards will increase by approximately 2,000.

The adjustment in award levels is needed to increase the skill mix throughout the fleet. Re-enlistment rates for FY02 exceeded the unprecedented pace of FY01, with every zone experiencing a decrease in attrition. With more Sailors staying Navy, the next step toward bolstering personnel readiness is focusing resources on critical undermanned skills. The new SRB plan will deliver an improved skill mix, thereby improving readiness while remaining within budget.

"Now that we've got the right number of Sailors in the fleet, our next challenge is to get the right skill and quality mix throughout the force," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "While we continue to enhance the skill and quality mix, we must also invest in our Sailors prudently and within our fiscal resources."

Award levels that have increased over the current rates established in April are effective Oct. 25. Award levels that decrease will not become effective until Nov. 25, giving Sailors several weeks to take advantage of the higher rate.

Hoewing encouraged Sailors to work with their chain of command to determine their best options for re-enlisting.

"Sailors should work with their chain of command and command retention teams to determine the best course of action to re-enlist," Hoewing said. "We value the service of every Sailor wearing the cloth of our nation and have given Sailors ample time to re-enlist at the higher SRB level."

Sailors who are not SRB eligible in their present rating or do not hold an SRB eligible NEC may qualify for an SRB if they convert to, or train for, an SRB eligible skill. These Sailors must agree to obligate service to train for the SRB-eligible skill, and re-enlist once the new NEC is attained or rating conversion is completed. Sailors converting or retraining will help focus the skill mix in the fleet.

Hoewing concluded, "We will continue to fight for the resources necessary to ensure we are able to provide the fleet with the manpower needed to accomplish today's vital mission and

provide Sailors and their families with the incentives to remain serving in the finest Navy in the world."

## 2002 Holiday Season Mailing Dates Announced

*From NAVSUP Public Affairs*

WASHINGTON (NNS) — The Naval Supply Systems Command's (NAVSUP) Postal Policy Division, in cooperation with the U. S. Postal Service and military postal officials from all of the services, notes that it's not too early to mail your 2002 Christmas cards and packages to and from military addresses overseas.

In fact, everyone is encouraged to beat the last minute rush and bring holiday mail and packages to the nearest U.S. Post Office or APO/FPO military post office by the suggested dates listed below.

For military mail addressed to APO and FPO addresses, the mailing dates are:

- Parcel post — Nov. 6
- Space available — Nov. 27
- Parcel airlift — Dec. 4

Air letters, air cards and priority mail — Dec. 11

For military mail from APO and FPO addresses, the mailing dates are:

- Space available — Nov. 20
- Parcel airlift — Dec. 4
- Priority mail, first-class air letters and air cards — Dec. 11
- Express mail — Dec. 18

NAVSUP's primary mission is to provide U.S. Naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a worldwide work force of more than 24,000 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance. In addition, NAVSUP is responsible for quality of life issues for our naval forces, including food service, postal services, Navy Exchanges and movement of household goods.

## Navy E-Learning Recognized for Best Practices in E-Learning

*By Dean Persons  
CNET Public Affairs*

PENSACOLA, Fla. (NNS) — The Naval Education and Training Command's (NETC) Navy E-Learning program, the Navy's single official distance learning system, has been awarded the Bronze Award for excellence in Best Practices in E-Learning from the Excellence in E-Learning Awards.

"Since its debut in May 2001, more than 100,000 registered users have signed on to the site, which is averaging 7,500 new users each month," said Peg David, program manager for Navy e-learning. "It is now one of the largest e-learning systems in the world. It is a pleasure to receive this award. This award reflects the hard work of the entire team."

The only recognition program dedicated specifically to the e-learning industry, the Excellence in E-Learning Awards (formerly the Brandon Hall of Fame Awards) showcases exceptional work in the e-learning industry by providing feedback and benchmarking in an effort to advance the e-learning industry.

A total of 136 entries underwent rigorous review by 99 independent judges with expertise in instructional design, online learning and organizational change. This year's competition included industry and government leaders including Bristol-Myers Squibb, IBM, CISCO Systems and Lockheed Martin.

"These e-learning initiatives are representative of an industry that is maturing beyond the 'wow' factor to accomplish specific, relevant business results with the appropriate use of technology," said Brandon Hall, Ph.D.

Hall is CEO of Brandon-hall.com and chair of the Excellence in E-Learning Awards. "E-learning solutions like these are allowing organization across the world to save time and money, get products out the door faster, and deliver mission-critical knowledge to the enterprise in ways that were never before possible."

Navy e-learning launches, tracks and manages more than 1,400 e-learning courses at no

cost to the user for approximately 1.2 million active duty Sailors, Marines, Department of the Navy civilians, reservists, retirees and family members enrolled in the Defense Enrollment Eligibility Reporting System. To find out more about e-learning, log on to [www.navylearning.navy.mil](http://www.navylearning.navy.mil).

## GI Bill Available to Active-Duty Sailors

*By Michael McLellan  
NAVPERSCOM Public Affairs*

MILLINGTON, Tenn. (NNS) — Queries received at the Education Program and Services Branch office at Navy Personnel Command suggest that many Sailors aren't aware that if they are enrolled in the Montgomery GI Bill (MGIB) and have completed 24 months of active duty, they may begin to use their MGIB benefits. In fact, active-duty Sailors can use regular MGIB payments or MGIB Top-Up (used with tuition assistance) when taking advantage of their education benefits.

The current MGIB full-time rate is \$900 per month for 36 months of benefits. While members may use MGIB after 24 months active duty, they are not fully eligible until they complete 36 full months of active duty. In other words, if for some reason a Sailor who has begun using their benefits after 24 months is discharged prior to reaching 36 months of active duty, he is liable to pay back the government.

Sailors who choose to use these benefits can file claims to the Department of Veterans Affairs (DVA) by submitting a VA Form 22-1990 (available on DVA's website at [www.vba.va.gov/pubs/educationforms.htm](http://www.vba.va.gov/pubs/educationforms.htm)) by mail or online. MGIB Top-Up benefits TA claims are processed by an initial submission of the VA Form 22-1990, along with a copy of the completed TA form clearly marked "Top-Up." Subsequent Top-Up claims require only a copy of the completed TA form marked "Top-Up." No school certification is required. More information is available on VA's website at [www.vba.va.gov](http://www.vba.va.gov).

In an effort to clarify some of the more complicated aspects of MGIB, Ms. Kathy Wardlaw, head of the Federally Legislated Education Benefits Branch, provided answers to the following questions:

**Is there a difference in payment whether you are on or off active duty?**

There may be if you are going to a low-cost school. In-service MGIB benefits are limited to payment of tuition and fees, or the normal rate payable, whichever is less. For example, if you are enrolled half-time in school for a three month term and the tuition and fees are \$700 total, you will only be paid \$700, but you will be charged 1 and 1/2 month of entitlement (3 months at 1/2 time = 1.5 months). If you were off active duty, you would be paid \$450 per month for the three month term (1/2 of the full-time rate is \$450), regardless of the cost of the course. Both individuals used 1.5 months of entitlement, but received different amounts. If you are going to a low cost school and plan to secure your MGIB benefits to continue your education when you get off active duty, you may want to consider this.

**How is use of Top-Up charged to your MGIB entitlement?**

VA will pay the portion of tuition and fees listed on the TA form that the service does not pay. Each fiscal year, they will charge one month of entitlement for each \$900 paid in TA. For example, if you have been paid \$1,800 in FY-03 for top-up benefits, you will be charged for two months of MGIB entitlement.

**Will MGIB pay for my books while I am on active duty?**

MGIB is not intended to cover all costs of schooling while you are on active duty. MGIB is limited to tuition and fees while on active duty. When benefits are used off active duty, the MGIB payment can be used for any expenses.

**If I use MGIB on active duty, will it affect my ability to transfer it to my dependents?**

MGIB transferability was authorized by Congress for certain members in critical skills in exchange for a four-year reenlistment. Only 18 months of benefits can be transferred to dependents. Navy has not yet implemented transferability, but one thing is important to remember: transferability is a retention tool and will not be offered to all members enrolled in MGIB.



## Command Financial Specialist course

Learn to become a Command Financial Specialist by learning the real deal about finances through this course. Topics include TSP, budgeting, investments, how to survive debt and more. Classes are from Nov. 4 to 8, from 7:30 a.m. to 4 p.m. at building 701. No cost TAD orders or approved request chit is mandatory. The class is limited to 20 seats. For more information contact AEC (AW) Wynn at 624-2363 or FFSC at 624-4291 to sign up for the course.

## Al-Anon Meeting

On Nov. 4 at 7 p.m., there will be an Al-Anon meeting for family and friends of alcoholics. Held in building 447, or the Command DAPA Office lounge, the meeting will express positive ways to vent and release. The meeting is open to all military, dependents and civilians. Call the DAPA Office at 624-6921 for details.

## TSP Open Season

The open season dates for Federal civilian employees are Oct. 15, to Dec. 31. During this time, all FERS and CSRS employees may enroll in the TSP, and current participants may change the amount they contribute to the Plan. FERS employees can now request to contribute up to 13 percent, and CSRS employees can request to contribute up to eight percent of their basic pay. To enroll or change your contribution amount to TSP, employee needs to access the Employee Benefits Information System (EBIS) through the Department of Navy Civilian Human Resources homepage at [www.donhr.navy.mil](http://www.donhr.navy.mil). For further information about the TSP program can be found on the TSP website at: [www.tsp.gov](http://www.tsp.gov). For questions regarding TSP, please call the Human Resources Office at 624-6681.

## Bingo!

Back by popular demand, Bingo will be held every Monday night in Live Wire starting Nov. 4. Play to win over \$1,000 in cash prizes! 16 games will be played each night with the Progressive Jackpot starting at \$500! Cards go on sale at 5:30 p.m. and the games start at 6:30 p.m. For details, call 624-4525.

## Mason's Ball

The 2002 ball will be held Nov. 9 at the Sig Inn from 7 p.m. to 2 a.m. Drinks will be served at 6:30 p.m. Dress your best because prizes will be given out and photographers will be taking formal portraits. Tickets can be purchased at the door or from any member. Seating is limited, so buy early. For more details, call Isaiah at 340-1502676 or 624-6530.

## Post Office Holiday Hours

As of today, Christmas Customer Service hours at the NAS I Post Office will be Monday through Friday from 9:30 a.m. until 4:30 p.m. and on Saturdays from 9 a.m. to 1 p.m. Early mail pick up is still in effect at 7 a.m. The NAS II Post Office will have no changes in their schedule.

## Holiday Cooking Safety

Thanksgiving is just around the corner. The following are some cooking fire safety tips you should consider.

- Turkey and ham excrete a lot of grease when cooking. Rule of thumb is to use a baking pan that surrounds the roast up to half the height of the meat. Remember if "baking" bags are used, they must be vented.
  - Follow the cooking temperature guide supplied on the meat container or packaging.
  - Check your oven often during baking.
  - Do not leave cooking unattended.
  - Position objects to be baked in the middle of oven when possible.
  - Remove meat from oven when basting.
  - Use mittens or pot-holders when removing hot pans from the oven, do not use towels which can be easily ignited.
  - In event of fire, close the oven door, secure the gas or electricity, then vent the area by opening a window or kitchen door.
  - For stove-top cooking, turn pot handles in and use a low to medium flame only when cooking with grease. Use a lid to extinguish a pan fire.
  - Keep all combustibles away from the stovetop, sides and back.
  - Check your "bombola" hose for leaks.
  - Ensure your smoke and gas detectors are working.
- Remember, you must report any fire you may have to the NASSIG Fire and Emergency Services Department. On Station, Mineo or 205 housing residents can dial 911, all others must dial 095-861-911.

By Alberto Lunetta  
Deputy PAO

# Italian News

## SICILIAN CULTURE AND LIFESTYLE

### Art exhibition in Catania

The *Ciminiere Convention Center* in Catania is currently hosting a painting exhibition through Nov. 24.

On display are paintings by Roberto Rimini (1988-1971) a Sicilian painter specializing in vivid landscapes, still lifes, family pictures and peasant life. Open daily from 9 a.m. to 1 p.m. and from 4 to 8 p.m. Closed on Mondays. Admission is free.

### Jazz Concerts in Catania

If you are a jazz lover or one who enjoys listening to good music you should not miss a series of high quality concerts that will be performed in Catania.

*Catania in Jazz* is an annual jazz festival that provides an opportunity for famous jazz artists such as *Abraham Burton Quartet* featuring Charles Tolliver (Nov. 4) and *Jerry Bergonzi Quartet* (Nov. 12) to perform in Sicily. Both concerts will be performed at the *Teatro di via Tezzano* located in via Tezzano n.40 in Catania.

A native of New York, alto-saxophonist Burton studied jazz with the great Jackie McLean at the Hart School of Music in Hartford, Conn., where he received his Bachelor of Arts in music, graduating with honors. Later, he started his career performing with legendary drummer, Arthur Taylor. In 1994, he formed the *Abraham Burton Quartet*, a group that received worldwide acclaim and that toured several European countries. Critics have called Burton's solos "powerful and creative."

Charles Tolliver is considered as one of the most talented trumpeters in jazz. Born in Jacksonville, Fla. in 1942, he is also an outstanding bandleader, composer, arranger, and educator in jazz. He studied pharmacy at Howard University and then moved to New York in 1964, playing and recording with Jackie McLean.

World-renown jazz performer, composer, author and educator, Jerry Bergonzi was born in Boston. He began playing the clarinet and alto saxophone at an early age

and soon switched to tenor. During his successful career, he has released more than 50 recordings and performed with numerous leading jazz artists including Bill Evans, John Scofield, John Abercrombie, Gerry Mulligan, Joey Calderazzo and Mike Brecker.

For more information and tickets call ARCANA at 095-448586.

Another spectacular concert featuring *Sarah Morrow Quintet* will be performed on Nov. 7 in Catania at 9:30 p.m. This concert is part of the *Jazz Time* festival, which will be hosted at the *Sala De Curtis*, located in via Duca degli Abruzzi n.6a.

Sarah Amial Morrow is at the same time a talented trombonist, educationalist and teacher. She used to be the first female instrumentalist of the Ray Charles orchestra. From Pickerington, Ohio, Morrow began playing trombone at age 12 in her school band. After she got her B.S. degree in Communications at Ohio University and working in arts administration for two years, she decided to dedicate her life to jazz.

Thus she started touring as a sideman with many great artists such as Bootsie Collins, Cat Fish Collins, Fred Wesley, Dee Dee Bridgewater and the Duke Ellington Orchestra.

For more information and tickets call The Brass Group at 095-7465174.

### Fall festival kicks off in Nicolosi

Even though summer seems just a faded memory, it is still hot in Sicily. That is why this period of the year is called *Estate di San Martino* (The Summer of Saint Martin). On Nov. 3, 10, 11 and 17, Nicolosi will celebrate this "late summer" hosting a mouthwatering food festival named after it. But this time of the year, which is characterized by instable weather, is also linked to an episode occurred in the life of Saint Martin, a saint who is celebrated throughout Italy on Nov. 11. Saint Martin devoted his life to the apostolate of the sick and poor. According to legend, as young Roman officer Martin was stationed at Amiens in Gaul, an ancient region of

western Europe corresponding roughly to modern-day France and Belgium. One cold winter day, as he rode towards the town. He noticed near the gates a shivering beggar. Having nothing to give but the clothes he wore, he cut his cloak in half, and gave half of it to the mendicant. Later on that same day, he met another poor man begging alms. Without hesitation he gave the second half of his cloak to the beggar. But now Martin was shivering with cold. Having appreciated Martin's generosity and compassion, God decided to reward him and made a shining sun appear to warm him up.

On Nov. 3, festival kicks off at 9:30 a.m. at the *Parco Comunale* (public gardens) with a ricotta cheese tasting. Ricotta, which in Italian means "to cook again" or "twice cooked" will be prepared the old-fashioned way by cooking it in the *Quadara* a traditional large copper pan.

Cheese, local food, fruit, cakes and arts and crafts booths will be open all day long.

At 11 a.m., a cheerleader parade and show will be held through the city's historic center.

That evening, food stands will open at 5:30 p.m.

On Nov. 10, ricotta cheese tasting will be held at 9:30 a.m. at the public gardens.

Later at 10 a.m., festival goers can watch grapes being crushed before they are poured into an enormous vat for the fermentation process. In piazza V. Emanuele, craftsmen will perform demonstrations of wrought iron, wood and lava stone.

Food stands will open at 5:30 p.m.

On Nov. 17 at 9:30 a.m., local cheese makers will again show you how rich local milk is transformed into delicious soft ricotta cheese using traditional farmstead methods. The demonstration will take place at the public gardens.

At 10 a.m., a horse-carriage parade will be performed throughout the historic center.

Food booths will open at 5:30 p.m. An amazing fireworks show will be performed at 9:30 p.m. Due to

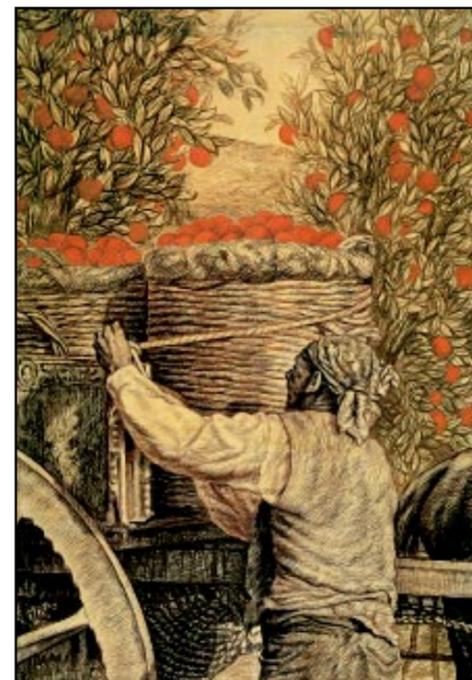


Photo courtesy of Casa Editrice Giuseppe Maimone

**Il Carico delle Arance (The Oranges Loading)** is one of the paintings currently on display at the *Ciminiere Convention Center* in Catania through Nov. 24. The exhibition features paintings by Roberto Rimini (1988-1971) a Sicilian painter specializing in vivid landscapes, still lifes, family pictures and peasant life.

the current Etna eruption, the festival events may be changed, rescheduled, or canceled.

For more info call Nicolosi City Hall at 095-7917009.

## School provides students new look toward college

By JO3 Jay Price

Editor

The sixth annual college fair was held recently and many of Sigonella's active duty were there to promote their colleges as a way to guide the high school students of Stephen Decatur to a more direct path toward the future.

Put together and promoted by Dr. Paula Peterson, the schools guidance counselor for 9<sup>th</sup> through 12<sup>th</sup> graders, it was planned to give a view that differed from pamphlets, books or videos.

"It's about the oral personal history, so that the college grads could pass along to the students their opinions and stories. You don't get [attitude or social reactions] in brochures or videos, you don't get the stories," said Peterson.

Over 20 different colleges and universities were represented that night, including the University of Florida, St. Mary's of Maryland, Texas A & M University, Stanford, Humboldt, University of Miami and many more. The graduates, who had displays along with memories to share, represented their school.

Lt. Cmdr. Jennifer Eichenmuller, a St. Mary's graduate, said that there was a pretty good turn out of students, but there seemed

to be something missing. "Next time, I think parents should come. Not only for a better turn out, but also, they could [help] ask the right questions," said Eichenmuller.

Eichenmuller, along with Lt. j.g. Jason Silver, a University of Florida graduate, agreed that not all high school students know what the outside world is like; not seeing the everyday competition for jobs, not knowing what kind of college will lead them to the education they need. Together, Eichenmuller and Silver said that with a parent showing a little guidance, students won't be "looking for a school because they have a great sports team."

Arthur Cantu, a recent SDS graduate, explained that while he took a time away from schooling, he felt that it gave him a better chance to get what he needed. "There were a lot of different schools and possibilities available at the fair," he said.

The school that caught his eye the most was Texas A & M, "because I am a Texan and this school has a big history and sounds like what I need."

The College Night is held each year and students who weren't able to attend that night can talk to Dr. Peterson to find out more details. Sailors looking for a higher education can call the Navy College Office at 624-2511.



Photo by JO3 Jay Price

This graduate of Texas A & M University who not only gathered tapes, pamphlets and mailing cards from the university, but was also able to share insights to the school's Guinness World Record.



Friday, Nov. 1	Saturday, Nov. 2	Sunday, Nov. 3	Monday, Nov. 4	Tuesday, Nov. 5	Wednesday, Nov. 6	Thursday, Nov. 7
<p>Stop by the theatre at 1 p.m. for afternoon matinees.</p> <p><i>Essay contest: Giving Thanks from 3:30 to 4:30 in the 205 preteen room. Contest lasts until Nov. 22.</i></p> <p><b>Catania by night for parents only.</b> Spend the night in Catania admiring the monuments from Greek to medieval periods.</p> <p><i>Catania Shoe Fair with ITT. Movies and munchies from 10 a.m. to 7 p.m. for teens. Celebrate National Author's Day and National Family Literacy day at the library.</i></p>	<p>Shop the Catania market with Liberty</p> <p><i>Two day Golf tournament at Il Picciolo Golf Club. Tee off at 8 a.m.</i></p> <p><b>Castle tour with ITT.</b> Tour the historical castles on the southwestern slope of Mt. Etna with visits to Paterno, Bronte and Adrano.</p> <p><i>Final payment for Christmas in Rome extended trip due Nov. 15.</i></p>	<p>Two day Golf tournament at Il Picciolo Golf Club. Tee off at 8 a.m.</p> <p><i>"Funky Fun" food drive until Nov. 23. Donate canned food and dry items. Drops offs are located at Youth Activity Center in 205 Housing.</i></p> <p><i>Willy Wonka's golden tickets give away. Find the golden ticket from Take 5's free candy giveaway and win a prize.</i></p> <p><b>Make pinecone turkeys at Blast</b> from 4 to 5 p.m.</p> <p><i>Youth sports basketball registration until Dec. 2</i></p> <p><b>Preteen Reading Club at 205</b> from 3:30 to 4:30 p.m.</p>	<p><b>"Funky Fun" food drive</b> until Nov. 23. Donate canned food and dry items. Drops offs are located at Youth Activity Center in 205 Housing.</p> <p><i>Willy Wonka's golden tickets give away. Find the golden ticket from Take 5's free candy giveaway and win a prize.</i></p> <p><b>Make pinecone turkeys at Blast</b> from 4 to 5 p.m.</p> <p><i>Youth sports basketball registration until Dec. 2</i></p> <p><b>Preteen Reading Club at 205</b> from 3:30 to 4:30 p.m.</p>	<p>Stop by Take 5 for an instant replay of Monday night football.</p> <p><i>"Funky Fun" food drive until Nov. 23. Donate canned food and dry items. Drops offs are located at Youth Activity Center in 205 Housing.</i></p> <p><b>Essay contest: Giving Thanks</b> from 3:30 to 4:30 in the 205 preteen room.</p> <p><b>Contest lasts until Nov. 22.</b></p> <p><i>Thanksgiving coloring contest at the theatre.</i></p>	<p><b>Essay contest: Giving Thanks</b> from 3:30 to 4:30 in the 205 preteen room. Contest lasts until Nov. 22.</p> <p><i>"Funky Fun" food drive until Nov. 23. Donate canned food and dry items. Drops offs are located at Youth Activity Center in 205 Housing.</i></p> <p><b>Lunchtime Uno tournament</b> at Take 5.</p> <p><i>Start saving up for Florence Express extended trip. Final payment is due Dec. 15.</i></p> <p><b>Minco movie and munchies</b> from 4 to 6 p.m.</p>	<p><b>Groovy game night</b> at Take 5 from 4:30 to 7 p.m.</p> <p><i>Essay contest: Giving Thanks from 3:30 to 4:30 in the 205 preteen room. Contest lasts until Nov. 22.</i></p> <p><b>"Funky Fun" food drive</b> until Nov. 23. Donate canned food and dry items. Drops offs are located at Youth Activity Center in 205 Housing.</p>

Week at a glance

Week at a glance

For information on community events call MWR at 624-5271.

## HOROSCOPES

**ARIES:** Talk to someone you trust in order to see the whole picture. Your flair for dramatic appeal will unleash itself at social functions. You will be able to get to the bottom of things this week. Social functions will bring you in touch with new lovers.

**TAURUS:** Enlist coworkers in order to get the job done on time. Don't be a pest or a troublemaker this week. Be aware that joint financial ventures could fall apart. Work on legitimate financial deals that may enable you to bring in some extra cash.

**GEMINI:** Your temper could get the better of you if you confront personal situations. Don't get into heated discussions. Get involved in activities that will bring you knowledge about foreign land, philosophies, or cultures. Your communication skills are at an all-time high.

**CANCER:** You are best to concentrate on work. Keep an open mind when listening to the opinions of others. You can meet potential new mates, but make sure that they aren't already committed to someone else. You can make extra cash by moonlighting.

**LEO:** Children could cost you more than you can afford. New romantic partners will evolve through group endeavors; however, the association may not be likely to last. Your lover may feel rejected. Don't let others know about your private affairs.

**VIRGO:** Your mate needs extra attention and is feeling rather insecure when you're not in sight. Your support and concern will help. You are best to do something energetic with friends instead. Don't reveal anything about your personal life that could be used adversely. New emotional connections can be made through business contacts.

**LIBRA:** You may want to make plans to take a vacation together. You can make some money if you get involved in a conservative financial prospect that is presented to you. You can make money, but try not to let it slip through your fingers. Think before you act. Unforeseen circumstances will disrupt your daily routine.

**SCORPIO:** You will feel the limitations if you have been overdoing it. You can make amends by taking them somewhere special. Professionalism will be of utmost importance. Be cautious and use your head wisely in situations that deal with the use of machinery or vehicles.

**SAGITTARIUS:** Put your energy into behind the scenes activities. Jealousy may be a contributing factor to your emotional ups and downs. Be sure to organize events that will keep the children busy. Outdoor sports events should entice you.

**CAPRICORN:** You will benefit through hidden assets and property investments. Do not borrow or lend money or belongings to friends or relatives if you wish to avoid any hassles. Do not get involved in joint financial ventures. You will have to be sure not to burn the candle at both ends.

**AQUARIUS:** Try to communicate if you wish to help. You must make sure that all your personal documents are in order. You may find that purchases or entertainment could be expensive. Ask family members for help and you will be able to complete the projects more quickly.

**PISCES:** Your emotional partner will push the right buttons this week. Look into ways to make your home more comfortable. Do your job and then spend some time with family; you'll be glad you did. Your sensitive nature will allow others to read you well.

# THE MOVIE CONNECTION

## Theater Schedule

### Friday, Nov. 1

1 p.m.: Spy Kids 2: The Island of Lost Dreams (PG)  
5:30 p.m.: The Ring (PG-13)\*\*  
8 p.m.: Simone (PG-13)  
10 p.m.: City by the Sea (R)

### Saturday, Nov. 2

11 a.m.: The Master of Disguise (PG)  
2 p.m.: Spy Kids 2: The Island of Lost Dreams (PG)  
4:30 p.m.: Simone (PG-13)  
7 p.m.: Swim Fan (PG-13)\*\*

### Sunday, Nov. 3

1 p.m.: Blue Crush (PG-13)  
3:30 p.m.: Serving Sara (PG-13)  
6 p.m.: The Ring (PG-13)

### Monday, Nov. 4

5:30 p.m.: Blue Crush (PG-13)  
8 p.m.: Simone (PG-13)

### Tuesday, Nov. 5

5:30 p.m.: XXX (PG-13)  
8 p.m.: City by the Sea (R)

### Wednesday, Nov. 6

5:30 p.m.: Swim Fan (PG-13)  
8 p.m.: The Ring (PG-13)

### Thursday, Nov. 7

5:30 p.m.: The Master of Disguise (PG)\*  
8 p.m.: XXX (PG-13)\*

### Friday, Nov. 8

5:30 p.m.: Swim Fan (PG-13)  
8 p.m.: Stealing Harvard (PG-13)\*\*  
10 p.m.: The Ring (PG-13)

### Saturday, Nov. 9

11 a.m.: Spy Kids 2: The Island of Lost Dreams (PG)  
2 p.m.: Serving Sara (PG-13)  
4:30 p.m.: Stealing Harvard (PG-13)  
7 p.m.: Blue Crush (PG-13)  
9:30 p.m.: Ballistic: Ecks vs. Sever (R)

### Sunday, Nov. 10

1 p.m.: Spy Kids 2: The Island of Lost Dreams (PG)  
3:30 p.m.: Simone (PG-13)  
6 p.m.: City by the Sea (R)

\*\*\* Future Re-release \*\*Sneak Preview \*Last Showing, (PNO- no children admitted)  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at 624-4248).

### Swimfan (Rated PG-13)

A high school senior has everything going for him, a great girlfriend and a swimming scholarship to Stanford. His life seems perfect. Then the alluring new girl in town develops a crush on him, even though she says she just wants to be friends. As her obsession grows his life begins to unravel leading to lost scholarship, betrayal, and even murder. Cast: Erika Christensen, Jesse Bradford, Sheri Appleby.

### Stealing Harvard (Rated PG-13)

John is a practical, hard working guy who only wants to marry his longtime girlfriend Elaine. Elaine and John have vowed to marry once they save \$30,000 for their dream house. After years of struggle, John and Elaine can finally afford to walk down the aisle and into their dream house until John's sister Patty calls with the news that his niece Noreen has been accepted at Harvard University. Wedding bells are silenced as Patty reminds John of his promise to pay for his niece's college tuition, which costs \$29,879 and is due in two weeks! Unable to tell his girlfriend, John turns to his best friend Duff to help him make an additional \$30,000 in two weeks who convinces John to make a short-term commitment to petty crime. Cast: Jason Lee, Tom Green, Leslie Mann.

## TRIVIA

What animal sweats blood?  
What is the maximum length allowed for Major League baseball bats?  
How much money did American Airlines save in a year by offering one less olive in their first class salads?  
What is the largest painting in the world?  
Who invented the rubber tire?

(Answers on page 9)

### Best Sellers-- Men's Watches

Leatherman 640H Silver Micra  
Gerber 06551 E-Z Out Jr. Serrated  
W.R. Case & Sons Cutlery  
Swiss Army Huntsman  
Swiss Army Classic



## They did what?

### Falling asleep!

A man learned a hard lesson about drugs when he and his girlfriend decided to sleep on the roof of hotel building. In the police reports it says the two had been drinking and smoking marijuana, when they decided to enjoy the fresh air on the roof of the King Charles Inn.

They climbed over a guardrail with pillows and blankets in their hands and fell asleep under the stars. Sound asleep, apparently, the woman slid off the roof and fell to her death on Hasell Street shortly before dawn. When police arrived at the scene, the boyfriend was found still sleeping on the roof, curled up in a blanket and pillow.

The death has been ruled accidental, but we feel that the blame belongs to the stoned woman who chose to snooze on the roof.

## Off the Rack!

### Suprano's Season Three

Two of the things that TV lovers miss most about state-side duty are up-to-date programming and cable television. True - we have great access to shows like *Survivor* and *West Wing* due to the various AFN channels, but they can't bring us most cable programs. One of the best things about Home Box Office (HBO) is that you don't have to wait five years until their shows go into syndication to rent your favorites. HBO makes DVDs and tapes of their most popular shows available as soon as the season is complete. If you rent only one DVD box set from the NEX this year make it *The Sopranos* 3<sup>rd</sup> Season.

If you've never heard of the most popular cable TV series ever, here's an update: Tony Soprano (James Gandolfini) is a family man in more ways than one. Family number one consists of his wife and two teenage children; family number two is the North Jersey mafia.

*The Sopranos* chronicles Tony's climb up the mob chain of command and his search for mental health through therapy with a psychologist (Lorraine Bracco). Along the way we learn about Tony's troubled childhood and complicated love life. We also meet one of the strangest casts of characters assembled for a TV show since David Lynch's *Twin Peaks*, including a talking fish.

At the beginning of the third season Tony expects a therapeutic breakthrough after the death of his abusive mother, but instead he finds a New York mob chief trying to squeeze into his territory. He also gets better acquainted with the FBI and a girl just like the girl who married dear old Dad.

*The Sopranos* is rated one of the top five television series of all time by *TV Guide* magazine. It combines slick writing, great performances, violence, comedy and a pinch of strangeness to create one of the most compelling viewing experiences ever. Millions of stateside viewers who rearrange their schedules in order to see the premiere of each episode can't be wrong. Rent *The Sopranos* - it's an offer you can't refuse.

By JO1 Craig Coleman

## Selective Reenlistment Bonus Picture for FY03

Chief of Naval Personnel  
Public Affairs Office

WASHINGTON – Following another unprecedented year of higher reenlistments and lower attrition, the Navy has adjusted Selective Reenlistment Bonus (SRB) award levels to hone the skill mix in the Fleet and operate within anticipated fiscal year 2003 funding levels.

The biggest difference Sailors will see in the adjusted award levels is the shift in focus from awards based on ratings to awards based on specific Navy Enlisted Classification (NEC) codes.

SRB levels for 60 NECs will increase, 66 will remain unchanged, and SRB levels for 65 NECs will be reduced. That compares favorably to the reduction in SRB levels for individual ratings: 20 will increase, 24 will remain unchanged, and 33 will decrease. While the average SRB award level was reduced from 1.6 to 1.3, the number of Sailors with the needed skill sets who will be eligible to receive SRB awards will increase by approximately 2,000.

The adjustment in award levels is needed to increase the skill mix throughout the Fleet. Reenlistment rates for FY02 exceeded the unprecedented pace of FY01, with every zone experiencing an increase in reenlistments and a decrease in attrition. With more Sailors staying Navy, the next step toward bolstering personnel readiness is focusing resources on critical undermanned skills. The new SRB plan will deliver an improved skill mix, thereby improving readiness while remaining within budget.

“Now that we’ve got the right number of Sailors in the Fleet, our next challenge is to get the right

skill and quality mix throughout the Force,” said Vice Adm. Gerry Hoewing, Chief of Naval Personnel.

“While we continue to enhance the skill and quality mix, we must also invest in our Sailors prudently and within our fiscal resources.”

Award levels that have increased over the current rates established in April 2002 are effective Oct. 25, 2002. Award levels that decrease will not become effective until Nov. 25, 2002, giving Sailors several weeks to take advantage of the higher rate.

Vice Adm. Hoewing encouraged Sailors to work with their chain of command to determine their best options for reenlisting.

“Sailors should work with their chain of command and command retention teams to determine the best course of action to reenlist,” Hoewing said. “We value the service of every Sailor wearing the cloth of our nation, and have given Sailors ample time to reenlist at the higher SRB level.”

Sailors who are not SRB eligible in their present rating or do not hold an SRB eligible NEC may qualify for SRB if they convert to, or train for, an SRB eligible skill. These Sailors must agree to obligate service to train for the SRB-eligible skill and then reenlist once the new NEC is attained or rating conversion is completed. Sailors converting or retraining will help focus the skill mix in the Fleet.

Hoewing concluded with, “We will continue to fight for the resources necessary to ensure we are able to provide the Fleet with the manpower needed to accomplish today’s vital mission and provide Sailors and their families with the incentives to remain serving in the finest Navy in the world.”

## Leading by example: Fighting the Flu

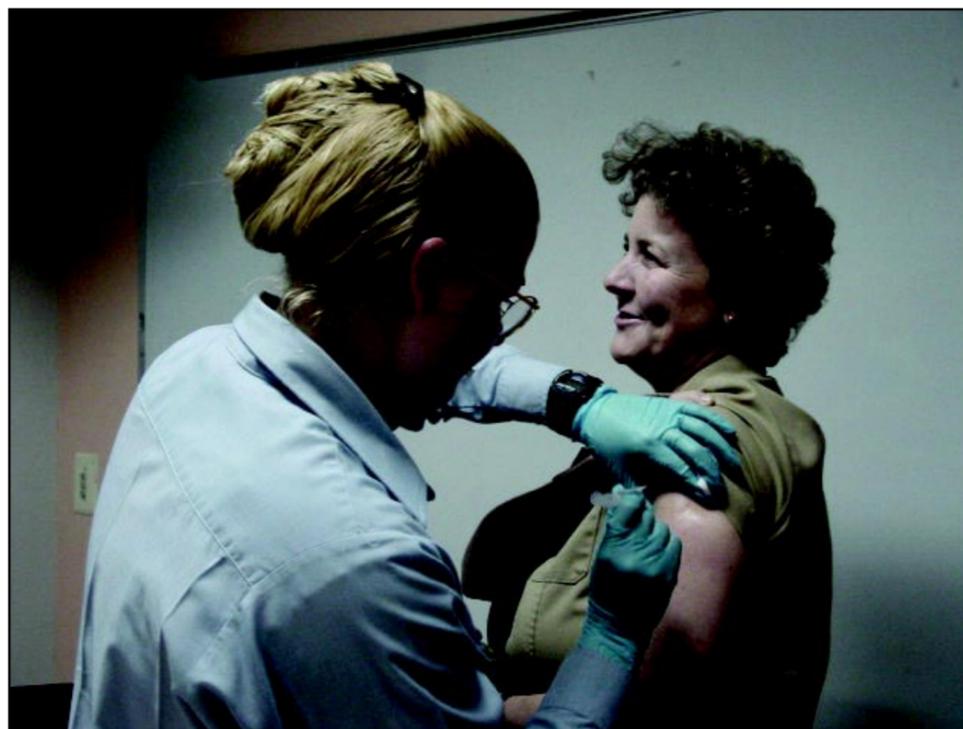


Photo by SN Michelle Watkins

The hospital staff leads by example as she is given her flu shot by the immunization clinic. Now that flu season is upon us, the Preventive Medicine Department is encouraging Sailors and their family members to start getting their flu vaccines. Preventive Medicine kicked off the flu vaccine program by giving the first shots to the Hospital’s Commanding Officer and senior staff. To find out how to get the Flu shot, contact Preventative Medicine at 624-6231.

Do you have a Web site you would like to share with the community?

E-mail us at [colemacl@nassig.sicily.navy.mil](mailto:colemacl@nassig.sicily.navy.mil)



By JO1 Craig Coleman

### Answers to all questions

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

When you absolutely, positively have to know the right answer, this is the site to surf. Ask a question and abuzz.com e-mails volunteer experts to get the correct information. This free service would make a great lifeline on “Who Wants to be a Millionaire.”

### Dine out at home

[eat.epicurious.com](http://eat.epicurious.com)

Here’s a site for people who like to cook food almost as much as they like to eat it. Epicurious.com features a compendium of information on cooking, food and restaurants from some to the world’s great food publications (*Bon Appétit* and *Gourmet* magazines).

### Know your drugs

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

You know the name of your prescription medication and how often to take it, but do you know all you should? Merckmedcom’s drug library uses plain language to tell you about medication side effects, problem drug interactions and other important information.

## Trivia Answer

1) Hippopotamuses, though not very much 2) 42 inches 3) \$40,000 4) The Battle of Chettyburg, 28,700 sq. ft. 5) Robert William Thomson, 1845

Check  
this out!



## Web Extra!

### Zoom into Mt. Etna

<http://visibleearth.nasa.gov/cgi-bin/viewrecord?8722>

Haven’t had the chance to see the eruption of Mt. Etna? Well this is the next best thing. Check out this site to check out last year’s eruptions. Download MPEGs images and watch the mountain transform it’s self as it erupts or download still pictures and satellite images taken on different days and showing the different features of the mountain. Be sure to read about last year’s volcanic activities and eruptions. But don’t stop there you can look at images from all over the world as well.

## New billing method for military treatment

By Lt. Cmdr. Manuel Naguit

*Contributing writer*

Beginning in Calendar Year 2002, claims to your healthcare insurance company for your care provided in your Military Treatment Facility (MTF) will change from an all-inclusive billing rate to line-item billing rates in accordance with the services provided and the procedures performed during your outpatient visit.

**What are the changes?** Your care at U.S. Naval Hospital, Sigonella will not change.

The National Defense Authorization Act of 2001 directed DoD to transition from charging reasonable costs, for example, an all-inclusive rate, to charging reasonable charges. Military treatment facilities have already been documenting and coding for the services provided during your outpatient visit. These services will now be associated to a charge. Most of these charges will derive from the CHAMPUS Maximum Allowable Charge (CMAC) fee schedule already used by TRICARE fiscal intermediaries for reimbursement for care received within the civilian TRICARE network of providers.

In addition to the itemization of charges for services received during the outpatient visit, MTFs will be able to bill for prescriptions filled from orders received from physicians within the facility. Currently only externally ordered drugs can be billed. Other changes to billing include billing for Durable Medical Equipment, and

laboratory and radiology procedures performed as a result of your outpatient visit to the Naval Hospital, Sigonella.

Health insurance companies will send an Explanation of Benefits (EOBs) with a determination of reimbursement for the physician or clinician services, as well as the ancillary services (e.g., laboratory and radiology tests) performed at the hospital. Insurance companies may be sending more detailed EOBs, including specific services provided at the facility. In addition, you may be receiving more EOBs as a result of the transition to itemized billing of services.

**Why this change?** DoD has been authorized to transition to charge for every service versus an all-inclusive charge, which was calculated as an average DoD charge. DoD refers to this itemization as Itemized Billing or reasonable charges.

**Will this change help DoD?** We expect this change to have a number of positive effects.

- It will be easier for insurance companies to determine the appropriate amount to pay the MTF, since our claims will be more like the claims they receive from other healthcare providers.

- We expect to see an increase in the amount of collections in the long-term, which will help your Military Treatment Facility enhance care to beneficiaries at the facility.

For more specific information regarding Itemized Billing, contact Mr. Alfio Coco (Patients Accounts Agent) at 624-4850.

## Upcoming uniform change; the sooner the better



Photo by SN Michelle Watkins

Johnny Salanetre, the NEX tailor located at the 7-Day on NAS II, sews a rocker and UIC on a pair of working blues. On Nov. 4, the change of uniforms will switch to working/dress blues. Everyone is reminded to turn their uniforms in early to avoid a back up in uniforms and delays.

## Internet protection for youth

By Lt. Cmdr. Jeffrey W. McCray and Lt. Cmdr. Jennifer Eichenmuller

*Contributing writers*

The internet is attracting children of all ages in exponentially increasing numbers. 45 percent of children in the United States, more than 30 million of those younger than 18 were using the internet according to a recent study. The internet is an incredible tool for learning and entertainment. Unfortunately, at the same time, the internet provides excellent opportunities for criminals, including those who target children.

The anonymity of the internet makes it easy for criminals and sexual predators to hide and disguise their identity. They may pose as children while they are seeking out children to exploit. They will often look for an emotionally troubled teen who may feel depressed or disenfranchised. They may seek to meet children through internet chat groups, befriending and commiserating with the child, to entice the child into a face-to-face meeting. They have also been known to use material goods, such as compact disks and games, to attract children to go "off-line." There have also been cases in which predators have sent children bus tickets or money to cover the cost of travel, or have traveled to meet children. Predators may also ask the children to send photos or other images of themselves.

These photos can then be used to identify children as potential victims, or can be digitally altered to produce child pornography. The Department of Justice's Bureau of Justice Statistics indicate that the most victimized segment of the American population is teenagers, ages 12 to 17, and especially girls. Others internet criminals may target children in an attempt to get them to divulge personal identifying information about their parents, such as social security and credit card numbers. This information can then be used to commit identity theft and fraud.

There are many steps parents can take to make the internet safer for their children. Some recommended safeguards include:

1. Keep the computer in a common family room, in open view, and establish clear, simple, easy-to-read house rules for internet usage and post them on or near the monitor.

2. Do not allow your children to enter into chat groups, news rooms, bulletin boards, or websites, without your approval.

3. Ensure that your internet history and e-mail files remain uncorrupted, so you can see where your children have been.

4. Do not allow your child to meet someone whom they have met over the internet or in a chat-room, even if it seems to be a meeting with another child. Predators may pretend to be children on the internet, so that they appear less threatening.

5. Do not allow your child to provide personal information, such as names, photographs, birthdates, or social security numbers over the internet, or via any other means. Have your child agree to inform you immediately if they receive a request for this type of information.

6. Do not allow your child to complete a profile for an internet provider.

7. Consider installing internet filter or blocking software. This software is designed to protect children from inappropriate material by restricting access to groups of web-sights, chat-rooms, or e-mails, and is available online. You can also look into safeguarding programs or options your online service provider might offer.

Parents can obtain additional information on child internet safety through the Internet Content Rating Association at [www.icra.org](http://www.icra.org), and the National Center for Missing and Exploited Children, and their child-safety website, [www.netsmartz.org](http://www.netsmartz.org). The latter website contains fun features for children of all ages, including interactive programs for children as young as ages five through six. Both the above sites offer free tips for parents, including checklists, and computer rules that can be downloaded and printed. Free downloads of filtering or blocking software are available at [www.icra.org](http://www.icra.org).

If you suspect your child has been approached online for an illegal purpose, report it to your local law-enforcement agency. The National Center for Missing & Exploited Children has a system for identifying online predators and child pornographers and contributing to law-enforcement investigations. It's called the CyberTipline.