

## First Look

### New mail boxes

Beginning Monday, the Lajes Post Office will install 1,500 new mail boxes. The installation will be done in sections, and will take about two weeks. Customers of affected sections should bring identification and can pick up their mail at the finance window side of the post office. Once mail boxes are installed, customers can get new numbers-only combinations at the finance window.

### Electric bill pay

People with base access can now pay their electric bill at the Portuguese Telecom outlet located in the Portuguese Terminal. Hours for the shop are 9 a.m.-1 p.m. and 1:30-4:30 p.m., Monday-Friday; the shop is closed weekends and Portuguese holidays.

### Sign up for Portal

USAFE has directed all Airmen to register on Air Force Portal by April 1. To sign up, go to <https://www.my.af.mil> and click on "self-registration" link. Tutorials are available.

### Heritage meeting

The Asian Pacific Heritage Committee is meeting at 11 a.m., Wednesday at the Top of the Rock enlisted lounge. The committee will discuss plans for events in May. For more information, call Tech. Sgt. John Kraft at 2-3602.

### Tiki party

The party is 8 p.m.-3 a.m., Saturday, at the Top of the Rock club. Everyone should dress as Tacky Tourists. There will be prizes for best dressed couples and singles, games and drink specials. For more information, call Kare Warren at 2-3202.

### Preflight

- Days since last DUI ..... 47
- DUIs since Jan. 1 ..... one
- Current AEF ..... Silver (5&6)
- Current FPCON ..... Alpha
- Next Strong Patriot ..... April 5
- Combat Nighthawk: Capt. **Timothy Head**, 65th Operations Support Squadron; Lt. **Yvonne Levardi**, 65th Air Base Wing; Master Sgts. **Anthony Pinkney**, 65th Mission Support Squadron and **Jeremy Kitzhaber**, 65th Civil Engineer Squadron

# Bike tags

A new program at Lajes registers bicycles with base security forces to help identify them to base and local police. Page 5.

## On their way home



Senior Airman Jason Hagen, Senior Airman Basilio Kozin, Staff Sgt. Nicholas Xenos and Senior Airman Steven Wright, 65th Operations Support Squadron crew chiefs, bed down an A-10 Thunderbolt from Davis-Monthan Air Force Base, Ariz. The plane is one of four A-10s returning home from Iraq. For more on this story and the 65th OSS see page 3. (Photo by 1st Lt. Aaron Wiley)

# 7 here reach SMSgt

### Air Force Print News

RANDOLPH AIR FORCE BASE, Texas —

Seven Team Lajes members were among the 1,566 master sergeants picked for promotion to senior Wednesday.

The central evaluation board 04E8, which convened at Randolph Air Force Base Jan. 26 to Feb. 12, considered 16,516 master sergeants for a 9.48 percent select rate, 3.48 percent above the minimum promotion-rate objective of six percent.



The following people from Lajes were selected:

**Terry Lanton** and **Michael Lake**, 65th Civil Engineer Squadron; **Clyde Hickerson**, 65th Medical Group; **Lawrence Yates**, 65th Contracting Squadron; **Stephen St. Andre**, 65th Operations Support Squadron; **Steven Godwin**, 729th Air Mobility Squadron; and **Eric Stone**, 65th Logistics Readiness Squadron.

The average score for those selected was 671.72, with an average time in grade and time in service of 4.70 and 20.15 years, respectively.

The average score was based on the following point averages:

- 134.98 for enlisted performance reports.
- 34.02 for time in grade.
- 21.17 for time in service.
- 20.47 for decorations.
- 69.13 for Air Force supervisory examination.
- 391.95 for board score.

Those selected will be promoted to senior master sergeant beginning in April.

The complete list of selectees will be posted to the Air Force Personnel Center's Web page at [www.afpc.randolph.af.mil/eprom/Saturday](http://www.afpc.randolph.af.mil/eprom/Saturday). (Courtesy of AFPC News Service)

## One-stop site assists students

by 1st Lt. Yvonne Levardi  
Chief of Public Affairs

An Air Force Web site consolidates resources, eases records access and provides information to Airmen pursuing their higher education.

The Air Force Virtual Education Center for active-duty bluesuiters offers a one-stop Web shop for information on education progress, tuition assistance, Community College of the Air Force, Veteran's affairs, distance learning, commissioning, officer and enlisted professional military education, and other education benefits.

Active-duty Air Force students can create a personal account at the site through which they can view their current education records and access the site's other education information, according to Wesley Flannigan, the 65th

Mission Support Squadron education services officer,

"All of their military education records - military schools and courses attended - are forwarded to this account," Mr. Flannigan said. "Students can keep track of their progress towards a CCAF, and are able to monitor training records and order transcripts."

The site doesn't automatically log civilian school credits; students must request transcripts from their school and send them to CCAF in order for those to be updated on the site.

The Website, activated in June 2003, also offers information on education centers Air Force-wide - to include many deployed locations. Local center information includes office hours, schools available on base, testing days, contact information and services offered.

"This will help the student if

he or she is attending a school at one duty station, but wants to verify that school is at another location for continued education," Mr. Flannigan said. "It helps the student to know if they need to change their program or do research for distance learning programs."

Staff Sgt. Tiffany Worthington, 65th Mission Support Squadron, found the site helpful and easy to use.

"The instructions are basic and self-explanatory," she said. "All you have to know is your social security number, and then the site sets you up with a log-on and password so you can view your education records."

Sergeant Worthington, who is pursuing her CCAF degree in human resources, said she likes that she can request transcripts on-line.

"It's an awesome tool," Ser-

geant Worthington said. "It allows you to keep track of all your college courses. It also allows me to track my progress and be in charge of deciding what credits I have to or need to take next."

Pursuing her education is important to her, in spite of being a working mother.

"Being a working mother was actually my motivation because I would like to set an example for my children," Sergeant Worthington said. "Education is a vital part of a military career, and anything you plan to do thereafter. Why not complete your higher learning while on active duty? All it takes is a little time, and we have that opportunity at Lajes."

For more, call the education services office at 2-3355. The AFVEC Web address is <https://afvec.langley.af.mil/afvec/>.

### Project CHEER



Terrence Williams, 65th Security Forces Squadron, runs to first base after hitting a homerun during Project CHEER's final event, a softball tournament Monday. About 60 people played on four teams including the "off-base" team, Dorm 130, Dorm 131 and Senior Leadership. The off-base team, Air Force members who live off base, won. (Photo by Guido Melo)

### Focus Notes

#### CLEP switchout

The current series of CLEP tests has been called back by the college board in preparation for a new set of 14 tests. The education office will stop giving the current tests on March 31. The new tests should arrive around April 15. Students needing to take a CLEP test should schedule tests before March 31. For more information, or to schedule a CLEP, call the education center at 2-1115.

#### Hidden Heroes

The annual celebration to recognize Lajes volunteers is at 3:30 p.m., Wednesday, at the Top of the Rock Club. Everyone is invited for games, door prizes and food. For more, call Else Wingert at 2-4138.

#### Combat Touch

Chaplain (Capt.) Matthew Franke has a flightline chaplains office in bldg. T-810. He is there Monday - Wednesday and Friday during normal duty hours. For more, call 2-2478.

# Thunderbolts strike Lajes again

## OIF warriors stop here before returning home

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

The 65th Operations Support Squadron touches every A-10 that crosses the Atlantic, and March 12, it welcomed the return of a few warriors that Lajes pushed to the fight on terror in November 2003.

The "Bulldogs" from the 354th Fighter Squadron at Davis-Monthan AFB, Arizona returned from a four-month tour at Kirkuk AB in Northeastern Iraq.

Their mission was to provide close air support to Soldiers tracking terrorists, which consisted of convoy support and search and identification of high threat areas. Capt. Adam Youngblood, an A-10 pilot from the 354th FS, said he will never forget the missions he flew in the war on terrorism or the night Saddam was caught.

"I was airborne the night the big story came out and Iraqis began firing in the air in celebration," Captain Youngblood said. "It was weird watching the tracer fire from people shooting random weapons in the air like fireworks."

Captain Youngblood said one of his most memorable missions was dropping flares to light up the sky for troops making raids on high-profile targets. Lt. Col. Timothy Fay, 65th OSS commander, was relieved to see the pilots return safely.

"We're always praying for the Airmen who come through Lajes on their way to the fight," said Colonel Fay, who was impressed with the condition of the returning A-10s. "Seeing them return safely with jets in excellent shape means everyone in the Air Force is doing a great job."



(Above) Staff Sergeant Angel Alvarado Rivera, 65th Communications Squadron, serves Capt. Preston McConnell, an A-10 pilot from the 357th Fighter Squadron, Davis-Monthan Air Force Base, Ariz., a hamburger hot-off-the-grill at a burger burn put on by the 65th OSS Coronet Liaison office for the fighter pilots returning home from Iraq.

(Left) Capt. Adam Youngblood, a "Bulldog" from the 354th Fighter Squadron at Davis-Monthan AFB, shows off his 65th OSS "Proud Bulls" T-shirt after landing at Lajes on his way home from Iraq. (Photo by 1st Lt. Aaron Wiley)

# Lajes moves iron to the fight

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

The 65th Operation Support Squadron's maintenance flight blends together like a perfectly mixed drink to provide for a smooth bed down at Lajes.

First Lt. Frank Shepherd, an assistant flight commander at the 355th Maintenance Squadron at Davis-Monthan Air Force Base, Ariz., mixed with the squadron's consolidated-aircraft transient alert shop to put four 354th Fighter Squadron A-10 Thunderbolts to bed March 12.

Lieutenant Shepherd accompanied and supported the fighters in Kirkuk, Iraq. He escorted the jets home with one crew chief as part of a skeleton maintenance crew known as Enroute Support Team Assistants.

"We try to arrive ahead of our jets so that we can take care of our aircraft when they land," Lieutenant Shepherd said.

When they don't, "Proud Bulls" crew chiefs are poised to catch their airplanes, said Mas-

ter Sgt. Stephen St. Andre, 65th OSS maintenance superintendent. According to Sergeant St. Andre, 75 percent of the transient crews arrive after their airplanes, so the OSS employs crew chiefs with diverse backgrounds that cover the A-10, C-9, C-130, F-15, F-16, F-111 and U-2, he said.

"Our transient alert shop's unique mix of crew chiefs enables us to bed down numerous aircraft," said Staff Sgt. Steven Alldredge, one of a handful of A-10 crew chiefs stationed at Lajes.

The transient alert section also leads the airfield's dual crash and recovery team in responding and removing disabled Air Force, Defense Department, NATO, allied nations and civilian aircraft from the runway, Sergeant Alldredge added.

Although the squadron doesn't own any aircraft, it services 30 different airframes from 20 allied nations transiting Lajes field, according to Tech Sgt. Terry Keck, an A-10/F-15 transient alert crew chief, none of which would be possible without the aerospace ground equip-

ment shop.

Staff Sgt. Debra Sopshier, AGE quality assurance inspector, ensures the gear the crew chiefs need is up to standards.

"The AGE shop makes sure the ground equipment they provide on the flightline generates 'air power' by maintaining and inspecting more than 150 pieces of equipment," Sergeant Sopshier said. "We operate behind the scenes; we set up, clean up, and fuel ground equipment so that it's ready to go for the crew chiefs.

"Lajes is unique in that maintenance, airfield operations and weather constitute the operational support squadron. Together we make up the backbone of the airfield."

As such, the squadron's daily duties directly affect Lajes.

"Our squadron's specialty is to move iron to the fight," said Maj. Steven Neuser, 65th OSS director of operations, "but it's just one important piece of Lajes' overall mission. Everyone here contributes, enabling expeditionary forces to fight and win wars."

## Bike 'tags' at Lajes

A new program at Lajes registers bicycles with base security forces to help identify them to base and local police.

The 65th Security Forces Squadron began issuing the Ident-A-Bike tags Thursday. All personnel who are authorized to register their vehicles here can also register their bikes.

"When registering your bike you'll fill out a registration card and have a photo of the bike taken," said Staff Sgt. Daniel Magas, 65th SFS bicycle program manager. We'll place the tags below the seat on the bike frame."

The tags are one-inch square, navy blue and numbered. Sergeant Magas emphasized the tags were tamper-proof.

"They are permanent metal tags that are tamper-proof, with security cuts that help prevent the tag from being removed if stolen," he said.

Bicycle information - including the owner's information and tag number - will be put in a database and tracked by security forces, Sergeant Magas said.

"We'll brief off-base police about the program too," Sergeant

Magas said. "That way they know what to look for when identifying potentially stolen bikes from base."

Initial registration will take place at these dates and locations:

March 25: DoDDs High School, 2-4 p.m.

March 27: Beira Mar Housing near T-1541, 11 a.m.-1 p.m.

April 3: Shopette, noon-4 p.m.

April 4: Naser De Sol/Lower-Thousing, 11 a.m.-1 p.m.

"After the initial registration, people can bring their bikes to the 65th Security Forces Squadron building - T-815," Sergeant Magas said. "We'll do the required paperwork, take a photo and tag their bikes."

Sergeant Magas encourages everyone to register their bikes.

"This is not just for kids' bikes," he said. "The main goal is to give people a better feeling and overall state of mind while owning a bike at Lajes. By registering your bike, you're marking it with a tag that's recognizable as being associated with Lajes Field."

For more information, or to schedule a bike registration after the initial dates, call Sergeant Magas at 2-3512.



## Commissary sweep



Airman 1st Class Peter Sadd and Senior Airman Derrick Woodard, both from the 65th Civil Engineer Squadron, race against three other teams to answer questions right during the Supermarket Sweep March 10. (Photo by Ted McGinley)

## Dorm inspections



Command Chief Master Sgt. Douglas Hodge and Col. Barbara Jacobi, 65th Air Base Wing commander, inspect Senior Airman Jason Beecroft's room March 12. He is a member of the 65th Logistics Readiness Squadron. Senior Airman **Laura McLean**, 65th Civil Engineer Squadron, won the quarterly Combat Proud Dorm inspection and a three-day pass. (Photo by Guido Melo)

# MPF on the Web

AIR FORCE PERSONNEL CENTER - Starting Monday, Airmen will no longer have to stand in line to accomplish a personnel records review or several other common tasks.

In fact, confident from successes with last year's move of the Record of Emergency Data to the web, officials have decided to make six different personnel services available only on the web. Military Personnel Flights will point customers toward the internet if they want to:

- \* Apply for a change to an assignment or change a Report Not Later Than Date

- \* Apply for certain curtailments of Date Eligible for Return From Overseas

- \* Accomplish a Humanitarian or Exceptional Family Member program application

- \* Request for a 'proof of service' letter, often needed for home loans

- \* Review their records, especially when facing promotion actions

- \* Make simple updates to common information like home address, home telephone number, religious preference, race, ethnic group, foreign language self-assessment, duty e-mail address and personal e-mail address.

Questions can be answered for people transacting these services 24 hours a day online or by a toll-free call to the Air Force Contact Center at Randolph Air Force Base.

The Air Force's top Force Development officer says the changes indicate the maturing of the vMPF concept and realities of how busy Airmen now are while fighting the war on terror.

"Why ask Airmen leave their work site, drive across the base and wait in line at the MPF when they can accomplish the same thing online -it's easier for everyone," said Maj. Gen. Thomas A. O'Riordan, Commander of the Air Force Personnel Center. "The vMPF has proven itself as a viable force multiplier...it's time we step up and take advantage of this technology."

The director of operations for the personnel center said this is part of an evolution in the way personnel services will be delivered to Airmen in the future.

"We've been headed in

this direction for a long while," said Col Dale Hess. "Our Air Force Contact Center has positioned itself to pick up some of the services by phone or online that people used to have to stand in line for and we're aggressively upgrading our online capabilities," the Colonel said.

It is expected that more online services will mean less work on both sides of personnel flight help desks. Officials anticipate the average time spent waiting in line for other services will decrease for customers visiting personnel flights.

"We need to let the Military Personnel Flights focus on mission-critical activities that can't be done online right now," the General said.

The changes do not mean that Airmen will not have their applications reviewed. The level of approval isn't changing; instead approvals will be routed electronically by the personnel center to the correct approving officials.

For instance a DEROS change requested online on vMPF will now be routed to the Contact Center, which then coordinates the request through the member's gaining and losing commanders.

"These processes should also move much quicker," said Mr. Jan McIntosh, vMPF functional manager here. "The nice thing is the member could initiate these actions at any time - even at 3 a.m. from home if they wish."

Col. Hess emphasizes that Airmen will not be turned away from the MPF.

"We'll make sure our customers are guided through the processes and it's explained to them," said the Colonel. "Airmen nowadays are very adaptable and computer literate. In no time this will be second nature to everyone," he said.

Airmen can access the vMPF through the AF Portal, at [www.my.af.mil](http://www.my.af.mil), by clicking the "Careers" tab. New users of the Portal will need to establish an account, which takes minutes, said officials. vMPF is also available at [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil).

For more information, call the Air Force Contact Center at (800) 616-3775.

## AFAF



Col. Kurt Klingenberg, 65th Air Base Wing vice commander, and Master Sgt. Ricardo Melendez, the alternate Installation Project Officer for the Air Force Assistance Fund campaign, look over the different organizations people can donate to in the AFAF pamphlet Tuesday. The AFAF campaign offers charitable affiliates that provide support to Air Force families including active duty, retirees, reservist, guard and dependents. Organizations include the Air Force Village Foundation Inc., the Air Force Aid Society, the General and Mrs. Curtis E. LeMay Foundation and the Air Force Enlisted Village. The campaign is Monday - April 30. For more, contact unit project officers, Master Sgt. Tony Pinkney at 2-3674 or Master Sgt. Ricardo Melendez at 2-3792. (Photo by Staff Sgt. Olenda Kleffner)

## Luck of the Irish



Navy Chief Petty Officer Craig Gilchrist, US Forces Azores, "King Desmond Laoghaire," and Ann Moody, 65th Logistics Readiness Squadron, "Queen Mona Laoghaire," prepare to take the stand during the Enlisted Spouses Club's Luck of the Irish Myster dinner March 13. (Photo by 1st Lt. Yvonne Levardi)

# Terceira is full of surprises

*Just when you've thought you've seen it all*

**by Tech. Sgt. Jason Tudor  
NCO in Charge of Public Affairs**

An orangutan riding a Shetland pony.

No, it's not a scene cut from a Paris Hilton home video effort. And, no. It's not the latest weapon system Boeing wants to sell to the Air Force.

However, an orangutan riding a Shetland pony is one of the things I did see by getting off base Sunday and going to the circus. That's right. An actual circus complete with big top, candy and hordes of eager children.

As if the horseback primates weren't enough, there were dogs playing soccer with balloons. I'm told this is a carryover from last year. Maybe the green team still carried a grudge against the red team. Either way, one dog was yellow carded, another red carded. It was not only the third soccer match I'd ever watched, it was without question the most surreal.

Then came the snakes, crocodiles, and birds on perches. Sitting on that five dollar patio furniture, munching on popcorn sweetened with sugar and listening to the children roar with delight as the clowns threw buckets of

water on one another, I'd discovered that the phrase "I thought I'd seen it all until ..." applied here.

And that was a good thing.

The circus had no English language subtitles. Also, admittedly, watching eight dogs playing European football on a plastic mat made me reflect on some things I'd eaten that morning. What came to mind initially was a "Late Night with David Letterman" skit (especially after one dog got yellow carded for, umm, celebrating on the mat ...). However, what did affect me was all positive and simple: culture. Community. Friendship.

Being able to go out in our Portuguese community and experience things like this traveling circus, movies at the local cultural center and eat at local restaurants is, in a word, cool. If you don't agree, call a friend stationed in the sandbox or talk with someone stationed at Incirlik AB, Turkey, when the installation was locked down and no one could leave.

If the circus isn't your thing, there are eight other islands to visit at a nominal cost. Lisbon, Portugal, is about 250 Euros away. Eating Alcatra, talking with locals about history and get-

ting a feel for what surrounds this Portuguese air base are even closer.

More than 50,000 people live here. Almost all of them that I've bumped into are quick to share their life with me. Make friends. Show off their homes. Their farms. Their children. Their friends.

Sure. Seeing the orangutan saddled up on the Shetland pony did, for some reason, make me think of Charlie Sheen facing a parole board judge in Orange County, Calif. And yeah, when the ringmaster wearing the gold turban reached down and kissed the Crocodile on the snout, I thought for sure someone would be calling 1-1-2.

However, the longer lasting impression was simpler: I'm here, I'm enjoying this island for all its worth and I'm not going to leave anything behind when I go. Dozens of restaurants. Swimming holes. A beach. Friendly people. A culture more than 600 years old that spans the Atlantic and across the globe in a myriad of ways

Maybe you believe you've seen it all since your stay here. After seeing that primate circling the ring like a Canadian Mountie after a ill-gotten Rush concert, I'd guess you've probably only scratched the surface.

## Combat Nighthawk opens eyes to Lajes mission

**by Capt. Robert Boyden  
65th Medical Operations  
Squadron**

Combat Nighthawk is a program that expanded my understanding of the Air Force mission on a day-to-day basis at the base level.

In three and a half years

on active duty, I had never been to another work area, other than customer service units, like the military personnel flight, finance, travel management office.

It was very interesting to see what people do in their various jobs.

One highlight was going

to the control tower. The very knowledgeable Airmen showed us their duties and equipment and gave a great explanation of what goes on in the realm of airfield operations.

It was great to watch airplanes land and see how our control tower worked with

both military and civilian American and Portuguese personnel.

I am glad I had an opportunity to participate in Combat Nighthawk, because now I have a better grasp of what it is that people do in their jobs here at Lajes.



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# Women heroes honored

by Tech. Sgt. Scott Wyman  
USAFE News Service

RAMSTEIN AIR BASE, Germany - Throughout history, American women actively participated in military campaigns, whether as members of the armed forces or as civilians. During the Civil War, some women enlisted disguised as men, while others fought alongside their husbands. Several women took their dedication to even more advanced levels.

During the Civil War, Harriet Tubman worked for the Union Army as a scout, nurse and a spy. She also helped prepare food for the 54th Massachusetts Regiment - composed entirely of black soldiers and known as the Glory Brigade - before its heroic but futile attack on Fort Wagner in 1863.

Rose O'Neal Greenhow became one of the most renowned spies of the Civil War. Among her accomplishments was the secret message she sent to Gen. Pierre G.T. Beauregard which ultimately helped him win the battle of Bull Run. She spied so successfully for the Confederacy that Jefferson Davis credited her with winning the battle of Manassas. Upon her death in 1864, Ms. Greenhow received a full military honors burial.

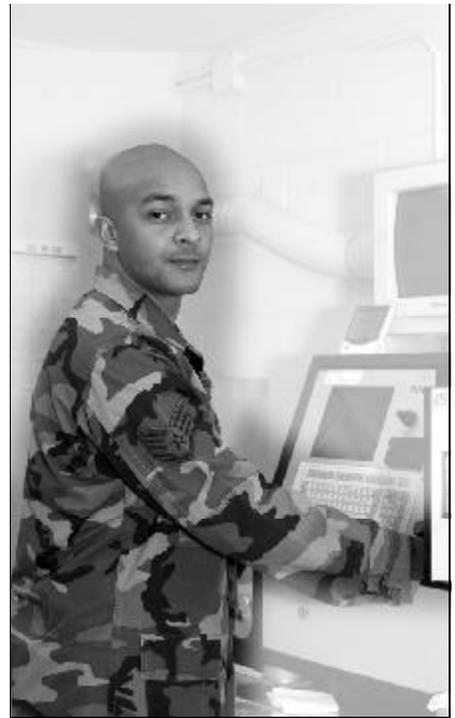
After the death of her husband in 1864, Sarah Thompson worked in Tennessee to aid the Union Army by delivering dispatches and recruiting information to Union officers. When Gen. John

Hunt Morgan and his men spent the night in Greeneville, Tenn., Ms. Thompson managed to slip away and alert Union forces to his whereabouts. She also served as an army nurse in Knoxville, Tenn., and in Cleveland. She was buried in the Arlington National Cemetery, Va.

Clara Barton's Civil War work began in April 1861. After the Battle of Bull Run, she established an agency to obtain and distribute supplies to wounded soldiers. In 1862, she obtained permission to travel behind the battle lines, reaching some of the grimmest battlefields of the war and serving during the sieges of Petersburg and Richmond, Va. Ms. Barton aided soldiers from both the North and South. In 1881, she established the American Red Cross.

Dr. Mary Walker, physician and Civil War field surgeon, was the first woman to receive the Medal of Honor. Much ahead of her time, Dr. Walker, in 1855, was also one of the first women in the United States to earn a medical degree. When the Civil War broke out in 1861, Dr. Walker volunteered to work on the Civil War battlefields caring for the wounded. Denied a commission as a medical officer, she volunteered anyway and was eventually appointed assistant surgeon of the 52nd Ohio Infantry.

These are but a few shining examples of heroic women and the significant contributions they have consistently made to the United States.



## Everyday Hero

### Staff Sgt. Paris Johnson

65th Operations Support  
Squadron

**Duty Title:** NCO in charge of Non-destructive Inspection and JOAP Laboratory

**Job description:** I inspect aircraft structural components for defects and analyze transient aircraft engine oil samples for adverse trends.

**How long have you been in the Air Force:** Nine years

**How long have you been at Lajes:** One year and six months

**What's the best aspect of your job:** My duty section has personnel from three different career fields and my time here has given me a better understanding and appreciation for the things they accomplish.

**Spouse/children:** Wife Jennifer, daughters Aubrionna and Tiana, and sons Brandyn and Donnie.

**Why did you joined the Air Force:** As a kid I saw it as an chance to travel and do something positive.

**What are your career goals:** My goals have always been to work hard and learn as much as possible while taking advantage of the opportunities and benefits available for me and my family.

**Hometown:** Youngstown, Ohio

**Hobbies:** Spending time with my family, volunteering time for Lajes Youth Sports Program, playing basketball and video games.

**Favorite food:** Baked Ziti



**Today: "My Baby's Daddy,"** 7 p.m., PG-13, 99 min. Cast includes Eddie Griffin and Anthony Anderson. Lonnie, G and Dominic are three bachelor buddies from the hood who, after a lifetime of hard partying, are in for a rude awakening when their respective girlfriends all get pregnant at the same time. The fathers-to-be embark on a hilarious and often touching journey while learning as much about themselves as they do about love and fatherhood.

Rated PG-13 for sexual content, language and some drug reference;

**"Butterfly Effect,"** 10 p.m., R, 113 minutes. Cast includes Ashton Kutcher and Amy Smart. Evan is an emotionally conflicted man with suppressed childhood memories. Cleverly enough, he discovers a

way actions in the past have enormous ramifications for his future/present, and every time he heads back in time to fix the problems he's created, things invariably gets worse.

Rated R for violence, sexual content, language and brief drug use.

**Saturday: "Cold Mountain,"** 7 p.m., R, 154 minutes. Cast includes Jude Law and Nicole Kidman. Based on the best-selling novel, a wounded Civil War soldier, Inman, gets up from his deathbed and begins the long, difficult walk home to Cold Mountain, N.C., so he can be with Ada. Inman encounters many obstacles along the way. Ada, although heartbroken, is struggling to care for her deceased dad's farm. She receives a helping hand in the form of a sassy, hard-working wanderer.

Rated R for violence and sexuality.

**Sunday: "My Baby's Daddy,"** 2 p.m., **"Butterfly Effect,"** 7 p.m.

**Tuesday: "Cold Mountain,"** 7 p.m. **Wednesday: "Butterfly Effect,"**

7 p.m. **Thursday: "Cold Mountain,"** 7 p.m.

## Servicemembers, Veterans may have college credit

Over the past few years, the DoD has increasingly encouraged servicemembers and veterans to take advantage of the GI Bill, both during active duty as well as after transitioning out. Over 50 percent of GI Bill benefits are not used within the 10-year span of eligibility after separation.

Many servicemembers and veterans do not realize they have likely earned college credit through their military training, coursework, and occupational specialty.

These credits will reduce the amount of time it will take to complete a degree and save tuition dollars.

Servicemembers and veterans who are interested in receiving credit for their service can get tips on doing so, as well as find schools that award credit for military service, at [www.Military.com](http://www.Military.com). Go to the

College Credit section for more information:

[http://www.military.com/Content/MoreContent1/?file=college\\_credit](http://www.military.com/Content/MoreContent1/?file=college_credit)

## Card holders beware

Office and the General Service Administration warns holders of government travel credit cards to beware of anyone requesting information about their credit cards via phone or e-mail.

Often, individuals receive fraudulent e-mail claiming to be from Visa officials and asking cardholders to reactivate their accounts due to a "technical security update." Cardholders are directed to click on a link that appears to be the Visa Website, but is actually a fake mirror image.

People are then asked to enter personal information, such as credit card numbers and social security numbers. In addition to e-mail messages, many people are also receiving phone calls stating they are bank employees working with the government charge card program.

The scam operators claim to be checking suspicious card activity and ask for account numbers, social security numbers and other personal information.

The important thing to remember is, bank employees do not call and ask for this kind of information.

For more, see

[http://www.military.com/NewsContent/0,13319,usmc6\\_031104.00.html](http://www.military.com/NewsContent/0,13319,usmc6_031104.00.html)

## AMC historic troop rotation

SCOTT AIR FORCE BASE, Ill. — Department of Defense officials have challenged those from Air Mobility Command to play a central role in the Southwest Asia troop rotation by moving 250,000 people in 60 days. That roughly equates to the number of passengers who can sit in 720 wide-body commercial aircraft or the entire population of Louisville, Ky.

Defense officials have called the troop movement a historic feat and the largest troop movement since World War II. AMC's job is to redeploy the forces serving in Iraq and Afghanistan and bring in new troops.

The rotation began Feb. 1. As of March 11,

90,000 servicemembers, primarily Soldiers and Marines, have moved into the theater, and 44,000 have returned home.

At the hub of airlift operations for the massive troop rotation is the 18th Air Force, a new organization reactivated Oct. 1 as AMC's warfighting component. The commander of 18th Air Force, Lt. Gen. William Welser III, said the total-force job of moving the extraordinary number of people is going smoothly, based on lessons learned from past operations.

"One of the things I'm most proud of, and impressed by, is how we have learned from our lessons, not only from (operations) Desert Shield and Desert Storm, but also from Afghanistan and Iraq, and now as we go into the next phase of rotations, to improve our processes, tactics, techniques and procedures," said General Welser. "Here we are, a little more than 900 days since (the terrorist attacks of) 9-11. In those 900 days, we've learned a lot."

Part of the challenge is not only tracking the military aircraft but also the commercial-contract aircraft carrying 90 percent of the passenger load. Contract-troop carriers are designated with military mission numbers.

General Selva said he gets "more bang for the buck" for the number of airplanes through an aerial port by using commercial airplanes. A C-17 Globemaster III carries about 96 passengers, but a commercial wide-body passenger aircraft which occupies the same parking space can carry 285 to 350 people.

With commercial carriers taking on requirements for passenger travel and commercial sealift moving as much as 85 percent of the cargo, General Welser said military airlift is not stretched as thin, increasing the ability of the DOD to provide airlift into hostile territory and to respond to emerging international crises. (Courtesy of AMC News Service)

## Civilian job process going PRO

RANDOLPH AIR FORCE BASE, Texas —

A new base-level central-approval authority for filling civilian positions is currently being tested at seven bases across the Air Force.

The Personnel Resource Official, or PRO, will be the point of contact in an organization or at a base that lets a manager trying to fill a position know whether he or she has the funds and a position number, and ensures information is correct and forwarded with the fill action.

"The PRO cuts a significant number of layers once required for management to get permission to fill a simple vacancy," said Ron Orr, principal deputy assistant secretary of Air Force for installations, environment and logistics.

Managers will now have a centralized internal-focal point in the organization to work all issues concerning a civilian vacancy before requesting to fill it, said Lou Fletcher, test project manager.

The test runs through August at Tinker (depot maintenance); Scott AFB, Ill.; Minot AFB, N.D.; Randolph AFB, Texas; Eglin AFB, Fla., (depot maintenance); Hill AFB, Utah, (depot maintenance); and the Aerospace Maintenance and Regeneration Center at Davis-Monthan AFB, Ariz. (Courtesy of Air Force Personnel Center News Service)

## Supplements caution

RAMSTEIN AIR BASE, Germany - With the recent implementation of new Air Force fitness standards, abdominal circumference has taken on new emphasis. As a result, some members are seeking methods for rapid fat loss in an effort to reduce their girth. Members may be tempted to turn to herbs, alternative medications and supplements in an attempt to make weight loss easier. These unregulated medications can carry with them a number of risks.

Some of the more widely-used products available include: ephedra, citrus aurantium, caffeine, theophylline, chromium picolinate and capsaicin.

Ephedra (also known as ephedrine or ma huang) has been used in traditional Chinese medicine for more than 2,000 years. Ephedra is a stimulant, and has been shown to reduce weight, but there are several downsides to this drug. It is quite addictive, and typically weight loss has been shown to be reversed when people stop using the product. Some of the potential side effects may mimic a heart attack, including chest pain, a rapid heart beat, pain radiating down the left arm and shortness of breath. This medication has been shown to increase the risk of heart attack and stroke, which is why it was banned by the Air Force and the U.S. government in late 2003.

Citrus aurantium (also sold as bitter orange or synephrine) is another stimulant drug. This is currently being marketed as a replacement product for ephedra. Given that this product has only relatively recently been marketed, there is not much data to show if it is effective or not. It has been shown to have the potential for liver and kidney damage, dehydration and high blood pressure. It also interacts with several over the counter drugs (cough and cold remedies) and prescription medications (high blood pressure drugs).

Caffeine (also marketed as herbal caffeine, green tea extract, guarana, kola nut extract, or gotu kola) is sold as a "thermogenic" stimulant, which means that it supposedly increases body temperature, helping to burn calories. Caffeine has been shown to have a mild thermogenic effect, but the effect is fairly small. The caffeine in most weight loss supplements is the equivalent of eight to 12 cups of brewed coffee.

Additionally, the caffeine in most over the counter herbal supplements is mixed with other stimulants, which can magnify its bad side effects. Some of those side effects include dehydration, elevated blood pressure, nervousness, nausea and headaches. Finally, caffeine is addictive. Theophylline is related to caffeine, but twice as powerful. It was formerly used as an asthma medication, but isn't used much these days, because more effective medications are available.

Chromium picolinate is marketed as an appetite suppressant, but has shown not to be effective. It has been shown to cause heart flutters, increased cancer risk, as well as liver and kidney damage, which is why it was banned by Great Britain in 2003.

The numerous risks associated with over-the-counter weight loss supplements currently available often outweigh the benefits. For questions about weight loss or other supplements, call your personal physician. (Air Force Print News)

## Valleys, lakes and golf courses in Sao Miguel

The island of São Miguel is the largest in the Azorean archipelago with approximately 291 square miles and a population of about 120,000 people, nearly half of the Azorean population. It also has the biggest economic impact due to its several industries, including tobacco, beer brewing, sugar and tea production, and pineapple plantations. The island's primary occupations are farming, fishing, industry and services.

The island's settlement started in 1444 with the arrival of settlers from the mainland provinces of Estremadura, Upper Alentejo and Algarve. The first inhabitants were later joined by others from the island of Madeira and possibly France. The fertile soil and the island's geographic position at the crossroads of Europe, Africa and the Americas contributed to rapid economic growth based on the production of wheat, sugar cane, wine and dairy products. By the end of the 18th century, the export of oranges to England also brought a period of great prosperity to the island.

São Miguel was occupied by the Spanish in 1582 after the defeat of a French fleet off the coast of Vila Franca do Campo which had Portuguese on board in support of Dom Antonio Prior do Crato's claims to the Portuguese throne.

The island is politically divided into six municipalities: the districts of Ponta Delgada, Lagoa, Vila Franca do Campo, Povoação, Ribeira Grande and Nordeste. The island's capital is Ponta Delgada, the largest, more developed and most populated city of the Azores. A charming and cosmopolitan city, it features some beautiful churches, monuments, palaces, a museum, modern hotels and a recently inaugurated shopping mall. The city is also the headquarters of the Regional Government of the Azores and the University of the Azores.

Ponta Delgada hosts the Azores' most important religious fest, called "Festas do Senhor Santo Cristo" (festivities of Lord Holy Christ), which is held every year on the fifth sunday after Easter. This religious tradition goes back to the end of the 17th century with the fame of the miracles obtained through the grace of the Lord Holy Christ, whose statue is venerated in the Convent of Senhora da Esperança. The religious parade dates from that period, and even today is routed through the same city streets - a living parade of tens of thousands of pilgrims and the faithful who follow the image of the Holy Christ.

One of São Miguel's main attractions is undoubtedly the beauty of its landscape. The Caldeira das Sete Cidades, a large crater with a 7.5-mile perimeter with its green and blue lakes surrounded by steep slopes covered with trees and flowers, is a good example of beauty at its best.

The Valley of Furnas, a true paradise at the bottom of a vast crater where springs flow free, is another natural wonder of this island. In this valley are a fascinating park, thermal springs and sulfur pits with boiling mud. Next to the valley is the calm, romance-inspiring Lake of Furnas. Sought by the natives of São Miguel as well as tourists on weekends, it's a great place to have picnics and to experience a relaxing environment. This is the area where the

famous local dish called "Cozido das Furnas" (a stew made of mixed meats and vegetables) is cooked by burying hermetically closed pots containing the food in the hot soil.

The Lagoa do Fogo (lake of fire), Pico do Carvão and Tronqueira, are just some of the other natural scenery sites I recommend you to visit. The villages of Ribeira Quente, Porto Formoso, Vila Franca do Campo, Ribeira Grande, Povoação, Capelas, Mosteiros and the district of Nordeste are other places worth visiting. Nordeste is one of the most attractive districts of the island due to its luxuriant vegetation and neatness.

São Miguel features two beautiful golf courses - Batalha and Achada das Furnas - with 27 and 18 holes respectively, which provide golfers with many hours of golfing pleasure. Like most of the other islands, the climate is mild. Ocean lovers will find beautiful blue waters where they can swim, sail, fish or snorkel.

An international airport and seaport serve São Miguel. The regional airline, SATA-Air Azores, offers several daily flights to the island for approximately \$150, depending on the exchange rate. Ferry boats travel between this and the other islands between May and September. Like Santa Maria, you may find a language barrier, but not as much as a smaller island, since you will be able to find more English-speaking people.



**ASK Ed!**  
By Eduardo Lima  
Community Relations Adviser  
Call him at 2-3413 or e-mail  
eduardo.lima@lajes.af.mil



(Above) The Caldeira das Sete Cidades is a large crater with a 7.5-mile perimeter with its green and blue lakes surrounded by steep slopes covered with trees and flowers in Sete Cidades Valley.

(Right) Thermal springs and sulfur pits with boiling mud can also be found in Sete Cidades Valley. (Photos by Staff Sgt. Olenda Kleffner)



## Sports briefs

### Paintball

It's 10 a.m.-2 p.m., March 27, \$20 a person. Cost includes transportation and equipment. Eight-25 participants, ages 16 and older. To sign up, visit or call outdoor recreation by Wednesday. For more information, call 2-4140.

### Fishing trip

The trip is aboard the Catamaran "Tango," 8 a.m.-noon, March 27. It is \$65 per person, four-six people can go and children must be at least 8 years old. Sign up three days before the trip at outdoor recreation. For more, call 2-4140.

### Fitness Monopoly

Everyone's welcome to play at the fitness center when working out, by rolling the dice once a day and doing whatever the property landed on asks. For more, call Senior Airman Sarah Haylett at 2-6390.

### Yoga

Classes are at 9 a.m., Saturdays, at the fitness center. For more, call Airman Joshua Clark at 2-6126.

### Teen cardio

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

### 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., Saturday, at the fitness center. For more, call Airman Joshua Clark at 2-6126.

# Falcons headed to NCAA

## Air Force Print News

U.S. AIR FORCE ACADEMY — The Air Force Falcons have earned a spot in the 2004 NCAA Men's Basketball Tournament, their first postseason appearance in 42 years.

The Falcons, with an overall 22-6 record, won the Mountain West Conference regular-season title with a conference-record 12-2 mark. They face North Carolina on March 18 in Denver. The game will start 30 minutes following the conclusion of the Texas vs. Princeton game, which begins at 5:20 p.m. MST.

Air Force, the No. 11 seed in the Atlanta Re-

gion, will play its first NCAA-tournament game since losing to Texas Tech, 68-66, March 12, 1962. The Falcons' only other NCAA-tournament appearance was after the 1959-1960 campaign. This will be the first meeting between Air Force and North Carolina, which is seeded sixth in the region.

"This is a great reward for our players," said Air Force head coach Joe Scott. "We have worked hard since Oct. 15 for this moment, and it says a lot about what kind of season we had and how hard our guys have worked."

The winner of the game will face the victor of the Texas vs. Princeton game March 20 in Denver.

# Stay fit with good eating habits

## by 1st Lt. Mae-Li Allison Air Force Print News

EGLIN AIR FORCE BASE, Fla. — Exercising is only one of several elements needed to live a healthy lifestyle, according to Staff Sgt. Cristina Saguin. She is the noncommissioned officer in charge of nutrition programs at the Eglin health and wellness center.

"Exercise alone cannot improve a person's health," Saguin said. "Unfortunately, there are those who think that if they exercise, it's a license to eat whatever they want."

This thinking leads to poor eating habits like skipping meals, not eating from all the food groups during the day and fad diets, she said.

"Skipping meals can slow the body's metabolism," said the nutritionist. "Later, they'll overeat, typically on the least healthy of foods."

The first step in improving eating habits, Saguin said, is for people to write down everything they eat during the day, and when they eat. This allows people to assess their

current eating habits and see what they can change.

Additionally, people should eat small meals and snack throughout the day, making sure the meals and snacks include all the food groups, she said.

Snacks should include whole-grain breads, cereals, rice and pastas, plenty of vegetables and fruits, low-fat dairy products and lean meats. Products made from refined sugar or those loaded in fat, such as pastries and candy bars should be eaten in moderation, she said.

"Eating the appropriate foods (helps) to give us the energy we need for daily activity and additional fitness activities," Saguin said. "Those frequent, small meals or snacks go a long way in helping us perform our normal duties and enabling us to exercise, too."

Experts at each base's wellness center can provide further information on nutrition and fitness, including directions about weight, cholesterol and blood pressure management. Also, dieticians at the base hospital can give effective tips on how to make lasting changes towards healthy eating habits.

## AFN Sports on TV

### Friday

#### AFN-Sports

Tennis: Pacific Life Open - Men's quarterfinals, noon

Pacific Life Open - Women's quarterfinals, 2 p.m.

Men's college basketball: NCAA Championship - First round, 4 p.m.

Tennis: Pacific Life Open - Women's semifinals, 11:30 p.m.

#### AFN-Atlantic

Men's college basketball: NCAA Championship - First round, 11 p.m.

#### AFN-Pacific

Men's college basketball: NCAA Championship - First round, 4 p.m.

NAA championship - First round, 11 p.m.

### Saturday

#### AFN-Sports

Tennis: Pacific Life Open - Men's quarterfinals, 1:30 a.m.

Pacific Life Open - Women's quarterfinals, 5 a.m.

Motorcycle racing: THQ World Supercross (125cc) St. Louis, 7 a.m.

THQ World Supercross (2505cc) St. Louis, 8 a.m.

NBA: Houston Rockets @ Golden State Warriors, 11 a.m.

NHL Cool Shots, 4 p.m.

NASCAR Busch Series: Diamond Holl Plywood Co. 200, 4:30 p.m.

NHL, 7 p.m.

Figure Skating: ISU European Championships, 11 p.m.

#### AFN-Atlantic

Men's college basketball: NCAA Championship - Second round, 5 p.m.

NCAA Championship - Second round, 9:30 p.m.

#### AFN-Pacific

Men's college basketball: NCAA Championship - Second round, 4:30 p.m.

NCAA Championship - Second round, 9:30 p.m.

### Sunday

#### AFN-Sports

Horse Racing: Lane's End & Gotham Stakes, 1 a.m.

Men's College Basketball: Post Season NIT - Second round, 4 a.m.

Tennis: Pacific Life Open - Men's Semifinals, 7 a.m.

PGA Preview: The Players Championship Preview, 1 p.m.

NASCAR Nextel Cup Series: Carolina Dodge Dealers 400, 5 p.m.

AFL, 9 p.m.

PGA Tour: Bay Hill Invitational - Final round, 11:30 p.m.

#### AFN-Atlantic

Men's college basketball: NCAA Championship - Second round, 4 p.m.

NCAA Championship - Second round, 7:30 p.m.

#### AFN-Pacific

Men's College Basketball: NCAA Championship - Second round, 4 p.m.

NCAA Championship - Second round, 7:30 p.m.

## 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: All beef hot dogs, rice pilaf, baked beans, coleslaw, chilled peaches, milk.

Skating Rink/Skate Park: Alternating weekends. 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/Skate Park: Alternating weekends. 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: Gourmet fish sticks, curly fries, coleslaw, orange quarters, tarter sauce, 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: Cheese Pizza, carrot and celery sticks, ranch dressing, chilled peaches, Rice Krispie bar, 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 bible study, 9 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 patty sandwich, lettuce and tomato, seasoned potato wedge, seasoned peas, 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: Soft shell beef taco, lettuce & tomato, Spanish rice, chilled fruit mixed, cookie, 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 5 p.m., 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](mailto:news@lajes.af.mil). Dates and times should be in civilian format, and include full name of P.O.C.

## Closures/Shifts

**Family Support:** The family support center will be at minimum manning for training today. For questions, call the FSC at 2-4138.

**Legal office:** Closes at 4 p.m. every Monday, Wednesday and Friday for unit physical fitness training. For emergencies, call the command post at 2-4200.

**Pass and Registration:** Open 9 a.m.-noon every Friday in the Customer Service office, Bldg. T-112. Hours remain 8 a.m.-noon, Tuesday-Thursday and closed Mondays.

**Veterinary clinic:** Open from 3-8 p.m., Wednesday. Call for appointments. To screen for parasites, bring a sample of pet's stool at time of appointment. To sign up, call 2-3134.

**Medical Group:** The 65th Medical Group will close at 3:30 p.m., March 31, for a recognition ceremony. For more, call Senior Master Sgt. David Montano at 2-2265.

## Education

**UMUC happenings:** The University of Maryland's term four registrations end March 26. On-site schedules are now available at the UMUC office. For more, call Melinda Casey at 2-4187.

**Online courses:** April 1 is the deadline to enroll for the University of Oklahoma's summer term online graduate courses. For more, call Erika Golart at 2-3171.

**Embry-Riddle:** Registration for Aviation Law ends April 13. The course will be taught onsite April 19-25. For more, call 2-3375.

**Human Relations:** Enroll by April 8 for 'Current Problems in Human Relations,' a core course in the University of Oklahoma's Master of Human Relations degree. The course will be taught May 11-16. For more, call Erika Golart at 2-3171.

## Classes

**123 Magic:** 7-8:30 p.m., and 8. To sign up, call Staff Sgt. Fawne Cady at 2-5177.

**Quilting class:** Square Inside Square, 2-6 p.m., Saturday, at the community activity center. Cost is \$40. To register, call 2-3909 or 2-5255.

**Painting class:** Free beginning watercolor painting class, 6-8 p.m., April 7, at the family support center. All supplies provided. Space is limited. To sign up, call 2-4138.

**Personal prayer:** Seven week

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

**Beginning Access:** Beginning Microsoft Access class is 5:30 p.m., March 24. Learn database concepts and principles, then get started using tables, queries, etc. Call 2-4138 to sign up.

## Organizations

**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.

## Events

**Skate park:** The skate park and skating rink alternate every weekend, 7-11 p.m., Fridays and Saturdays. Parties can be arranged, 2-6 p.m., Friday-Sunday. For more, call Melvin Moore at 2-2496 or Pam Darling at 2-6202.

**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.

**Movie night:** Children and Youth of the Chapel movie night, 7 p.m., today, at the base chapel. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

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

**Men's breakfast:** 8 a.m., Saturday, at the base chapel. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

**Game night:** For singles, 7 p.m., Saturday, at the base chapel. For more, call Chaplain (Capt.) Matthew Franke at 2-4211.

**Car wash:** Friends of the Animals Association car wash/bake sale, 10 a.m.-2 p.m., Saturday, at the commissary. Dog and cat food, kitty litter and money will be accepted. For more, call Staff Sgt. Danielle Foley at 2-3239.

**Game night:** 5-11 p.m., Wednesday, in the Top of the Rock club ballroom. Games include Taboo, Scrabble, Yahtzee, Monopoly, Dominoes, Jenga, Don't be a Dork. For more, call Kara Warren at 2-3202 or e-mail [kara.warren@lajes.af.mil](mailto:kara.warren@lajes.af.mil).

**SUM dinner:** Single and unaccompanied member dinner sponsored by the 729th Air Mobility Squadron, 5:30 p.m., Thursday, at the base chapel. For more, call

Chaplain (Maj.) Stan Pieczara at 2-4211.

**Movie night:** Free movie night sponsored by the Elementary School Student Council, 6 p.m., March 26, in the multi-purpose room at the elementary school. Popcorn and soda will be sold. For more, call Ronna Poston at 2-3491.

**Oldschool:** 80's and 90's music, 9 p.m.-2 a.m., on the last Saturday of each month, March 27, at the Top of the Rock ballroom with DJ Brett Jamez. For more, call Kara Warren at 2-3202.

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

**Singles barbeque:** 6 p.m., March 28, at Chaplain (Capt.) Matthew Franke's house. For more, call Chaplain (Capt.) Franke at 2-4211.

**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.

**Talent contest:** USAF Youth Talent Contest, 7 p.m., April 9, for ages 6-18. Registration deadline is April 5. Singers, actors, dancers, magicians, comedians, musicians, and specialty acts are all welcome. For more, call Melvin Moore at 2-3273.

## Volunteers/Jobs

**Civilian positions:** Fuel Logistics/Transportation managers needed for a company in Iraq and Kuwait. Applicants must have prior military experience. Excellent salary. Package includes, travel, housing, food, medical and life insurance, etc. Deploy immediately on single status. Send resumes by e-mail to [clynch@theaimgroup.net](mailto:clynch@theaimgroup.net)

**WICO position:** Women Infants and Children Overseas needs someone with a degree in nutrition, dietetics, nursing or home economics and experience in prenatal, maternal or infant nutrition. For more, call Nora Blohm at 2-1440 or 295 549 465.

**Part-time position:** Thriftshop bookkeeper needed. 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.

**Services positions:** Recreation aids at the skating rink and youth center, a club operations assistant and an office automation clerk at

the veterinary clinic are needed. Applications available at the non-appropriated funds human resources office, Bldg. T-112. For more, call 2-5200.

**CAC attendants:** Community activity center volunteers are needed to work at the front counter, to 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.

**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 2-6143.

**Family readiness:** Volunteer assistant needed to help maintain a program dedicated to families of deployed troops. Requires a six-month minimum commitment. Free childcare is available. For more, call 2-4138.

**Volunteers needed:** Volunteers are needed at family services for postal collection, data input, advertising, etc. Free childcare is available. For more, call 2-4146 or 2-4138.

**Charities committee:** "Chapel Charities," open 11 a.m.-2 p.m., Saturdays, in Bldg. T-426, needs donations for local orphanages and nursing homes. To volunteer, call Tech. Sgt. Silvia DeJesus at 295-549-430 or 2-1304 or call 2-4211.

**Part-time contractor:** Instructor needed to provide financial and computer classes at the family support center. For more, call John Cox 2-4138.

## Miscellaneous

**Lost/Found:** Unclaimed items in the Skating Rink's lost and found will be donated to the Thrift Store, April 1. To pick up lost items, go by from 7-11 p.m. on Fridays and Saturdays. For more, call Pam Darling at 2-6202.

## Classified Ads

Ads must be submitted via e-mail to [news@lajes.af.mil](mailto:news@lajes.af.mil). Ads are due by 5 p.m. Monday.

For Sale: 1988 Isuzu Pick-up Truck. Mileage: 113,226 Miles, 5-speed manual transmission, New tires. Personally maintained by Duarte Fagundes. \$1,900 OBO. Available 18 April. Call Kathy Scharven at 295-908-965

For Sale: Trilum 110 cellphone with owner's manual in English and paid calls until June: \$80. Call Kathy Scharven at 295-908-965

Found: Small long hair multicolor puppy wearing black collar. To claim or adopt this puppy contact Staff Sgt. Michael Farmer 295-549-785