



Jax Air News

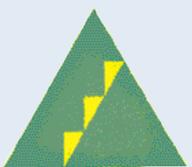
A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Skin cancer screening for active-duty

Branch Medical Clinic Jacksonville in cooperation with the Naval Hospital Jax Dermatology Clinic, will be hosting a Skin Cancer Screening Clinic for active-duty on Oct. 29 from 1-3 p.m. It will be for one afternoon only, so call 542-3500 early for your appointment. Be sure to ask for a skin cancer screening appointment.



NAS Jax hosting JA Job Shadow Day

Job shadowing is an academically motivating activity designed to give kids an up-close look at the world of work and to answer the question, "Why do I have to learn this?"

On Nov. 13, commands/departments will have an opportunity to participate in NAS Jacksonville's Junior Achievement (JA) Navy Job Shadow Day. Job Shadow Day gives kids a chance to explore various careers beyond what their parents may do for a living. Job shadowing also provides an opportunity for students in at-risk situations to be exposed to various career options they otherwise might not have the chance to explore.

Students will be bused from their schools by JA to NAS Jax on Navy Job Shadow Day for pick up by commands. Once at commands, they will "shadow" assigned mentors through a half-day on the job. At noon, both mentors and students will attend a pizza party in their honor sponsored on base by JA.

Commands/departments are being asked to sponsor at least one student. Mentors are needed at all levels and in as many job areas as possible. Contact Dianne

Red Cross volunteers honored

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

In honoring Naval Hospital Jacksonville's Red Cross volunteers at a Volunteer Appreciation Luncheon aboard NAS Jacksonville last Wednesday, the Air Station's Commanding Officer Capt. Mark Boensel said, "You do work that is great and necessary - and you don't have to. You do it because you love it. Some of you have been doing it for more than 40 years because you love it."

In accounting for this dedicated service, he said they must do it from the same spirit that Clarence Darrow attributed to "a longing for that that is higher and better than anything you've ever known."

Boensel said that Red Cross volunteers aboard NAS Jacksonville contribute in a way that is "absolutely awesome." He noted they volunteer with youth programs, contributing some 1,400 hours over the last year, they work with our veterans' community, and



Photos by HM2 John Veres

Naval Hospital Jacksonville Commanding Officer Capt. John Sentell (left) and Naval Air Station Jacksonville Commanding Officer Capt. Mark Boensel (right) with recipients of the Red Cross "Over The Top" award. (Left to right) Gwen Baldwin, Anthony Romano, Grace Brown, Anne Owen, and Helen Donahoe. Also honored with the award but not shown was Bob Wheeler.

they provide essential services at Naval Hospital Jacksonville.

He said that for hospital beneficiaries and their families the 115 Red Cross volunteers, whether

behind clinic reception desks or driving the parking lot shuttle, brighten the day for patients and families in stressful times.

"To see that smiling face and

receive that warm greeting makes all the difference. It can make a crummy day brighter in an instant," Boensel said.

Charles Cramer, chief executive officer, Northeast Florida Chapter of the American Red Cross, outlined the long history of the American Red Cross in Jacksonville and aboard NAS Jacksonville. He said they cared for victims of the yellow fever epidemics of the 1880s, and supported field hospitals in Cuba during the Spanish American War. He said Jacksonville boasts the oldest chartered Red Cross chapter in the Southeast United States. Red Cross volunteers first appeared at NAS Jacksonville in 1944 operating out of what is now Building 8.

Cramer said, "Volunteers today follow in the footsteps of thousands who went before them dedicated to the service of others and to their families."

See RED CROSS, Page 9

135 graduate from SIU

By Miriam S. Gallet
Editor

Last Friday, during a commencement ceremony held at the NAS Jacksonville All Saints Chapel, 135 Sailors and Department of Defense civilian employees from NAS Jax and NS Mayport received a bachelor's degree from Southern Illinois University (SIU). Family, friends and co-workers crowded the Chapel in what became a standing-room only affair.

Exuberance filled the All Saints Chapel as the name of each college graduate was read. For some, the ceremony represented the culmination of several years of personal sacrifice. For others, the 18, or so months spent studying was a long journey they would not soon forget.

Winston-Salem, N.C., native HM3 Joshua Humphreys, a laboratory technician at Naval Hospital Jacksonville, was one of the proud graduates who earned a bachelor's degree in health care management.

"I am very happy. It took me two years to earn my college degree, but it was worth it. I'll be leaving the Navy in February and would like to work on a master's degree and work in the field of health care management," said a jubilant Humphreys.



Family, friends and co-worker gathered at the NAS Jax All Saints Chapel last Friday to witness the graduation of the Southern Illinois University Class of 2003.

According to Humphreys' wife, Eva, having her husband attend college and work full-time was very challenging.

"It is great that he has finally graduated. It was very difficult watching him stay up late at night doing homework and then go to work and stand duty; especially when he was working nights," she said.

Another Navy spouse present at the graduation ceremony was an elated Solange Santana, wife of TMC Jose Santana of NAS Jax Weapons

See SIU, Page 9



Photos by Miriam S. Gallet

Merlin McSween-Williams, Southern Illinois University Class of 2002 alumna, shares motivational words with the new graduates.

Parading for support

Kids from the NAS Jax Youth Activities Center marched through NAS Jax Base Housing in support of after-school programs last Friday.

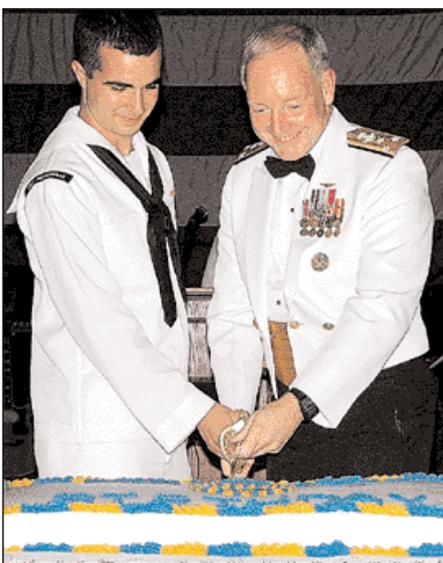


Photo by JO2 Mike England



Photos by JO2 Mike England

Guest Speaker Vice Adm. Gerald Hoewing delivers his remarks at the Navy Ball last Saturday night. Hoewing serves as both the chief of Naval Personnel and deputy chief of Naval Operations.



Vice Adm. Gerald Hoewing (right) and ATAN Christopher Knight, the oldest and youngest Sailors at the Navy Ball, cut the birthday cake as part of a time-honored tradition.

Jax area Sailors celebrate Navy's 228th birthday

By JO2 Mike England
Staff Writer

Servicemembers, DoD civilians, and friends from all over the Jacksonville area came out to celebrate the Navy's 228th birthday Saturday night at NAS Jacksonville's Hangar 117.

The event featured dinner, dancing, and a speech by Guest Speaker Vice Adm. Gerald Hoewing, chief of Naval Personnel and deputy chief of Naval Operations.

Participants from NAS Jax, NS Mayport, and NS Kings Bay, Ga. along with their guests watched as the honor guard brought in the colors followed by the invocation and welcoming remarks by Capt. Mark Boensel, commanding officer of Naval Air Station Jacksonville.

Boensel read the CNO's Navy birthday message to the crowd during his speech.

"We are the greatest Navy in the world because of you," Boensel read. "Your willingness to challenge assumptions and embrace the changes that enhance our capability is helping chart a course to the future. It will ensure this institution, the United States Navy, remains the greatest Navy to ever set sail. I could not be more proud of you," Boensel concluded.

Hoewing gave a stirring speech after dinner praising the great progress the Navy has made over the past year and victory in the war with Iraq.

The youngest and oldest Sailors at the ball then cut the Navy's ceremonial



EM1 Derek Hostetler and his wife, Catherine dance the night away at the Navy Ball. Hostetler is stationed on board USS Nebraska in Kings Bay, Ga.

birthday cake after which Navy Band Southeast began playing, signaling the end of the formalities and beginning of the

party. NAS Jax hosts the Navy Ball every year in honor of the Navy's birthday.

VP-45 participates in rescue at sea

By Lt. j.g. Rick Foster
VP-45 PAO

A Ready One launch can happen at any moment. A crew on the ready has already preflighted their aircraft and personal survival gear.

They will stay together or in their rooms on base for the entire 24 hours of their watch. No one knows if they will get the call, or if they do, what the mission will be.

Some are sent out on tactical missions, but most are search and rescue (SAR) related. That's exactly what happened in the early morning hours of Aug. 28th for Combat Aircrew 12.

They were called into the Tactical Support Center and briefed that there would be a SAR mission later that morning. The search would be difficult; the area the crew was given was relatively large, and the missing vessel was a small, personal boat.

The initial search began 80 miles southeast of Malta, with the crew searching in long northeast to southwest tracks. Calm seas and good visibility aided the crew in locating the derelict vessel. The 16-foot boat had lost power and had no radios to communicate its position to the

search party.

After a five-hour search, CAC 12 found the boat and its owner inside their search box. Fortunately for both the man and the search crew, the boat was still afloat and intact.

It becomes significantly more difficult to locate someone in a small life raft or worse, in only their life-vest.

The Patrol Plane Pilot, Lt. Brian Bradford, and the Tactical Coordinator, Lt. Damian Sanders, were the first personnel to find the boat.

From that point on it was fairly simple: the crew orbited overhead and called Malta Rescue Control Center, which dispatched the recovery helicopter. Within 45 minutes, the man was in the hands of the rescue team and on his way to safety.

"That was probably the most rewarding search and rescue I've been a part of," said Bradford. Sanders seconded that feeling, adding, "It took quite a while to find the boat. Every window was manned the entire time. It was a great effort by the whole crew."

Once the helicopter was headed home, the crew returned to NAS Sigonella for some well-deserved rest and relaxation.

Essay contest open to students

The Fleet Reserve Association is asking all students in grades seven through 12 to enter its annual Americanism essay contest. The contest is open to students in public, private, parochial and home schools.

This year's essay theme is "What patriotism means to me." Local winners will receive a \$50 savings bond and those entries will be sent to compete at the regional and national levels. The Grand National award is \$15,000.

The deadline for entries is Dec. 1. Entry forms are available by calling F.J. Petersen at 771-2936. Entries should be mailed to: FRA Americanism Essay Contest, Fleet Reserve Association Branch 126, 7673 Blanding Boulevard, Jacksonville, FL 32244-5111.

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ARMED FORCES COMMUNICATIONS; 3c; 10.5"; Other Color;



Cmdr. Keath White and HM1 Daniel Wyeth review pathology slides.

Photos by Loren Barnes



Contract Medical Laboratory Technician Marilyn Duggan and HM1 Daniel Wyeth peer through a dual high-powered microscope as they confer on cell identification.



Lab Technician Tom Rang conducts screens for blood type, RH factor and the presence of antibodies in samples provided by Naval Hospital Jacksonville prenatal patients.

Naval Hospital Jacksonville Laboratory fully accredited

By Loren Barnes
Naval Hospital Jacksonville
Public Affairs

The Naval Hospital Jacksonville Laboratory has been awarded an accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on the results of a recent on-site inspection.

The laboratory received this accreditation "with distinction," marking it as one of the top sites inspected.

Naval Hospital Jacksonville Laboratory Department Head Cmdr. Cynthia Wilkerson said the CAP Laboratory Accreditation is considered the "Gold Standard" for medical laboratories.

CAP is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologists and widely considered the leader in laboratory quality assurance.

During the CAP accreditation process, inspectors examine the laboratory's records and quality control of procedures for the preceding two years. CAP inspectors also examine the entire staff's qualifications, the laboratory's equipment, facilities, safety program and record, as well as the overall management of the laboratory. This stringent inspection program is designed to specifically ensure the highest standard of care for the laboratory's patients.

Wilkerson noted that in addition to being accredited by the CAP the laboratory also received accreditation from the American Association of Blood Banks (AABB), a distinction that very few labs achieve.

These accreditations were achieved at a time when workload was expanding and manpower decreasing due to the deployment of six lab personnel to Operation Iraqi Freedom Wilkerson said. In fact, two staff members are currently deployed to Djibouti supporting humanitarian efforts in that African nation.

"Our workload has increased 39 percent over the last two years," Wilkerson said. "While the deployments did impact the lab, with the help of a couple of Reservists called up to augment the staff, the staff was able to sustain that level of effort throughout the deployments and in fact handled an increase in workload."

Naval Hospital Jacksonville's laboratory is divided between the clinical side where blood and urine and



Navy retiree Charles Reed has blood drawn by Phlebotomist Sandra Allen.

body fluid testing is performed and an anatomic side where tissue exams and cytology (pap smears, etc.) testing is done.

"We average about 90,000 tests a month on the clinical side and on the anatomic side we do between 650-700 surgical (tissue exams) and 2,400 pap smears," Wilkerson explained.

"About 3,000 lab tests are done each day and we draw blood from, on average, 100 patients a day, of all ages from 12 months to the senior years. We also serve as reference lab for all of seven of the hospital's branch medical clinics. For any test they can't do they send the samples here and we do them," she explained.

"Some 65 technicians work in the lab with a mix of military, civilians and contract workers," she said.

"We have cytologists, histologists, medical laboratory technicians and medical technologists as well as phlebotomists. And we're open 24 hours a day, seven days a week."

Besides performing excellent science, the laboratory provides great customer service. Wilkerson noted the lab has very reasonable wait times, usually less than three minutes and the waiting area is set up to make any delays more comfortable for beneficiaries.

There is a play area for children and a television to entertain lab patrons as they wait. Most important of all the laboratory has very experienced people manning the patient care areas that take pride in providing friendly, professional service and are adept at easing patient's fears

and concerns.

Naval Hospital Jacksonville's laboratory is considered one of the best in the area. Through the use of state-of-the-art equipment, highly skilled staff and rigorous oversight, hospital healthcare providers and beneficiaries are assured of quality laboratory data and efficient use of taxpayer dollars.

Wilkerson said the lab has cut hospital costs through several major recapture initiatives that brought tests that were being sent out to commercial laboratories or were being done at the Branch Medical Clinics back in-house.

"This year alone we've saved about a \$250,000 by bringing previously contracted work back to the hospital lab," Wilkerson said.

Wilkerson said that the Naval Hospital Laboratory

is usually well ahead of other area hospitals in procuring new equipment. Through effective use of the Government Procurement system that allows the hospital to lease rather than buy equipment, and through cost sharing agreements with the VA they often get the latest equipment at significant discounts.

"You won't find a civilian lab locally that has better or more advanced equipment, bar none," Wilkerson said. "I can say that with authority because they come here and look at our equipment because we have what they want."

Patients and their families who require testing can be confident that their lab results come from the best. Through these accreditations their work bears the golden seal of quality.



HM1 John Whistler processes patient chemistry samples for glucose and lipid testing.

*Physical Therapy Clinic
Invites Naval Hospital Beneficiaries
To An Open House*

Join us in celebrating National Physical Therapy Month Oct. 31, 11 a.m.-1 p.m. at the Physical and Occupational Therapy Department (Located on the first floor of Naval Hospital Jacksonville, across from the Pharmacy)




Get your strength and balance checked and win prizes at the same time!
Plenty of learning opportunities, activities and light refreshments will be available.

A limited number of running analyses will be done by appointment ONLY. Call Mr. Pippin at 542-7375 to schedule a running analysis. Call soon, space is limited!

The Physical Therapy staff looks forward to sharing their profession with you!

2003 Jacksonville Sea & Sky Spectacular coming up

NS Mayport and the City of Jacksonville are co-hosting the Fifth Annual Jacksonville Sea & Sky Spectacular Oct. 23 through 26.

The city will have four full days of events and excitement at all of Jacksonville's beaches, highlighted by an over-the-ocean sky show featuring the famed U.S. Navy Flight Demonstration Squadron, The Blue Angels and a Marine Corps amphibious assault.

The festivities will kick off Oct. 23 at noon with the Sea and Sky Spectacular Golf Tournament at the Windy Harbor Golf Club at NS Mayport.

The air show is scheduled for Oct 25 and 26 in downtown Jacksonville Beach beginning at 9 a.m.

This year's air show will feature some familiar names from last year, as well as new performers and performances.

Events taking place at NS Mayport and Jacksonville Beach

Don't miss our special insert in this issue:
Waves of Glory
A Special Salute to Military Excellence

during the week include:

The amphibious assault ship USS Bataan (LHD-5), the guided missile frigate USS Klackring (FFG-42), the coastal patrol craft USS Typhoon (PC- 5), the mine counter measure ship USS Chief (MCM-14), and the mine counter measure ship USS Scout (MCM-8) will all be docked at or near The Jacksonville Landing. Military displays will line the streets around The Landing.

Daily features include helicopter search and rescue demonstrations, Landing Craft Air Cushion (LCAC) demonstrations, as well as military aircraft fly-bys.

Some of the highlights of the amphibious assault include: a U.S. Marine Corps Air/Ground Task Force who will "storm the beach" during a combat power demonstration. The 30-minute program will include 140 Marines who will arrive by land and air. Explosive pyrotechnics will add to the realism of the assault. The demonstration will take place around noon.

Other events include a street festival in Jacksonville Beach Oct. 25 and 26 featuring arts and crafts, food, beverages, and more on First Street from First Avenue North to Sixth Avenue South. Parking will not be available on site, but park and ride shuttles will be located on County Road 210, at the corner of Atlantic Boulevard and San Pablo Road, and at the American Heritage and Life Building.

Visit the City of Jacksonville's website at www.coj.net for more information on the Sea and Sky Spectacular.

NAS Jacksonville
 Navy Community Service Program
2003 Salvation Army Kettle Bells Project



Your command/department can make a difference!

See your command volunteer coordinator for details or call:

Dianne Parker, NAS Jax Community Service Program Manager
 542-2766, Ext. 130

dparker@nasjax.navy.mil

Note: Kettle shifts are two hours.
 Full day command/department blocks are available.
 Starting date is Nov. 21

Location: AMC Theatre Orange Park Mall

Thanks for Sharing and Caring

Chaplains promoted



Photo courtesy of the NAS Jax Chapel

Chaplain's Douglas Bryan and Kurt Michaelis of the NAS Jax Chapel were recently promoted to lieutenant. From left, Capt. Mark Boensel, NAS Jax commanding officer, Naomi Michaelis, Lt. Michaelis, Lt. Bryan, Jani Bryan and Cmdr. John Lyle, command chaplain.

Visit us at www.wish.org or call 800-722-WISH and share the power of a wish.
 Make-A-Wish Foundation® is a CFC participant.
 Provided as a public service.



Fire Prevention Week



Two-year-old Arianna Allen wanted a souvenir to take home with her.



Lt. Tim West of the NAS Jax Fire Department teaches children at the Child Development Center not to be afraid of firefighters.

Firefighters team up to get the word out to kids, adults

By JO2 Mike England
Staff Writer

NAS Jacksonville firefighters could be seen spreading the message of fire safety at various commands around the base last week. Firefighters offered puppet shows, held fire drills and visited different commands and departments in an effort to increase awareness about fire prevention and safety.

Fires can be deadly. Thousands of lives are lost and property is damaged due to fires each year. According to the base fire department, most people still are not prepared to respond to fires. Learning a few fire prevention facts will help put you on the same team as the fire department. It may also save you or your families lives or prevent your home from being destroyed in a fire.

Last week's events began with a visit to the Navy Exchange Food Court where several members of the fire department passed out pamphlets on fire safety to NEX patrons. They also answered questions about fire prevention. "We specifically mentioned the importance of having a working smoke detector and how important it is to check them weekly and change the batteries twice a year," said Fire Inspector Rick Vandersteen. "People should never borrow a smoke detector battery from other appliances and if cooking causes the detector to react, don't remove the battery, just fan the smoke away. Smoke detectors should be replaced every seven to 10 years."

Also on hand, was the fire department's newest addition, Pluggie, a remote-controlled fire hydrant. Pluggie is capable of talking, spraying water, playing cassettes and rolling and blinking his eyes. "He's a wonderful asset to teach

children and adults fire safety in a comical way. Everyone really seemed to enjoy Pluggie," said Vandersteen.

Special fire prevention puppet shows were also scheduled last week at the Child Development Center, base Youth Activities Center and at the Yellow Water Housing Area. The puppet shows helped explain fire safety in a way that children can understand and hopefully would pass on to other members of their families. The firefighters use Sesame Street like characters to demonstrate the 'Stop, drop and roll' procedure which is used if someone catches fire.

The process work like this: first, stop and calm down. Then, cover your face, drop to the ground and roll around to try and smother the fire. "Running when on fire could cause even more damage because it allows the fire to grow," explained Vandersteen.

Firefighter Tim West wore his full firefighting gear to each event to show the children what he and the other firefighters wear during a fire. Tomes explained to the children that if they should see someone dressed like him during a fire and they are still in their house, to call out to him for help.

Children were also taught that no matter how curious about fire, they should never to play with matches or lighters. "I like educating the kids and teaching them to not be afraid of firefighters," added West. "If I can teach just one child this during a performance, then it makes the whole thing worth it. Tonight, I taught a little girl to cover her face if she ever catches on fire."

The children were also greeted by Sparky, the fire dog and Pluggie at these events.

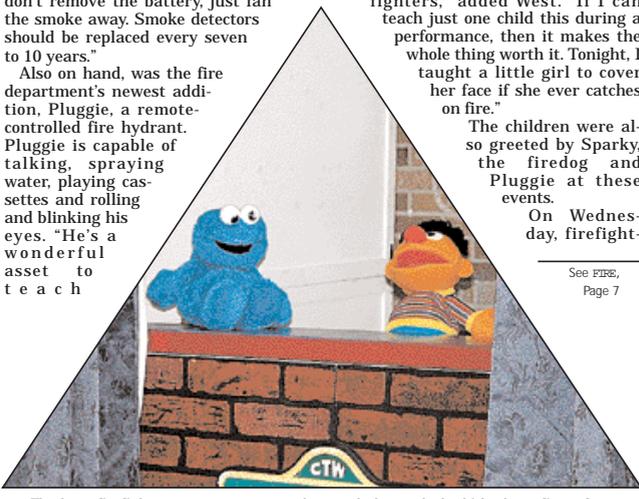
On Wednesday, firefight-



Firefighter Mark Kennedy checks his fire truck in front of the Navy Exchange.



Lt. Tim West performs maintenance on his fire truck.



The base firefighters put on a puppet show to help teach the kids about fire safety.

Fire Prevention Week

FIRE: All ages benefit from fire safety message

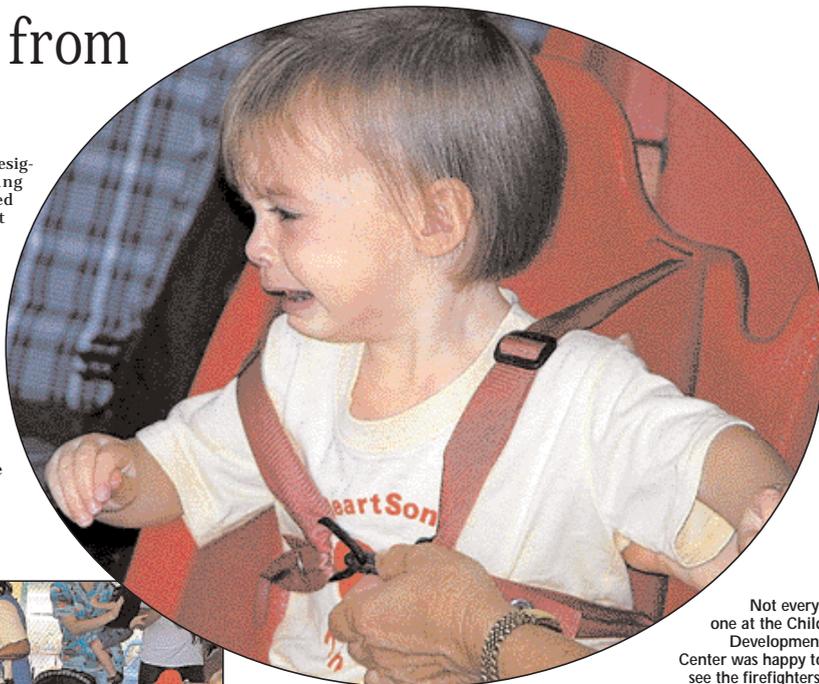
From Page 6

ers, along with Sparky and Pluggie visited patients and staff members at Naval Hospital Jacksonville in another effort to inform people about fire safety. As Sparky handed out plastic fire hats, pencils and stickers to children, Pluggie entertained the crowds who gathered around him.

During the week, firefighters staged unannounced fire drills at different buildings around the base. A member of the fire department explained what would have happened in a true fire after each drill. During the "real thing", everyone should calmly leave their buildings, closing doors behind them. They should meet in a designated area, checking to make sure everyone is accounted for. At NAS

Jax, a fire warden is designated for each building and fire bills are posted showing the safest routes out of the building.

"Overall, the week went great and I think we reached a lot of people at all the places we went," said Vandersteen. "We taught people of all ages that fires don't discriminate, everyone needs to know what to do in case of fire and how to prevent a fire from happening."

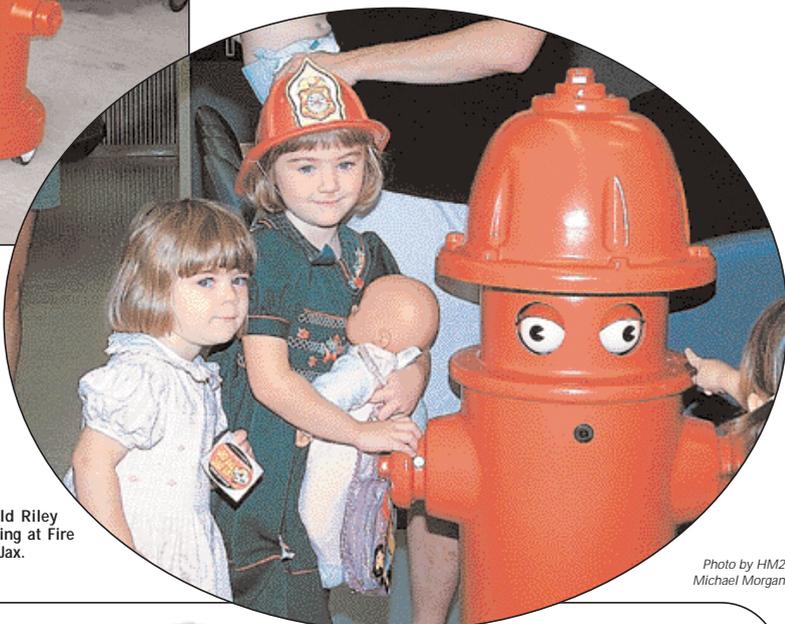


Not everyone at the Child Development Center was happy to see the firefighters.



Pluggie entertains kids at the Child Development Center before the puppet show. Pluggie is a remote control robot fire hydrant learning tool for children.

Photos by JO2 Mike England



Four-year-old Alexis Horn and 2-year-old Riley Horn greet Pluggie the Fire Hydrant during at Fire Prevention Week event at Naval Hospital Jax.

Photo by HM2 Michael Morgan



Capt. Doug Thomas of the NAS Jax Fire Department shows Sailors that a simple lighter can start a deadly fire during a fire drill held last week.

Massage therapy offered daily on base

By Kaylee LaRocque
Staff Writer

A new massage therapist has arrived at the NAS Jax Fitness Center, allowing the center to offer therapy every day except Sundays to customers who are looking to enjoy the benefits this ancient healing art can offer.

Massage Therapist Angela Spickelmier was recently hired here to allow the fitness center to better serve their customers by offering them more flexible appointment times on more days. Although the center and the base gym have offered massage therapy for many years, the therapists only work on a part time basis.

Spickelmier, a 1996 graduate of the Florida College of Natural Health in Miami, recently moved to Jacksonville to be closer to her family. "When I first arrived, I tried to open my own practice here, but being new to the area and not knowing a lot of people, it didn't work out too well. So I came to the base after learning about the position from a friend, and applied. I work here Wednesdays, Fridays and Saturdays and also part time for a doctor's office in town," said Spickelmier.

"I'm available here at 5 a.m. on Wednesdays and Fridays by appointment only with a 24-hour notice. I realize how crazy some military members schedules are so it is when they need to come in, I'll be here. My last appointment of the evening is at 7 p.m. I'm also available from 9 a.m. to 2 p.m. on Saturdays," she added.

Spickelmier specializes in Swedish massage, deep tissue,



Massage Therapist Cida Kerzner gives a free chair massage during a special customer appreciation day at the NAS Jax Fitness Center last Thursday.

aromatherapy, reflexology. My specialty, what I went to school for, is sports rehabilitation therapy. If someone is in the gym working out and injures himself or herself, I have special treatments I can provide for a half an hour. This can even be combined with a massage up to 80 minutes. I also offer infant massage and can instruct new parents how to do this," Spickelmier continued.

Another massage therapist fills in the other days at the center.

"I'm here on Monday, Tuesday and Thursdays. Although I work on an appointment basis, I'm sometimes available for walk-ins or if someone sustains an injury while working out. I provide the type of massage, an individual's body needs. Some people just enjoy relaxing massages, while others have specific problems and

need more neuromuscular or acupressure massage," stated Cida Kerzner, a licensed massage therapist since 1995.

At the base gym, Massage Therapist Sally Burton also offers massage services by appointment only. She is also a licensed aesthetician. Burton, a therapist since 1989, also specializes in Swedish, sports and deep-tissue.

All three therapists agree that massage definitely provides overall health benefits, relieving stress and pain and improving circulation and movement of muscles and joints throughout the body.

"I think that massages and facials can positively affect a person's mind, body and spirit," said Burton.

"Massage is beneficial in that it provides overall circulation



Massage Therapist Angela Spickelmier gives a soothing massage to a client at the NAS Jax Fitness Center.

throughout the body. Between regular workouts and massage therapy, it will help heal the body, especially when a person has injured himself or herself. It also helps circulate fluid in the joints, release tension and helps you sleep," added Kerzner.

Massages here, just like at a massage center out in town, are offered in a private setting. Customers are covered with a sheet as the therapist works out the kinks in the neck, back, arm and leg muscles.

"I think the most important

aspect about getting a massage is that you have a comfortable, professional relationship with your therapist."

"If there is anything you find uncomfortable or that you would like changed during the session, you should be able to let your therapist know, no matter what it is," stated Spickelmier.

Today, more and more people are learning the benefits of massage therapy. To make an appointment at the fitness center, call 542-3518, for the base gym, call 542-3239.

A few basic facts about domestic violence

Did you know . . . ?

From the FFSC

According to domestic violence estimates, between 960,000 and 3 million adults are abused each year in the U.S. by someone they know and trust.

- Forty-seven percent of husbands who beat their wives do so three or more times per year.
- Eighty percent of the men in U.S. prisons were abused as children.
- In a national survey of more than 6,000 families in the U.S., 50 percent of the men who frequently assaulted their wives also frequently abused their children.
- Each day in the U.S., more



than three women are murdered by their husbands or boyfriends.

- Seventy percent of men in court-ordered treatment for domestic violence witnessed it as children.
- More than three children die each day in the U.S. as a result of child abuse in the home.

• Domestic violence is the single most common cause of injury to women – more common than auto accidents, muggings and rapes by a stranger combined.

• Medical expenses from domestic violence are about \$3 billion to \$5 billion annually, and businesses forfeit at least another \$1 billion in lost wages, sick leave, decreased productivity and absenteeism.

The Department of Defense established the Family Advocacy Program (FAP) in 1981 as part of the Fleet and Family Support Center. Navy FAP was realigned from the Bureau of Medicine to the Family Service Centers in 1997. Navy policy requires commands and service members to report suspected spouse abuse or domestic violence to the FAP.

Seeking help early makes a difference, before serious abuse occurs and command involvement is required. FAP offers a variety

of prevention and counseling services for Sailors and families who seek help early.

Navy FAP has a case process called "Families in Need of Services" (FINS). When a report of alleged abuse is FINS, there is minimal if any command involvement, voluntary recommendations are made to the family, and FAP involvement with the family is brief. Family problems that are identified early are more likely to be FINS.

Victim Advocacy: Every FAP provides victim assistance. FAP provides counsel and support to victims, including assistance with safety planning, seeking civilian and military protective orders, and access to safe houses/shelters. Designated FAP victim advocates are available at many installations.

The Navy Family Advocacy Program reported more than 196,000 contacts in 2002 – an

increase of 14 percent over the previous year.

Victims may be eligible for health benefits and up to three years of compensation under the Transitional Compensation Program if the service member is discharged from naval service in relation to abuse of a family member.

More Navy FAP information is available at www.persnet.navy.mil/pers66/fap.htm.

For confidential information and assistance regarding domestic violence services and resources in your community, call the National Domestic Violence Hotline at (800) 799-SAFE or (800) 787-3224 (TTY). English and Spanish.

You pay nothing to use the FAP or any of the other services offered at the center. They're your benefits – free for service members and their families.

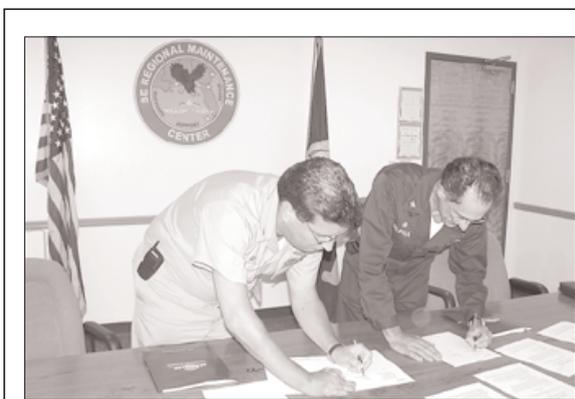


Photo by Beverly Taylor-Mack

Partnership signed

FISC Jacksonville has reached another milestone. On Oct. 2, Capt. Ed Naranjo (left), commanding officer, FISC Jacksonville, and Capt. Richard Burna (right), commanding officer, Supervisor of Shipbuilding (SUPSHIP) Jacksonville, signed a Memorandum of Agreement during a ceremony at Naval Station Mayport. The agreement realigns functions to reduce material management costs while maintaining or improving the level of support to SUPSHIP customers.

Christian Service Charities
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Focus on National Disability Awareness Month and computer/electronic program

From CNRSE HRO

President Bush proclaimed October 2003 as National Disability Awareness Month. The theme of this year's celebration is "Win with Ability."

Making the Federal government the model employer for people with disabilities has been a call to action from the previous and present administrations. For Department of the Navy (DoD) employees, the Department of Defense (DOD) Computer/Electronic Accommodating Program (CAP) serves the civilian workforce by providing a wide range of services for individuals with disabilities. If you are an employee in DoD, you can request CAP assistive technology and services.

The CAP's office purchases accommodations to make computer and telecommunications systems accessible to employees with disabilities, as

required by public laws; provides funding for sign language interpreters, readers, and personal assistants for employees attending training lasting two days or more; and provides expertise in solving accessibility problems through the use of software, hardware, and other assistive technology.

- CAP assists customers by:
- Purchasing assistive technology and services
 - Conducting needs assessments to identify appropriate assistive technology
 - Assisting in technology integration
 - Providing training on how to use assistive technology
 - Advising agencies about creating accessible electronic environments
 - Assisting in accommodating work-related injuries and supporting tele-work participants
 - Conducting presentations about

CAP services and other accessibility issues

The services offered by the CAP's office make DoD work environments more accessible to people with hearing, visual, dexterity, cognitive and communication impairments. DOD employees can go online to request services from the CAP office. Medical documentation may be required to document the existence of a medical condition. Additionally, supervisors are required to sign the employee's request for accommodations.

To obtain additional information on the CAP please contact Yvonne Burselson of the Commander Navy Region Southeast, Human Resources Department at 542-2284. Or you may visit the CAP website at www.tricare.osd.mil/cap or contact the CAP office directly at 703-681-8813 (voice) and (703) 681-0881 (TTY) or e-mail: cap@tma.osd.mil.



Photos by HM2 John Veres

Chief Executive Officer Northeast Florida Chapter, American Red Cross Charles Cramer and Stacey Coyne, the Chapter's Community Volunteer Coordinator present Hospital Volunteer Co-Chair Anne Owen and Hospital Volunteer Chair Helen Donahoe the "Over The Top" award. Left to right are Cramer, Owen, Donahoe and Coyne.

RED CROSS: Volunteers recognized for spirit of giving

From Page 1

Cramer, Boensel and Naval Hospital Jacksonville Commanding Officer Capt. John Sentell then honored some stellar volunteers, inaugurating a new award from the Red Cross.

The first recipient of the "Over The Top" award was Helen Donahoe, chair, Hospital Volunteers. Donahoe who has been a Red Cross Volunteer for 30 years and has contributed more than 14,000 hours, has been an inspiration for both her fellow Red Cross volunteers and for all the hospital staff and the thousands of patients and families she has dealt with over the years.

Donahoe said she was "overwhelmed" to be recognized with this award. She said, "I don't do this alone. We all work together." As to why she has done this for so many years she said, "When you reach out and help someone and see a smile on their face it just warms your heart."

Receiving the second "Over The Top" award was Anne Owen, co-chair, Hospital Volunteers, a



Capt. Mark Boensel, Naval Air Station Jacksonville commanding officer, expresses the gratitude of the United States Navy and NAS Jacksonville for the contributions of all the Red Cross volunteers.

four-year Red Cross volunteer. Other "Over The Top" recipients included Anthony Romano, Grace Brown, Gwen Baldwin, Nina Lammert and Bob Wheeler.

Following the awards presentation all the Red Cross volunteers were individually recognized for their contributions in order of years of service.

Recognized with 44 years of Red Cross volunteerism was Josephine Dombrowski, who works at the Naval Hospital Jacksonville Pharmacy.



Photos by Miriam S. Gallet

The new graduates are jubilant after receiving their baccalaureate degrees.

SIU: On-base campus graduates 135

From Page 1

Department. "It was very difficult having him be a full-time Sailor and college student. Joe is very committed to our family and to the Navy and I knew that this was the only way for us to accomplish our goals and dreams as a family, so I supported him 100 percent," she explained.

TMC Santana was poetic and grateful about earning his college degree. "This was the end to the beginning. I have accomplished a goal. It has been an extraordinary year. I was first selected as NAS Jax Sailor of the Year and then CNRSE Sailor of the Year. Then, I made chief and now my bachelor's degree. And I have my family to thank for all of it. They stood by me," remarked Santana. "I hope to continue my studies toward a master's and ultimately a Ph.D. in electronic systems. My achievements give my chil-



COMLANFTLT, CNRSE and NAS Jax Sailor of the Year and recently promoted TMC(SW/AW) Jose Santana participates in the traditional commencement recession.

dren something to focus on for the future."

NAS Jax Executive Officer Capt. Charles King, delivered the opening remarks, congratulated, and praised the graduates in achieving a monu-

mental milestone in their careers.

SIU Interim Chair, Health Care Professionals, College of Applied Science and Arts Dr. Charla Lautar delivered a thought provoking commencement address. "First, be committed to your family and friends. They need to know how important they are in your life. Rekindle the relationship. Second, be committed to a life of learning. Your education has not stopped here today. Third, be committed to the future. You are the future as you lead and support others in your life and the work place. You are the future as you volunteer your time to community events. If you are truly to be the future, you must be involved," she said.

The ceremony concluded with a benediction delivered by Chaplain Lt. j.g. Kurt Michaelis who asked God "to help them be worthy of the trust of our nation."

Commissary has new hours

The following are the NAS Jacksonville Commissary new shopping hours:

Monday to Saturday - Quick shop, 15 items or less 7-9 a.m. Regular shopping 9 a.m. to 8 p.m.

Sunday - Quick shop, 15 items or less 8-10 a.m.

Regular shopping 10 a.m. to 6 p.m.

For information, call 542-5311.

Tasty dishes



Photo by Kaylee LaRocque

Claudia Toro, Youth Activities Center assistant director dishes up some Hispanic cuisine for the children at the center last Thursday. The special meal was held in celebration of Hispanic American Heritage Month.

COMMUNITY CALENDAR

The Navy Wives Clubs of America, NWCA Jax No. 86 meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The Navy Wives Club's DID No. 300 meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The Navy Jacksonville Yacht Club general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

Christian Fellowship Night is held behind the Chapel in Building 749 from 6:30 - 9 p.m. every Tuesday night. For more information, call 542-3051.

The Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees extends an open invitation to all currently

employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The National Naval Officers Association (NNOA) holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombc.usmc.mil.

The Jacksonville Genealogical Society meeting will be held Saturday at 1:30 p.m. at the Webb-Wescott Library at 6887 103rd Street. For more information, call Mary Chaucey at 781-9300.

A one-day Boating Safety Program is being offered Oct. 18 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 and satisfies the Florida mandatory boater education requirement. To register, call Bob Strong at 721-1346.

VF-22 Korean War veterans will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact is Jack Bailey at 757-340-5922 or email charliesson@msn.com.

The annual **VP-24 Reunion** is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

VP-8 is holding a reunion Nov. 5-9 in Pensacola, Fla. For more information, call 733-5489 or email bbperry2@att.net.

ON THE GO WITH USO

From the USO

The USO has tickets on sale for this year's Jacksonville Fair at the downtown fairgrounds. The fair runs now through Oct. 26. Tickets are \$4 for adults and \$2 for children ages 6-12. A 20-ride coupon book is \$15. Ride-a-Thon wristbands are \$13. Coupons and tickets are good for any day the fair runs.

The fair is open Monday-Thursday from 5 - 11 p.m., Friday and Saturday from noon to 11 p.m., Sunday, Oct. 19 from noon to 10 p.m. and Sunday, Oct. 26 from 9 a.m. to 10 p.m. The fair is also open for Midnight Magic on Fridays at midnight.

For more information, call 542-3028 or check out www.jacksonvillefair.com/home.html.

Tickets go on sale at the USO for all home Jacksonville Jaguars games two Mondays prior to each home game for active duty. The cost of \$6 each.

A single active duty person may purchase two tickets taking a guest, and a married active duty person may purchase up to four tickets taking spouse and two children.

MWR NOTES

Closures at gym

The gym's half court will be closed from 6 p.m. Oct. 23 to noon on Oct. 27.

The steam room in the men's locker room at the base gym is closed for extensive repair work. A completion date has not yet been identified.

Mulligan's happenings

Mulligan's is hosting a weekly karaoke contest running now through Oct. 17 with a karaoke sing-off Oct. 24. Judges will be on hand to vote on vocal ability, stage presence, and audience applause. There will be lots of prizes and give-aways. Sign-ups will be from 5-7 p.m. tomorrow only.

Mulligan's is hosting its annual Halloween Party Oct. 31 from 5-11 p.m. Enjoy complimentary food and drink specials. There will be a costume contest, games, prizes and a lot more. For more details call 542-2936.

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The following are upcoming I.T.T. trips:

Nov. 1 - Mule Day: Head to Calvary, Ga. for Mule Day. The cost is only \$17.50.

Nov. 12-16 - Touring the Coast. This is a fantastic five-day adventure to Biloxi, Miss., New Orleans, La. and Pensacola. Included in this trip is transportation, tour escort, four-night in hotels, all breakfasts, two dinners, a night on the town in New Orleans, a guided city tour, and museum entrance. Space is limited. The cost is \$337 per person, based on double occupancy.

Nov. 29 - Orlando Shopping. Don't miss the after the Thanksgiving sales at the Millenia Mall and Premium outlet malls in Orlando for only \$15.

The new Entertainment books are in for \$20. Get yours now and use your coupons for over one year.

Don't miss Universal's Halloween Horror Nights, for the biggest and scariest Halloween party. Get your ticket for non-peak nights for \$30.50.

Golf Course tournament

The golf course staff is hosting their annual Nite Lite Golf Tournament on Oct. 29 from 6:30-9 p.m. The entry fee is \$30 per person and includes: nine holes of golf, nite lite material, and appetizers following play. There will be a prize purse and prize for the best costume. For more information, call 542-3249.

Bingo Palace

Get your favorite daubers, come and pick your lucky seat and let the games begin. The night Bingo schedule is Sunday, Monday, Tuesday and Thursday. Cards go on sale at 5:30 p.m. and warm-ups start at 6:30 p.m. Doors open for lunchtime Bingo at 10 a.m. and games start at 11:30 a.m.

Swimming activities

The indoor pool is available for family recreation and lap swimming Monday through Friday evenings from 4:30- 8 p.m. and Saturdays and Sundays from noon - 4 p.m.

Parents can work out with the Aqua Aerobics class from 5 - 6 p.m. on Monday, Wednesday, and Friday while the kids play.

The Adult Fitness Swim Club is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

Bowling leagues forming

Enjoy a little bowling fun at NAS Freedom Lanes for our Customer Appreciation Weekend Oct. 18 from 1 p.m.-midnight, and Oct. 19 from 1-5 p.m. Specials include: two games of bowling and shoe rental or three games for just \$5. Many great food specials will be available.

South Atlantic Regional Sports Bowling Tournament

The South Atlantic Regional Sports Bowling Tournament will be held at Naval Station Mayport, Oct. 18-19. NAS Jax will send two men's teams (active-duty only) and one women's team (active duty and dependents). Call the NAS Jax Bowling Center at 542-3493 for information on qualifying for this event.

Veterinary Treatment Facility October clinics

A Saturday clinic will be held Oct. 18 from 8 a.m. - noon. This is a walk-in vaccination clinic, no appointment is necessary. The next clinic will be Nov. 15.

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

To make appointments, call 542-3786.

Mulberry Cove Marina news

The Mulberry Cove Marina has many specials just in time for the upcoming holidays! We have:

Abu Garcia Ambassador Torno bait casting reel, \$107.
Abu Garcia Eon 3600 bait casting reel, \$82.
Abu Garcia Eon 5600 bait casting reel, \$82.
Berkley Power Bait, buy one get one free.

The marina has added new rental items to its outdoor recreation gear including: Turkey fryers, seafood cookers, 2004 Eureka four and six-man tents, headlamps, Escape Jazz paddleboats and Hobie pedal driven kayaks.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have fun too. For more information, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your pro-

fessional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O'Club happenings

An all hands Reef & Beef Buffet Dinner will be held the first Friday of each month from 6:30-9 p.m. at the O'Club. The buffet is only \$17 per person. Reservations are encouraged by calling 542-3041.

Liberty happenings

Join us each Wednesday for a karaoke and dance party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

14th annual Haunted Woods Challenge

Commands, squadrons and departments are encouraged to be a part of this year's Halloween program and are eligible to win money for their MWR funds. Your ideas can enhance this program. For more information call 778-9772

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

Recycling Center reminder

The Recycling Center welcomes everyone to drop off recyclables at the designated drop off area along Birmingham Avenue. We take corrugated cardboard, plastic (i.e., milk jugs, water bottles, plastic soda bottles, etc.), aluminum cans, and glass bottles. As a reminder, the recycling center does not accept motor oil, anti-freeze or other automotive fluids. These are accepted at the Auto Skills Center during normal hours of operation.

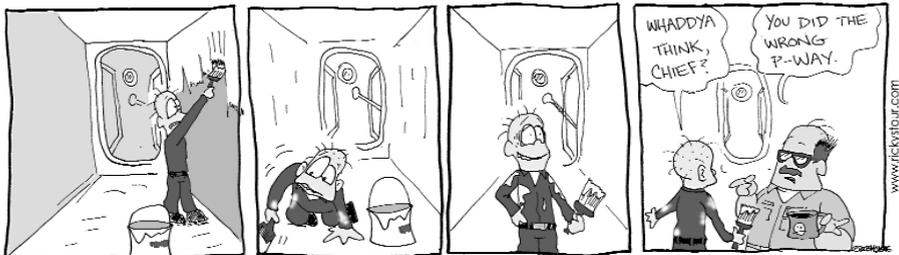
Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.
Oct. 17, 7 p.m. - Chinatown (R)
Oct. 18, 5 p.m. - Piglets Big Movie (G)
Oct. 18, 7 p.m. - Confessions of a Dangerous Mind (R)

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtk@nasjax.navy.mil.

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Drawings being held Free bass boat rental for one year

From the Mulberry Cove Marina

Win a free bass boat rental for one year!
Win daily fishing tackle and outdoor recreation gear giveaways!

For the month of October, Mulberry Cove Marina will visit various locations on NAS Jacksonville to thank everyone for their support this year.

On display will be the brand new Tracker Pro Team 175 bass boat generously donated by the NAS Jacksonville Commissary, Southeast Atlantic Beverages, and Cadbury Beverages/7Up.

Mulberry Cove Marina will hold daily drawings for valuable prizes ranging from fishing tackle to outdoor recreation gear. The marina will also take entries for the grand prize, one-year worth of free rental of the Tracker bass boat, a \$2,340 value!

Anyone who works on NAS Jacksonville can enter the daily drawings to win fishing tackle and outdoor recreation gear.

Only active duty military are eligible for the grand prize drawing.

Mulberry Cove Marina will be at the following locations to award prizes and show off the new Tracker Pro Team 175 boat:

Oct. 17, 11 a.m. - 1 p.m. - Liberty Cove Recreation Center, Yorktown Road

Oct. 22, 11 a.m. - 1 p.m. - NAS Jax Galley, Saratoga Road

Oct. 29, 11 a.m. - 1 p.m. - NAS Jax Galley, Saratoga Road

Oct. 31, 11 a.m. - 1 p.m. - I.T.T., Commissary Parking Lot

Nov. 5, 11 a.m. - 12:30 p.m. - Mulberry Cove Marina, Ranger Road

The grand prize drawing will be held Nov. 5 at 12:30 p.m. at the marina.

Please contact Mulberry Cove Marina, located at the end of Ranger Road, for more information at 542-3260.



Photo by Phil Collins

AEAN Jacob P Barrett, AIMD, was the winner on Oct. 13 of the Mulberry Cove Marina daily drawing - a Spider Tarantula fishing reel. The drawing was held in front of the NAS Jacksonville Galley and is part of a month long series of prize drawings at various locations throughout NAS Jax. All entries go on to the grand prize drawing on Nov. 5 for one-year free rental of the new bass boat donated by the NAS Jax Commissary.

SPORTS AND STANDINGS

Wrestling screenings

Screenings for the All-Navy Wrestling Team will be held Oct. 24 from 6-8 p.m. at the base gym. Call 542-2930/3239 for more information.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association,

or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3H 30M	Women 4H
Triathlon	Men 2H 30M	Women 3H
Triathlon time based on 1.5k swim, 10k run, 40k bike		

For more information about any of the sports articles, call 542-2930/3239.

7-on-7 Flag Football Standings

As of Oct. 9

Team	Wins	Losses
VR-58	6	1
Security & Weaps	5	0
AIMD	5	2
VP-16	3	4
VS-30	3	5
VS-24	1	3
Dental	0	8

Intramural Softball Standings

As of Oct. 9

Team	Wins	Losses
VP-30	7	0
NAMTRAU	6	0
VS-30	6	1
VP-16 Red	6	1
VP-5	7	2

VS-24	2	2
IAir Ops	4	3
HITRON 10	4	5
VP-16 White	3	5
VP-62	2	4
AIMD SE	2	6
SERCC	1	5
TPU	1	8
VS-22	0	9

Open Softball Standings

As of Oct. 9

Team	Wins	Losses
F.O.B.'S	7	2
Beanie Boys	7	2
NAMTRAU	6	3
VP-16	4	4
Jax Chiefs	1	7
Onsite Aviation	1	8

In Gear

A weekly look at the automotive market



Dan Scanlan/special

Saturn ION buyers can customize their cars with contrasting roof sill inserts, such as silver on the silver-blue test ION 3 vehicle.

Beginning new era

Saturn replaces S models with ION

By Dan Scanlan
Times-Union staff writer

In the beginning, and we mean back in 1990, there was the Saturn S.

The S was the first product from General Motor's innovative new company, and included SC models, which stood for "Small Coupe," as well as sedan and station wagon versions. There was even an SC2, which really had three doors.

By 2000, the small cars had undergone some major restyles, while Saturn also offered larger LS/LW models, which could stand for "Larger Sedan" or "Larger Wagon," I guess. But some felt the company founded to be different had become a bit humdrum, despite owner loyalty to its trademark thermoplastic, dent-free skin and no-haggle pricing.

To change that, Saturn evolved, redesigning its LS/LW product with a more dramatic nose, and offering its innovative VUE sport-utility vehicle. Now Saturn has scrapped the S model that began it all, and introduced the compact front-wheel-drive ION four-door sedan and a Quad Coupe version with more room inside, a new engine and enhanced ride.

Saturn says the ION will compete in a small-car segment that accounts for sales of more than 2 million units per year, about 30 percent of whom will go to first-time new vehicle buyers. So the ION is recognizably Saturn, at least from the front, although it gains some character and loses some of the rounded look of the (more than 2 million) first- and second-generation S-Series small cars introduced as 1991 models.

Saturn says the ION offers a "refined, sophisticated, contemporary look." So instead of the grille-less nose that the S started with 13 years ago is a slim air grille capped with a chrome and body-colored panel is flanked by expressively slim headlights. The slightly grinning front bumper gets some tension in the angled lines top and bottom, while a narrow lower air intake gets integrated turn signals.

The trademark polymer side panels remain, albeit with a more restrained version of the previous S model's almost trademark upswept "swoosh" body-side styling element. But we noticed the slashes didn't line up on the passenger doors and front fender.

The ION's roof line is a few inches taller than the S model, and swoops up and back to a high tail, the exterior roof-rail receiving a distinctive alternating color, an option for owners.

The eight-spoke alloy wheels, with contrasting center caps, wear Firestone Firehawk GTA P205/55R16-inch rubber. And if you don't want four front-hinged doors, Saturn offers this car in a Quad coupe design that offers two regular front doors coupled with a pair of rear-hinged dual rear-access doors, similar to the upcoming Mazda RX-8.

Inside our ION 3, the first thing that draws the driver's eyes is the center-mounted gauge cluster, which looks similar to the one seen on Toyota's sub-compact Echo, but with more information

BEHIND THE WHEEL



Dan Scanlan/special

A center-mounted gauge package dominates the Saturn ION interior.

thanks to a 120-mph speedometer, 8,000-rpm tach, temperature and gas gauge.

Angled toward the driver under a rounded hard plastic cowl, Saturn claims it is easier to see since it is on the same horizontal sight line as the side-view mirrors and also allows the driver to set the steering wheel without having to make sure he or she can see the instruments. Some found it a bit hard to get used to, while others agreed with Saturn's theory that the steering wheel doesn't block any of it. Still, credit to Saturn to offer automatic headlight control, which turns them on when you switch on the windshield wipers. We also had a standard auto-dim rear-view mirror with integrated compass and outside temperature display.

Below the center gauge package lies a stereo/air-conditioning control panel that looks like a robot's face, with omnidirectional vents for the eyes, the six-speaker AM-FM-CD-cassette deck for the nose, and the simple three-dial a/c system for the mouth, all housed in a dark gray panel in between a lighter gray pebbled plastic fascia in front of the driver and passenger. One nice touch—a cellular telephone-sized padded slot to the steering wheel's left.

The tilt-adjustable steering wheel is small, with a round center air bag and cruise controls on the twin spokes. The flat cloth bucket seats are covered with a muted geometric pattern, the driver's getting manual height adjustment, but both lacking side or back support. The center console has a deep center storage area under a thinly padded armrest, which slides fore and aft for comfort. Twin cup holders are molded in ahead of

the gear shift. But we noticed the center console shifted a bit when we leaned on the armrest and the plastic panels that formed the base of the dash ahead of the cup holders also moved, as if they weren't screwed in tight. The dome light was poorly fitted as well.

Access to the back seats was good via wide-opening doors, and once there, two adults will have adequate head and leg room. The rear seats split and fold easily, accessing the largest trunks in their class, Saturn says. But we found the seat backs sometimes didn't latch, and the only seat-back releases are tucked in the trunk, easy to get to.

Under the hood of our 6,700-mile-old test car beat a new aluminum Ecotec 2.2-liter in-line four-cylinder, 16-valve, DOHC engine. Also offered in the Saturn VUE and L-Series, it has hydraulic motor mounts and dual balance shafts, while a thicker windshield helps buffer more engine noise. The 140-horsepower engine can be had with a five-speed manual; a VTI continuously variable transmission; or our test car's five-speed automatic, also used in GM's Opel and Saab models. In our case, tapping the gas pedal brought 60 mph in an average 10.4 seconds with a slight engine snarl and clean shifts.

IONs are the first products built on GM's new Delta small-car platform, which will see use in domestic and European model cars as well. So I am glad to report better noise, vibration and harshness control and a stiffer structure that made the car feel close to its import competition on most roads, and free of squeaks or harsh rebound over rougher ones. The variable-ratio electric power steering, coupled to the smaller diame-

ter steering wheel, had a very direct feel at all road speeds, but also felt a bit artificial, with a bit of a dead zone in the center. That said, the car has a very tight turning radius, making it nimble in parking maneuvers, with an almost sporty feel in turns with good traction. The front disc/rear drum brake pedal had a direct feel and offered decent stops, controllable up to lock-up since our test car had no ABS, with average stopping distances.

Our Saturn ION 3 had a base price of \$15,910, with standard automatic transmission, alloy wheels, a/c, remote keyless entry with alarm, power windows/door locks/mirrors, cruise control, AM-FM-CD-stereo and daytime running lights. Options were limited to a \$290 advanced stereo system and \$80 floor mats, for a manufacturer's suggested retail price of \$16,765. A Toyota Corolla S starts at about \$15,000, with a 130-hp engine, while a loaded 130-hp Ford Focus ZX5 is just under \$20,000.

Overall, the new Saturn ION 3 has a touch of import feel with an edgy new shape and a decent engine, but a bit too much hard plastic in the interior. The new Delta platform shows a lot of promise, offering decent room inside. But there are some who may want an import in this class because they feel more like an import, although the Saturn price with content was nice.

Florida Times-Union staff writer Dan Scanlan test-drives new vehicles on Northeast Florida's roads, averaging about 200 miles of combined highway and city traffic during a weeklong test. The test vehicles are provided by the manufacturer according to their schedule, and represent a broad spectrum of sizes and prices. The prices listed are manufacturer's suggested retail prices.

2004 SATURN ION 3 Specifications:

Vehicle type	4-door, 5-passenger compact sedan
Base price	\$15,910 (As driven - \$17,015)
Engine type	DOHC, 16-valve inline four cylinder
Displacement	2.2-liter
Horsepower (net)	140 hp at 5,800 rpm
Torque (lb-ft)	145 at 4,400 rpm
Transmission	5-speed automatic
Wheelbase	103.2 in.
Overall length	184.5 in.
Overall width	67.2 in.
Height	57.4 in.
Front headroom	40 in.
Front legroom	42.2 in.
Rear headroom	37 in.
Rear legroom	33.3 in.
Cargo capacity	14.7 cubic feet
Curb weight	2,766 pounds
Fuel capacity	13.5 gallons
Mileage rating	24 mpg city/ 32 mpg highway
Last word	Some innovations, and overall nice