The Signature
Sigonella, Sicily

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Fleet Home Town News release tells your story

By JO2(SW) Brian Johnson
Signature Staff

When we are stationed so far from home it's difficult to tell our story to our friends and families back home, there is a simple way to do just that and it only takes a couple of minutes. Fleet Home Town News releases offer you — Sailors and Marines, the opportunity to let your friends and family read about your achievements in your hometown newspaper.

The process for getting your story to your hometown is easy. "When we get a release form from somewhere in the fleet we type up a story from the information contained on the form and send it to that Sailor's home town," said JOCS (SW) Eric Sesit, deputy director, Fleet Home Town News Center, Norfolk, VA. "This program is great, of course I'm biased, but I know that it works."

Sesit went on to explain, "it's not necessary that people know the full address for us to get an article printed. We send the articles to newspapers based on the ZIP code. The ZIP code is important, without it we can't tell your story."

There are many events in Sailors' lives that are great to tell home about, but Sesit points out that there are a few things to keep in mind about filling out a hometown news release. "First you can't use a release form for your spouse or children who aren't living with you," he said. "This is a security concern, but parents and other relatives is perfectly acceptable. The second thing to keep in mind is that the address must be in the U. S. or one of its territories or possessions."

If you're wondering what kind of stories your hometown newspapers want, "Graduations, awards, transfers, deployments, port calls, advancement, and just about anything else you can think of," said Sesit. "But we can't send it if they don't fill out the forms.

To fill out a Fleet Home Town News form stop by the Public Affairs Office, bldg. 472, located on NAS II.

Hospital ship saves fisherman

By JO2 Ellen Maurer
USNS Comfort Public Affairs

ABOARD USNS COMFORT, At Sea (NNS) - Navy hospital ship USNS Comfort (T-AH 20) rescued a Bermuda fisherman Jan. 8 after his vessel sank in rough seas. The call for assistance came from the U.S. Coast Guard, who had been contacted by the distressed boat shortly before it capsized around 7 p.m. the night before.

Comfort responded to the call at 7 p.m. Jan. 7. At 10:49 a.m. the next day, a Coast Guard C-130 airplane located a victim in the water and air-dropped a life raft and survival gear. The aircraft was not equipped to recover the victim from the water at that time.

Comfort quickly changed course to locate the man. The ship's crew spotted the man in the water and lifted him aboard later that afternoon, despite 12-to-15 foot seas.

The rescued fisherman, Robert Lambe, 35, is one of three Bermuda citizens believed to be on the fishing vessel when it sank. The whereabouts of the other two fisherman are still unknown. Their identities have not yet been released, pending notification of family members.

Lambe, now being treated aboard Comfort for minor hypothermia, is said to be in good condition, according to physicians aboard the ship.

Comfort, one of two major afloat medical facilities operated by the Navy, deployed Jan. 6 as part of the repositioning of forces and assets in support of the President's war on terror.

As a fully-functional hospital that includes 12 operating rooms, its own blood bank and enough space to care for 1,000 patients a day, the ship's primary mission is to provide emergency, on-site care for deployed U.S. combatant forces. Comfort's secondary mission is to provide full hospital services to support U.S. disaster relief and humanitarian operations worldwide.

Hometown Weather

IT3 Anton Turner, COMSTA
Louisville, KY

High 28°F - Low 14°F
Cloudy

Photo by PH2 Damon J. Moritz

Your turn: A Helicopter Combat Support Squadron 4 (HC-4) "Black Stallions" pilot requests permission to clear the rotar arc of a MH-53E from a crewmember during a "hot-swap," during which pilots exchange command of a turning aircraft.

Kinkaid decommissions, crew stays

By JO2(SW) Jason Heavner
Commander, Naval Surface Forces, U.S. Pacific Fleet Public Affairs

SAN DIEGO (NNS) - USS Kinkaid (DD 965) decommissioned Jan. 7 in a ceremony on Pier 7 at Naval Station San Diego.

The ceremony included more than 250 guests, family members and plankowners of the 27-year-old Spruance-class destroyer.

This decommissioning ceremony was a little different from other ones, however. Instead of going their separate ways throughout the fleet after decommissioning, the Kinkaid crew members will relieve the officers and Sailors aboard USS Fletcher (DD 992) in Perth, Australia, as part of "Sea Swap," an experiment that kicked off in the summer of 2002.

The experiment is a one hull, three-crew experiment that involves the crews of three ships of the same class - in this case, three Spruance-class destroyer crews.

The guest speaker of the ceremony was Rear Adm. David Hart Jr., the deputy commander of Navy Region Europe. Hart was also Kinkaid's seventh commanding officer in its history.

"I'm especially proud that the spirit lives on in this crew today as they take on a challenging task such as 'Sea Swap'," said Hart.

Shortly after Kinkaid's commanding officer, Cmdr. Michael Slotsky, gave the official order to decommission the ship, all department heads reported in to sound off an official, "All is secured," of their respective offices and workspaces. Soon afterwards, the crew departed the ship for the final time and lined up in ranks.

As the National Ensign and the Union Jack were handed over to Slotsky, the crew symbolized their "sea swap" initiative by donning a Fletcher ballcap. To keep the spirit of their recently decommissioned ship alive, the right side of the ballcap was stitched with "Team Kinkaid."

Jan. 13, the crew members will fly to Perth to relieve the crew of Fletcher. Fletcher's new crew will then commence a six-month Western Pacific deployment.

Battle of the bulge; fight against holiday weight gain

By AN Michelle Watkins
Signature Staff

While eyeing that last piece of chocolate cake, you reach for it. On your way to the couch a bowl filled with an assortment of left over Christmas candy catches your eye. You're not alone. According to a recent survey done by Yale-Griffin Prevention Research Center, about half of the American population gain five to seven pounds during the holiday season.

Many resolutions made in the new year may involve shedding unwanted post holiday weight. According to the New England Journal of Medicine, an estimated 50 million people start a weight loss program after the new year. Annually $30 to $50 billion is spent on everything from diet pills to diet clubs.

After resolutions phase one of the journey kicks off with fitness and exercise. "We have a major influx of people coming into the gym right after the new year. An increase of 25 to 50 percent visit the gyms," stated NASSIG Fitness Coordinator Cynthia Nicholson.

To maintain weight you must work out three times a week while five times a week is needed to lose weight. The American College of Sports Medicine and the Centers for Disease Control and Prevention recommends 30 minutes or more of moderate–intensity physical activity.

A common mistake is overuse, overstraining or pulling a muscle. In a good exercise program, results usually start after six to eight weeks. "People are interested in instant changes," said Nicholson. Weight lifting tears muscle causing them to grow. However, working the same body part continuously can stunt the growth of muscle, causing them to no longer respond to a particular type of exercise. Muscles need rest in order to grow and get results. Overtraining a muscle may make it stronger, however, the body will no longer lose weight.

Females attempting to lose weight often stick to cardio exercises such as running, treadmills or stair steppers. According to Nicholson, the majority of women are afraid that weight training will add bulky muscle or simply do not know how to properly weight train. Cardio burns calories and fat but weight lifting can boost muscle and strength. Weightlifting an average of twice a week shapes and tones muscle. Muscles gained in return acts like a power plant and helps burn calories faster.

Weight lifting is a exercise used more commonly by males in order to gain muscle and lose weight. Cardio can often be neglected in their fitness regimen. While weight lifting helps burn calories and fat from muscle, Cardio is the best way to strengthen the heart and lung muscles.

Phase two of the weight loss journey is dieting. Studies in the past show that it can be easier to take the weight off with diets that include a variety of foods rich in complex carbohydrates and fiber and low in fat. Including monounsaturated fats found in olive oils, and nuts in the diet and limiting the intake of saturated and trans fats like some butters and margarine, shortening, cheese, cream and whole milk can help you shed pounds. Limiting your fat consumption to 20 to 30 percent of daily calorie intake (about 45 to 65 grams per day for a 2,000 calorie diet) can also help you reach your goals.

According to the Department of Human Nutrition, skipping meals will not cause you to lose weight but gain weight. Eating often and consuming smaller and frequent meals not only help fight hunger but evidence shows that it can even boost energy levels, improve moods, and reduces the chance of overeating.

Favorite foods eaten in moderation can help avoid binge eating in the future, according to *Consumer Reports*.

In the weight loss journey set realistic goals and be consistent. Start off in baby steps until you reach a goal then set another. A variety of exercises keep it fun and easier to stick with the program. Take advantage of the fitness centers, which offer basketball, weightlifting, aerobics and other exercise programs.

Start the new year off right. An exercise program and balanced diet can help you reach your goal and maybe resolve your New Year's resolution.

- Each year 15 to 35 percent of Americans try to weight.
- Around 50 million people each year will start loss diet the day after the new year.
- Collectively they spend $30 million to $50 billion annually on diet pills to diet clubs.

Direct Line

Capt. Tim Davison
NASSIG
Commanding Officer

Recently I received this email:

"Good morning. Yesterday while I was at the airport with my son waiting to pick up a family friend I saw a PO3 wearing blue Navy coveralls. I approached him and told him that Navy Blue coveralls are not an approved off base uniform or appropriate for being in the airport awaiting an arrival. Secondly I told him that with the current War on Terrorism that it was my understanding that U.S. Navy personnel were not supposed to be wearing uniforms at all at the airport. He told me he was the sponsor of an incoming person and that he was told to go to the airport and pick them up. I replied that he should have put on civilian clothes first.

I seem to recall something from the CO's office or PAO after Sept 11 that no uniforms were to be worn to the airport. Is this correct? If so I would respectfully recommend that the Base PAO put out an announcement so stating as well as a reminder about appropriate off base uniforms."

Yes, you are correct. NASSIG Instruction 1020.2J establishes criteria for wearing military uniforms and civilian attire on board the installation. This instruction applies to all service members, transient personnel, civilians and family members. This is a general regulation and violation of Article 92 of the Uniform Code of Military Justice (UCMJ).

NASSIGINST 1020.2J states that "working uniforms, including flight suits, may be worn from home to work to work to home with no intermediate stops off the installation, with the exception of a short stop to stop off or retrieve children from daycare facilities, or to obtain gasoline for a vehicle."

This instruction also lets us know about general military bearing: handholding, hands in the pockets, smoking in uniform, etc. It deals with earrings and body piercing (not authorized for service members on or off duty), athletic attire and grooming standards.

In regards to going out in town in our uniform, yes, we do represent the Navy and the United States. Sometimes we should let common sense be our guide when wearing our blue and gold. Special community events warrant us to wear the uniform but in these operational securities minded-days, we need to leave our blues in the closet.

Let's not become targets in the public when we don't have to be.

Be safe and lets all maintain our military bearing and conform to Uniform Regs.

BIRTHS

os

The Pulse

Here again...cold and flu season

The "Common Cold" is an infection of the head and chest caused by a virus. It can affect your upper respiratory tract. This includes your nose, mouth, throat, sinuses, ears, windpipe, voice box, bronchial airways, and the tube between your middle ear and your nose.

It is spread person to person by personal contact such as shaking hands, sharing the same glass, and kissing, as well as by coughing and sneezing. There are over 200 types of viruses that cause the common cold. Bacteria do not cause the common cold therefore antibiotics will not help. In fact, antibiotics can cause a rash when they interact with some of the viruses, and the side effects of the antibiotics can cause other problems such as yeast infections and diarrhea.

The symptoms of a common cold are typically: runny nose — this can be clear, yellowish, and even green appearing, watery eyes, sneezing, cough, sinus congestion, muscle aches, headaches, and fever. Loss of appetite is very common, especially in children. As long as your child can take fluids by mouth, there is generally no cause for alarm.

All of these can be treated symptomatically, using over the counter medications such as ibuprofen or acetaminophen for fever and aches, as well as pseudophedrine for the nasal congestion. If you are not sure if these are appropriate for your child, please contact your health care provider. Children should not receive aspirin. Aspirin can cause a severe problem with the liver called Reye's Syndrome.

You are more susceptible to catch a cold if you: use tobacco, do not eat well, are chronically fatigued, suffer from chronic stress — physical or emotional, or if you live or work in crowded conditions. Children in daycare settings are particularly susceptible because they are constantly in close contact with each other.

Colds generally last between seven and 14 days. Occasionally, the cough can last for a bit longer. Make an appointment to see your provider if: coughing produces green or grey phlegm, white or yellow spots on the tonsils, fevers over 100.4 that do not respond to ibuprofen or acetaminophen, skin rash, ear pain, stiff neck, or if your child does not act like themselves. Your child will act sick, but they should be able to recognize mom and dad or show interest in a favorite toy.

You can help yourself be more comfortable during this time by getting enough sleep and limiting your activity, drinking plenty of uncaffeinated fluids, and using humidifiers to moisturize the air, especially at night.

SECURITY BLOTTER

CRIME STOPPER'S HOTLINE
624-6389

Jan. 6 - Jan. 12

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 15
Traffic accident with injuries - 1
Car break-ins - 6
DUI - 1
DUI's 2003 - 3
DUI's 2002 - 35

By what standard?

By Chaplain Thom Dansak
Command Chaplain

Sometimes I wonder where many of the "standards" we use originated. Who came up with the idea of the "inch?" Why there are 12 inches and not 10 inches to a foot. Who "invented" the standard of the "pound" and why are there 16 ounces in a pound? No matter where in the world you may live, there are certain standards for measuring things. They are a very important part of the existence of any society. Standards help create order. Without some agreed-upon-standard, many transactions would not operate with ease and consistency. When any of us purchases a pound of steak or a liter of gasoline, we count on the accuracy of the scale and the honesty of the person using it. Knowing where these standards came from is not as important as having them and using them and trusting them.

Besides standards of measurement, there are other standards: standards of performance and behavior. These, too, are tools we use to evaluate performance. Schools use grades. The Armed Forces use the "Code of Conduct", physical fitness tests, advancement tests and other such standards of performance. These kinds of standards also enable groups to function with some uniformity and to exist without total chaos and anarchy. At times, groups may change certain accepted standards. Dr. Martin Luther King, Jr. called upon America to take a look at certain accepted standards based on race and to change them.

Social groups need standards to survive and function. Whether that group is as large as a nation or as small as a family unit, observance of certain standards help keep it unified and vibrant. The "every-man-for-himself" attitude will ruin any social group in a matter of time.

Individuals also benefit from setting and observing standards that help us live and interact well with others. Standards such as honesty, courtesy, truthfulness are necessary in our day-to-day living with others. We need to seek out and internalize these standards.

For many, religious faith is the source of great standards for living. They are standards based not on one's personal preferences, but on the directives provided by someone greater: God. Religious faith seeks to provide a "Code of Conduct" that will help make life rewarding and meaningful for believers. Religious faith encourages the believer to ask the question, "By what standards do I live?" and "Are these standards worthwhile?" "Are they Godly?"

Standards are important for happy and wholesome living. Examine yours. Look sincerely towards religious ideals that can help you form your life. They have been tested by time. They work and can provide your lives with greater value and meaning.

Counselor's Corner

Family Members Matter

Did you know that Family Members have a key role in your career and in the Orders Selection Process? Of course they do! Share with your family the requisitions and let them help make the selection. Also, if you have an Exceptional Family Member, your duty location choices may be limited- not a problem; it is limited so your Exceptional Family Member receives the correct and best care needed! The Navy wouldn't be the Navy if we didn't value our family's inputs!

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NAVY NEWS

Eval, Fitrep status now available online

By Lt. Cmdr. Chris Zaller
Navy Personnel Command

MILLINGTON, Tenn. (NNS) - Reporting seniors and other Navy personnel now have an online means of obtaining fitness reports (FITREPS) and evaluation information.

This new capability can be accessed from the Bureau of Naval Personnel (BUPERS) Online home page. Simply select the "FITREP/EVAL REPORTS" icon and follow the instructions. Three separate reports are available.

The first report is the Performance Evaluation Continuity report.

It provides the member with the status of FITREPS/Evaluations for the most recent five years and lists any upcoming boards the member is eligible for. The report shows what reports, if any, are missing and provides a link to pages describing how to submit corrections. This is the same five-year continuity report the Selection Board Support Branch runs for all board-eligible personnel.

The second report is the Reporting Senior's Performance Evaluation Submission report.

This lists all of the reports that were received for that reporting senior and their processing status. The third report is the Reporting Senior's Cumulative Average report. Prior to this application, reporting seniors had to request their averages in writing. This new method provides online access and, in conjunction with the submission report above, can be used to accurately track what the FITREP/Evaluation system holds their average to be.

It is important to remember how and when these averages are computed.

In a nutshell, the calculation of averages is delayed 90 days from the ending date of regular periodic reports. This allows ample time for reports to be received and examined, and for any rejected reports to be turned around prior to the average being computed.

In addition to this delay, the average is updated only once each month. Keep in mind that the average is based on "accepted" reports only. Failure to submit reports in accordance with guidelines stated in BUPERSINST 1610.10 can result in the report(s) or an entire summary group being excluded from the cumulative average computation.

Some users, as well as some non-Navy reporting seniors, may not have access to BUPERS Online.

These individuals may contact the Fitness Report and Evaluation Customer Service Desk at (901) 874-3344/3315/3316 or email p311c@persnet. navy.mil for assistance.

USNS saves stranded fisherman near Bermuda

Photo by JO2 Ellen Maurer.

Sailors aboard the U.S. Navy hospital ship USNS Comfort (T-AH 20) use a grappling hook to pull a stranded fisherman aboard after his vessel sank the night before in rough seas near Bermuda. The call for Comfort's assistance came from the U.S. Coast Guard after they received a distress-call from the fishing vessel at approximately 7 p.m. yesterday, shortly before it capsized. Rescued was Mr. Robert Lambe, 35, one of the three Bermuda citizens believed to be on the fishing vessel when it sank. The whereabouts of the two other fishermen are still unknown. Lambe is being treated aboard Comfort for minor hypothermia and is in good condition, according to physicians aboard the ship. Comfort is operated by the Navy's Military Sealift Command and recently deployed as part of the ongoing military build-up in the U.S. Central Commands area of responsibility. (Story on front page.)

Navy announces future training strategy for East Coast Forces

Special news release from the Department of Defense

Photo by PH2 Shane McCoy

The Aegis cruiser USS Normandy (CG 60) fires her five-inch guns during training held in the Puerto Rico operating area.

WASHINGTON (NNS) – Secretary of the Navy Gordon R. England today signed the letter of certification to Congress confirming that as planned, the U.S. Navy and Marine Corps will cease military training on the Vieques Inner Range by May 1, 2003. The Department of the Navy has identified training alternatives that will collectively provide equivalent or superior training to the options provided by the island of Vieques.

The Navy and Marine Corps will conduct future military training of east coast units at existing continental U.S. ranges and facilities. Additionally, the Navy and Marines intend to maximize the use of enhanced training technologies.

"We looked at our entire training program and have developed a strategy to provide effective training for our Sailors and Marines," England said. "It's important for the Department of the Navy to invest now in a training process that provides ready naval forces today and in the future. This is exactly what our comprehensive training strategy achieves."

The Navy plans to fund more than $400 million in improvements over the next few years to enhance and improve these future training scenarios. These improvements are included in the Training Resource Strategy and will continue to evolve with new technologies and range developments.

SESA rounds up more for committee chair

Article courtesy of SESA

The NAS Sigonella Enlisted Spouse Association (SESA) was founded in 2001 as a private organization under the guidelines established in NASSIG Instruction 5420.1.

SESA and its members have made contributions to the Sigonella community through the sponsorship of events to include Dinner dances, Home baked good drives, Scholarship drives, and the Holiday Assistance Program.

The Association also sponsors membership teas, holiday social events, coordinates shopping and travel outings and participates in the festivals that take place on base throughout the year.

IAW the Association's approved by-laws membership in the SESA is open to spouses of all enlisted members of the US Armed Forces who are on active duty.

Dues are $24 annually and prorated for those who join during the year. Membership in the SESA over time has run from as few as 5 to as many as 15 members.

Elected Officers of the SESA are: *President, Vice President, Secretary* and *Treasurer.* These officers are elected for a term of 1 year. Elections take place each January.

Standing Committee Chairmen are also utilized in the SESA. Chairmen include: Hospitality/membership, Publicity/Liaison, Newsletter, Activities, Fund Raising and Historian.

The SESA Advisory Council is comprised of the spouse of the NASSIG Commanding Officer (Mrs. Gretchen Davison), the spouse of the NASSIG Executive Officer (Mrs. Patricia Bitar), and the spouse of the NASSIG Command Master Chief (Mrs. Dawn Evangelista).

The Association's Executive Board consists of the Elected Officers of the SESA and the members of the Advisory Council.

On Wednesday, Jan. 29 at 10 a.m., a meeting of all members in good standing and those interested in finding out more about joining the SESA will take place at the Golden Anchor on NAS 1.

At the January gathering, a more indepth presentation on SESA will be given (to include a budget report.)

Also, information on upcoming elections will be distributed, and a plan for the first several months of next year will be roughed out.

Expect elections to take place at the earliest opportunity in February.

Please disseminate this information to all spouses in your area of influence.

Goal here is to educate on the SESA and encourage active participation. This is a great Association.

For details, contact Dawn Evangelista at 095-791-3114, 329-005-0650 or e-mail: evangelistas@virgilio.it or evangelistas@ msn.com.

Housing system to improve quality living in government quarters

By Peter Vietti
Contributing writer

Do your neighbors that constantly violate housing policies ever frustrate you? Do you become increasingly aggravated because you wonder what is being done to correct the obvious disregard for such policy? The Housing Office is implementing a system that will result in overall beautification and harmony throughout your community housing areas.

Recently, the Housing Office has been notified of numerous infractions of local and Navy housing policy. Some examples of this are: more than the allowed number of pets in a unit, pet cleanliness, lawn care, trash being strewn about the complex, improper use of residences and facilities, vandalism and vehicle abandonment to name a few.

It was suggested at the most recent housing advisory board meeting that Housing create a policing organization for such violations. The housing management team met and decided to implement a ticketing system to be administered by its inspections division.

"Our inspectors were the most logical group to task with this initiative because they're out on all housing sites frequently, and are very knowledgeable in local and Navy housing policy," said Neil Snyder, housing director. "We gave great thought to re-implementing site 'Mayors', but that has been unsuccessful in the past. This ticketing system is not unique to Sigonella, all Navy Housing offices have a similar system in place."

Violators who are found to be in violation of local and Navy housing policies as specified in the "Family Government Quarters Handbook" will be issued an educational "ticket" for the first two times of the same offense. The third occurrence will result in the member's command being notified for further action.

It should be noted that education is a major thrust of this initiative because the inspection team understands that a resident may not know all policies and therefore educating the community will result in a better place to live for all residents.

Housing is very pleased with the support that it has received at the command level for this initiative. Both the command and Housing are looking forward to the positive changes that will occur as a result of this initiative.

News Briefs

Technician Needed

The US Naval Hospital, Sigonella, is looking for candidates in the local area who would qualify as Medical Lab Technician, Medical Technologist or Phlebotomist. Call Mrs. Randazzo 624-3792 or e-mail ARandazzo@sig.med.navy.mil.

Free Italian Lessons

A free Italian course is offered to everyone above the age of 12. Parents need to accompany children under the age of 16. Even though children are able to participate, the course is directed toward the parents. The lessons are offered every Tuesday evening from 6 until 8 p.m. Students always need to bring a notebook, pen and a teachable attitude. They will cover everything from the basic phrases and conversational diologue needed to communicate with people off base to the more advanced grammatical rules as well as history, culture, and food. Sign-ups will take place at the first lesson. Sponsored by the Sigonella Branch of the Church of Jesus Christ of Latter-Day Saints.

Follow Movie Ratings

All movies presented by MWR follow the same guidelines as those in the states. Movies rated R (restricted for viewers under 17) may only be viewed by those of age or accompanied by a parent or guardian 18 years or older. Under age children must sit with the parent or guardian during the film.

ACT Exam

The next ACT exam will be held on Jan. 20 at 7:45 a.m. at the Navy Campus. You can fullfill an important college entry requirement by taking this exam. To get more details, call 624-2511.

Embry-Riddle Registration

Embry-Riddle Aeronautical University is holding registration for the upcoming term between Jan. 27 to Mar. 14. Also offering a FCC licensing program in addition to prepare students for their FAA A&P. For details, call 624-6991.

Registration Ends

University of Maryland registration ends today and with classes beginning on Jan. 21. Call UoM for more details at 624-4492.

COMMUNITY CALENDAR

SUNDAY	MONAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					17 January **Mineo Video** Store Grand Opening	18 **Registration** Embry Riddle until Jan. 24
19 **Protestant Worship** 11 a.m. & 6 p.m. NAS I Chapel	20 **Martin Luther King Jr's Birthday**	21 **Beary Special Sibs** 3 to 4 p.m. at Pediatric waiting area. 624-4291	22 **Topolino 2** Kids Indoc at 8:30 a.m. 624-4291	23 **Incentive Briefing** 9:30 a.m. Retention Center 624-5587	24 **AIMD Change of Charge**	25 **Paintball** depart Take 5 10 a.m. 624-5187
26 **Cooking class and Sicilian Garden tour** Call ITT. 624-4396	27 **Special Additions** 1 to 3 p.m. at Community Bldg.	28 **First Termer Success Workshop** 8 a.m. to 4 p.m. Retention Center 624-5587	29 **Chinese dine-out** Call Liberty 624-5187	30 **ACT Exam** Navy Campus 7:45 a.m. 624-2519	31 **ICR** first day 8 a.m. to 3 p.m. Community Building	1 February **Annual Aerobathon** 9 a.m. to noon Activity Zone 624-3873
2 **Studio Tour** Learn about horse carts with ITT. 624-4396	3 **Housing Office** New Operating Hours Mon-Fri 7:30 a.m. to 4 p.m.	4 **St. Agata Festival** Call ITT. 624-4396	5	6 **NEX** New hours of operation Monday through Friday from 10 a.m. to 7 p.m., Saturdays from 9 a.m. to 6 p.m. and Sundays from 10 a.m. to 6 p.m.	7 **Catania by Night** Adults only with ITT. 624-4396	8 **NAS II 7-day** hours are Monday through Friday from 6:30 a.m. to 8 p.m. and from 7 a.m. to 8 p.m. on Saturdays. Sundays from 9 a.m. to 4 p.m.
9 **Latter Day Saints** 1 p.m. NAS I Chapel	10	11 **Boys and Girls of America** Torch Club 4 to 5 p.m. Ages 10-12	12 **Protestant Bible Study** 4:45 p.m. NAS II Chapel 624-4295	13	14 **Happy Valentine's Day**	15 **Commissary Hours** 8 a.m. to 7 p.m. Monday through Friday, Saturdays from 8 a.m. to 6 p.m. and on Sunday from 9 a.m. to 6 p.m.

By Alberto Lunetta
Signature Staff

Italian News
Sicilian culture and lifestyle

Sales season kicks off

As reported in *La Sicilia*, *sconti* (sales) season kicked off in full force last weekend throughout Italy. It's time to look for the best bargains. But remember that when you go out looking for your favorite "made in Italy" label (clothing, leather goods and shoes) you should keep in mind some tips that Italian consumer associations have suggested to consumers.

Distrust exceptional sales (70 or 80 percent or more!) because real sales should be around 50 percent of the original price. Watch out as some unfair retailers might sell shopworn or damaged items as "promotional sales" just to reduce the quantity of merchandise in stock.

Keep your receipt as you have the right to change defective merchandise.

According to the Italian law, pricetags must show two prices, one of which is the sale price and the other price the prior selling price. The price reduction percentage must also be written on the tag. Merchants must accept credit cards if they usually do so. Distrust the shops that display signs saying: "*Non si accettano carte di credito"* (credit cards are not accepted). In Sicily, the sales season will end on March 15.

Feast of Saint Sebastian in Acireale and Maniace

On Jan. 20, the towns of Acireale and Maniace will celebrate San Sebastiano (Saint Sebastian), a popular saint who is usually associated with the plague and archery.

In fifteen-century Sicily, Sebastian began being viewed as a protector against the plague as Sicilians invoked him against plague on several occasions. In Acireale, a church was erected, after the end of an epidemic of plague and a terrible earthquake, to thank San Sebastiano for having protected the town from these terrible natural disasters. Today, Saint Sebastian is invoked against calamities of all kinds.

Life of Saint Sebastian

According to legend, Sebastian was a Roman officer who converted to Christianity. Since he wanted to accuse Emperor Diocletian, (the cruelest persecutor of Christians of the early Church), of all the cruelties he had committed, he was sentenced to be shot with arrows. He was tied to a tree, shot with arrows, and left for dead. But he survived, recovered, and returned to preach. Emperor Diocletian then had him beaten to death in 288 AD.

Feast schedule in Acireale

The first procession with the statue of San Sebastian, one of the four city patron saints, parading through the streets of Acireale, was performed in 1572.

At that time, people who survived the plague were obliged to wear white linen on their neck as sign of lucky escape. Therefore it became a common custom for the ones who survived to wear this linen as a sign of gratitude to Saint Sebastian. Even nowadays the *divoti* (devotees) during the festival still wear the linen around their chest and head.

On Jan. 20 at 7:30 a.m., the *Festa* (festival) begins with the opening of the little chapel located inside the magnificent Baroque Church of Saint Sebastian where the statue of the Christian martyr and some relics are preserved.

Later at 10:30 a.m. the *Vara* (processional float consisting of a six-columned cart that supports the 16th century statue of the saint), and the relics exit the church *('a nisciuta*).

Then *divoti* or devotees start parading through the streets of Acireale carrying the float on their shoulders and performing spectacular maneuvers, even running with such a heavy weight.

The procession lasts all day and ends at midnight when the statue comes back (*'a trasuta*) in the Saint Sebastian church. Fireworks show will be performed all day long.

The Church Saint Sebastian is located in piazza Leonardo Vigo near the Acireale Cathedral.

Feast Schedule in Maniace

Immigrants from Tortorici, a town in the Messina province, introduced the cult of Saint Sebastian in Maniace in 1937. Maniace is a small village that developed around the Maniace Benedictine Abbey that was later turned into a Castle.

Queen Margherita of Navarra built it in 1173 on the spot where Byzantine General Giorgio Maniace defeated the Muslims in 1040. In 1799, Ferdinand III of Sicily donated the *Castello* (Castle) to Admiral Nelson, the Trafalgar battle hero, for his help in repressing the riots in Naples. Maniace was part of the city of Bronte until 1981.

On Jan. 20, the religious festival begins at 10:30 a.m. White-dressed *devoti* (devotees) coming from all the surrounding villages gather in the Church of *Santa Maria al Castello* that is annexed to the ancient castle. Before Holy Mass, a blessing ceremony, in which calves, large candles and other gifts are symbolically offered to the saint, is performed.

After Mass, devotees move to the side aisles of the church to make room for a spectacular religious performance in which a group of 20 *devoti* runs from the altar to the gate of the church carrying the statue of the saint. During the performance, they scream: *"Grazie a Dio e a S. Sebastiano. Grazie!*"(Give Thanks to God and to Saint Sebastian. Thanks!).

After that, they also peform three running circles around a lava stone Celtic cross (erected in memory of Admiral Nelson in 1888) that is placed in the middle of the castle's courtyard. At the end of the performance, the statue of *San Sebastiano* is taken around in a long procession throughout the surrounding villages until late night.

Maniace Church of Santa Maria al Castello

On Jan 20, the towns of Acireale and Maniace will celebrate San Sebastiano (Saint Sebastian) with spectacular religious festivals including processions, holy masses, fireworks shows and fairs. Saint Sebastian has been venerated in Sicily since the 15th century as Sicilians invoked him against plague on several occasions. In the above picture, Maniace devotees carry in procession the statue of the saint throughout the surrounding villages.

Word Find

States

R	C	F	N	U	N	P	D	Z	A	G	N	L	D	V	I	P	M	R	K	J	A	U	A	S
H	N	L	O	V	V	Q	W	R	J	O	Z	O	I	N	J	O	A	F	S	B	T	N	I	T
O	E	O	R	M	R	M	W	M	S	K	M	L	R	Y	A	Q	W	A	C	A	I	V	N	T
D	W	R	T	A	I	N	R	O	F	I	L	A	C	T	S	L	S	A	H	L	D	I	I	E
E	J	I	H	A	I	N	I	G	R	I	V	W	S	O	H	N	Y	N	O	I	F	R	G	S
I	E	D	E	L	D	H	W	R	N	T	J	A	U	N	A	D	E	R	S	T	I	G	R	U
S	R	A	R	N	E	W	Y	O	R	K	N	T	T	K	A	W	A	T	A	R	O	I	I	H
L	S	D	N	A	L	S	I	L	L	A	H	S	R	A	M	C	R	K	U	M	U	N	V	C
A	E	N	M	H	A	S	H	M	T	D	A	A	R	E	H	I	I	O	O	J	A	I	T	A
N	Y	A	A	O	W	C	H	N	A	X	W	B	X	T	C	N	S	R	R	T	L	S	S	S
D	J	G	R	C	A	V	O	K	E	G	X	I	R	T	E	S	X	E	E	T	A	L	E	S
Z	D	I	I	I	R	M	O	T	E	Z	C	O	O	W	I	G	V	Y	G	M	P	A	W	A
O	I	H	A	R	E	T	J	N	C	O	N	F	H	M	A	R	I	Z	O	N	A	N	G	M
K	A	C	N	O	A	S	O	U	T	H	C	A	R	O	L	I	N	A	N	Q	S	D	P	X
L	N	I	A	T	K	N	W	F	I	O	M	I	S	S	I	S	S	I	P	P	I	S	Z	T
A	A	M	I	R	S	T	A	I	L	P	G	C	O	L	O	R	A	D	O	R	N	J	U	N
H	I	O	S	E	A	J	A	U	S	N	G	U	A	M	A	I	G	R	O	E	G	C	O	N
O	D	H	L	U	L	W	M	H	D	F	E	I	G	N	I	M	O	Y	W	Q	I	T	V	I
M	N	I	A	P	A	B	I	A	I	N	A	V	L	Y	S	N	N	E	P	T	G	A	E	S
A	I	O	N	H	I	R	L	O	U	I	S	I	A	N	A	Z	N	T	C	N	R	M	R	N
E	E	D	D	A	E	Y	K	C	U	T	N	E	K	D	Y	M	I	E	I	B	E	A	M	O
G	Q	Q	S	N	E	K	A	N	S	A	S	F	G	Y	A	D	N	H	S	Z	R	B	O	C
N	E	B	R	A	S	K	A	E	N	I	A	M	L	W	A	N	S	B	E	O	W	A	N	S
A	Q	J	R	E	E	S	S	E	N	N	E	T	Q	H	O	A	T	L	H	N	T	L	T	I
L	T	W	S	C	D	T	F	K	C	O	Z	A	O	C	W	V	U	E	Z	P	U	A	S	W

ALABAMA
ALASKA
ARIZONA
ARKANSAS
CALIFORNIA
COLORADO
CONNECTICUT
DELAWARE
DISTRICT OF COLUMBIA
FLORIDA
GEORGIA
HAWAII
IDAHO
ILLINOIS
INDIANA
IOWA
KANSAS
KENTUCKY
LOUISIANA
MAINE
MARYLAND
MASSACHUSETTS
MICHIGAN
MINNESOTA
MISSISSIPPI
MISSOURI
MONTANA
NEBRASKA
NEVADA
NEWHAMPSHIRE
NEWJERSEY
NEWMEXICO
NEWYORK
NORTH CAROLINA
NORTH DAKOTA
OHIO
OKLAHOMA
OREGON
PENNSYLVANIA
RHODE ISLAND
SOUTH CAROLINA
SOUTH DAKOTA
~~TENNESSEE~~
TEXAS
UTAH
VERMONT
VIRGINIA
WASHINGTON
WEST VIRGINIA
WISCONSIN
WYOMING

TRIVIA

Around which planet does Miranda revolve?
Between which two cities did the old Orient Express run?
How many quarts are there in a peck?
TV Guide will says what's on channel 2 through 13, but what's on channel 1?
Who was the original host of the Tonight Show?

(Answers on page 8)

Movie Connection

MWR's Theater Schedule

Friday, Jan. 17

5:30 p.m.
My Big Fat Greek Wedding (PG)

8 p.m.
*Friday After Next (R) ***

10 p.m.
I Spy (PG-13)

Saturday, Jan. 18

11 a.m.
The Two Towers (PG-13)

2:30 p.m.
Chamber of Secrets (PG)

5:30 p.m.
Maid In Manhattan (PG-13)

8 p.m.
*The Emperor's Club (PG-13)***

10 p.m.
*Extreme OP's (PG-13)***

Sunday, Jan. 19

1 p.m.
Spirited Away (PG)

3:30 p.m.
Antwone Fisher (PG-13)

6 p.m.
8 Mile (R)

Monday, Jan. 20

3:30 p.m.
Maid In Manhattan (PG-13)

6 p.m.
The Two Towers (PG-13)

Tuesday, Jan. 21

5:30 p.m.
*Ghost Ship (R) **

8 p.m.
8 Mile (R)

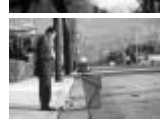
Wednesday, Jan. 22

5:30 p.m.
*I Spy (PG-13) **

8 p.m.
Antwone Fisher (PG-13)

Thursday, Jan. 23

5:30 p.m.
*My Big Fat Greek Wedding (PG)**


8 p.m.
Punch Drunk Love (R)

Friday, Jan. 24

5:30 p.m.
The Emperor's Club (PG-13)

8 p.m.
*Empire (R) ***

10 p.m.
Analyze That (R)

*** Future Re-release **Sneak Preview *Last Showing
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at

Shout out!

DoDDs students talk about what's happening in the community

Armed Forced YMCA Art Contest

Frank O'Gara
Contributing writer

ALEXANDRIA, Va.- Aspiring elementary school artists of military families have less than three weeks to show their talents in the Armed Services YMCA Art Contest.

Open to children of active-duty or reserve military families in the Army, Navy, Marines, Air Force, Coast Guard and National Guard, in kindergarten through sixth grade, the contest concludes Jan. 27. Winners are picked from each service and awarded a $500 U.S. Savings Bond. Winners' artwork, judged primarily on the theme of "My Military Family," will be featured on the Military Family Month 2003 poster. Second place winners receive a $100 U.S. Savings Bond.

Department of Defense and Coast Guard civilians' children may enter in an honorary category for a $100 U.S. Savings Bond.

Children should draw their military family in color, on 8.5-by-11 inch paper. Include the following information on the back of each entry: student's name, grade and age; address; phone number or email where parents may be reached; parents' names; service affiliation; rank of military member; military installation; and school's name if the child attends a Defense Department school.

Mail entries to Armed Services YMCA, Attn: Art Contest, 6359 Walker Lane, Suite 200, Alexandria, VA 22310. Entries should be postmarked no later than Jan. 27.

For additional information, visit the Armed Services YMCA's web site at www.asymca.org <http://www.asymca.org>, or call 703-313-9600. Email queries may be sent to militaryfamilyweek@asymca.org <mailto: militaryfamilyweek@asymca.org>.

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. The Armed Services YMCA, an affiliate of the YMCA of the USA and headquartered in Alexandria, Va., has more than 80 program locations around the world.

Computer Lab opens for students and parents

The Elementary Computer Lab is open for use by students and parents after school, 2:30 to 3:30 p.m., Monday through Thursdays. Etna Knights are invited to come in and get that report typed, use the typing tutors, or just enjoy surfing the Internet. Parents are invited to come in and work with their children.

We now have all new personal computers and they are fast. The lab is supervised by an adult who can help parents or students learn the many software packages available. Students will need to arrange a ride home at 3:30 p.m.. For more information, contact Dan Stahler, 624-3213.

Are Kinders too young for computers? Survey says... no.

This year SDS Elementary has four all-day Kindergarten classes. The full day leaves time for students to utilize the many computers at school. Each Kindergarten class has a designated period for use of the Lab. Special periods are also set-aside for small groups that are conducted by school volunteers.

Literacy is emphasized in the sessions. The Kinders type words they are learning into "Kids Works, 2" an early childhood word-processing program. This program can then "speak" the words back and show a picture. Their words are printed and later used in another activity to practice writing. Bravo to the Kinder Knights and thanks to our volunteers!

Kindergarteners spread holiday cheer in Sicily

Ms. Jenkins' kindergarteners shared the love and joy of Christmas with the residents of the retirement home in Acireale. They ended the fall season with a bang!

The children sang Christmas carols, played the hand bells and shared homemade goodies with the residents. The looks on their faces and the sparkle in their eyes showed the children the true meaning of Christmas. The children sang in both Italian and in English! It was truly a joyous time for all!

Liberty Call

Fri., Jan. 17

Scaringi's **shopping trip** where you can shop for leather, shoes and other cool clothes. Bring plenty of Euro, departs at 5 p.m.

Learn the fascinating history of Catania and its ability to overcome multiple disasters. The trip will be around **Elephant Square** and the fish market.

Sat., Jan. 18

Hike of the Month to **Pantallica Gorge**. Visit the rock tombs dating back to the 13th century BC. Trip lasts from 8 a.m. until 4:30 p.m.

Go-Carting trip for those in the need for speed. Departs Take 5 at 8 a.m. and comes back at 2 p.m. Sign up by Monday, Jan. 20.

Sun., Jan. 19

Antique market **shopping trip in Caltagirone**. Bring Euro for purchases and lunch. Sign up soon.

Tues., Jan. 21

Go-Carting trip for those in the need for speed. Departs Take 5 at 8 a.m. and comes back at 2 p.m. Sign up by Monday, Jan. 20.

Wed., Jan. 22

Dart League Night at JOX starting at 6 p.m.

Karaoke and All Request Night at JOX starting at 6:30 p.m.

Country night this night at Live Wire along with **Cosmic Pool** at 8 p.m. Win and get half the pot. Small fee attached.

Thurs., Jan. 23

National Pie Day at Take 5, get half a slice of pie from 11 a.m. to 2 p.m.

Photo Safari meeting at the Golden Anchor. The meeting is at 4:30 to 5:30 p.m. At the meeting you can learn new photographic techniques. Call Marco for more details 347-7722705.

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

Girl Scout Troop adapts, overcomes

Photo by NC1(SW) Fawn Brickman

Local Junior Girl Scout Troops had planned a "Winter Fun" day for months. The plan was to enjoy a day in the snow, sledding, snowball fighting and making snowmen. But Mt. Etna had a different plan. What does an innovative Girl Scout leader do — adapt and overcome, making a "Winter Fun" day in the backyard of the leader's house. With recycled paper balls, taped up commissary bags, a painted refrigerator box for the background, a scarf, sticks, coal, and a carrot- Junior Girl Scout Troop 21 was on their way to fun. Snowball fights and angels, in paper and plastic, and a unique snowman was the outcome of the day.

Trivia answers

1) Uranus 2) Paris & Istanbul 3) 8 4) Radio Frequencies 5) Steve Allen

NAS Sigonella Worship Opportunities

Catholic Mass
Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41st Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 11 a.m. Chapel (NAS I)
Sunday 6 p.m. Chapel (NAS I)

Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Weekdays
Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)
Wednesday Protestant Bible Study 4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-2947.

SPORTS

Basketball(Jan 6-10) F = forfeit for team it's next to

Supply(B)	45	AIMD	55	Ops		Admin	50	Dental	59	AIMD	43	Admin	57
Supply(A)	50	PWD	31	Hospital	F	HC-4	35	VP-16(Gold)	63	Khaki	40	Comsta	44
VP-16 (Gold)	24	Supply(A)	51	Comsta		VP-16(Blue)		Ops		Supply(A)	54	VP-16(Gold)	
Dental	21	Khaki	47	Supply(B)	F	Hospital	F	Supply(B)	F	HC-4	48	Supply (B)	F

Swordfish focus on EFSL Championships

By JOCS(SW/AW) Tom Updike
Contributing writer

In early February, the Sigonella Swordfish will send a group of swimmers to Munich to compete in the European Forces Swim League Championships. The top Department of Defense youth swimmers assemble each year in the Bavarian city to compete in the same pool where the 1972 Olympics were held. Germany's massive Olympic swimming complex hosts the EFSL championships each year, and sees some of the best young swimming talent in Europe and the United States. To qualify for this meet, swimmers have to meet minimum standards set at the beginning of the EFSL competition year. Sigonella's top swimmers who qualified this year will be making their first trip to this prestigious competition.

Sigonella is a new member of the EFSL, being officially accepted by the league's executive board in September 2002. The parents and local community have fully supported the Swordfish's goals to raise money and travel to other southern European regional meets held throughout the year. The entire team traveled to Vicenza, and twice to Naples to swim against Naval Air Station Sigonella's traditional school rivals.

The team is made up of nearly 30 swimmers representing all age groups from 5 to 16. At each age level the competition is very difficult and requires a lot of dedication by the children. Swordfish head coach, Rich McKeown, has been with the team from the beginning and has worked hard to ensure each swimmer gets the right stroke technique to be successful. Like any other sport, practice makes perfect. "You have to practice to get better," said McKeown. To help the team along with practices this winter, NASSIG Morale Welfare and Recreation funded a heater for the NAS II pool. Swordfish swimmers practice five days a week, and according to McKeown the practices will get more intense as the championships draw closer. "I have the kids swimming more sprints now than earlier in the season," the coach said, "and I'm now looking at what strokes each swimmer has the best opportunity to compete in for the Munich Championships."

Currently, a typical practice for the more advanced swimmers will include sprints and drill work for each stroke, and approximately 3000 yards of total practice time in the water. This is a big change from earlier in the season when the team focus was on perfecting individual strokes. "We will taper the workouts as we get closer to Munich and I hope to have everyone in peak condition as we leave Sigonella and make the trip to Germany," said McKeown.

Photo by JOCS(SW/AW) Tom Updike

The Sigonella Swordfish will be sent to Munich early February for the European Forces Swim League Championships. The team is made up of over 30 swimmers who have competed with neighborring rivals Vicenza and Naples.

Another major bonus for the Sigonella swim team has been the volunteer assistance of two former Naval Academy swimmers who are stationed in Sicily. Lt. Ian Johnston and Lt. Cmdr. Ken Johansen are at the NAS II pool late each evening helping McKeown improve the skills of individual swimmers. Although each has their own personal best stroke – Johnston held the seventh fastest U.S. Olympic qualifying time in 1996 in the 200-meter breaststroke – they both know what it takes to be successful in all strokes. "Coach Ken improved my 50-meter backstroke by more than five seconds when he helped me at practice one day," said 12-year-old swimmer Tommy Updike.

Parents too have been an important part of the team's success and were the driving force behind getting the Swordfish into the EFSL. Team statisticians, Nancy Clagett and Stacey Ostrom had to get training and learn the complex software that allows the league to monitor individuals and official meet times. They enter every swimmer into a database and share that information with other teams prior to meets so documentation can be shared with the league. Their efforts have been key for Coach McKeown who can focus on swimmers that might need specific attention. Executive Swordfish board member, Debbie Kazman, has worked hard to establish memorabilia and a logo for the team. "The purpose of the team shirts, suits and memorabilia is to allow expression of group pride in the dedication and success of each of the swimmers on the team... team spirit, if you will," said Kazman. The community continues to support the team at fund raising activities. Additional support came in a creative way from Sigonella's Aviation Intermediate Maintenance Department, where AD3 Glen W. Schaper designed the Swordfish logo which can be seen on team shirts and official documents.

So far, 10 Sigonella swimmers have posted times fast enough to get an invitation to swim in Munich this February. A January 26 meet in Naples will give more swimmers the opportunity to qualify. Swimmers only need to post a qualification time in one of the five strokes: freestyle, backstroke, breaststroke, butterfly and individual medley. Sunny Blount, 12 years old, and Garrett McKeown, 8 years old, lead the Swordfish by posting qualifying times in each of the five required strokes. Four of the team members have posted times that put them among the top-five in Europe for their age categories in individual strokes.

Although the individual successes are creating a buzz for the Sigonella community, the hard work and sacrifice by all the swimmers this year has to be recognized. Many of the Swordfish are part of a swim team for the first time, yet have made fantastic progress this year. Coach McKeown and many of the parents are excited about next year and hope that Sigonella's strong showing in Munich will result in more Steven Decatur students joining the team over the summer to get ready for the next EFSL year.

The Lane

Winter racquetball tournament coming

Feb. 3rd marks the date for the winter racquetball tournament. You can sign up at either the NAS I or NAS II gyms. The tournament will consist of three leagues and a double division for both men and women. The deadline to sign-up for the tourneament is Jan. 27 the entry fee is $5 and the tournament will be played at the NAS II gym Mon-Fri. from 11 a.m. to 1 p.m.

Soccer clinic

A free 5-on-5 soccer clinic Feb 3 to 7 from 5:30 to 6:30 p.m. at the NAS I Little League Baseball field behind the hospital. Learn skills and strategies that will help you improve your game, just in time for the intramural season! For details, call the sports coordinator at 624-2710.

Q & A

What was the soccer great Pele's real name?

A: Edson Arantes de Nascimento

Basketball Standings

	W	L		W	L
VP-16(Gold)	3	0	Comsta	1	1
Supply(A)	2	0	Dental	1	2
Ops	2	0	Khaki	0	2
AIMD	2	0	HC-4	0	2
Admin	2	0	PWD	0	2
VP-16(Blue)	2	0	Supply(B)	0	3