



# More changes approved

The second phase of the force-shaping program plan has begun. Page 3

## End of year fun

The End of School Fun Run and picnic is at 3:30 p.m. today at the 65th Security Forces Squadron ball field. During the celebration, students from the Lajes Elementary School and the Lajes High School will be recognized for academic achievements. A bus will depart the Lajes Youth Center at 3:15 p.m. and return at 5:30 p.m. For more information, call Melvin Moore at 2-3273.

## Sports physical

The 65th Medical Group Sports Physical day is 7:30 a.m.-4:30 p.m. June 11. Sign up at the Lajes High School by Wednesday. All youth planning to play any sports this year must have a current annual physical. Parents must bring immunizations records, glasses and contacts. Things that will be checked include general health screening, vision screenings, education updates, immunization updates and blood work if needed.

## New group meeting

The first meeting of the married, unaccompanied members (MUM) group is at 7 p.m., June 9, in the family support center classroom. For more information, call Senior Master Sgt. Clyde Hickerson at 2-5129 or the center at 2-4138.

## Water aerobics

The base pool offers water aerobics 11:30 a.m.-12:30 p.m., Monday, Wednesday and Thursday, starting Thursday. Class is free for military and pool pass holders, all others pay the daily fee. For more information, call outdoor recreation at 2-4140.

## Preflight

- Days since last DUI ..... 124
- DUIs since Jan. 1 ..... one
- Current AEF ..... (9&10)
- Current FPCON ..... Alpha
- Combat Nighthawk: Capt. David Brazeau, 65th Medical Operations Squadron; 2nd Lt. Jesus Barajas, 65th Communications Squadron; Senior Master Sgt. Darren Jorgensen, 65th CS; Master Sgt. Darwin Fast, 65th Security Squadron

## Moving on

Janette Straka hands the microphone to Andre Lloyd, a senior, during the Lajes High School Baccalareate Service at the Chapel Sunday. Andre told the audience what his plans are for the future. The LHS graduation is at 11 a.m. Saturday at the Praia auditorium. (Photo by Staff Sgt. Michelle Michaud)



# CAD celebrates 61 years

Community Appreciation Day 2004 is tomorrow, and many events are scheduled for the base and local community to enjoy.

This year Lajes and Air Base 4 celebrate 61 years of Portuguese-American cooperation, and in order to make it a safe, fun event here are some tips officials ask visitors keep in mind:

- For safety reasons, don't bring glass bottles into the CAD area.
- Large bags, backpacks and coolers are not allowed, and all bags are subject to search.
- People are advised to not bring weapons of any kind, or umbrellas.
- Team Lajes people are encouraged to ride, walk or take the base shuttle to the CAD area to ease traffic congestion.
- There is no smoking allowed in the display area. Designated smoking areas are marked.
- If family members get separated from one another, go to the CAD information booth next to the 65th Medical Group tent, on the flightline side of the large hangar.
- Keep the flightline area clean - use trash cans for garbage.

## Saturday's Events

Time	Event
11 a.m.	Gates open Children's activities begin Shuttle buses start running
Noon	Base radio car club demonstration
12:30 p.m.	F-16 aerial demonstration
1:30 p.m.	Pilot autograph opportunity
2 p.m.	K-9 working dog demonstration
2:45 p.m.	Firetruck demonstration
3:15 p.m.	Local folklore band performance
4:10 p.m.	Puma helicopter demonstration
4:40 p.m.	F-16 Aerial demonstration
6 p.m.	Gates close

## Shuttle schedule

Beginning at 10:15 a.m., shuttles will run every five minutes from the commissary to the family support center to the event area and back. Keep in mind if traffic on base increases, the buses will be delayed. People living in dorms and base housing are encouraged to use the shuttles or walk to eliminate parking hassles at the event area.



## Combat Touch

(Above) Becky Pletzer takes a bite of her hot dog during the combined Protestant service and parish picnic Sunday at the Ocean View park, (Top right) About 175 people gathered for the service and picnic. *(Photos by Guido Melo)*

(Right) Single and unaccompanied members had dinner served to them by the 65th Communications Squadron during the SUM dinner May 27 at the base chapel.

(Below) The 65th CS barbecued chicken and ribs, and served macaroni and cheese with baked beans. *(Photos by Tech. Sgt. Robert Valenca)*



# Force shaping Phase II approved

WASHINGTON (AFP) — As personnel officials review the last remaining applications for retirement or separation under the force-shaping program, a more extensive second phase of the plan has begun.

The new initiatives include expanded waivers for a number of programs including active-duty service commitments and transferring to the Guard or Reserve through the Palace Chase program. It also includes a few new ones, most notably the return of the career job reservation program. The CJR program limits reenlistments into the career force by constraining Air Force specialties for some first-term Airmen, officials said.

In addition, Phase II requires commanders to consider a number of quality-force factors when considering Airmen for retention. Those include correctional custody, referral reports, unfavorable information files, Article 15 action, control roster restrictions, confinement, alcohol- or drug-related offenses, and financial irresponsibility or mismanagement.

Phase II widens the aperture on the Phase I initiatives, which netted almost 2,500 Airmen approved for retirement, separation or Palace Chase, said Maj. Gen. John M. Spiegel, director of personnel policy at the Pentagon.

"Phase II is the next step in our force-shaping program to move us closer to the authorized end strength of 359,700 while rebalancing the skills," he said.

"Phase I put us on a glide slope to reduce the size of the force without (worsening) manning shortages in the specialties," said Maj. Dawn Keasley, chief of retirement and separation policy at the Pentagon. "Phase II increases that momentum."

The initial goal of force shaping was to have 16,600 Airmen leave the Air Force, 3,900 officers and 13,700 enlisted. Those numbers are projected to increase to almost 19,000 by Sept. 30, and to 24,000 by Sept. 30, 2005, because of record retention rates.

"Incredibly high retention and a slow recovering economy are the primary factors in the increase of personnel overages," said Col. Mike Hayden, chief of the military policy division at the Pentagon. "Retention rates in the Air Force are at their highest in a decade."

General Spiegel said Phase I of the program met its objective.

"Phase I did exactly what it what it was supposed to do," the general said. "It allowed us to assess the level of interest and recalibrate for Phase II. Our goal is to do this drawdown as smartly while rebalancing the force and

improving manning in stressed career fields."

Phase II of the program is designed to do just that. For example, Phase I required individuals to have a minimum of 24 months on active duty before applying to Palace Chase. Phase II dropped the minimum requirement to 12 months. This modification expands the opportunity to another part of the population that might be interested in serving in the Air National Guard or Air Force Reserve, Major Keasley said.

Further, the active-duty service commitment following a permanent change of station in Phase I could be waived up to 18 months. Phase II allows for a full waiver of the commitment, officials said.

Those colonels and lieutenant colonels who would like to retire but who do not have the three-years time in grade previously required to do so are also in luck, officials said. Phase II reduces the minimum mandatory time in grade to two years for a limited number of eligible people.

The CJR program has returned for the first time since 1999. It serves a two-fold purpose, Colonel Hayden said, helping draw down the force and balance career field numbers at the same time.

"Now is a good time to use this

tool again," Colonel Hayden said. "Airmen in overage career fields, coming up on their first re-enlistment, are offered an opportunity to retrain into a shortage career field. If they choose not to retrain, they have the opportunity to transfer to Palace Chase, apply for civil service, join the Army or separate."

"In Phase II, we have more flexibility in managing each (career field) by year group than we had in Phase I," General Spiegel said. "We will consider applications according to the manning health of the member's specialty by both the year group and the grade (for officers) or skill level (for enlisted)."

Because of this change, a greater percentage of applications will be approved in Phase II, officials said.

Additionally, as part of Phase II, enlisted accessions will drop by about 11,000 to reach authorized end-strength levels by the end of fiscal 2005. Thus, about 24,000 new recruits will join the Air Force rather than 35,000 as originally planned, officials said.

"This accession cut would occur for one year only," said Maj. Gen. Peter U. Sutton, director of learning and force development at the Pentagon. "Then we will resume normal accession rates."

## Stars and Stripes is free online

Servicemembers who do not have access to the Stars and Stripes newspaper, but do have access to a computer, can now go online to read or download an exact replica of the paper at no charge.

Free online versions of the newspaper's European, Pacific and Middle East editions became available April 26.

The electronic newspaper is a cost-effective way to get the Stars and Stripes to servicemembers at bases in isolated places overseas, such as Iceland or Crete, where delivery is expensive.

For more information, visit the electronic Stars and Stripes Web site at <http://estripes.osd.mil/> or read the *Air Force Print News story* at <http://www.af.mil/news/story.asp?storyID=123007608>.

## Cards and collectibles



Airman 1st Class Jordan Beliew, 65th Medical Operations Squadron, receives a sports trading card from Tech Sgt. Michael Hollandsworth, 65th Logistics Readiness Squadron, during a Sports Card and Collectibles Show at the community activities center Saturday. (Photo by Tech. Sgt. Robert Valenca)



## Fashion show

Staff Sgt. Tecumpseh Turner, 65th Operations Support Squadron, and other members of the community modeled the newest summer outfits AAFES has to offer during the AAFES' Summer of Life '04 Fashion Show Saturday at the Ocean Front Base Exchange. (Photo by Ted McGinley)

## Wear of medal approved

**AIR FORCE PERSONNEL CENTER** - The Air Force has authorized wear of the Global War on Terrorism Expeditionary medal approved by President Bush last year.

The Department of Defense campaign medal applies to active-duty, Reserve and Guard personnel deployed abroad on or after Sept. 11, 2001, for Operation Enduring Freedom or Operation Iraqi Freedom.

"The criterion is pretty clear, so members who believe they are eligible can begin wearing it," said Tech. Sgt. Jeff Simmons, superintendent of the Recognition Programs Branch at Randolph Air Force base, Texas.

To qualify, an individual must have been assigned or attached to a unit in OEF/OIF and served 30 consecutive days or 60 non-consecutive days in one of the following specific geographic areas: Afghanistan, Bahrain, Bulgaria (Bourgas), Crete, Cyprus, Diego Garcia, Djibouti, Egypt, Eritrea, Ethiopia, Iran, Iraq, Israel, Jordan, Kazakhstan, Kenya, Kuwait, Kyrgyzstan, Lebanon, Oman, Pakistan, Philippines, Qatar, Romania (Constanta), Saudi Arabia, Somalia, Syria, Tajikistan, Turkey (east of 35 degrees east latitude), Turkmenistan,

United Arab Emirates, Uzbekistan, Yemen, that portion of the Arabian Sea north of 10 degrees north latitude and west of 68 degrees longitude, Bab el Mandeb, Gulf of Aden, Gulf of Aqaba, Gulf of Oman, Gulf of Suez, that portion of the Mediterranean Sea east of 28 degrees east longitude, Persian Gulf, Red Sea, Strait of Hormuz, and the Suez Canal.

The medal will only be awarded once, regardless of how many times an individual returns to serve in OEF or OIF. There are no service stars, or other devices authorized. However, battle stars may be authorized for personnel who engaged in actual combat. The chairman of the Joint Chiefs of Staff is the approving authority for battle stars.

The medal follows the Kosovo Campaign medal in precedence and can be viewed at <http://www.defenselink.mil/news/Mar2003/200303134a.jpg>.

The medal will be issued by local Military Personnel Flights when it becomes available and will also be available through AAFES later this year.

For more information, members can contact the 65th Mission Support Squadron at 2-1366 or call the Air Force Contact Center at (800) 616-3775.

## Easy access for myPay PIN

**ARLINGTON, Va.** — Defense Finance and Accounting Service officials announced May 12 that Airmen can receive personal identification numbers for myPay through their official Air Force e-mail accounts.

Airmen can expect to receive a new or updated PIN within two hours of requesting it on the myPay Web site.

The e-mail PIN delivery process is a simpler, faster alternative to the direct mail and in-person request methods previously available, DFAS officials said. This capability is especially timely as more people are realizing the benefits of accessing myPay from remote and deployed sites.

Customers can view, print and save leave and earnings statements, make adjustments to federal and state tax withholdings, update bank account and electronic transfers and change address information, online at <https://mypay.dfas.mil>. The Web site is available to all servicemembers, military retirees and annuitants, and Departments of Defense and Energy civilian employees. (Air Force Print News)

## Program seeks experts

WASHINGTON — People with international skills are becoming more valuable to many organizations, and the Air Force is no exception.

The foreign area officer program develops line officers with certain skills used by the Air Force and Department of Defense in positions where they are needed, said Lt. Col. Mike Nolta, chief of the FAO program.

“DOD [officials] directed all services to develop this program ... to develop officers who have international skills in foreign language proficiencies, cultural understanding, regional specialization and some in-country experience,” Colonel Nolta said.

This development begins when officers identify self-obtained international skills, the colonel said. Sometimes these skills come from heritage, like growing up speaking the language, or from a combination of college studies and an opportunity to live at an overseas location where those skills were polished.

“The Air Force program relies on these people expressing an interest in applying to the program voluntarily, and then the FAO program takes those who meet some minimum qualifications and tries to give them short-duration training they can do on a primarily permissive (temporary-duty) basis,” Colonel Nolta said.

This short-duration training comes in many forms, like one-month immersion programs, he said. Other opportunities, such as regional studies seminars, are also available.

“It’s designed to be a very flexible program that allows officers to, at a minimum, work on maintaining the skills they already have and ideally improving those skills, as their schedules allow,” he said.

These training opportunities are one of many benefits for officers in the program.

“Last summer, I was scheduled to go to a language immersion program for six weeks in Austria,” said Capt. Peter Kerr, Air Force public affairs action officer and FAO European specialist. “My entire job was to get immersed in the language and culture, and come out a fluent German speaker.”

German is not the only language Captain Kerr is familiar with. He is fluent in Danish, can manage in Spanish, Italian, Norwegian and Swedish, and has a working knowledge of Greek and Hebrew. With a father in the Air Force, Captain Kerr spent nine and a half years in Europe growing up. He found the FAO program almost by accident.

“I stumbled across it on the Internet,” the captain said. “It’s also been written about on the bottoms of leave and earnings statements and other places; but it’s a little-known precious gem in the Air Force if you ask me.”

“With today’s Air Force being expeditionary, it’s important that all Air Force officers have a global mindset to learn international skills,” the colonel said. “Officers who obtain these skills, in the big scheme of things, really provide more value to the Air Force. Not only are they an expert in a primary career specialty, they also have these very well-developed global skills that can be used to support the expeditionary mission.” *(Courtesy of Air Force News Service)*

## Refueling the fight



A KC-135 air refueling tanker from the 92nd Air Refueling Wing at Fairchild Air Force Base, Washington, tops off the fuel tanks on an F-16 from Aviano Air Base, Italy in the skies above Iraq. *(Photo by Master Sgt. John Lasky)*

## Key to a safe summer

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Losing 66 Air Force people to private motor vehicle and seven to nontraffic-related accidents in 2003 prompted officials to carry out the most aggressive 101 Critical Days of Summer safety campaign in recent history.

Air Force commanders are sending the word out to their people: Be safe!

In a letter to Air Force Materiel Command units, Gen. Gregory S. Martin, AFMC commander, said everyone, regardless of rank, age, sex or position, must be more aware of increased safety during the upcoming season when outdoor and recreational accidents tend to rise.

“This is the time when we need to place extra emphasis on good decision making and taking the responsibility for the personal well-being of our families and ourselves,” General Martin said. “We must make safety awareness a part of our everyday lives — on and off duty.”

People must make sure they and their families use seat belts, helmets, lifejackets and other protective equipment, the general said. Also, emphasizing alcohol awareness and its effect on Airmen in a recreational setting, he said using designated drivers and not drinking and driving is a paramount need.

The 101 Critical Days campaign began Memorial Day and goes through Labor Day. It is the time when carelessness and fun-loving times sometimes takes control over careful thinking and gets people hurt or killed, said Col. Craig Wolfenbarger, AFMC safety director.

People should use risk-management techniques and think about what might happen in any given situation and what their reaction

might be, said John Sheehan, AFMC ground safety chief.

“We do a pretty good job with on-duty mishaps and fatalities because we have more control over how people conduct business,” Mr. Sheehan said. “But people need to put those same ideals into practice with off-duty activities because the off-duty stuff can kill you just as dead as the on-duty things can.”

If people apply the six steps of risk management, they can be reasonably assured there will be no surprises, Mr. Sheehan said.

The six steps he referred to are:

- Identifying hazards associated with a particular activity.
- Assessing the effect each hazard has in relation to potential loss and severity.
- Determining controls necessary to reduce or eliminate the hazards.
- Making decisions as to accepting, avoiding or controlling the risk.
- Following through to make sure appropriate controls are used.
- Monitoring the situation and adjusting as necessary to keep things under control.

Mr. Sheehan said that vehicle accidents accounted for 80 percent of deaths during the 2003 campaign. He also suggests keeping road rage caged; not drinking and driving; driving defensively and being cautious on unfamiliar roads.

Everyone, including supervisors and managers, needs to continue strong interaction with their co-workers and encourage each other to emphasize safety throughout the 101 Critical Days of Summer in both on- and off-duty activities, Mr. Sheehan said.

“This is the time of year where more activities are happening and therefore the risk of (accidents) happening increase,” he said. “With increased awareness and people taking the time to think about what might happen in any given situation, we can continue minimizing our (accidents) and bring our people back home safely.” *(Courtesy of AFMC News Service)*



# Welcome to Community Appreciation Day 2004

by Col. Barbara Jacobi  
65th Air Base Wing commander

Community Appreciation Day 2004 is tomorrow, and for the American members of U.S. Forces Azores and the 65th Air Base Wing, it's a celebration of thanks from us to our friends and neighbors on Terceira.

At CAD we celebrate our relationship with the Azorean community, partnership with Air Base 4 and Headquarters Azores Air Zone, and thank our Portuguese friends for their hospitality and cooperation throughout the year.

It's important for us to recognize how meaningful our partnership has been over the years, particularly during the past year and a half. Our countries

joined together with others for Operation Iraqi Freedom, and Lajes Field was a direct part of that effort with our support of the Tanker Task Force deployed here. Our partnership with the community, Air Base 4 and Headquarters Azores Air Zone endured the ultimate test during that time, and our joint relationship shone throughout; growing stronger for our work and support during that operation.

We have been guests on Terceira since 1946, and I often hear from our Airmen - military and civilian - how they greatly enjoy each day spent with our friends and neighbors of the Azores.

Our mission at Lajes is "Proudly providing world-class service and people to enable, bed down and posture expeditionary forces." Our talented

Team Lajes is made up of military and civilian, American and Portuguese people who enable that mission daily in a superb way. Our Portuguese hosts are both gracious and strong allies, and our partnership ensures Lajes remains ready to provide that service and support to both our nations, and our global allies.

I'm excited about this year's Community Appreciation Day, and I know all of Team Lajes looks forward to sharing time with our Portuguese friends during the festivities.

Let's make this year's Community Appreciation Day a great success, as we thank our Portuguese and Azorean community for their past and continuing support and hospitality.

Enjoy!

## Customer service

**Question:** I have a question concerning Subway and Ocean View restaurants serving Portuguese customers before they serve American customers. I have seen this happen many times when a local national will be served or be able to go ahead in the line without any explanation. Today I was in line at Subway when a Portuguese person walked in and stood at the end of the line. He said a few things in Portuguese to the girls behind the counter and they stopped serving everyone else and made his 5 sandwiches.

**Answer:** Thanks for your inquiry. We looked into the matter at Subway and found the person had called ahead for 35 meals for a British aircrew flight. Five were not ready yet, and the staff appropriately gave precedence to finish these flight meals.

On a routine basis, people call ahead to place their meal order. When they arrive at the Subway or Ocean View restaurant their food should be ready so they may be served without waiting in line to or-

der. This is a more efficient way many of our customers, including Portuguese, have found to get their meal faster. The priority service is due to advance orders by phone, not national origin. We've instructed personnel at both the Subway and Ocean View Island Grill to explain, in English, if this is questioned by other customers, to avoid any appearance of favoritism.

## New gates

**Question:** I was wondering what purpose the new Beira Mar gates will serve?

**Answer:** The remote mechanical arms are now fully operational at the Beira Mar gate. These devices were requested by Air Base 4 to control entry and exit of traffic and to facilitate enforcement of their pass system. US Forces Azores personnel need to continue to take direction from the on-duty gate guards, as they will continue to check credentials, open the gate and wave the traffic through.



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 I'll address it quickly and with care. Thank you!

Col. Barbara Jacobi  
65th Air Base Wing commander

# “NO TITLE PLEASE”

by Lt. Col. Joe Martin  
65th Logistics Readiness Squadron  
commander

I've thought many times about how to title a story such as this, but there are no proper words. For the story, no matter the title, ends the same. And the lesson, no matter the story, applies to all of us.

The next few paragraphs describe three different people's reactions to a single horrible event; mine, Maj. Mike Nelson's and Maj. Kristen Nelson's.

## Lt. Col. Joe Martin

I was there that day. I had been there many days before, but on this day...in the middle of Seminar 6 at Air Command and Staff College, our squadron commander entered our classroom and explained the empty seat on the front right side...Lieutenant Commander Rick Black had committed suicide the night before. Yes, my classmate was dead, and by his own choosing. I could change my name for this article and I could change Rick's as well in an effort to somehow protect his or my privacy, but the fact is he is dead...and he was my friend.

I'm going to skip over all the things you would expect to hear in a situation like this and jump right to the conclusion...sometimes there's nothing you can do. We played softball together—which he stunk at, we studied together—which he wasn't particularly good at either, we talked, we drank a few beers, our seminar had get-togethers, our wives and kids knew each other—heck, I even met his mother-in-law and he met my mom. You know what? In the end it didn't matter. But it gets worse—he was in counseling for both depression and alcohol abuse, and even though I obviously was not privy to his records—and actually unaware of any of it, he had seen his counselor the day before he took his own life. You see, in this case it just didn't matter. I am sorry, but even a year and a half later I am still angry at my friend.

**Maj. Mike Nelson**, 65th Civil Engineer Squadron.

Colonel Martin neglected to mention one thing about Rick; he also stunk at

cards. But it didn't matter, because spending time with Rick was always fun and interesting. He was a Navy pilot with a story for every occasion; he was also my friend.

A 10-month Professional Military Education program with 600 students from every service and over 60 countries offers some pretty unique experiences. Spending day after day with your 12 assigned seminar mates discussing, debating and digesting the day's topics can really bring a group together. We were a good group. Spending almost every weekend and many weeknights with the families of your seminar mates can really create a bond. We were a family.

We had just spent a great weekend at the Winter Ball, and a few days later, just three places to my right, there was an empty seat. Our seminar room had new visitors—the squadron commander, the chaplain and the Life Skills staff. There was grief in the room, but the overwhelming emotion was anger. Today I opened up my yearbook and saw a picture of Rick in his Navy whites right beside us in our Air Force blues. But, you know what? He's still gone. He's not serving his Navy, he's not serving his country, he's not serving his family. I don't know the pain or thoughts he had, but I do know that his final actions didn't make the world a better place, didn't make him a hero, didn't solve anything. It just made people angry. I know Rick had great friends. I know because they're still my friends.

**Maj. Kristen Nelson**, 65th Contracting Squadron commander.

Unexpectedly everyone was told to go to the lecture hall. We sensed it was bad news. Col. Ladnier, the commandant, appeared on stage.

"Please don't let anyone be dead," I thought.

He made a few set-up comments.

"Don't let it be someone I know," I thought.

"Lt Commander Rick Black ..." he began.

"Oh God, please let it be a car accident," I thought.

"Committed suicide this morning," Col. Ladnier said.

"Oh God no," I thought, my hand to my face in disbelief, my eyes searching the crowd for Mike and Joe.

Why did I think suicide was worse than any other death? I decided it's because of the guilt. I "knew" handsome Rick, his gorgeous family and adorable dog, but I didn't know his pain. He wanted peace from his pain and he made it happen. I wish he'd been more patient; had given it more time, for his family and friends.

## Colonel Martin

I'd like to thank my friends and classmates for their contributions to this article. No matter what they said and no matter how you interpret their comments or mine, these remain our thoughts. But I would offer there is a lesson here for all of us.

Lesson #1. Death is permanent! There is probably not a person reading this article who knowing the facts of this case would not have taken time out of their schedule to help Rick. Honestly—and in talking to the chaplains and the team of folks who converged on Maxwell Air Force Base to talk to us and counsel us after Rick's death—it appears that we, his friends, actually did all we could. But Rick is still dead, and his wife and children are still without a husband and father.

Lesson #2. It doesn't have to happen. In Rick's case, I have yet to hear how to change anything I or the rest of his friends did which would have changed the outcome. But there is hope. In another case very close to my own life, somehow the person got the word, got the help, and is now doing much better. You see, in almost all cases suicide is also very preventable!

Lesson #3. To someone, there is no one more important than you! Unfortunately, when a person takes their own life they rob the people around them of a co-worker, friend, husband or wife, son or daughter, or a mother or father. Both the Air Force and our civilian sector provide an amazing array of services for folks in distress. If you need to—use them.

We each get one life...so live it! Rick...rest in peace and I sincerely hope that no one else may join you of their own choosing.



This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the *Crossroads* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is provided, edited and prepared by the Public Affairs Office of Lajes Field.

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](mailto:news@lajes.af.mil).

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## Sports day at Lajes

(Above) Steve St. Andre cheers on his fellow squadron members from the 65th Operations Support Squadron during the tug-of-war competition on Ultimate Sports Day May 28. The 65th Civil Engineer Squadron tugged the hardest to come in first place. *(Photo by Guido Melo)*

(Left) Randall Taylor, 65th Security Forces Squadron, concentrates during the horseshoe competition. The 65th Logistics Readiness Squadron won this competition. *(Photo by Tech. Sgt. Robert Valenca)*

(Below) Team Lajes members compete in the dart tournament. The 65th Contracting Squadron had the highest score to win the dart competition. *(Photo by Guido Melo)*

Winners of the other events include: blood pressure check, 65th CONS; 5K run, 65th Communications Squadron; Racquetball, 65th CS; women's tennis, 65th MDG; men's tennis, 65th CES; softball, 729th AMS; volleyball, 729th AMS; soccer kick, 65th CES; best small squadron overall, 65th LRS; best large squadron overall, 65th CES





## Exploring Terceira's caves

Terceira Island has four caves that can be visited and explored by enthusiasts of Mother Nature, especially during the summer months.

The two most visited caves are Algar do Carvão, the second largest cave, located close to Cabrito area and the Christmas Cave located near Lagoa do Negro (Black's Lake) in the center of the island.

The other two caves are Balcões, the largest one, located near the village of Biscoitos and Agulhas in the village of Porto Judeu.

Algar do Carvão is actually an extinct volcano chimney not totally filled with lava in the form of a cone, which are the remains of a 2000-year-old volcanic eruption. The name means "coal pit" and was given because the cave walls are formed from dark black lava.

A tunnel and stairs offer access to the cave. At its end there's a subterranean lake formed by rainwater. Depending on the season and the amount of rainwater, the lake can be up to 50 feet deep. The whole cave is spacious and contains magnificent stalactites and stalagmites.

The cave and surrounding area were declared a natural monument after the initiative of the local spelunking group Os Montanheiros.

The Christmas Cave, although less known, is also worth a visit. It was named

Christmas because it held a live nativity scene and a Christmas cantata shortly after it was discovered.

Both caves are maintained by Os Montanheiros. They recently underwent renovation works aimed at improving access to the visitors, including a reinforced electric lighting system and background music system.

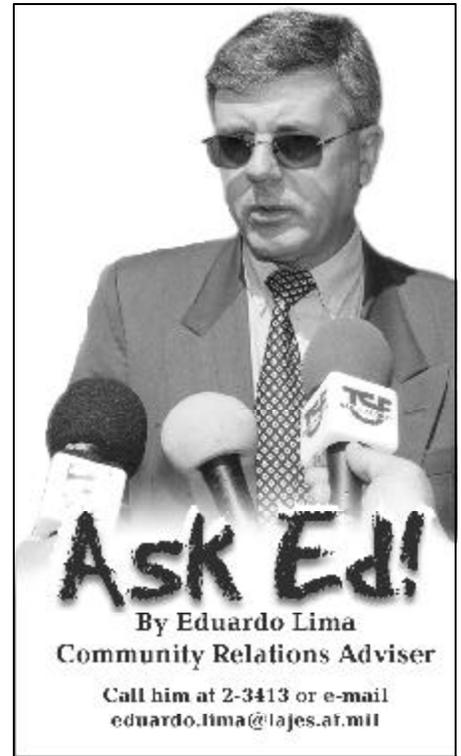
In addition to the caves, Os Montanheiros also maintain a volcanology museum at their office located at # 6, Rua da Rocha in Angra. Here visitors can see an exhibit of Azorean geological samples. The museum is open to the public Monday-Friday from 9 a.m. - 1:30 p.m. However, I recommend that visitors call 295-212-992 to make sure it is open.

Os Montanheiros also organize special visits between Oct. 1 and May 31 for groups with more than 10 people. Interested parties should call the spelunking group.

The Algar do Carvão cave will be open daily from 3-5:30 p.m. through Sept. 30 and the Christmas caves will also be open daily from 2:45-5:45 p.m. through Sept. 30.

Admission for Algar do Carvão and the Christmas Cave is about \$2.50 or 2 Euros.

The Balcões and Agulhas caves are unattended and not lighted, so be careful go-



ing inside because of the slippery floors. Flashlights and appropriate clothing will also be needed for exploration of these two caves.



Algar do Carvão is an extinct volcano chimney not totally filled with lava in the form of a cone, which are the remains of a 2,000-year-old volcanic eruption. The name means "coal pit" and was given because the cave walls are formed from dark black lava. A tunnel and stairs offer access to the cave. At its end there's a subterranean lake formed by rainwater. Depending on the season and the amount of rainwater, the lake can be up to 50 feet deep. (Courtesy photo)

## AAFES

**Flight View BX:** 10 a.m.-6 p.m., Mon.-Tue., Thu.-Sat.; 10 a.m.-8 p.m., Wed.; 10 a.m.-5 p.m., Sun.

**Ocean Front BX:** 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m., Sun.

**Shoppette:** 9 a.m.-11 p.m., Mon.-Sat.; 10 a.m.-8 p.m., Sun.

**Beauty shop:** 10 a.m.-6 p.m., Tue.-Sat.

**Dry cleaners:** 9 a.m.-1 p.m., Mon.; 10 a.m.-6 p.m., Tue.-Fri.; 10 a.m.-4 p.m., Sat.

**Gas station:** 10 a.m.-5 p.m., Sun.-Mon. (gas only); 10 a.m.-6 p.m., Tue.-Sat.

## Lajes services

**Child development center:** 7 a.m.-5:30 p.m., Mon.-Fri.

**Community activities center:** 10 a.m.-8 p.m., Tue.-Sat.; noon-5 p.m., Sun.

**Commissary:** 10 a.m.-6 p.m., Mon.-Wed., Fri.-Sat.; 10 a.m.-7 p.m., Thu.

**Chace Fitness Center:** 5 a.m.-midnight, Mon.-Fri.; 8 a.m.-7 p.m.,

Sat.-Sun.

**Library:** 4-9 p.m., Mon.; 10 a.m.-9 p.m., Tue.-Thu.; 10 a.m.-6 p.m., Fri.; 10 a.m.-5 p.m., Sat.-Sun.

**Outdoor recreation:** 10 a.m.-7 p.m., Tue.-Sat.; 11 a.m.-7 p.m., Sun.

**Skills development center:** noon-8 p.m., Tue.-Thu.; 10 a.m.-6 p.m., Fri.-Sat.

**Thrift Shop:** 12:30-4:30 p.m., Mon. and Wed.; 10 a.m.-2 p.m., Fri and 1st Saturday of the month.

**Vet Clinic:** 8 a.m.-2 p.m. Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st and 3rd Wed.; 2-8 p.m., 2nd and 4th Wed.

**Youth and teen center:** 3-6 p.m., Mon.-Sat.; 8 p.m.-midnight, Fri.-Sat.

## Meal time

**Burger King:** 7 a.m.-11 p.m., Mon.-Thu.; 7 a.m.-1 a.m., Fri.-Sat.; 7 a.m.-11 p.m., Sun.

**Dining hall:** Breakfast 6-8:30 a.m., lunch 11 a.m.-1:30 p.m., dinner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m., Mon.-Fri., 11 p.m.-1 a.m., Sat.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m., Sat.-Sun.

**Oceanview Island Grill:** 11 a.m.-11 p.m., Mon.-Sun. Lunch

specials: Mon., roasted chicken or meatball sandwich; Tue., 16" pizza w/2 toppings; Wed., Fried shrimp; Thu., 16" pizza w/1 topping or taco salad; Fri., Lasagna. Specials come with fries or salad, and a drink. Pizza specials only come with drinks.

**Top of the Rock club:** Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet, family dinner buffet; Thu., Oriental buffet, 2-4-1 steak night; Fri., seafood buffet, Prime & Wine dinner; Huff & Fin dinner special.

## Chapel services

**Adoration and rosary:** 3 p.m., Mon.-Fri.; 5:40 p.m., Sun.

**Mass:** 11:30 a.m., Mon.; 7 a.m., Tue.-Fri.; 10 a.m., Sat.; 10:30 a.m. and 5 p.m., Sun.

**Meditation and prayer:** 6:30 a.m., Mon.-Fri.

**Monday**  
Women's bible study, 7 p.m.

**Tuesday**  
Lunch Brown Bag series, noon; AWANA (3 yrs-6th grade) 6 p.m.;

Catholic Women of the Chapel, 7 p.m., 3rd Tuesday

**Wednesday**  
Protestant Women of the Chapel bible study, 9 a.m.; Protestant Men of the Chapel lunch/study, noon; PWOC lunch/study, noon; Catholic Men of the Chapel, 6 p.m., 2nd Wednesday; Traditional choir practice, 6 p.m.; Bell choir practice, 7 p.m.; Catholic choir rehearsal, 7:15 p.m.

**Thursday**  
Gospel Praise Team practice, 7 p.m.; Men's bible study, 7 p.m.

**Friday**  
CWOC Mass, 5:30 p.m., 1st Friday; Gospel Choir Practice, 7 p.m.

**Saturday**  
Mass, 10 a.m.

**Sunday**  
Traditional Protestant service, 9 a.m.; Confessions, 9:45 a.m.; Traditional Protestant fellowship, 10 a.m.; Mass, 10:30 a.m.; Protestant religious education, 10:30 a.m.; Gospel service & fellowship, noon; Catholic youth organization, noon; Catholic choir rehearsal, 4 p.m.; Mass, 5 p.m.; Rosary and adoration, 5:40 p.m.; Protestant Youth/Teens of the Chapel, 6:15 p.m.

## Dress and Appearance

The following uniform standards apply according to interim change 98-1 to Air Force instruction 36-2903, table 2.5:

- **Pencils and pens must be concealed.** The only exception is when carried in the compartment of the left BDU pocket or in left pocket of food and hospital white uniforms.

- **Beeper and cellular phones** can be clipped to a waistband or purse, or carried in the left hand. Wear of a cell phone or beeper is prohibited unless required to perform duties.

- **Headphones and earphones** are prohibited unless required to perform duties.

- **Umbrellas** must be plain, black or dark blue, and carried in the left hand.

- **Attaché' case, gym bag and back packs** must be carried in left hand or worn over left shoulder. (Exception: Members can wear back packs using both shoulder straps when riding two-wheeled vehicles or using crutches.)

## AFN Sports on TV

### Friday

**AFN-Sports**  
French Open Tennis: Today at the French Open – Women's semifinals, 11 a.m.  
Men's semifinals – 5 p.m.  
PGA Tour: The Memorial Tournament – 2nd round, 8 p.m.

### Saturday

**AFN-Sports**  
MLB: Teams TBD, mid-night  
Horse Racing: The Acorn Stakes, 4 a.m.  
NASCAR Craftsman Truck Series: MBNA America 200, 7 a.m.  
French Open Tennis: Women's finals, 1 p.m.  
NASCAR Busch Series: MBNA America 200, 4:30 p.m.  
AFL: Divisional playoffs, 7 p.m.  
Horse Racing: Belmont Stakes, 9:30 p.m.  
MLB: Teams TBD, 11 p.m.

**AFN-Atlantic**  
MLB: Teams TBD, 5 p.m.

Teams TBD, 8 p.m.

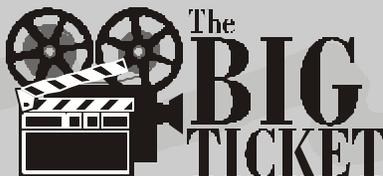
**AFN-Pacific**  
AMA Motocross: Mt. Morris, Pa., 4 p.m., 5 p.m.  
MLB: Teams TBD, 11 p.m.

### Sunday

**AFN-Sports**  
WNBA: Los Angeles Sparks @ Houston Comets, 4 a.m.  
PGA Tour: The Memorial Tournament, 3rd round, 7 a.m.  
NHL: Stanley Cup Finals game 6, 11 a.m.  
MLB: Teams TBD, 5 p.m.  
USA Soccer: Women's – Japan @ USA, 8 p.m.  
French Open Tennis: Men's finals, 10 p.m.

**AFN-Atlantic**  
French Open Tennis: Men's finals, 1 p.m.  
PGA Tour: The Memorial Tournament – final round, 6 p.m.

**AFN-Pacific**  
NASCAR Nextel Cup Series: MBNA America 400, 5 p.m.



For information about the movie schedule, call the base theater at 2-4100.

## Bullfights

**Saturday:** 6 p.m. Rua do Rossio, Praia; 6:30 p.m. São Bartolomeu and Outeiro

**Monday:** 6:30 p.m. Raminho and São João de Deus

**Tuesday:** 6:30 p.m. Reguinho, São Bento, Angra; Fonte, São Sebastião; 6:30 p.m. São Luis, São Bento (near Angra)

**Wednesday:** 6:30 p.m. Terreiro, São Mateus; Ribeirinha

**Thursday:** 6 p.m. Fonte do Bastardo; 6:30 p.m. Serra da Ribeirinha; Rua da Pereira, Angra

**Arena tickets:** Outdoor recreation is selling arena bullfight tickets for the Angra Sanjoaninas bullfights. Tickets will be on sale until Thursday. For more information, call 2-4140.

## Closures/Shifts

The commissary will be closed Thursday in observance of Day of Portugal/Corpus Christi.

## Education Center

**Schedules:** Term five schedules for the University of Maryland are available for pick-up at the education center.

**ERAU class:** Embry-Riddle is holding registration for June onsite courses Aviation Maintenance Management, offered June 14-20, and Safety Program Management, offered June 23-30. For more information, call Tina Lake at 2-3375.

**Lunch and Learn:** A tuition assistance and G.I. Bill briefing will be from 11-11:45 a.m. and noon-12:45 p.m. June 14 in Bldg. T-400, the education center, room 219. For more information, e-mail Tech. Sgt. Matt Kaczor at [matthew.kaczor@lajes.af.mil](mailto:matthew.kaczor@lajes.af.mil).

**OU Online:** Registration for The University of Oklahoma's fall online graduate-level courses runs from June 1 - July 15. Enroll

early! Courses fill up quickly. Contact Erika Golart, site manager, for more information, 2-3171.

**Central Texas College:** Central Texas College is coming to Lajes, and the school needs a field representative. Interviews and training will be held July 5-9. For applications or more information, call 2-3355/5291.

## Classes

**Sponsorship training:** Training is 10-11 a.m., today at the family support center.

**Swim program:** The youth center is taking registrations for the youth swimming program. Sign-ups are in effect until June 18; the season will run from June-August. The program is for ages 5-18. All participants must be able to swim 25 meters. Coaches are needed for the swimming program. If interested call Jolene Wilkinson at 2-1197.

**FSC Classes:** An investments class is from 6-8:30 p.m. Thursday in the family support center classroom, Bldg T-126. For more information, call 2-4138.

## Events

**End of year fun:** The End of School Fun Run and Picnic is at 3:30 p.m. today at the 65th Security Forces Squadron ball field. During the celebration, students from the Lajes Elementary School and the Lajes High School will be recognized for academic achievements. A bus will depart the Lajes Youth Center at 3:15 p.m. and return at 5:30 p.m. For more information, call Melvin Moore at 2-3273.

**Sports physical:** The 65th Medical Group Sports Physical day is 7:30 a.m.-4:30 p.m. June 11. Sign up at the Lajes High School by June Wednesday. All youth planning to play any sports this year must have a current annual physical. Parents must bring immunizations records, glasses and con-

tacts. Things that will be checked include general health screening, vision screenings, education updates and immunization updates and blood work if needed.

**Room For Six:** Single and unaccompanied Airmen are invited to have a home cooked meal at 6 p.m., Saturday, at Tech. Sgt. Aubrey and Danielle Posey's home. June's menu is: baked chicken, homemade macaroni and cheese, mixed vegetables, dessert and beverage. To reserve a spot, call 295-549-825.

**LHS Graduation:** Lajes High School's graduation is at 11 a.m. Saturday at the Praia auditorium. For more information, call 2-4151.

**New group meeting:** The first meeting of the married, unaccompanied members (MUM) group is at 7 p.m., Wednesday, in the family support center classroom. "MUM" members come to meet and discuss common issues and challenges associated with family separation. For more information, call Senior Master Sgt. Clyde Hickerson at 2-5129 or the center at 2-4138.

## Volunteers/jobs

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

**Help wanted:** The following positions are or will be available within the 65th Services Squadron: Child development program assistant; Youth center: Recreation aid, school age program assistant; Central Warehouse: Supply technician; Skills development center: recreation aid; Atlantic island kennels: animal caretaker; Resource management: Independent observer. To apply for any of these positions, visit the human resources office, building T-112, 9 a.m.-4 p.m. For more information, call 2-5200.

## 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.

Lost: toddler-sized baseball hat May 25. It's a soft red and blue hat with a velcro strap. If found, please call 295-549-376

FOR SALE: Eddie Bauer double stroller \$75 OBO; Graco swing \$15. For more information, call: 295-549-726.

FREE: Male cat. Declawed, neutered and chipped. His shots are current till May 2005. He is GREAT with kids.

We rescued him after we found him hit by a car on the road in Angra. We invested a lot of \$\$ into him, and are unable to keep him due to a rapid approaching PCS and we already have 2 dogs. He gets along well with other animals, and comes with all accessories. He is a true sweet heart, and needs a good home! If interested, call: 295-549-726.

1989 Peugeot 309, 4-door hatchback, 4 cyl, 4 spd, looks good, drives great. \$1500 Call Ken at 295-516-501 or DP 2-3546.

For sale: 1990 Renault TR - Nice 4 door hatchback, many new parts, inspection good though Feb 05. Available Thursday. \$1,500 OBO. Please call 295-549-746.

For sale: Kettler Golf Exercise Bike. 6 Kg Flywheel and cardio monitor. \$70 OBO (Paid \$169 in the BX) Please call 295-549-746.

For sale: Crosley dehumidifier, heavy duty construction 40 pint capacity/3,000 sq ft coverage. Excellent condition (like new) only \$70. For more information, call 295-549-376

Assorted girl clothes size birth- 18 months for sale. Contact Kelly at 295-549- 396 after 4 p.m.

Plants for sale: Red and pink geraniums (10), Blue and pink Hydrangeas (4) and rose plants (5) Asking \$30 for all. Leaving the island soon, call 295-549-585.