

First Look

Major promotions

The Air Force selected two officers from Lajes for promotion to major Thursday.

The promotion board chose Capt. James Palmer, 65th Civil Engineer Squadron and Capt. Tammy Pokorney, 65th Medical Operations Squadron, for the field-grade officer advancement.

The board for major promotions convened at Randolph AFB, Texas, Dec. 8.

For more details about the promotions, visit www.af.mil/news/story.asp?storyID=123007097.

Flight change

The Patriot Express will stop flying to Atlanta, Kuwait City, Kuwait and Rhein Main AB, Germany May 1. Following its Lajes stop, the L-1011 will fly to Royal Air Force Lakenheath, England. Lakenheath is about two hours north of London. When returning to the US, the flight terminates in Baltimore. For more information, call the passenger terminal here at 2-7039.

Combat Pride Day

Combat Pride Day is Monday. "It takes everyone's effort to keep our base litter-free and looking its best," said Col. Barbara Jacobi, 65th Air Base Wing commander.

Circus in town

"Ruben's Circus" will perform in Angra March 5-8. Performance times are 9:45 p.m. each night and also at 4:30 p.m. Saturday and Sunday. The circus is playing in the parking lot adjacent to Angra's bullring. Tickets can be purchased at the door two hours prior to each show.

Preflight

- Days since last DUI 33
- DUIs since Jan. 1 One
- Current AEF Silver (5&6)
- Current FPCON Alpha
- Strong Patriot March 12
- Guest DJ: MSgt. Donna Maler
- Combat Nighthawk: Capts. Matthew Franke and Carol West; and Master Sgts. Vincent Petroff and Danny Nelson (CS)

Fitness Soundtrack

The listening room inside the ears of those getting in shape here. Page 10



... and here are your keys



Joan Wilson, military family housing manager watches as Col. Barbara Jacobi, 65th Air Base Wing commander, hands a key to a renovated Beira Mar house to Staff Sgt. Doug Lamica, 65th Operations Support Squadron Tuesday. Lamica received the first home following completion of a \$1.1 million upgrade to 64 two-bedroom housing units. The renovations included new kitchen cabinets, granite kitchen counter tops, ceramic floor tiles and a bathroom upgrade. (Photo by Guido Melo)

Riding the cycles

New power provider clicks on Sept. 18

by Tech. Sgt. Jason Tudor
NCOIC of Public Affairs

The way Lajes Field receives its electrical power undergoes a change in September when the base switches from energy generated by an on-base power plant to that produced off base by the local power company.

In a move that major command officials said could save Lajes \$1.6 million each year, the 65th Air Base Wing signed a contract with *Electricidade e dos Açores* Sept. 20, 2001. The switch is expected to cost the wing about \$7 million with almost \$6.2 million of that offset with help from U.S. Air Force productivity investment fund program.

Power currently supplied by the base power plant runs at 110 volts and 60 cycles per second. Power produced by the local utility company will run at 110 volts and 50 cycles for most facilities including family housing and the dormitories. What does this mean to residents? Capt. Kevin Golart, who's leading the power conversion effort, said the impact will be minimal but some clocks and motors might run slower. Residents would notice the change when they try to keep time on some makes and models of alarm clocks.

In general, electric motors, he said, run 17 percent slower on 50 cycle, or 50-Hertz power.

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Doctor Moira Waterbury, Professor of the University of Oklahoma, teaches a seminar at the base chapel entitled, "Ethical Principles for Professionals," based on the lessons of Gandhi, 26 Feb, as part of Combat Education. (Photo by Staff Sgt. Michelle Michaud)

Ed. program provides students wider access

by Dr. Mica Wells
Special to
USAFE News Service

RAMSTEIN AIR BASE, Germany — Combat Education focuses on providing wider access to classes through flexible scheduling and ensuring customer satisfaction. U.S. Air Forces in Europe Commander, Gen. Robert H. "Doc" Foglesong, initiated Combat Education to remove barriers preventing airmen from pursuing advanced education.

Educational benefits are one of many reasons people join the military. Yet, once on active duty, many servicemembers become focused on the Air Force mission and put off the achievement of their educational goals.

Lajes plays host to four schools on base: Central Texas College, University of Maryland, University of Oklahoma and Embry-Riddle Aeronautical University.

Between them, better than 22 undergraduate and three graduate degree programs are

Lajes programs

Lajes plays host to four schools on base: Central Texas College, University of Maryland, University of Oklahoma and Embry-Riddle Aeronautical University. Between them, better than 22 undergraduate and three graduate degree programs are offered over five terms per school year.

On-site courses run eight weeks while distance learning classes run 16 weeks.

Many general education and technical courses offered by the schools can be applied toward an Associate of Applied Science degree from the Community College of the Air Force. One of the top technical schools in the country, CCAF, provides an avenue for

enlisted members to obtain college credit from Air Force training and job experience which can be applied to a regionally accredited technical associate's degree in their career field.

The advent of distance learning has opened educational opportunities to many who previously were excluded due to heavy deployment or erratic work schedules. Degrees and certifications can be completed in almost any area by correspondence or via the Internet. Some schools have set term dates. For others, the member can enroll at any time and have up to a year to complete a course.

Senior Airman Johnny Smith of AIRNORTH said "Distance Learning has given me the opportunity to continuously pursue my bachelor's degree no matter where I may be stationed. Even though I have (relocated) to Ramstein, I am able to continue advancing in my studies without switching universities. This is a big help because I don't have to worry about credit transfers and changes in degree plans."

In Focus Notes

Vols needed

Organizers of an upcoming Project CHEER softball tournament March 15 need volunteers to help with shopping, cooking, keeping score and more. To help, call Master Sgt. Karl Schneider at 2-6318.

Weekend CHEER

The following are events taking place this week under the Project CHEER umbrella:

Today

5K Fun Run: fitness center, 10:45 a.m. Run starts at 11 a.m.

Dance Night: Top of the Rock club with DJ Pun; lounge opens at 5 p.m. while Pun plays from 9 a.m.-4 a.m. Saturday.

Saturday

Dolphin watching: 8-11 a.m. Sign up at Bldg. T-319 or call 2-4140. Cost is \$45 per person.

Chapel singles: chapel, 7 p.m.. Call Senior Airman Beth Turner at 2-3606 for more.

Country Night: TORC from 9 a.m.-1:30 a.m. Sunday.

Latin Night: TORC ballroom, 9 a.m.-4 a.m. Sunday with DJ Pun.

Sunday

"Harry" fun: Armed Forces Entertainment show "A Little Touch of Harry," at Community Activities Center, 3 p.m.; Two-person show is an adaptation of Shakespeare's play "Henry V."

Open Volleyball: fitness center, 3-5 p.m.

NASCAR: TORC lounge from 4-10 p.m. Watch the NASCAR race on the big screens.

Wing unveils annual award recipients

Ten take honors at awards banquet Feb. 27

Crossroads staff

With better than 200 people in attendance and U.S. European Command's top enlisted person speaking, the 65th Air Base Wing named its annual award winners Feb. 26 at the Top of the Rock club.

Ten people won awards in a variety of categories. They included:

Airman Staff Sgt. **Daniel B. Magas**, 65th Security Forces Squadron.
NCO: Tech. Sgt. **Shawn L. Drinkard**,

65th SFS.

Senior NCO: Senior Master Sgt. **Eliza L. Peters**, 65th Communications Squadron.

Company Grade Officer: Capt. **Kevin L. Parker**, 65th Civil Engineer Squadron.

Category I Local National: **Madelena Lima**, 65th Medical Support Squadron.

Category I U.S.: **Nicole A. Melorango**, 65th CES.

Category II Local National: **Filomena Silva**, 65th MDSS.

Category II U.S.: **Dean Fazzio**, 65th Medical Operations Squadron.

Honor Guard Airman: Senior Airmen **Dale R. Boone**, 65th CES.

Honor Guard NCO: Staff Sgt. **Jessica T. Dunn**, 65th MDSS.

Dunn, 65th MDSS.

Marine Sgt. Maj. John Mersino, senior enlisted adviser for EUCOM spoke about what he called "personal maturity education" and a wide variety of other topics.

Captain Parker described the award as "an honor" and said the banquet was top notch.

"I appreciate my supervisors recognizing some of the hard work that's taken place in the year," he said.

Four of the award recipients — Sergeants Drinkard, Magas and Peters are now nominees for the Air Force's 12 Outstanding Airmen of the Year. The other recipients will compete at major command-level for other awards.

At Their Best

March promos

The Air Force is promoting the following people in March:

To senior master sergeant: **Steven L. Thomas**, 65th Civil Engineer Squadron.

To master sergeant: **James D. Jaschob**, 65th Communications Squadron.

To technical sergeant: **Charles W. Morris**, 729th Air Mobility Squadron.

To staff sergeant: **Chad M. Chaussy**, 729th AMS; **Luz Delannoy**, 65th Logistics Readiness Squadron; **Eric Figueroa**, 729th AMS; **Clifton D. Hall**, 729th AMS; **Joseph J. Nix**, 65th CES; **Heather A. Turner**, 65th Medical Operations Squadron; and **Jerrell N. Wright**, 65th Communications Squadron.

To senior airman: **Joshua P. Allen**, 65th LRS; and **Michael C. Carr**, 65th CS.

To airman first class: **Ryan K. Spear**, Det. 6, Air Force News Agency; and **Christopher R. Brewer**, Det. 6.

Eagle over the Himalayas



OVER INDIA — An F-15 Eagle and an Indian air force Mirage 2000 fly together over the Himalayas during Cope India '04, the first dissimilar air combat training exercise between the two air forces in more than 40 years. The 10-day exercise ended Feb 25. (Courtesy photo)

Students: Sheppard AFB provides safe training

Air Force Print News

RANDOLPH AIR FORCE BASE, Texas — The preliminary findings of a special review team sent to Sheppard Air Force Base, Texas, to examine reports of sexual assaults indicate students feel the base provides a safe training, working and living environment.

Gen. Donald G. Cook, commander of Air Education and Training Command, released the summary of the AETC Special Review Team's findings Feb. 26. This was less than a week after the team returned to the headquarters here following an examination of alleged increased sexual assaults at the north Texas base.

The review team examined the

environment and the existing sexual-assault reporting processes at Sheppard; reviewed reported sexual-assault cases to confirm they were handled appropriately; determined if there were unreported sexual-assault cases; and examined the effectiveness of the Victim Witness Assistance Program.

The team, led by Col. K.C. McClain, AETC deputy director of operations for technical training, interviewed more than 1,000 people at the base. The people interviewed included a random sample of students, commanders, senior enlisted leaders and experts such as the chaplain, medical staff and family support center professionals.

LOOK SHARP!

The Air Force's new fitness uniform includes shorts, a shirt and a running suit, according to the service's uniform board.

The board expects the uniform to be ready by October. Airmen will be required to have at least one set each of the uniform components.

The shirt and shorts are projected to cost \$25 while the running suit could cost \$100.

The first outfit is free for enlisted Airmen. Officers will pay for it.



Command changes

Azorean Air Zone reins switch hands

Crossroads staff

Portuguese airmen stationed within the Azorean region will see a change of command Tuesday.

Portuguese Maj. Gen. (Pilot Aviator) Jorge Manuel Antunes de Andrade will retire from service on the same day Maj. Gen. (Pilot Aviator) Antonio Carlos Mimoso e Carvalho takes the reins of Headquarters Azorean Air Zone.

General Andrade was born in Santo Idefonso, council & district of Porto, Portugal March 11, 1945. He entered the Air Force in October 1967. In 1970 he entered the Military Academy as a pilot aviator candidate and graduated with a degree in Military Sciences-Aeronautical Pilotage. The general has flown the North American T-6 Texan, the Cessna T-37 Tweet, the Dornier DO-27, the Cessna FTB-337G Skymaster, the Casa C-212 Aviocar and the Lockheed C-130H Hercules aircraft. He was assigned to Air Base 7, São Jacinto in 1967; Air Base 12, Guiné Bissau in 1974; Air Base 3, Tancos in 1974; Air Base 4, Açores in 1979 and Air Base 6, Montijo in 1982, which he later came to command in 1999.

General Andrade was then assigned to the Operation Command of the Portuguese Air Force where he was in charge of the operations and intelligence divisions. He has also been a sub-director in the personnel command and, subsequently, director of the directorate of personnel for the Air Force, a post that he left to become Comandante of the Air Zone of the Azores. From 1992 to 1995, the general was assigned to Supreme Headquarters Allied Powers Europe—Kalkar.

In addition to his degree and various training and qualification courses, General Andrade has completed the General and Superior Aerial War Courses.

The general has been honored with ten com-



General Andrade

Schedule of events

10 a.m. - Event begins
10:10 a.m. - Assumption of command
10:15 a.m. - Military honors to General Andrade
11 a.m. - Arrival of Portuguese AF chief of staff
11:10 a.m. - Presentation of colors
11:20 a.m. - Reading of the orders
11:25 a.m. - Change of command
11:35 a.m. - Speech by General Mimoso e Carvalho
11:50 a.m. - Speech by the Portuguese AF chief of staff
12:05 p.m. - Parade and flyover
12:25 p.m. - Ceremony ends

mendations. He is also the recipient of the Silver Medal and Gold Medal of Exceptional Command, the Medal of Military Merit, 2nd & 3rd Classes, two Silver Medals of Distinguished Service and a Gold Medal of Distinguished Service (collective).

About General Mimoso e Carvalho

General Mimoso e Carvalho was born in Lisbon in January 1953. He was promoted to his current rank in September 2002.

He entered the Portuguese Air Force in 1972 as a volunteer for officer pilot training, which he accomplished in the Harvard T-6 aircraft. Between 1973 and 1974, as a second lieutenant he was an instructor pilot at the basic pilot instruction squadron in Aveiro, Portugal.

In 1976, as a first lieutenant, he completed the senior course in military science and aeronautics at the Portuguese Military Academy, thereby becoming part of the permanent list of pilot aviators. Next he completed training on the Fouga Magister aircraft in the "Air School" in France and the complementary combat aircraft course in the T-33 aircraft at Air Base No. 5 in Monte Real, Portugal.

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POWER, from Page 1

Some appliances and gadgets may not be compatible with the change to local power, he said. These include various brands and models of clocks, 60 cycle uninterruptible power supplies, some fluorescent lighting and some microwave ovens.

Captain Golart said Lajes will not be in a unique position. About 680 people living off base use 50-Hertz power. "Similarly," he said, "anyone stationed at another USAFE base almost certainly used 50 Hertz power and could share the experience with their friends and neighbors here at Lajes."

Infrastructure across the wing

Check the sticker ...

Appliances and electronic devices are sold with a nameplate sticker. This sticker will indicate the required input power. Appliances labeled "50 Hz" or "50/60 Hz" will operate on 50 Hertz power. Appliances labeled "60 Hz" may or may not work. The 65th Civil Engineering and Communications Squadrons can address any additional questions people may have. For more information, call Captain Golart at 2-6823.

is also changing. Some compressors and mechanical systems must be upgraded before the September deadline. Simultaneously, the EDA is building a direct transmission line to Lajes to ensure a high quality supply of power.

Meanwhile, work centers across the wing have been given marching orders to ensure their electronics will function when the change comes. Representatives have been asked to ensure their functionally unique tools and equipment will meet the

Commission focuses on military value

by Army Sgt. 1st Class Doug Sample
American Forces Press Service

WASHINGTON — Military value will be the focus for the final selection criteria to be used in the 2005 round of base realignment and closures.

That value represents the ability of the installation to contribute to DoD future mission capabilities and operational readiness, said Philip Grone, principal assistant deputy undersecretary of defense for installations and environment, in an interview with American Forces Radio and Television Service Feb. 26. In fact, four of the eight guiding principles are centered on military value.

The final selection criteria are also based on factors such as potential costs and savings, community support and environmental considerations, Grone said. However, he added, "ultimately, the secretary must base his recommendations principally on how it contributes to our current and future mission capabilities, how it contributes to military value, how it supports the force."

The selection criteria for the upcoming BRAC round were finalized and published Feb. 12 in the Federal Register, a publication that fulfills the legal requirements to publish items such as proposed rules and notices, among other documents, for public comment.

Grone said Secretary of Defense Donald Rumsfeld approved the final selection criteria after an earlier public comment period for the draft version. The BRAC timetable also called for sending the draft and final criteria to defense congressional committees. Congress has 30 days to carry out any disapproval action on the criteria.

More review work continues in coming months on items such as a force structure plan and infrastructure inventory. The secretary makes final recommendations on base realignment and closures to an independent commission in May 2005.

standard. If not, Captain Golart said, affected electronics will need to be replaced.

He added that the base will retain its power plant and in the event of scheduled outages, the base plant would come online so there would be no loss of power to work centers and homes.

Lt. Col. Dave Reynolds, 65th Mission Support Group deputy commander said the preparation and eventual switch should be nearly seamless to the base populace.

"This is a great partnership with the local utility," the colonel said. "Facility voltage will not change. Reliability will not change. Power quality will not change."

Fifty years of service



Helio Costa, 65th Comptroller Flight, accepts a commemorative plaque Wednesday from Col. Barbara Jacobi, 65th Air Base Wing commander, as Sr. Costa's wife, Lorena, watches. Sr. Costa has worked at Lajes for 50 years. He started his service as a clerk with what is now the 65th Logistics Readiness Squadron. The construction of Upper-T housing (now torn down) had just begun and the sub-unified command U.S. Forces Azores was being created. He eventually moved to the finance office, where officials say he has paid out more than 600 million Euros and escudos during his tenure. (Photo by Guido Melo)

Officials introduce war on terror medals

Air Force Print News

WASHINGTON — Servicemembers serving at home and abroad in the war on terrorism will now be recognized for that service. Department of Defense officials announced Feb. 26 the final approval of two new medals and their criteria.

Individuals who have deployed for operations Enduring Freedom or Iraqi Freedom will be awarded the Global War on Terrorism Expeditionary Medal. The Global War on Terrorism Service Medal will be awarded to those who served in airport security operations in the United States following the Sept. 11, 2001, attacks or who supported operations Enduring Freedom, Noble Eagle or Iraqi Freedom.

The front of the Global War in Terrorism Expeditionary Medal features a shield adapted from the Great Seal of the United States. The back includes the eagle, serpent and swords from the medal's front-side design along with the inscription "War on Terrorism Expeditionary Medal."

"These medals recognize the significant contributions members of the armed forces bring to bear in combating terrorism in all forms throughout the world — for both current and future operations," stated a DOD news release.

Individuals can receive both medals if they meet the individual criteria, officials said.

Portal power pushes forward

Secretary, chief of staff invite Airmen to sign on as soon as possible

**by Staff Sgt. C. Todd Lopez
Air Force Print News**

WASHINGTON — Air Force senior leaders have asked that all Airmen sign up for a new Web-based technology that promises to streamline access to information across the force — the Air Force Portal.

In a December information technology initiatives memo, Secretary of the Air Force Dr. James G. Roche and Chief of Staff of the Air Force Gen. John P. Jumper asked that all Airmen sign up for an Air Force Portal account as soon as possible.

"The Air Force Portal will be the airman's interface to all services and information needed to perform his or her job," the memo stated.

Airmen may register for access to the portal by logging onto the Web site at <https://www.my.af.mil> and clicking on the self-registration link. The registration process is self-guided.

The portal is a Web-based system developed to incorporate as many Air Force information applications as possible. The result of such an integration is that systems such as the virtual military personnel flight or functional area applications, such as a munitions ordering or parts

Signing Up

USAFE directed all Airmen to sign up before the end of April. New users can go to this address to sign up:

<https://www.my.af.mil>

Click on the "self-registration" link. Tutorials are available.

tracking system, would all be accessible from one Web site, said Lt. Col Dan Hausauer, portal integration division chief.

"The long-term vision is that the majority of applications and content will come through the Air Force Portal," Colonel Hausauer said. "Today there are hundreds of applications that are either accessible through the portal or are actually within the framework of the portal. In fact, the portal has the capability right now to house applications or to link to them on their current

environment, wherever they are."

The key benefit to such an integration is the idea of a single user login. Once a user logs in, the portal itself authenticates a user into the application. This means that with each new application integrated into the portal, users will have one less Web address, login name and password to remember, Colonel Hausauer said.

"You can log into the portal with a single user name and password, and from there, these users can get to their applications without having to reauthenticate," Colonel Hausauer said. "Some users within the logistics community have told me that in the past they've had (more than) 50 user names and password combinations, and now they need only one."

The logistics community has done the most to integrate their applications into the portal and to integrate the system into their own processes, Colonel Hausauer said. Besides logistics applications, other applications such as myPay and LeaveWeb are soon to follow.

A recent change to the portal makes it even easier for users to get access. Now, users can access the system from any Internet-connected

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Policy changes civilian pay

Air Force Print News

RANDOLPH AIR FORCE BASE, Texas — The 2004 National Defense Authorization Act put in to motion changes to civilian pay, overtime and leave.

The legislation also launched the National Security Personnel System, the biggest overhaul of the government's civilian personnel system in decades.

Defense Secretary Donald H. Rumsfeld called the changes "transformational." President

George Bush agreed.

"This bill also advances the vital work of transforming the personnel system for civilian defense workers so we can put the right person in the right job to meet the challenges we face," Secretary Rumsfeld said.

Changes include:

— National Security Personnel System: The secretary of defense and the director of the Office of Personnel Management now have the authority to establish a new human resources management

system. This includes a new labor relations system for Department of Defense employees. The act also provides the secretary of defense with the authority to establish separation and retirement incentives and additional staffing flexibilities. For more information on NSPS, go to <http://www.cpms.osd.mil/nsps/index.html>.

— Modification of the overtime hourly pay cap: The act modifies the hourly overtime pay cap for certain federal employees who are exempt from (not covered

by) the overtime pay provisions of the Fair Labor Standards Act. For FLSA-exempt employees entitled to receive overtime pay, the hourly rate of overtime pay is either the greater of one and one-half times the minimum hourly rate of basic pay for GS-10 or the employee's own hourly rate of basic pay. These include any applicable special salary rate, locality rate of pay, or special pay adjustment for law enforcement officers. The OPM is amending its regulations to reflect this new provision in the near fu-

CHANGE, from Page 4

In 1978, he began his operational pilot career in the Fiat G-91 aircraft at Attack Squadron 301, the Jaguars, headquartered at Air Base No. 6 in Montijo, Portugal. He carried out many duties at his unit in addition to his flying activities, primarily in the areas of logistics, flight safety, standardization/evaluation, and as the operations officer. He was promoted to the rank of captain in 1980. He headed the office of accident prevention at Air Base No. 6 in 1983 and 1984. In 1985, after completing the Air War General Course he took command of the squadron, having been promoted to the rank of major in the final month of that year.

In 1988, upon relinquishing command of Squadron 301, for a period of three years he was

appointed to the post of plans officer for the plans and programs division at the NATO Airborne Early Warning Command in Mons, Belgium. In 1989 he was promoted to the rank of lieutenant colonel.

In 1991, General Mimoso e Carvalho was assigned to the Operations Command of the Air Force as the data/systems information administrator in the operations area and chief of the accident prevention office. He was also responsible for the personnel and logistics department and for the management of the System for Inspection and Control of Fishing Activities-Aerial Component.

In 1994 he fulfilled the duties of vice commander of the Air Base in Beja, Portugal as well as commander of the operations group. He qualified on the Alpha Jet aircraft and carried out these

duties until July 1996, at which time he was appointed deputy director of the training directorate. That same year he was promoted to the rank of colonel.

In 1998 he was appointed director of leadership courses at the general staff level, general air warfare and command basic, at the Air Force Institute of Higher Studies in Sintra, Portugal. He carried out these duties until 2000, the date of his selection to be commander of Air Base No. 1, also in Sintra.

He attended the Senior Air War Course during the school year 2001-02, after which he was named director of training of the Portuguese Air Force and a representative of the Air Force chief of staff for military-technical cooperation, duties that he fulfilled up until his current appointment as commander of the Azores Air Zone.

Cheer up!



The Falcons Cheerleading squad performs at the Division III Basketball Championship competition at Royal Air Force Alconbury, England Feb. 14. The Lajes team came away with second place. Naval Air Station Rota, Spain took first place. Officials judged cheerleaders Chelsey Denesha, Caitlin Kirkpatrick, Marlei Martinez, Becka Perkins, Jackie Samberg, Lindsay Stamper and Courtney Wilson on sideline and halftime performances and a three minute two-part dance/cheer routine. (Courtesy Photo)

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computer at home, at work or on the road, Colonel Hausauer said.

When users are on temporary duty, the portal makes it easy to stay in contact with co-workers at their permanent duty stations in real-time. The portal now includes an instant messaging system similar to those found on the dot-com side of the Internet. The Air Force Instant Messenger was used most recently during operations in Southwest Asia, Colonel Hausauer said.

"When the war kicked off, a lot of people on the front lines had difficulty getting to phone lines," Colonel Hausauer said. "People with network connectivity were using AFIM to do their job, like ordering mission-essential parts for aircraft or 'IMing' back to their home station in the United States to ask for assistance."

During those operations, AFIM had been set up to interface with commercial messaging systems so deployed airmen could communicate with friends and family on their "buddy lists." That capability has been temporarily disabled, but Colonel Hausauer said it would return following a security review.

For every application that has already been assimilated into the portal framework, there may be

many others that have not, Colonel Hausauer said. One way to expedite their integration is for those most familiar with those systems to speak up, and ask for them to be incorporated into the portal.

"A challenge for us is to get owners to come to us with their applications and to work with us to integrate them into the portal," Colonel Hausauer said. "We can make our security layer work for them, plus give them the benefit of the single user login. We also look to users to insist upon having the applications they use brought to the portal. Users need to ask their (leaders) if they can make that happen."

Besides providing an integrated interface to existing Air Force applications, the portal provides functionality of its own. The portal includes a "white pages" section that lists everybody in the Air Force. It includes personalization features that let users adjust the presentation to suit their needs. The system even allows users to upload favorites from their desktop computers, so those frequently used Web addresses are available from anywhere in the world.

As more systems are brought into the portal, the Air Force moves closer to its overall vision for a Net-centric force.

Safety: are you living on the edge?

by Col. Barbara Jacobi
65th Air Base Wing commander

Tick, tock, tick, tock...time is running out. Our luck meter is slowly depleting, and we will begin to suffer human loss to accompany our recent spate of property damage and property loss.

US forces from Lajes Field have had an alarming increase in DUIs, motor vehicle accidents, pedestrians struck by vehicles, and close calls at job sites. These mishaps have occurred day and night, on-duty and off, in both good and poor weather. Some have resulted in injuries, as well as American and host nation property damage. We have been amazingly lucky.

But luck runs out sooner or later, and I believe ours is nearly expended.

Since January 2003 we have had over 60 motor vehicle accidents, 15 industrial-type mishaps, 30 sports injuries, and 22 off-duty accidents. And those are just the ones I know about.

Some of these have been near-tragedies, while others have resulted in only minor injuries. Disastrous results were only avoided because other factors combined to offset these potential catastrophes: Seatbelts were worn, no cars were coming the other way, personal protective equipment was worn, help was close at hand, and other hazard reducers acted in concert. These close calls should act as a wakeup call to our base population.

Here's what we need to do: Commanders must enforce compliance; supervisors

These close calls should act as a wakeup call to our base population.

must design safe work practices and document training; workers must take training seriously, obey procedural standards, and notify supervisors and commanders of unsafe conditions. This is a concerted system of mission accomplishment.

DUIs: It's a fact – you can't make the decision to surrender your keys *after* you're smashed. You must *plan ahead of time* to remove your access to car keys if you're going to drink ... period!

Driving safety: Wear your seat belt and slow down. If you begin to hydroplane, don't touch your gas or brake pedals and don't make violent, sudden steering inputs. Don't drive faster than your headlights can illuminate the road ahead of you!

Fitness: Stretch before you begin a workout and listen to your body. If you have chest pains or other unexplained discomfort, stop and seek medical attention.

Attitude is just as important as the actual

application of safety standards and practices. Let me give you some examples. Rule-following is not just a Air Force core value (*Service Before Self*), it's a cornerstone of military discipline, operational success, and resource protection. We are bound by our respective oaths of office to obey rules and protect national interests. We can't fall victim to the pop culture morasses of "no one's looking," "good enough for government work," or "do what it takes to get the job done." All of those attitudes fuel human factors mishap causes from "Pressing the Mission," to "Get Homeitis," to "I am invincible," to "These things always happen to someone else." Guess what? You're not me, so *you* are someone else!

As you ponder your next move, consider this: What's your safety net? Do you rely on proven procedures, manufacturer's instructions, engineering solutions, checklists, job guides, and tech orders to reduce hazards? Do you perform a risk assessment to fill gaps in existing procedures, or to customize the scenario with local variables? Do you consider an "end-state" in the event a mishap occurs? Remember, we have no "shock trauma center" on this remote island. The medical care available here is great, but doesn't specialize to a very high degree. Let me ask the question again.

What's your safety net? Is it a deliberate, control process or just sheer dumb luck? Never forget: *luck (dumb, or not) always runs out!*

Commissary Prices

Question: Why is the commissary so expensive as compared to anywhere in the United States? I thought this was supposed to be a "benefit" for us, but we are spending more money than ever on groceries. They rarely have sales unless things are expired or damaged. I have never seen any sales on meat.

Answer: Although your bills may have gone up, I assure you that prices at commissaries in Europe and the states are the same due to the pricing system they must follow. Unlike retail markets in the states, commissaries don't make a profit on sales; however, you do pay an additional 5 percent surcharge at the register that goes towards supplies, new stores and renovations. As at other commissaries, items on promotion are based on DeCA's promotion calendar and can be found on end displays with signs indicating the percentage of savings to be had. The only mark up on meat is the processing cost, so sales on meat can't be offered since it's sold at the same cost DeCA pays for it. The difference in price may be in that Lajes meat comes from DeCA's processing plant in Germany, whereas meat in the US comes from plants there.



The Action Line is your means of addressing a problem, concern or challenge to me about something in the 65th Air Base Wing or U.S. Forces Azores.

However, your chain of command should always be your first option. When that's not the answer, then call the Action Line at 2-4240 and fill address it, quickly and with care. Thank you!

Col. Barbara Jacobi
65th Air Base Wing commander

Official: AF manpower uneven

WASHINGTON -- Air Force leaders said manpower within the service is unevenly distributed.

While testifying March 2 before the Senate Armed Services Committee subcommittee on personnel, Michael Dominguez said the service is in the process of rebalancing its manpower resources. He is the assistant secretary of the Air Force for manpower and reserve affairs.

"(We) have developed a comprehensive, coherent human-resources plan that will guide our efforts to relieve the stress on our force and to transform that force so it can more effectively meet the demands of the global war on terrorism," Mr. Dominguez said.

Students tune up for concert

by 1st Lt. Aaron Wiley
65th Air Base Wing public affairs

Three Lajes students are preparing themselves for the performance of a lifetime at the historic Regentenbau Concert Hall in Bad Kissingen, Germany as part of the Department of Defense Dependant Schools-Europe Music Festival 2004 March 14-18.

Amanda Mayo and Kelly Birch, who both play the clarinet, and Sam Harrold, who plays the French horn secured one of 140 available, but highly competitive positions in the Honors choir and band. Some 364 students auditioned for the four-day event that culminates in a formal concert for the German community.

"I was going crazy when I heard," said Amanda Mayo about her recent selection. "Sam told me in the hallway, but I didn't believe him, so I ran and asked my music teacher Mr. Glen Wren who confirmed it. We were jumping up and down."

The event offers 60 student instrumentalists and 80 vocalists to showcase their musical talent by practicing and performing in one of the world's great concert halls. Students study a variety of band and choral music locally with their school



Amanda Mayo, who will play first clarinet, looks on as Glen Wren, Lajes music director, helps prepare her and fellow classmates Kelly Birch, VII clarinet, and Sam Harrold, IV French horn, for their trip to Germany. Megan Jett, soprano, and Nathan Harrold, flute, were both selected as alternates for the Festival, but will not make the trip. (Photo by 1st Lt. Aaron Wiley)

teachers before joining their peers from schools throughout Europe for three days of intense rehearsals.

2nd highest cancer preventable

by 1st Lt. Yvonne Levardi
Chief of Public Affairs

It has a 90 percent prevention rate - but is listed as the number two cancer killer among men and women combined - which makes raising awareness of colon cancer doubly important to medical professionals at Lajes.

"When it's discovered early, colon cancer is curable," said Lt. Col. (Dr.) Karen Klingenberger, 65th Medical Operations Squadron flight surgeon. "That's why it's so important for people to be educated about it."

According to Dr. Klingenberger, an estimated 146,940 new cases of colon cancer will be diagnosed in

2004, split equally among men and women.

"About 56 thousand of those people will die," said Dr. Klingenberger.

While people with a personal or family history of cancer are at higher risk, nearly 75 percent of all cases occur in people without a family history of cancer.

"Additionally, people with a history of colorectal polyps or other bowel diseases are at higher risk," said Dr. Klingenberger.

Tobacco and alcohol use, being overweight, and sedentary lifestyles can also be contributing factors to the disease, said Maj. Aura Melendez, 65th Medical Group

health care integrator.

"People with an average risk for the cancer should get screened at age 50," said Major Melendez. "If you're at higher risk, your health care professional will work with you for earlier screening."

She said that maintaining a healthy lifestyle dramatically helps lower the risk of cancer.

"Eat a healthy diet - lots of fruit and vegetables, low in fat and sugar - and exercise regularly," Major Melendez said. "If you drink, do so in moderation and try to quit if you use tobacco."

For more information on screening for colon cancer, contact Major Melendez at 2-5077.



Today: "Chasing Liberty," 7 p.m., PG-13, 111 min. Tired of being followed around every moment of every day, the 18 year old daughter of the president of the United States ditchs her Secret Service handlers and sets out on a romantic road trip through Europe with her boyfriend Ben; 10 p.m., **"House of Sand and Fog,"** R, 126 min. Massoud, despite a pretense of continued affluence, is barely making ends meet until he sees his opportunity in the auction of a house being sold for back taxes.

Saturday: "Teacher's Pet," 2 p.m., PG, 84 min. Spot is a dog who can talk and read and longs for more than the doggy life; 7 p.m., **"Chasing Liberty."**

Sunday: "Teacher's Pet," 2 p.m.; **"House of Sand and Fog,"**

Tuesday: "Chasing Liberty," 7 p.m.

Wednesday: "Teacher's Pet," 7 p.m.

Thursday: "House of Sand and Fog," 7 p.m.



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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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Re-energize efforts

Leaders call for better suicide-prevention work

by G.W. Pomeroy
Air Force Print News

WASHINGTON — After 11 active-duty suicides since Jan. 1 and 14 during the final quarter of 2003, Air Force senior leaders are asking commanders and others across the service to re-energize suicide prevention efforts at all levels.

The 2003 calendar-year suicide rate of 10.5 per 100,000 people was the lowest of all the military services and one-half the rate of a comparable civilian population of males between the ages of 20 and 50. As of Feb. 24, the service's suicide rate was 18.1.

In a letter sent to all major commands, the Air Force's acting assistant vice chief of staff urges all Airmen to continue pitching in to reduce the number of suicides.

"Suicide is not stopped by medical personnel in emergency rooms; it is stopped by addressing quality-of-life issues in the unit on a daily basis," Lt. Gen. Richard E. Brown III wrote in the letter.

"The major components of the Air Force Suicide Prevention Program are active leadership involvement, an emphasis on community involvement and a focus on prevention throughout the life of airmen and their families, not just when they are suicidal," General Brown wrote.

"Pay special attention to the quality of your suicide-prevention briefings," General Brown wrote.

The Air Force requires active-duty and civilian personnel to attend suicide-prevention briefings once during the 15-month air and space expeditionary force cycle.

In light of the recent suicides — none of which occurred during operations Enduring Freedom or Iraqi Freedom — General Brown urged commanders to "review how well we continue to implement the 11 initiatives that serve as the foundation of the Air Force Suicide Prevention Program."

The 11 initiatives are outlined in Air Force Pamphlet 44-160, "Air Force Suicide Prevention Program: Description of Program Initiatives and Outcomes." The 11 initiatives are: build community awareness; leadership involvement; investigative interview policy; professional military education; epidemiological database; delivery of community preventive services; community education and training; critical incident stress management; integrated delivery system; limited patient-psychotherapist privilege; and unit risk-factor assessment.

Air Force leaders take a community approach in suicide prevention, encouraging every Airman to take responsibility in reducing the number of suicides.

A key element of the program is to make a steady pipeline of suicide-prevention tools available for Air Force people at all levels. So far in 2004, the Air Force Medical Service has issued the 2004 Leader's Guide for Managing Personnel in Distress, which is geared to

Preventing suicide

■ The Air Force Suicide Prevention Program began in the summer of 1996. For the five years prior to the program's inception, the Air Force averaged 60 deaths annually, a rate of 14.3 per 100,000 personnel, the standard measurement of suicide rates nationally. From 1999 through 2001, the service averaged 28 suicides annually, a rate of 8.1 per 100,000 personnel.

■ Air Force leaders have stated repeatedly that "one suicide is too many" and their actions in providing standardized tools and working to remove the stigma applied to those who turn to mental health for professional assistance bear this out.

■ Today, the Air Force uses an integrated delivery system that involves chaplains and professionals from mental health, family support, child and youth services, health and wellness centers and family advocacy -- all working together and taking responsibility for prevention.

help commanders, first sergeants and other leaders recognize when their people are distressed and learn how to respond appropriately. It helps commanders link their people to resources and get them help as soon as possible.

The guide presents information on 35 distressing situations, checklists detailing potential behaviors or signs reflective of a person's reaction to the distressing event, and responses or resources leaders may want to use in responding to a person's needs. The guide was distributed on CD-ROM to every squadron commander and first sergeant in the Air Force. The guide can be viewed on the dot-mil-restricted Air Force Suicide Prevention Program Web site, <https://www.afms.mil/afsp>.

Other suicide-prevention tools include:

— "The Air Force Guide for Managing Suicidal Behavior: Strategies, Resources and Tools," an 88-page clinical guide designed to assist mental-health professionals in assessing and managing high-risk behavior.

— The Air Force Suicide Prevention Web site, which is geared toward improving access to suicide prevention information and materials.

— The 2003 Community Suicide Prevention Briefing, a new multimedia briefing that includes slides and video.

Tummy Time!



(Editor's Note: Information provided by the 65th Medical Group)

With the increase in the number of infant deaths attributed to Sudden Infant Death Syndrome, in 1992 the American Academy of Pediatrics recommended that infants sleep on their backs.

The result is that babies spend less and less time on their tummies. This lack of "tummy time" appears to be contributing to an increasing number of school children who have fine-motor delays. The American Medical Association guidelines state that it is very important for babies to sleep on their backs to prevent SIDS.

Supervised play-time on the belly is important for a baby's development. Watch to make sure she can:

-- Breathe easily
-- Turn her head away to rest on her cheek so that her mouth and nose are not in contact with the floor.

Tummy Time helps to develop:

-- Head control
-- Reaching
-- Rolling
-- Crawling

This in turn helps a baby get stronger and gain muscle control in his:

-- Neck
-- Shoulder
-- Back
-- Arms
-- Hands

This helps the baby use his legs separately which will help with walking, crawling and rolling. This in turn helps to develop fine motor skills such as:

-- Reaching
-- Grasping
-- Using both hands together to play with toys
What to do:

-- Play
-- Place baby on her side to play
-- Prepare a baby for change by helping her grab and play with her feet
-- Gently roll side to side and then all the way over

Set up for success

-- Start with short periods of time
-- About five minutes, two or three times/day
-- Not right after eating!
-- Be entertaining...use a colorful and noisy toy, a mirror and/or music
-- Get down on the floor with her.
-- Talk and sing with animation!

Make it easier

-- Push a baby's weight back so that he can lift his head and look around
-- Put a hand under his chest to help hold his weight a little bit

On the floor:

-- Use a towel roll under his arms
-- Apply pressure down and back on a baby's bottom

On parent's lap:

-- Gives baby more to see
-- Helps her feel safe
-- Less of a challenge
-- Half-way still counts!

On parent's chest:

-- Parent's face is the best motivator
-- Parent's hands are free to position the baby's arms
-- Great for dad time!



Fitness soundtrack

Music motivates those seeking better health during workouts

**Story and photo illustration by
Tech. Sgt. Jason Tudor
NCO in Charge of Public Affairs**

The Air Force fitness program now has a musical soundtrack.

For hundreds of Airmen and civilians at Lajes transforming their bodies each day by running, crunching and pushing their way to better health, thumping bass, squealing electric guitars and banging drums is part of what's motivating them to get in shape.

Senior Master Sgt. Ray Hankins said he understands the benefits music can have on the mind during a workout. He let's his portable CD player spin Lenny Kravitz to boost him when he's pumping iron. He said he prefers slower songs while running or sliding along on the cross-country machine.

"Music can always tie you to a period of time that you thought was awesome in your life!" Hankins said.

Hankins statement is also backed up by research. According to the Aerobics and Fitness Association of America, training to music can bring good health, motivation, and harmony. Several studies have demonstrated the benefits of training to music. For example:

— A treadmill study at The Ohio State University confirmed that people working out felt less perceived exertion when they jogged to music.

— The Journal of Sports Medicine and Physical Fitness showed that music makes exercise seem less difficult, allowing the participant to continue longer.

Lajes High School teacher Dee Dee Linde used to include Destiny's Child, Nelly and Lauren Hill in her 5 a.m. workout routine of weights and cardio. However, since she doesn't pick up the American Forces Network television signal at her off-base home, she instead watches the news on

How fast are you going?

A song that is 100 beats per minute equates to walking 2 mph, or cycling at about 50 revolutions per minute; 120 bpm equals 3 mph or 60 revolutions. Some popular songs:

Song	Artist	bpm
Dancing Queen	ABBA	100
Funky Cold Medina	Ton-Loc	117
Achy Breaky Heart	B.R. Cyrus	124
YMCA	Village People	126
Believe	Cher	133

one of the six televisions at the fitness center here.

"I used to always listen to music when working out," said Ms. Linde, who can plug her headphones into an audio system connected to almost every cardio machine on the floor to hear the televisions. "Watching the news or listening to music helps me through my workout by not having to think about the work but rather the music, which is fun and motivating."

Metallica motivates Staff Sgt. Bret Reinhardt when he's pushing 250 pounds off a bench press or running two miles. Music, said the American Forces Network broadcaster, is important to him all the time.

"I have music playing at home, at work and definitely at the gym," said Sergeant Reinhardt, who also pointed out the differences in styles of music. "While Enya's good for relaxation, she's not so good for working out. On the other hand, Metallica is not so good for relaxation, but really good for working out!"

Meanwhile, some don't motivate to music. Tech. Sgt. Kurt Eibell, 65th Commu-

nications Squadron, works out with his squadron doing push-ups, sit-ups and more. He's also chalked up 31,584 Fitlinxx points, putting him first for men aged 30-39 overall.

Sergeant Eibell said he shuns the tunes and prefers to focus on his workout.

"I listen to my body and what it is telling me instead," he said. "I'm usually thinking about what I am doing."

Major Joe Martin, 65th Logistics Squadron commander, said he nixes the music when he runs three miles on the steep hills at Lajes Field during his squadron's workout.

"I try to enjoy the scenery and think about whatever issues are on my plate that day. Most other forms of exercise I participate in — like volleyball — don't lend themselves to wearing headphones."

Staff Sgt. Cecilia Range's workout does lend itself to wearing headphones. Sergeant Range said she likes to listen to the audio of whatever movie may be playing on the televisions when she runs on the treadmill.

"I hate to run on the treadmill," she said. "Since it's not interactive, like if I was running while playing sports, I need a lot of distraction to keep me going."

With their fitness soundtrack ringing in their ears, exercisers at Lajes Field continue to stay healthy and meet the goals of the Air Force fitness program. Sergeant Reinhardt summed up what many count on to help them stay in shape.

"Music is an attitude conductor. If the music you are listening to is something you don't enjoy, it's going to be much harder to concentrate on what you need to be doing.

"However," Sergeant Reinhardt continued, "if the music is something you do enjoy, your attitude improves, your motivation increases and you are more likely to work a little harder."

PLANNER

Today

AAFES: Flight View BX: Open 10 a.m.-6 p.m.; Ocean Front BX: Open 10 a.m.-8 p.m.; Shoppette: Open 9 a.m.-11 p.m.

Beauty Shop: Open 10 a.m.-6 p.m.
Bowling Alley: 10 a.m.-12:30 a.m.

Burger King: 7 a.m.-1 a.m.
Chapel: Meditation and Prayer, 6:30 a.m.; Mass, 7 a.m.; Adoration and Rosary, 3 p.m.; CWOC

Mass (1st Friday of the month) 5:30 p.m.; Gospel Choir Practice, 7 p.m.

Child Development Center: 7 a.m.-5:30 p.m.

Community Activities Center: Open 10 a.m.-8 p.m.

Commissary: Open 10 a.m.-6 p.m.

Dining Hall: Breakfast 6-8:30 a.m., Lunch 11 a.m. - 1:30 p.m., Mexican Baked Chicken, Swiss Steak, and Stuffed Green Pepper; Dinner 4 - 7 p.m., Lasagna, Spaghetti with Meat Sauce, Italian Sausage, Midnight meal, 11 p.m.-1:30 a.m.

Dry Cleaners: Open 10 a.m.-6 p.m.

Fitness Center: Open 5 a.m.-midnight.

Gas Station: Open 10 a.m.-6 p.m.
Library: Open 10 a.m.-9 p.m.

Oceanview Island Grill: Lasagna, fries or salad and drink; Open 11 a.m.-11 p.m.

Outdoor Recreation: Open 10 a.m.-7 p.m.

School Lunch: Hearty old fashioned chili, crackers, garden salad w/ ranch, chilled fruit mixed, cinnamon toast, milk.

Skating Rink: Open 7-11 p.m.

Skills Development Center: Open 10 a.m.-6 p.m.

Teen Center: Teen social, 9 p.m.-midnight.

Top of the Rock Club: Lunch 11 a.m.-1:30 p.m., seafood buffet. Dinner 5-9 p.m., Prime and Wine.

Saturday

AAFES: Flight View BX: Open 10 a.m.-6 p.m.; Ocean Front BX: Open 10 a.m.-8 p.m.; Shoppette: Open 9 a.m.-11 p.m.

Beauty Shop: Open 10 a.m.-6 p.m.

Bowling Alley: 10 a.m.-12:30 a.m.

Burger King: 7 a.m.-1 a.m.
Chapel: Mass, 10 a.m.; Gospel Children's Choir Practice, 2 p.m.

Child Development Center: Closed

Community Activities Center: Open 10 a.m.-8 p.m.

Commissary: Open 10 a.m.-6 p.m.
Dining Hall: Brunch 7 a.m.-1 p.m., Crispy Baked Chicken, Cajun Meat Loaf, and Steak, Ribeye; Supper 4 - 7 p.m., Fish Almondine, Stir Fry Chicken w/ Broccoli, Pork Chops w/ Mushroom Gravy. Midnight meal 11 p.m.-1 a.m.

Dry Cleaners: 10 a.m.-4 p.m.
Fitness Center: Open 8 a.m.-7 p.m.

Gas Station: Open 10 a.m.-6 p.m.

Library: 10 a.m.-5 p.m.
Oceanview Island Grill: Open 11 a.m.-11 p.m.

Outdoor Recreation: Open 10 a.m.-7 p.m.

Skating Rink: Open 7-11 p.m.

Skills Development Center: Open 10 a.m.-6 p.m.

Teen Center: Teen social 8 p.m.-midnight.

Top of the Rock Club: Brunch 8:30 a.m.-noon. Huff and Fin dinner special 5-9 p.m.

Sunday

AAFES: Flight View BX: Open 10 a.m.-5 p.m.; Ocean Front BX: Open 10 a.m.-5 p.m.; Shoppette: Open noon-8 p.m.

Beauty Shop: Closed

Bowling Alley: 4-11 p.m.
Burger King: 7 a.m.-11 p.m.

Chapel: Traditional Protestant service, 9 a.m.; Catholic religious education, 9 a.m.; Confessions, 9:45 a.m., Fellowship, 10 a.m.; Mass, 10:30 a.m.; Religious Education, 10:30 a.m.; Gospel service & Fellowship, noon; Catholic choir rehearsal, 4 p.m.; Mass, 5 p.m.; Rosary and Adoration, 5:40 p.m.; PYOC/PTOC, 6:15 p.m.

Child Development Center: Closed

Community Activities Center: Open noon-5 p.m.

Commissary: Closed

Dining Hall: Brunch 7 a.m.-1 p.m., Tuna and Noodles, Sauerbraten, Chicken Breast Parmesan; Supper 4 - 7 p.m., Ginger BBQ Chicken, Fried Shrimp, Spinach Lasagna. Short Order: Cheese Pizza and Reuben Sandwich.

Dry Cleaners: Closed

Fitness Center: Open 8 a.m.-7 p.m.

Gas Station: 10 a.m.-5 p.m. (Gas only)

Library: Open 10 a.m.-5 p.m.

Oceanview Island Grill: Open 11 a.m.-11 p.m.

Outdoor Recreation: Open 11 a.m.-7 p.m.

Skating Rink: Closed

Skills Development Center: Closed

Top of the Rock Club: Bits & Bites menu, 4 p.m.

Monday

AAFES: Flight View BX: Open 10 a.m.-6 p.m.; Ocean Front BX: Open 10 a.m.-6 p.m.; Shoppette: Open 9 a.m.-11 p.m.

Beauty Shop: Closed

Bowling Alley: Closed

Burger King: 7 a.m.-11 p.m.

Chapel: Meditation and Prayer, 6:30 a.m.; Mass, 11:30 a.m.; Adoration and Rosary, 3 p.m.; Women's Bible study, 7 p.m.

Child Development Center: Open 7 a.m.-5:30 p.m.

Community Activities Center: Closed

Commissary: Open 10 a.m.-6 p.m.

Dining Hall: Breakfast 6-8:30 a.m., Lunch 11 a.m.-1:30 p.m. Swiss Steak, Baked Chicken, Italian Sausage; Dinner 4 - 7 p.m., Roast Turkey,

Baked Ham, and Fish and Fries. Midnight meal 11 p.m.-1:30 a.m.

Dry Cleaners: Open 9 a.m.-1 p.m.

Fitness Center: Open 5 a.m.-midnight

Gas Station: Open 10 a.m.-5 p.m. (Gas only)

Library: Open 4-9 p.m.

Oceanview Island Grill: Roasted Chicken or Meatball sandwich, fries or salad and drink; Open 11 a.m.-11 p.m.

Outdoor Recreation: Closed

School Lunch: Cheese Pizza, garden Salad w/ranch Dressing, chilled peaches, Rice Krispie bar, milk.

Skills Development Center: Closed

Top of the Rock Club: Lunch, 11 a.m.-1:30 p.m., Southern buffet.

Tuesday

AAFES: Flight View BX: Open 10 a.m.-6 p.m.; Ocean Front BX: Open 10 a.m.-6 p.m.; Shoppette: Open 9 a.m.-11 p.m.

Beauty Shop: Open 10 a.m.-6 p.m.

Bowling Alley: 4-11 p.m.

Burger King: 7 a.m.-11 p.m.

Chapel: Meditation and Prayer, 6:30 a.m.; Mass, 7 a.m.; Lunch Brown Bag Series, noon; Adoration and Rosary, 3 p.m.; AWANA (3 yrs to 6 grade) 6 p.m.; Catholic Women of the Chapel (3rd Tuesday of the month), 7 p.m.

Child Development Center: Open 7 a.m.-5:30 p.m.

Community Activities Center: Open 10 a.m.-8 p.m.

Commissary: Open 10 a.m.-6 p.m.

Dining Hall: Breakfast 6-8:30 a.m., Lunch 11 a.m.-1:30 p.m., Onion-Lemon Baked Fish, Pork Schnitzel, and Yakisoba; Dinner 4 - 7 p.m. Paprika Beef, BBQ Beef Cubes, Chicken Fajitas. Midnight meal 11 p.m.-1:30 a.m.

Dry Cleaners: Open 10 a.m.-6 p.m.

Fitness Center: Open 5 a.m.-midnight

Gas Station: Open 10 a.m.-6 p.m.

Library: Open 10 a.m.-9 p.m.

Oceanview Island Grill: 16" pizza with 2 toppings and drinks; Open 11 a.m.-11 p.m.

Outdoor Recreation: Open 10 a.m.-7 p.m.

School Lunch: Boneless buffalo chicken wings, carrot and celery sticks, crispy potato wedges, fresh fruit, milk.

Skills Development Center: Open noon-8 p.m.

Top of the Rock Club: Lunch, 11 a.m.-1:30 p.m., Mexican buffet. Dinner 5-9 p.m.

Wednesday

AAFES: Flight View BX: Open 10 a.m.-8 p.m.; Ocean Front BX: Open 10 a.m.-6 p.m.; Shoppette: Open 9 a.m.-11 p.m.

Beauty Shop: Open 10 a.m.-6 p.m.

Bowling Alley: 9 a.m.-11 p.m.

Burger King: 7 a.m.-11 p.m.

Chapel: Meditation and Prayer, 6:30 a.m.; Mass, 7 a.m.; PWOC lunch/study noon; Adoration and Rosary, 3

p.m.; Catholic men of the chapel (2nd Wednesday of the month) 6 p.m.; Traditional choir practice, 6 p.m.; Bell choir practice 7 p.m.; Catholic choir rehearsal, 7:15 p.m.

Child Development Center: 7 a.m.-5:30 p.m.

Community Activities Center: Open 10 a.m.-8 p.m.

Commissary: Open 10 a.m.-6 p.m.

Dining Hall: Breakfast 6-8:30 a.m., Lunch 11 a.m.-1:30 p.m., Caribbean Jerk Chicken, Beef Porcupines, and Chicken Enchiladas; Dinner 4 - 7 p.m., Pita Pizzas, Country Style Steak, and Fried Chicken. Midnight meal 11 p.m.-1:30 a.m.

Dry Cleaners: Open 10 a.m.-6 p.m.

Fitness Center: Open 5 a.m.-midnight

Gas Station: Open 10 a.m.-6 p.m.

Library: Open 10 a.m.-9 p.m.

Oceanview Island Grill: Fried shrimp, fries or salad and drink; Open 11 a.m.-11 p.m.

Outdoor Recreation: Open 10 a.m.-7 p.m.

School Lunch: Chicken pot pie wrap, seasoned green beans, fresh fruit, graham crackers, fresh fruit, milk.

Top of the Rock Club: Lunch, 11 a.m.-1:30 p.m., Italian Buffet. Dinner 5-9 p.m. Family Buffet

Thursday

AAFES: Flight View BX: Open 10 a.m.-6 p.m.; Ocean Front BX: Open 10 a.m.-8 p.m.; Shoppette: Open 9 a.m.-11 p.m.

Beauty Shop: Open 10 a.m.-6 p.m.

Bowling Alley: 9 a.m.-11 p.m.

Burger King: 7 a.m.-11 p.m.

Chapel: Meditation and Prayer, 6:30 a.m.; Mass 7 a.m.; Adoration and Rosary, 3 p.m.; RCIA, 7 p.m.; Gospel Praise Team practice and Men's Bible study, 7 p.m.

Child Development Center: 7 a.m.-5:30 p.m.

Community Activities Center: Open 10 a.m.-8 p.m.

Commissary: Open 10 a.m.-7 p.m.

Dining Hall: Breakfast 6-8:30 a.m., Lunch 11 a.m.-1:30 p.m., Orange-Spiced Pork Chops, Liver with Onions, and Tempura Fried Fish; Dinner 4 - 7 p.m., Mr. Z's Baked Chicken, Pepper Steak, and Pasta Primavera. Midnight meal 11 p.m.-1:30 a.m.

Dry Cleaners: Open 10 a.m.-6 p.m.

Fitness Center: Open 5 a.m.-midnight

Gas Station: Open 10 a.m.-6 p.m.

Library: Open 10 a.m.-9 p.m.

Oceanview Island Grill: 16" Pizza w/ 1 topping or Taco salad and drink; Open 11 a.m.-11 p.m.

Outdoor Recreation: Open 10 a.m.-7 p.m.

School Lunch: All beef hot dogs on a bun, rice pilaf, baked beans, coleslaw, chilled peaches, milk.

Skills Development Center: Open noon-8 p.m.

Top of the Rock Club: Lunch, 11 a.m.-1:30 p.m., Oriental buffet. Dinner 5-9 p.m., 2-4-1 Steak Night

EVENTS

The deadline for announcements on this page is C.O.B. Monday for each week's paper. Submit announcements in normal text with the what, when, where, who, why and contact info in an email to news@lajes.af.mil. Dates and times should be in civilian format, and include full name of P.O.C.

The deadline for announcements on this page is close of business Monday for each week's paper. Submit announcements in normal text with the what, when, where, who, why and contact info in an e-mail to news@lajes.af.mil. Dates and times should be in civilian format, and include full name of the point of contact.

Closures/Shifts

Veterinary Clinic: The base veterinary clinic will open from 3-8 p.m., March 24. Appointments are first come first serve. To screen for parasites, bring a sample of pet's stool at time of appointment. For more, call 2-3134.

Education

UMUC happenings: University of Maryland's Spouse Tuition Assistance Program deadline for term 4 is Wednesday. Term 4 registration is March 15-26, at the UMUC office. On site schedules are now available. For more, call Melinda Casey at 2-4187.

Graduate course: Adolescent Issues in Human Relations, an elective course for the University of Oklahoma's Master of Human Relations degree, is April 3-8. Enrollment deadline is today. For more, call Erika Golart at 2-3171.

Online courses: To enroll for online graduate courses for the University of Oklahoma's summer term from March to April 1, call Erika Golart at 2-3171.

Registration: The deadline to register for Embry Riddle's MGMT 415 Airline Management is Tuesday. Class is March 15-21. For more, call 2-3375.

Classes

Quilting class: Paper Piercing Quilt Blocks, 5:30 - 7:30 p.m., Thursday, at the community activity center. Cost is \$30. To register, call 2-3909 or 2-5255.

123 Magic: Free class provides parents with skills to help their children stop negative behaviors and start positive ones. The 2-part class is at 7-8:30 p.m., Wednesday and March 17, at the family support center. To register, call at 2-4138.

Investment class: Free investment class, 6-8:30 p.m., Thursday, at the family support center classroom. Learn basic investing concepts, investments, and strategies. For more, call 2-4138.

Couples' course: Prevention and Relationship Enhancement Program is a couples' communication course. Couples must commit to four sessions 2-5 p.m., March 19, 27 and April 1, 8. To sign up, call Staff Sgt. Fawne Cady at 2-5177.

Personal prayer: Seven week course in personal prayer, noon, Tuesdays, at the base chapel. For more, call Chaplain (Maj.) Stan Pieczara at 2-4211.

Bible study: Protestant Women of the Chapel bible study, 9 a.m., Wednesdays, at the base chapel. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

Bible lunch: Protestant bible study for working women (lunch provided), noon, Wednesdays, at the base chapel. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

Organizations

Spring Bazaar: The Enlisted Spouses Club needs vendors and volunteers to help with the Spring Bazaar on April 3, at the Lajes youth center. To sign up, call Dana Reil at 295-549-597 or Mary Willis at 295-549-605.

Orphanage trip: The Officers' Spouses Club will visit Livramento, in Angra, 2-5 p.m., March 27. Participants will meet in the Commissary parking lot at 1 p.m. to carpool. Open to the entire Lajes community. For more, call Dacia Francis at 295-543-332.

School program: Before and after school program at the Lajes youth center, 7-8:30 a.m. and 2:15-5:30 p.m., for K-6th grade. Activities, field trips, and guest speakers. Cost is based on total family income. For more, call Ruth Hinojosa at 2-1197.

Volunteer recognition: The Red Cross' Volunteer Recognition Ceremony is 4:30-7 p.m., Saturday, at the base chapel. Registered volunteers with 10 or more hours of volunteer service will be recognized. Qualifying volunteers should call 2-3516.

PWOC meeting: Protestant Women of the Chapel meeting, 6:30 p.m., March 12, at the base chapel. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

CWOC meeting: Catholic Women of the Chapel meeting, 7 p.m., March 16, at the base chapel. For more, call Chaplain (Maj.) Stan Pieczara at 2-4211.

CMOC meeting: Catholic Men of the Chapel meeting, 6 p.m., March 17, at the base chapel. For more, call Chaplain (Maj.) Stan Pieczara at 2-4211.

Events

"Latin Night": 9 p.m.-2 a.m., Saturday, in the Top of the Rock ballroom. Free, everyone welcome. Latin music only courtesy of DJ Big Pun. For more, call Kara Warren at 2-3202.

Lent events: Mass/Stations of the Cross/Meager Meal, 5 p.m., Fridays during Lent, at the base chapel. For more, call Chaplain (Maj.) Stan

Pieczara at 2-4211.

Orphanage visit: Singles of the Chapel, 11:45 a.m., March 13, at the base chapel. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

Bowling night: Chapel bowling night, 5 p.m., March 14, at the base bowling alley. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

"Room for Six": Free home-cooked meal for six single or unaccompanied Lajes members. Dinner is served at 6 p.m., Saturday, at a "home." To reserve a spot, call Danielle Posey or Tech. Sgt. Aubrey Posey at 295-549-825.

AFE show: Armed Forces Entertainment presents "A Little Touch of Harry", a two person adaptation of Shakespeare's "Henry V", 3 p.m., Sunday, at the community activity center. For all ages. For more, call Sheryl Bush at 2-4135.

Arts camp: "Missoula Children's Theater Performing Arts Camp" is a free "theater" camp for teens, ages 14-18. The camp is in Missoula, Montana, July 26-30. The application submission deadline is Monday. For more, call 295-57-4135 or 2-4135.

Game Night: 5-11 p.m., Wednesday and March 24, in the Top of the Rock club ballroom. Games include Taboo, Scrabble, Yahtzee, Monopoly, Dominoes, Jenga, Don't be a dork, etc. For more, call Kara Warren at 2-3202 or e-mail kara.warren@lajes.af.mil.

Mystery dinner: "Luck of the Irish", 6:30 p.m., March 13, at the Top of the Rock ballroom. Tickets are \$18. Participants needed as suspects and witnesses. Everyone is invited. For more, or to sign up, call Linette Hollandsworth at 2-6110.

Spring Photos: Family or individual photos will be taken by the professional photographers of Irislab to help the base Honor guard team. To sign up, call Staff Sgt. Jessica Dunn at 2-3685 or 295-549-9437 or 2nd Lt. John-Paul Arre 2-5026.

Tiki Party: 8 p.m.-3 a.m., March 20, at the Top of the Rock club. Dress as Tacky Tourists. Prizes for best dressed couples and singles. Lots of games and drink specials. For more, call Karen Warren at 2-3202.

Angra Bowling: 1 p.m.-12 a.m., Sunday-Thursday; 1 p.m.-1 a.m., Fridays and Saturdays, in the multi-purpose pavilion across the street from the Municipal sports pavilion. Disco bowling every Thursday night from 8:30 p.m.-12 a.m. For more, call 295-21-8202.

Sports

Paintball: 10 a.m.-2 p.m., March 13 and 27. Cost is \$20 a person. Includes transportation and equipment. Eight-25 participants, ages 16 and older. To sign up visit or call outdoor

recreation by Wednesday. For more, call 2-4140.

Fishing trip: Aboard the Catamaran "Tango," 8 a.m.-noon, March 14 and 27. Cost is \$65 a person, for four-six participants, eight years old and older. To sign up visit or call outdoor recreation by Thursday. For more, call 2-4140.

LYP paintball: Lajes Youth Program paintball challenge, 10 a.m.-2 p.m., March 20, at the range. Cost is \$16, includes transportation and equipment. Minimum age of 13, eight-25 people. To sign-up, call Melvin Moore at 2-3273 by March 17.

Teen cardio: 3:30-4:30pm, Tuesdays and Thursdays, at the Chase Fitness Center. Teens, ages 13-15, may use the cardio equipment with staff supervision and a letter of consent from their parents. For more, call Airman 1st Class Joshua Clark at 2-6126.

Fitness monopoly: Play 'Fitness Monopoly' at the Chase Fitness Center. To play, roll the dice once a day and do the exercise listed on the 'property.' For more, call Senior Airman Sarah Haylett at 2-6390.

Taekwondo: Classes are 6:15-7:30 p.m., Tuesdays for 5-12 year olds; 6:15-7:30 p.m. Thursdays for 13 and up; and 10 a.m., Saturdays, at the fitness center. For more, call Airman Joshua Clark at 2-6126.

Yoga: Classes are at 9 a.m., Saturdays, at the Chase Fitness Center. For more, call Airman Joshua Clark at 2-6126.

Volunteers/Jobs

CAC attendants: Community Activity Center volunteers needed to work at the front counter, assist customers and provide administrative support. Weekend and evening hours are available. For more, call Sheryl Bush at 2-5216.

P.O. Volunteers: The post office needs volunteers to assist with sorting mail, distributing packages and customer service. Visit the post office for more, or call 2-3625.

Thrift Shop: Part-time paid position for a Bookkeeper available. Must be an Enlisted Spouse Club or Officers Spouse Club member. Applications available at the Thrift Shop, bldg. T-400. For more, call 2-6371 or 2-3567.

Skating rink: Volunteers needed to distribute skates, sell snack bar items, work the DJ booth, etc. For more, call Sheryl Bush at 2-5216 or 2-

Classified Ads

Ads must be submitted via e-mail to news@lajes.af.mil. Ads are due by noon, Monday.

Two Toddler Beds, 1 For \$45.00 W/New Mattress, The Other 1 For \$35.00

Small long hair multicolor puppy wearing black collar. If you want to claim or adopt this puppy contact SSGT Michael Farmer 295-549-