

Thirty-one percent of the Lajes active-duty population is addicted to the leading preventable cause of death in the U.S. - smoking. Page 2.

First Look

Crime awareness

Each year Lajes experiences an increase in opportunity theft near the holidays. Security forces would like to remind all personnel to keep items inside their homes and avoid leaving property in their vehicles or in the yard. Report any suspicious activities to 2-3222 or 2-3221 or 2-3223.

Toyland opens

The base exchange's Christmas Toyland grand opening is 10 a.m. - 5 p.m. Sunday in the Flight View BX. There will be many toys to choose from.

Road closure

Portions of Rua do Hospital will be closed due to construction beginning today through Oct. 22. The part of the road affected runs from the youth center to the road behind the dental clinic. For more information, call 2-2405.

People at their best

The 2004 USAFE environmental, community planner and federal engineer of the year awards recognize the "best of the best" in the civil engineer community. From the 65th Civil Engineer Squadron: **William Novobilsky**, won USAFE civilian federal engineer of the year and **Capt. Michael Francis** was runner-up for USAFE outstanding community planner of the year.

The 65th CES took home other USAFE awards. It is the runner-up for the USAFE Outstanding Civil Engineer Unit Award (small unit) and the winner of the Maj. Gen. Clifton D. Wright Award, Outstanding Operations Flight of the Year. **Jose Barbosa** is the Civilian Technician of the Year and **John Henry** is the runner-up for the Harry P. Rietman Award.

Preflight

- Days since last DUI 6
- DUIs since Jan. 1 two
- Current AEF 1 & 2
- Current FPCON Alpha
- Combat Nighthawk: **Capt. Robert Belde**, 65th Medical Operations Squadron; **1st Lt. Donald Crabtree**, 65th Civil Engineer Squadron; **Master Sgt. David Cornillie**, 65th Security Forces Squadron; **Master Sgt. Jeffrey Crouch**, 65th Mission Support Squadron



(Left to Right) Col. Timothy Grosz, 721st Air Mobility Group commander, Col. Barbara Jacobi, 65th Air Base Wing commander, Maj. Gen. Antonio Mimoso e Carvalho, Commander, Azores Air Zone, Col. Francisco Baptista, Air Base No. 4 commander and contractor Miguel Toste, officially opened the new passenger terminal during a ceremony held Oct. 8. (Photo by Guido Melo)

New passenger terminal provides more creature comforts to travelers

By Tech. Renee Kirkland NCOIC, public affairs

Air Mobility Command's Michael Passenger Terminal's official opening took place here Oct. 8.

The terminal offers new and improved services over those previously available to Lajes members according to Senior Master Sgt. James McDonald, 729th Air Mobility Squadron superintendent.

"More than two-thirds of the existing areas of the passenger terminal were renovated and the facility expanded an additional 6,288 square feet. The addition holds an outside court area, a new arrival area with restrooms, an immigration and a baggage claim area," Sergeant McDonald said.

Also located in the facility are a lost and found section, AAFES gift shop, dispatch, supervisor and security offices and two X-ray machines to screen customers entering the facility.

The terminal changes were

driven by force protection concerns and were required by the Headquarters AMC Force Protection Program.

AMC's objectives are to protect people and assets while maintaining operational capabilities, Sergeant McDonald said "In addition, the required changes allowed us to provide better working conditions for employees as well as a pleasant and comfortable facility to the Lajes community and AMC customers in general," he said.

Parking for the new terminal is located behind Bldg. T-612. Additional parking for 24 hours or less is available across the street from the terminal. Long term parking is not currently available Sergeant McDonald said.

With the move to Bldg. T-612 the terminal expanded its occupancy capacity. The terminal now holds and seats twice the amount of people. It also has additions which cater to passenger welfare.

According to Sergeant McDonald

the new facility will have an internet café, special category lounge, television, spiritual refueling station, vending machine snack bar area, AT&T calling card machine and courtesy phones. The children's play area also received a face lift to include an infant changing station, plasma screen television, chairs and a variety of toys.

Although many of the terminal procedures remain the same with its new location, a few changes have been made. Located at the main entrance, before the security screening area are a new flight information display system and a Space Available self sign-up desk. This allows customers to sign up for Space A and check on the status of flights without having to pass through security.

"Thanks to AMS and wing leadership, we now have a covered area for people to meet and greet arriving passengers," Sergeant McDonald said. "The facility looks great - this is a real benefit to the Lajes community."



Tech. Sgt. Joseph Leslie, 65th Medical Group, explains what kind of shoes are better for running and what steps to take to avoid having foot problems during a running clinic held Oct. 7 at the Chace Fitness Center. (Photo by Guido Melo)

Focus notes

Chapel events

All events are at the base chapel unless otherwise noted.

AWANA is at 6 p.m. on Tuesdays.

JV/Varsity AWANA is at 6 p.m.

Thursdays.

Protestant Youth Bible Study is at 5:30 p.m. Wednesdays in Bldg. T-37A.

Hand Bell Choir The choir meets at 7 p.m. Wednesdays.

The Protestant Combined Fellowship Brunch is at 10:30 a.m. Sundays.

Protestant Women of the Chapel Fellowship Meeting is at 6:30 p.m.

Monday.

Children and Youth Movie Night is at 7 p.m. Oct. 22.

Singles of the Chapel breakfast is at 10 a.m. Saturday at the Top of the Rock club.

Singles dinner and Bible study is at 7 p.m. Oct. 23.

For more information, call Chaplain (Capt.) David Knight at 2-4211.

Catholic Parish Bible Study is at 7 p.m. Fridays.

RCIA is at 6:30 p.m. on Sundays.

Catholic Women of the Chapel meet at 6 p.m. Oct 28.

The next SUM dinner, hosted by DoDDS is at 5:30 p.m. Oct 28.

The All Saints Hollows Eve Celebration is at 6 p.m. Oct. 30.

For more information, call Chaplain (Capt.) Matthew Glaros at 2-4211.

Combat Education committee

The next combat education meeting is at 1:30 p.m. Nov. 3 in the T-100 wing conference room. For more information, call 2-3355.

CCAF graduation

The Community College of the Air Force will hold a graduation ceremony Nov. 4 at 2 p.m. at the Top of the Rock Club ballroom. For more information, call 2-3355.

Education queries

Personnel who have not received their Community College of the Air Force degree can log onto <https://afvec.langley.af.mil> to check their completion status.

Lunch and Learn

Seminars on resume writing are from 11-11:45 a.m. and noon-12:45 p.m. Monday in the education center auditorium. For more information, call Terra Schellig at 2-3375.

Sponsorship class

Represent your unit and commander by being one of Lajes' best sponsors. Attend the sponsorship training class from 10-11 a.m. Oct. 25 at the family support center. For more information, call 2-4138.

Quit to live



By Capt. Yvonne Levardi
Chief of public affairs

Thirty-one percent of the Lajes active-duty population is addicted to the leading preventable cause of death in the U.S. – smoking.

Smoking causes 440,000 premature deaths per year and is associated with lung, esophageal, stomach, uterine, cervical, pancreatic and kidney cancer.

According to Capt. Laurie Flagg, 65th Medical Operations Squadron health promotions element chief, the average E-3 who smokes spends one month's salary on tobacco each year.

"I sat down one day and did the math on how much money I was spending, and found I spent over \$1,500 per year on a pack-a-day habit," said Tech. Sgt. Bob Burger, 65th Mission Support Group resource advisor. "I'd smoked the cost of a new pick-up in my 15 years smoking, so I enrolled in smoking cessation. On May 15 I quit. To reward myself I bought that brand new pick-up I'd longed for and am a happier man for it."

Captain Flagg said the U.S. spends \$75.5 billion annually for medical care on patients who smoke.

"Smoking is one of the best predictors of military training failure," she said. "It's also associated with significant increased hospitalization and lost work days. Sick and hospitalized Airmen are not ready for duty."

Additionally, smokers are more likely to perform poorly on fitness evaluations, Captain Flagg said. They are also more likely to

sustain injuries than non-smokers.

"I was able to decrease my time in the mile and one-half run by almost a full minute within 30 days," said Sergeant Burger. "I was able to focus more while playing sports and working because I wasn't looking toward my next 'smoke break.'"

Captain Flagg said national studies have found that 70 percent of all smokers would like to quit.

"If you want to quit, we offer a tobacco cessation class every quarter," she said.

Members who attend the class receive the Nicoderm patch and Zyban to assist with quitting smoking.

"Quit for yourself, not for anyone or anything else, and your chance of success will increase," said Sergeant Burger. "I tried to quit numerous times in the past after having smoked for over 15 years. I quit for my family, my children, significant others etc. but not until I made the decision to quit for me was I successful."

The smoking cessation class is open to the entire Lajes community including Portuguese nationals and Department of Defense civilians.

The Health and Wellness Center is also looking for instructors, and a Tobacco Facilitator class is Oct. 25 from 8 a.m.-5 p.m. Participants are certified as instructors by the American Lung Association.

"We encourage ex-smokers to get certified to teach because they relate better than non-smokers," Captain Flagg said.

For more information on either class, call the HAWC at 2-3889.

Recognizing excellence in leadership



Colonel Barbara Jacobi, 65th Air Base Wing commander, is awarded the Aeronautical Medal of Merit by (right) General Manuel Jose Taveira Martins, Chief of Staff, Portuguese Air Force and his aide-de-camp Captain Manuel Francisco Bernardo Da Costa Monday here in the Headquarters, Azores Air Zone building. (Photo by Airman 1st Class Josie Kemp)

Force shaping opportunities expand

by Tech. Sgt. David A. Jablonski
Air Force Print News

Air Force personnel officials encourage more Airmen to seek opportunities to exit the service under an expanded force-shaping program in fiscal 2005.

Planners have opened more career fields for force-shaping eligibility by dropping from a 100-percent sustainment level to 95 percent. This increases the eligibility pools by about 30 percent for enlisted Airmen and 50 percent for officers. The force-shaping initiatives include two phases encompassing fiscal 2004 and 2005 to move the Air Force closer to its authorized end strength of 359,700.

Initially, the force-shaping goal targeted 3,900 officers and 13,700 enlisted for separation. Because of record retention rates, that total of 16,000 is expected to increase to almost 24,000 by Sept. 30.

"We wanted to open up the aperture to get on the proper glide slope to reach our end-strength goal by the end of 2005," said Col. Mike Hayden, the Air Force chief of military personnel policy.

"In order to do that and minimize impact on accessions, we wanted to provide more opportunities to those people wanting to leave (the Air Force) right now," he said.

"By lowering the force sustainment level to 95 percent, we are able to review previously disapproved applications," Colonel

Hayden said. "We had quite a few people interested in departing, and yet we were holding sustainment at 100 percent. This change will allow more career fields to play. Additionally, we will continue to assess our glide path and evaluate needed adjustments to accessions. We'll do that throughout the year."

About 1,000 Airmen who initially applied and were disapproved will be reviewed again and contacted to see if they are still interested. Offers to those and newer applicants are being extended on a first-come, first-served basis.

"In the past when we've posted the force-shaping matrix online, some people looked at it and said 'I don't even have an opportunity here,'" said Maj. John Silverman, the Air Force chief of separation and retirement policy.

"This will now give more people an opportunity to apply and be approved," he said. "We know that, initially, we open the door for approximately 1,000 Airmen (who) were previously disapproved."

Personnel officials said they hope active-duty Airmen will remain part of the total force by choosing separation options such as Palace Chase, Operation Blue to Green or transitioning to civil service.

The latest force-shaping opportunities are now available on the Air Force Personnel Center Web site at www.afpc.randolph.af.mil/retsep/shape2.htm.

New uniform changes

by Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON — Based on feedback from the six-month wear test, Air Force Chief of Staff Gen. John P. Jumper decided to expand the current test program to include a pixelated tiger-striped pattern in a new color scheme on the proposed utility uniform.

The expansion does not involve a full test; instead, there will be a limited production to test pattern and color, said Senior Master Sgt. Jacqueline Dean, the uniform board superintendent.

"The color scheme is only one of many improvements we are testing," Sergeant Dean said.

A small, select group of testers will wear the newest pattern. The solid tiger-striped pattern with its dominant blue overtones is gone. The latest pixelated test pattern has a more subdued color scheme and is not nearly as distinctive as the one unveiled at the start in August 2003; yet it provides the distinctiveness Airmen have requested, officials said.

"We have sufficient input from Airmen throughout the Air Force to ensure that our uniform decisions are on target with regard to wear, ease of maintenance and fit," Sergeant Dean said. "We kept hearing throughout the test that Airmen loved the wash-and-wear feature and the fit. The design of the uniform will essentially stay the same, with minor modifications based [on] the wear-testers' recommendations."

General Jumper will announce the final decisions regarding the new utility uniform once the test data are analyzed and presented. Determination is expected within the next two months, officials said.

The new design represents a uniform that could be universally worn in all environments, Sergeant Dean said. The unique fit and design will remain the same, as Air Force officials said they want a distinctive uniform for Airmen that fits better and is easier and less expensive to maintain.

"There really wasn't much that Airmen didn't like about the design of the uniform," she said, basing her comment on the large volume of feedback the board received via e-mail, surveys, focus groups and online questionnaires. "We really did capture what they needed and what they wanted."

"The chief of staff listened to the Airmen," Sergeant Dean said. "We asked what they wanted in a uniform, what they needed in a uniform and, as a result, this is exactly what we're getting."

Trading in Blue for Green

**By Tech. Sgt.
Renee Kirkland
NCOIC, public affairs**

The Department of Defense's program Operation Blue to Green encourages Airmen and sailors to trade in their Air Force and Navy blues to wear Army green.

The program came on line July 29 in response to the Defense Department's initiative to rebalance the size of the military. With the Air Force drawing down its force by 20,000 personnel at the end of Fiscal Year 2005, and the Navy 8,000 in the same time period, this is an opportunity for people who want to continue to make the military a career to do so, just not in Air Force blue.

"We admire everyone who serves in the nation's uniform," said Lt. Gen. "Buster" Hagenbeck, the Army's uniformed personnel chief, in a July interview. "But I

know that anyone who looks closely at today's Army will find a lot to be excited about - we are growing, and we need experienced people to lead that transition."

According to Army officials, there are 120 Air Force specialties that will transfer into 37 Army jobs. It's not only the enlisted force that benefits from this program. The Army is also looking for junior officers, said Col. Norvel Dillard, chief of the Army's enlisted accessions division.

Members do not lose benefits going from Blue to Green. People making the change will keep their total active military service credit and the Army has in-place procedures to ensure that no break in service will result in the switch. Loss of rank is another non-issue. One benefit of Operation Blue to Green is it allows the new soldiers to retain their rank and date

of rank from the Air Force into the Army, according to Lt. Col. Roy Steed, recruiting policy branch chief at the Army's personnel headquarters.

To be eligible for the program, members must meet Army height and weight standards, accept a minimum three-year term of service and have approval from their current service. An eight-year active/inactive service obligation still applies.

"The program is not without its growing pains," according to Master Sgt. Vincent Petroff, 65th Air Base Wing career advisor. "It's a new program and some hiccups are bound to occur. I am available to answer what questions I can for any members who are interested in the program."

Lajes personnel can contact Sergeant Petroff at 2-6169. To find out more information on the program, members can contact Army recruiters Sergeants First Class Celena Major and Matthew Huestis at DSN 489-7072. (Information provided by American Forces Press Service.)

Under new leadership



An Air Base No. 4 change of command ceremony took place Tuesday at the Portuguese hangar. (Left) Col. João José Carvalho Lopes da Silva took command of the Air Base No. 4 from Col. Francisco Baptista. (Top) Colonel da Silva reviews the troops. (Photos by Guido Melo)

Absentee Voting Week ends today

**by Samantha L. Quigley
American Forces Press Service**

WASHINGTON (AFPN) — Oct. 11 to 15 has been designated Absentee Voting Week by the Federal Voting Assistance Program.

Overseas voters should mark and return their state absentee ballots or the Federal Write-In Absentee Ballot during this week, federal voting officials said.

It is imperative to mark and mail ballots as soon as they are received, they said. If a state absentee ballot has been requested but does not arrive by voting week, a Federal Write-In Absentee Ballot should be submitted. In the event the state ballot shows up after the write-in ballot is sent, it also should be marked and returned.

Votes will not be counted twice, but in the event the state ballot makes it to the state by the deadline, it will generally be counted instead of the write-in because it includes nonfederal offices, according to information on the FVAP Web site.

Write-in ballots are available to Lajes members through their unit voting assistance officers, said Capt. Joseph Zell, base voting officer.

"The time to mail in your ballot is now! If you or your dependents have not mailed your ballots off, please get them in the mail as soon as possible," Captain Zell said. "If you have registered but not received your ballot, please see your unit voting assistance officer to obtain a Federal Write-in Absentee Ballot."

Unit voting representatives are:

65th Air Base Wing/65th Mission Support Group

Tech. Sgt. Renee Kirkland, 2-3520

65th Civil Engineer Squadron

Capt. Eric Rollman, 2-2135

65th Operations Support Squadron

Capt. Joseph Ludwig, 2-3514

65th Comptroller Squadron,

Master Sgt. John Liddell, 2-2402

65th Services Squadron

2nd Lt. Scott Kniola, 2-2142

65th Contracting Squadron

Lt. Col. Kristin Nelson, 2-4115

65th Logistics Readiness Squadron

Master Sgt. Kurt Uelmen, 2-1246

Detachment 6

Master Sgt. James Bowman, 2-6131

65th Security Forces Squadron

Tech. Sgt. Randall Taylor, 2-4266

65th Medical Operations Squadron

1st Lt. Jennifer Gayle, 2-3239

65th Medical Support Squadron

Master Sgt. Mark Gama, 2-3457

65th Mission Support Squadron

Master Sgt. Tony Pinkney, 2-4286

65th Communications Squadron

Master Sgt. Kurt Bergmark, 2-5154

729th Air Mobility Squadron

Master Sgt. Anthony Bickerdike, 2-6535.

Changing culture key to transformation

by Jim Garamone
American Forces Press Service

The most important area for transformation is the space "between our warfighters' ears," said the chairman of the Joint Chiefs of Staff.

During an interview, Gen. Richard B. Myers addressed the need for servicemembers and Department of Defense civilians to transform the way they think. He said DOD people need to be more agile, innovative and not afraid to take appropriate chances.

General Myers said people need to stop thinking of transformation in terms of "widgets." While some changes need technological innovations to occur, "that's not true of most transformations," General Myers said. When the German army launched the blitzkrieg in 1939, it was not dependent on new pieces of equipment. The blitzkrieg was a new way of putting existing technologies together.

"When (Army Gen. George S.) Patton and the 9th Air Force decided to take on Europe (in 1944), it was innovation that put airpower and ground power together. It wasn't new stuff," General Myers said.

The best-known recent example of this type of transformation occurred in Afghanistan in 2002. U.S. special forces riding mules and donkeys were able to use space-age communications devices to signal to 50-year-old B-52 Stratofortress bombers that dropped smart bombs on Taliban and al-Qaida targets.

The chairman did not downplay the importance of new equipment. Radars, stealth

technology, unmanned aircraft, new communications capabilities are all important to transformation, but, he stressed, the people using the equipment are the most transformational aspect of any system.

When the chairman refers to a cultural change in the military, he said he is talking about "changing the orientation and the way we look at the world." This is a long process, but the current security environment is helping in the change. Because of the war on terrorism, there is new impetus to counter new threats.

For example, U.S. forces in Iraq are looking for new ways to counter improvised explosive devices. The military is working to find ways to hunt for individuals.

"These require new ways of thinking," General Myers said.

The way the military has trained and educated leaders is a hurdle that must be overcome, the chairman said.

"If you look at the lieutenant colonels in today, they have anywhere between 16 and 21 years of service," he said. "So they were brought up primarily in the Cold War. That's where they were educated, that's how they were trained, by those precepts, and that's what they are living with."

It is tough, he said, to overcome that training, but defense officials are moving ahead.

"We have to create a new generation of leaders who are not constrained by what the doctrine says," he said.

Some services are more adept at cultural change than others, the chairman said. But across the services, he said, leaders are "more accommodating to change and are more willing to take on new things and try them

in new ways or create different organizations to meet the problem at hand or on the battlefield."

And change is happening. Even before Sept. 11, 2001, President Bush ordered the Defense Department to change from a 20th century force to one that could handle the 21st century threats. For instance, the Army is involved in a huge organizational restructuring from divisions as the maneuver unit of choice to more autonomous brigades.

But again, knowing how to use these new organizations and new technologies comes down to people.

"What you strive for is joint-force commanders and component commanders to have the education and training to think broadly about their task and how they go about solving problems," General Myers said.

"In today's world, there ought to be a premium for people who are thinking, innovative and are willing to take appropriate risks," he said. "If you don't try, and you stay locked in the doctrine that brought you there, you're going to fail. You are not going to be as good as you can be in terms of efficiency in the battlespace, and you're probably going to hurt your people. You've got to adapt."

The chairman said people are working hard at changing the culture.

"But it's a big ship and not much of a rudder," he said. "It's tough to turn the ship in the direction it needs to go."

On the battlefield, people will be as innovative as they have to be in order to be successful.

"We have to make sure we support that," General Myers said. "It's a formula for disaster if we don't do this transformation."

Lajes goes mobile

(Below) Airman 1st Class Oscar Martinez, 65th Mission Support Squadron, shows Tech. Sgt. Elixzine Kennedy, 65th MSS, where to verify the serial number on an M-16 during the Operation First Endeavour exercise Oct. 7. (Right) Senior Airman Jared Lambert, 65th Civil Engineer Squadron, checks equipment in his mobility bag to make sure it's serviceable and ready for deployment. (Photos by Staff Sgt. Olenda Kleffner)





Prevention week



Sparky hands out a key chain from the fire department to Austin Rizzo and his mom Jennifer Oct. 6 in front of the Ocean View Base Exchange. Sparky visited the facility as part of Fire Prevention Week events sponsored by the base fire department. (Photo by Staff Sgt. Michelle Michaud)



Sparky and children of fire department members wave to the crowd as the Fire Prevention Week parade passes through the base. (Photo by James O'Rear)



The parade route went through Nascer dol Sol where Girl Scout Troop 12 members take time to wave to the spectators. (Photo by James O'Rear)



(Above) The local milkman passes the parade vehicles as he makes his rounds. (Right) Residents of Portuguese Air Force housing sit alongside the road to watch the procession of fire department vehicles. (Photos by James O'Rear)





Lead like Lincoln!

by Col Dan Leonard
Vice Commander,
65th Air Base Wing

I spent a year at Air War College a couple of years back wondering what the Air Force had in store for me. I mean that in a positive way! Every assignment I've had has been remarkable and exciting in its own right. I've added to my "bag of tricks" and prepared myself for the next step with each new tour.

So while I was at War College, I was looking for something that would help me become a better leader. I found what I was looking for in the book, "Lincoln on Leadership" (Warner Books, 1992). When I read the book, the concepts and ideals that Abraham Lincoln aspired to rang true to what I have always believed. Many of you are familiar with this easy-read book, but some of you aren't. So please allow me to point out some of Lincoln's wisdom.

Be honest to a fault. The term "Honest Abe" wasn't a political slogan. Lincoln was just as honest and forthright a leader as you can imagine. With that honesty came integrity, predictability and fairness. As a leader, your people need to know where

you stand and they need to see you "walk that talk" everyday. Lincoln modeled this well.

Never act out of vengeance or anger. One of his trademarks was to write a letter to someone he was angry with and then put the letter in a drawer. The following morning, he would read the letter and decide whether to send it ... and he rarely did. In today's e-world, this is the equivalent of writing an angry e-mail and storing it until the next day to see if you still want to send it. Carried one step further, e-mail or letters are never the place to express frustration or anger. That is best done in person and in private.

Persuade rather than coerce. No one likes to be told what to do when they don't understand why they are doing it. There are times for this type of leadership, but most of the time we can persuade folks to do the right thing. The difference between coercion and persuasion is the difference between telling an Airman to perform a simple task - unloading a truck - and teaching an Airman the workplace mission and goals. In the former, the Airman will presumably unload the truck and await further orders. In the latter, the Airman will continue

to perform tasks in accordance with the mission, even in the absence of further guidance.

When you coerce, you stifle initiative. When you persuade, you empower initiative. Lincoln led by listening, nurturing and guiding in a style he called "leading by being led."

Get out of the office and circulate with the troops. Lincoln was a natural wanderer. He thrived on visiting the workplace. In today's jargon, it's easy to think you're leading by sending out a bunch of e-mail, but e-mail isn't leadership. It isn't even communication. We communicate first in person, second by phone and finally by e-mail or letters with a follow-up by phone or in person. People have gotten so used to e-mail they forget how to walk next door and talk to someone. Let me share a secret with you: People are so surprised you would walk to their office and seek their help, they will often drop what they are doing to help you on the spot. You don't get that response by e-mail.

Have the courage to handle criticism. As leaders, we're not going to make everyone happy. In fact, we're



Colonel Leonard

not here to be anyone's friend or get high marks on surveys. We're here to do a mission and lead. You'll take criticism and question your own judgment and course of action. Have courage and self-confidence. It's far better to take action and make course corrections

than forgo action because you're unsure of the outcome.

Finally, find your "Grant." Lincoln wasn't afraid to act courageously or even go to the battlefield and take command himself. He was searching for subordinate leaders who weren't afraid to take risks and assume responsibility. Lincoln struggled finding a senior military leader who could handle the stresses of the Civil War. He found that leader in Ulysses S. Grant, then he trusted and empowered Grant to lead the military. It's no coincidence the best leaders surround themselves with good subordinates. To do this you must empower your subordinates to take acceptable risk and make mistakes. Nurture your visionary subordinates when you find them and empower them as agents of change.

I've given you a few tidbits from "Lincoln on Leadership" that ring true to me. You'll discover many more in your own professional reading program.

Enthusiasm: definitely a force multiplier

by Lt. Col. John Schaeufele
100th Logistics Readiness Squadron

ROYAL AIR FORCE MILDENHALL, England (AFP) — The single most important ingredient in any successful organization or operation is pure enthusiasm that comes from within the people of winning teams. Some refer to it as passion, while others call it attitude. But it all starts with one person within a group who believes in a goal and a vision. That person's contagious spirit sparks a reaction within the organization and soon everyone believes. Then great achievement and success are inevitable.

I sometimes refer to a simple formula for success that I've used for many years. "Time, plus tools, plus training, plus attitude equal success." I attribute this formula to retired Gen. Wilbur L. "Bill" Creech.

The point I see in this formula is the Air Force owes its people time, tools and training. Yet everything leadership does to ensure success is fruitless unless we are passionate about what we're doing and

have that winning mental attitude so vital to success.

Passion is about beliefs. It is manifested within our minds and given action by our bodies to be carried out in our spirits that attract others to our feelings, ideas and values. So how do we spark the passion within ourselves and those with whom we associate?

We start by getting to know ourselves and those closest to us.

Have you ever watched as a team of star athletes fails to win because they didn't perform well together? The reason is that while each athlete knew his or her personal strengths, they failed to understand how a unit performing together is greater than the individual strengths of its members.

Supervisors should know what they are good at and what they are not good at. They also need to constantly assess their teammates to focus on the strengths and encourage a winning attitude.

By doing so, they uncover the passion within the team. Remember, enthusiasm is contagious, and having an attitude of "one wins, we all win" will produce organizations

that perform greater than single units or individuals.

Unleashing passion brings success. Also true is that excessive criticism demoralizes a team. Child physiologists teach that children become what we tell them they are. Encouragement and praise raise self esteem; focusing on individuals' weaknesses lowers it.

The lesson here is "don't spend time focusing on your faults or the faults of others." Recognize strengths and encourage them.

A great team is a unit where members know the weakness of their mates but provide support and encouragement that build up every member and raise the overall level of team performance.

Our Air Force leaders, as in every successful organization, are looking for ways to gain a decisive advantage and give us the time, tools and training necessary to gain success in battle today and in our vast future. It is up to each of us to find within ourselves and our teammates the passion, that positive winning attitude. That will guarantee success.

Involvement key to suicide prevention

by Capt. Yvonne Levardi
Chief, public affairs

In fiscal year 2004, the Air Force had 57 suicides. Fifteen occurred in the first quarter, 10 in September. That scares the heck out of me because it tells me two things: There are too many folks out there who just don't see any light at the end of their tunnels and maybe, there aren't enough folks who are making time for their friends or getting to know their people.

I've known a few people who've attempted and one who's completed suicide. Two of these who stand out in my memory are a couple of friends from college, Denise and Tim.

Denise was dealing with personal issues and wasn't receiving much support from her parents. She confided in me that she was thinking about killing herself, but not to tell anyone. I told anyway – I didn't want to chance losing a good friend. She was angry at me – especially when she was put on a 24-hour suicide watch – and made an attempt a couple of days later. Fortunately, she was found in time and taken to the hospital. Later, she thanked me. She didn't really want to die and was glad to know someone cared about her.

My friend Tim succeeded in killing himself. He and his wife had been having marital problems and going to counseling. He was even keeping a journal. Unfortunately, that wasn't working for him. Also, our group of friends that included Tim had grown apart and we weren't as close as we used to be – we didn't know what was happening in Tim's life. One day he committed suicide leaving the rest of us to wonder if we could have done something.

Both Tim and Denise were motivated towards suicide by different reasons, but I think the basic feelings were the same – neither could find a resolution to their life problems. However, the two stories end differently. Denise and I were close enough that she could tell me she was having suicidal thoughts. Tim, our friends and I hadn't all been as close a group as we used to. None of us saw the signs so we couldn't ask if he needed help.

Right now you may know someone who is thinking about suicide. How well do you know your friends, the people you work with or the people who work for you? Do you know if they're going through a tough time?

About half of the suicides this past year in the Air Force were completed by Airmen

“

We can go to seminars and read brochures until the cows come home, but the bottom line is we won't know if someone is considering suicide unless we truly get to know that person.

”

Capt. Yvonne Levardi
Chief, public affairs

ages 17-24, the rank of E-3 to E-4. Most were men. Many were at their first duty stations. Factors associated with these suicides included substance abuse, financial difficulties, legal issues and relationship problems.

We can go to seminars and read brochures until the cows come home, but the bottom line is we won't know if someone is considering suicide unless we truly get to know that person.

For peers, if you have new Airmen come into your office, befriend them and introduce them around so they can make friends. Remember we're part of the Air Force family and need to take care of each other. Especially at a first duty station – we all know it's a bit scary; you're unsure of yourself, your job skills, and you don't know anyone. Help that person out like you were, or like you'd want to be helped.

If you're a supervisor, get to know your people. "Leadership by Walking Around." Are there financial or marital problems? Is your single troop lonely? Do you see changes in someone's work patterns, actions or personality? Knowing your folks can help you see potential dark times and head them off with activities, new friends, by offering someone to talk to or if needed, by pointing them to professional help – the chaplains, life skills, family support center, first sergeant or other support services. Your people – your team – are your responsibility.

For your personal friends, be there. Make time to strengthen those relationships, because some of them might not have the same resources or strength of will

as you. If that's the case, know them well enough that you can see the warning signs; be strong enough to ask if they're thinking about hurting themselves; and tell someone else if they are.

The best suicide prevention program in the world won't work unless we know our people and our friends. Let's work to be there for our Air Force family because it's those people who make our mission happen.

For more information:

Information on recognizing the signs or symptoms of suicide can be found <http://www.afsp.org/education/recommendations/5/1.htm>. Suicide prevention training is required training for all supervisors. To receive training contact unit training managers.



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.

Lajes Field Editorial Staff

Col. Barbara Jacobi Commander
Capt. Yvonne Levardi Chief, Public Affairs
Tech. Sgt. Renee Kirkland NCOIC, Public Affairs
Staff Sgt. Olenda Kleffner Editor
1st Lt. Aaron Wiley Staff writer
Eduardo Lima Community Relations Adviser

"A" shaped chimneys

QUESTION:

Why are the chimneys on Terceira Island "A" shaped? What is the purpose of the rock walls that divide the fields throughout the Azores and where do the rocks come from?

Answer:

To answer the first question, the shape of the chimneys on Terceira Island, as on the other islands, is related to the architectural styles brought to the Azores by the first settlers.

Those settlers came from different regions of mainland Portugal and even France,

whose architecture was influenced by other peoples who lived in the Iberian Peninsula, as is the case of the Moors in the southern province of Algarve.

In the case of Terceira, the chimneys look very similar to the ones in the province of Alentejo. Some schools of thought say the first settlers who colonized Terceira came from that Portuguese region, hence the reason why the chimneys are shaped that way. However, there's no historical or any other kind of proof that this is the case.

Addressing the second half

of the question, the rocks that make up the stone walls obviously come from the ground.

As the first settlers were trying to clear up the fields to make them fit for crop growing, they removed the rocks from the ground they were tilling, and used them to divide the land. In the Azores, sometimes small portions of land belong to many land owners, and there's a need to divide the fields. The rock walls also make a good cover to protect the crops from the winds that sometimes blow hard, especially during the winter months.



Lajes members can choose where to have their babies

Angra deliveries save money, family separation time

**by Capt. Yvonne Levardi
Chief, public affairs**

Lajes medical officials say expectant mothers should consider Angra first when deciding where to give birth.

"The care there is great," said Maj. Jill O'Rear, 65th Medical Operations Squadron women's health nurse practitioner. "The staff is wonderful, and they go out of their way to make your stay comfortable."

Monica Chandler-Potts chose to have Chandler James, now one year old, at Angra for a variety of reasons.

"My husband and I wanted to be together throughout our pregnancy, and we wanted to bring the baby home after he was born," she said. "It seemed too disruptive to our family life to leave when

I didn't have to."

Although at this time Angra doesn't offer epidurals for pain during labor, Major O'Rear said that shouldn't be the only consideration when women decide whether to have their child at Angra or go to a stateside facility, "stork-nesting."

"Angra does offer other pain medication, despite the rumors people hear. Also, you're able to go home within three to five days. Women who deliver off-island might not be able to return to Lajes for up to 4 months," said Major O'Rear.

Mrs. Chandler-Potts said the lack of epidural wasn't a consideration for her.

"I was planning to try a natural birth no matter where I was," she said. "I would totally do it again without an epidural."

Major O'Rear said delivery options for active-duty members and spouses include Andrews Air Force Base Md. or Angra.

Women will either stork-nest or be referred downtown at 34 weeks of pregnancy. The advantage to stork-nesting is that epidurals are available. The disadvantages include a 14-16 week separation from spouse and children if they don't accompany mom, and out-of-pocket expenses for rental car. In the case of delivering somewhere other than Andrews, cost also includes travel, food and lodging. Also, parents must have the child's birth certificate and passport prior to their return to Lajes - this can take up to 6 weeks.

"Stork-nesting for military members is expensive both in dollars - travel and per

diem - and in lost duty time," Major O'Rear said. "Our ultimate objective is to end the program, but at this time stork-nesting is not going away. It can't, until we can guarantee local epidural support."

Although Angra is close to home, the visiting hours are limited, Major O'Rear said.

"The hospital does have limited visiting hours, but this can also be a good thing," she said. "If you've just had a baby, you're going to be tired and need your rest - having a designated time for visitors means you can be prepared for them rather than taken by surprise."

Mrs. Chandler-Potts said she was glad she had Chandler here.

"I loved being able to start my life with Chandler in our own home," she said. "I found the Portuguese doctors and nurses to be very accommodating of our American-ness and they helped us have a good experience in their hospital."

She stresses moms should take everything into consideration when deciding where to have their baby.

"Ignore the naysayers, and make your own decision together with your spouse," Mrs. Chandler-Potts said. "Remember that it's not a quick process to stork-nest, and consider the time after birth you'll have to be in the states waiting for passports and paperwork."

There is an OB Town Hall meeting at 6:30 p.m. Oct. 21 in the chapel fellowship hall. To better prepare for the meeting, send OB questions or concerns to paula.carnley@lajes.af.mil.



Bowling leagues

Tuesday intramural as of Oct. 14

| Place | Won | Lost |
|--------------|-----|------|
| 1. LRS #2 | 34 | 14 |
| 2. CES #2 | 31 | 17 |
| 3. JAMS/DET6 | 28 | 20 |
| 4. MDOS | 27 | 21 |
| 5. SVS #2 | 26 | 22 |
| 6. SVS #1 | 24 | 24 |
| 7. Comm #1 | 22 | 26 |
| 8. AMS #2 | 18 | 30 |
| 9. CONS | 16 | 32 |
| 10. LRS #1 | 14 | 34 |

Thursday intramural as of Oct. 7

| Place | Won | Lost |
|--------------------|-----|------|
| 1. Jam #1 | 30 | 10 |
| 2. Comm #2 | 22 | 18 |
| 3. Comm #3 | 22 | 18 |
| 4. AMS #1 | 21 | 19 |
| 5. CES #1 | 21 | 19 |
| 6. Comm #4 | 20 | 20 |
| 7. AMS #3 | 18 | 22 |
| 8. Security Forces | 17 | 17 |
| 9. OSS | 17 | 23 |
| 10. MDOS | 12 | 28 |

Friday Night Mixed as of Oct. 1

| Place | Won | Lost |
|-------------------|-----|------|
| 1. P.O.E.T.S. | 14 | 10 |
| 2. IMPS | 14 | 10 |
| 3. 9DASH | 14 | 10 |
| 4. Team 4 | 12 | 12 |
| 5. Misfit Bowlers | 10 | 10 |
| 6. Team 6 | 8 | 16 |

Sunday Singles as of Oct. 10

1. Norman Darling
2. Rick Hamlett
3. Walt Baer
4. Kami Demnyan
5. Pam Darling
6. Bobby Burger
7. Anna Hamlett
8. Willie Davies
9. Kara Warren
10. Paul Marquez



Bowlers' dreams fall short

By **Walt Baer**
Contributing writer

Since the 2003-2004 bowling season last year, intramural bowling has been dominated by one of the 65th Logistics Readiness Squadron bowling teams. Many no-tap bowling events have taken place and it seems no other team could beat these LRS kegglers.

Willie Davies, 65th Mission Support Group, decided to challenge the LRS bowlers and assembled a group of Lajes bowlers to de-throne the base no-tap champions. Bowlers were selected based on their participation in many leagues, averages and bowling skills demonstrated from other no-tap events.

The LRS team consisted of Joe Moody, Gerald Zweeres, Norman Darling, Terry Meteka and Bradley Clifford. The "dream team" members were Willie Davies, Richard Hamlett, Ken Hellmer, Todd Katz and Walt Baer.

The first match proved to be

the most decisive one with LRS dominating by bowling 80 pins more than the challengers, 1142 to 1062. The dream-teamers gained momentum on the second match but still were bested by LRS by 14 pins.

The final game of the 3-game series was taken by the dream team - 1122 pins to 1050 pins - but the challengers fell short of victory by 22 pins with LRS bowling 3232 to the dream team's 3210.

The highlight of the day was Joe Moody's first game which was a perfect no-tap 300. Moody also had the highest series of the day bowling 770 total pins.

A great time was had by all, with many supporting Lajes residents cheering on their teams. In the end, the dream team challengers paid for the bowling of both teams.

One of the LRS bowlers issued a final challenge before leaving the Hillside Lanes, "Any other dream team challengers in the house? We're ready!"

Sports Briefs

Bowling tournament: A 9-Pin/No-Tap tournament is at 6 p.m. Saturday. For more information, call Rich Christie at 2-6210.

Bowling leagues: Intramurals are 6-10 p.m. Tuesday and Thursday; mixed fours are 6-9:30 p.m. on Fridays; mixed leagues are 6-9:30 p.m. Sunday.

Basketball tournament: A 3-on-3 basketball tournament begins at 9 a.m. Saturday at the Chace Fitness Center. It's \$25 per team. For more information, call 2-5151.

Paintball game: The next game is scheduled for 10 a.m.-2 p.m. Oct. 23. A minimum of eight and a maximum of 25 people at least 16-years old can go for \$20 per person. The fee includes transportation, Co2 and a full face mask. For more information, call 2-4140.

Youth sports: The Lajes Youth Center is accepting applications for youth football and cheerleading for boys and girls ages 5-18. Cost is \$25 for members, \$35 for non-members. Season is Nov.-Dec. Volunteer coaches and officials are needed. For more information, call Jolene Wilkinson at 2-1197.

Family fun bowl: Family night is 6-10 p.m. Wednesdays at the Hillside Lanes bowling center. Families take their receipt from the Top of the Rock family buffet night and bowl for \$7.50 an hour per lane. Shoes are included.

Strike!



Joe Moody, 65th Logistics Readiness Squadron, watches his ball head for the pocket during Tuesday intramurals. JAMS/DET 6 won the match against Moody's team, LRS #1. (Photo by Capt. Yvonne Levardi)

PLANNER

Changes or updates to this page should be sent to news@lajes.af.mil

AAFES

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

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.-12:30 a.m., Fri.; 8 a.m.-12:30 a.m., Sat.; 8 a.m.-9:30 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; Hoof & Fin dinner special.

Chapel services

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

Mass: 5 p.m., Sun.-Fri.

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

Monday

Protestant women's spiritual

fitness training, 7 p.m.

Tuesday

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

Wednesday

Men's spiritual fitness training/lunch, noon; Working women's spiritual fitness training/lunch, 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 Choir Practice, 7 p.m.; Men's spiritual fitness training, 7 p.m.

Friday

CWOC Mass, 5:30 p.m., 1st Fri.; Teen Movie Night, 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.; Gospel service & fellowship, noon; Catholic youth organization, noon; Catholic choir rehearsal, 4 p.m.; Rosary and adoration, 5:40 p.m.; Protestant Youth/Teens of the Chapel, 6:15 p.m.



Today: "Fright Night Movie Marathon" begins at 8 p.m. \$13 admission includes popcorn and refillable drink. First movie, "The Village," rated PG-13 for a scene of violence and frightening situations. Cast includes Judi Greer and Bruce Dallas Howard. The village seems picture perfect, but this close-knit community lives with the frightening knowledge that creatures reside in the surrounding woods. The evil and foreboding force is so unnerving that none dare venture beyond the borders of the village and into the woods. But when curious, headstrong Lucius Hunt plans to step beyond the boundaries of the town and into the unknown, his bold move threatens to forever change the future of the village. Second movie, "Open Water," rated R for language and some nudity. Cast includes Blanchard Ryan and Daniel Travis. Based on true events, Susan and Daniel have just been abandoned by their scuba-diving boat in the Caribbean. As the tension escalates between the troubled twosome, a current sweeps them far from where the boat left them. Deep dark clouds pass menacingly overhead while the sea life just below the surface of the water is clearly not of the friendly variety. Third movie, "Alien vs. Predator," rated PG-13 for violence, language, horror images, slime and gore. Cast includes Lance Henriksen and Sanaa Lathan. An ancient pyramid is discovered buried in the ice of Antarctica, and scientists investigating the structure discover something worse: two races of aliens battling for domination. As the two species fight, humans find themselves caught in the middle and becoming casualties.

Saturday: 7 p.m. "Alien vs. Predator," 10 p.m., "Open Water."

Sunday: 2 p.m., "The Village," 10 p.m., "Open Water."

Wednesday: 7 p.m., "Alien vs. Predator."

Thursday: 7 p.m., "The Village."

For information about the movie schedule, call the base theater at 2-3302.

AFN Sports on TV

Friday

AFN-Atlantic
WNBA Shootaround:
11:30 p.m.

AFN-Sports
MLB: Playoffs - division series, 11:30 a.m., 8 p.m.
College football:
Clemson @ Virginia, 5 p.m.

Saturday

AFN-Atlantic
WNBA: Finals game 1, midnight
College football: teams TBD, 4 p.m., 7:30 p.m.

AFN-Pacific
College football: UNLV @ BYU, 2 a.m.
teams TBD, 4 p.m., 7:30 p.m., 11:30 p.m.

AFN-Sports

MLB: Playoffs - division series, midnight
College football:
UNLV @ BYU, 11 a.m.;
Big XII - Texas @ Oklahoma, 4 p.m.
teams TBD, 7:30 p.m., 11:45 p.m.

Sunday

AFN-Atlantic
NASCAR Busch Series: Mr. Goodwrench 300, 11 a.m.
NFL: teams TBD, 5 p.m., 8 p.m.
WNBA: Finals game 2, 11:30 p.m.

AFN-Pacific
NFL: teams TBD, 5 p.m., 8 p.m.

EVENTS

The deadline for Crossroads ads is one week out, or the Friday prior to the paper date. Submit announcements weekly in normal text with the what, when, where, who, why and contact info in an e-mail to news@lajes.af.mil. Dates and times should be in civilian format, and include full name of P.O.C.

Bullfights

Bullfight season officially ends today.

Today: 4:30 p.m., Ribeira Pães, Lajes; 5 p.m., Caminho da Esperança, Porto Judeu

Events

Fishing trip: The next trips are 2 a.m.-noon Saturday and Oct. 30. A minimum of four and a maximum of six people at least 8-years old can go for \$65 per person. For more information, call 2-4140.

Dolphin watching: A dolphin trip is 9 a.m. - noon and Oct. 24. A minimum of six and a maximum of 10 people at least 5-years old can go for \$45 per person. For more information, call 2-4140.

Flea Market: The next flea markets are 11 a.m. - 1 p.m. Saturday and Nov. 20 at the Lajes Youth Center, Bldg. T-240.

Family grill: Ocean View Island Grill family night is every Tuesday. Families receive a large pizza with two toppings and free drinks for \$10. For more information, call 2-3387.

Costume dance: A Halloween costume dance for ages 9-12 is 3-6 p.m. Oct. 23 at the youth center.

Haunted house: The haunted house is 7-10 p.m. Oct., 29 and 30 at Bldg. T-605. For more information, call 2-3273.

P.O.P.S: Parents Offering Parents Support is a play group for stay-at-home parents of active duty and civilian personnel. Meetings are 10-11 a.m. Thursdays. The group participates in activities, play time and reading time. For more information, call Pam Darling at 295-549-751

Volunteer party: Hidden Heroes, Volunteer Advisory Council and the American Red Cross are hosting a party for all Lajes volunteers, supervisors and peers from 11 a.m.-1 p.m. Oct. 22 at Eddie's Place. It's a potluck party so bring a dish to share. Door prizes will be drawn every half an hour. For more information, call Lauren Jackson or Else Wingert at 2-4138.

Fall festival: The officers spouses club's annual Fall Festival of the Arts is Nov. 13 in Bldg. T-608. To sign up, call Karen Bolina at 295-549-218, or e-mail lajesfallfestival04

@hotmail.com by Oct. 30.

Murder mystery: The annual Teen Murder Mystery Night for ages 10-15 is from 6-7 p.m. Oct. 22 in the base library. Register by Oct. 20. Pizza and punch will be served and there's a prize for the person who figures out "who done it."

Hispanic heritage: A Latin Night is from 7 p.m.-midnight Saturday at Fiddler's Green. There will be free food, music and fun.

AFSA events: The Air Force Sergeant's Association has these events in October: Car wash and bake sale, 10 a.m. Saturday; blood drive, 8 a.m. Wednesday; volunteer appreciation lunch set-up, 9 a.m. Oct. 22. For more information, e-mail Staff Sgt. Nichol Williams at nichol.williams@lajes.af.mil.

Health council: The 65th Medical Group's next Healthcare Consumer Advisory Council is at 1 p.m. Nov. 5 at the base chapel. For more information, call Capt. Angela Thompson at 2-6768.

Classes

First aid: A first aid, cardiopulmonary resuscitation and defibrillator class is from 6-10 p.m. Tues.-Wed. at the American Red Cross office. Cost is \$25, including book. Call 2-3516 to sign up.

Heartlink: The next Heartlink class is at 8:15 a.m. Nov. 9 at the family support center. The program is for people to learn and have the opportunity to learn more about being a part of the military. A free chicken Alcatra lunch and cooking demonstration will be provided. For more information or to ask about free childcare, call 2-4138.

Resume class: A military resume building class is Nov. 15 at the family support center. For more information or to sign up, call 2-4138.

Education Center

OU classes: The University of Oklahoma and Dr. Sheryl McGuire present a free seminar, "Stress and Health." The seminar is from noon-1 p.m. Thursday in Bldg. T-400. Assessment and Evaluation in HR Training, an elective course in

Scrapbooking



Julie Rios and Billy Pryde work on a scrapbook during the Tercera Island Circle Oct. 6 at the Family Support Center, Oct. 6. (Photo by Staff Sgt. Michelle Michaud)

OU's Master in Human Relations degree, is Nov. 30-Dec. 5. Last day to add/drop is Nov. 1. Enrollment for spring '05 online courses is Nov. 1-Dec. 5. For more information, call Kalina Hill at 2-3171 or e-mail aplajes@ou.edu.

UMUC registration: Registration now for the Oct. 25-Dec.17 term with the University of Maryland University College. For more information, call Ana Furk or Kimberly Holzer at 2-4187.

Jobs

Accounting job: A funds accounting technician is needed to work 10 a.m.-3 p.m. Monday, Wednesday and Friday at the chapel. Quick Books experience is preferred. Drop off resumes at the chapel. For more information, call Tech. Sgt. Edward Stobierski at 2-4211.

HS positions: The Lajes High School is accepting applications for substitute teachers and a school nurse. For more information, call Karen Bolina at 2-4151.

Miscellaneous

Vet visit: The veterinarian is on-island Oct 17-23. For more information, call Staff. Sgt. Troy Livingston at 2-3134.

Mail supplies: The United States Postal Service is offering free care package packing materials to spouses and families of military members deployed overseas. Call 1-800-610-8734

and press 1 for English, then 3 for an operator, and they will send boxes, packing materials and mailing labels. Tape and priority mailing boxes are also available in the post office lobby during normal hours. For more information, call 2-4251.

PCS must-have: Families moving from Europe to the United States must hand-carry medical records and children's immunization records. Don't pack these with household goods. Proof of immunizations is necessary for most school enrollment.

Flying board: An undergraduate flying training board is Feb. 8 at the Air Force Personnel Center. The board reviews applications for pilot, navigator and air battle manager candidates. Officers born after May 1, 1975 with a TFCSD after May 1, 2000 who meet all other eligibility criteria can apply for UFT. Send completed applications postmarked by Dec. 29 to Headquarters AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB, TX, 78150-4733. For more information, call formal training at 2-5143.

Classified

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday.

For sale: Wood oak-colored entertainment system, like new condition: \$125. Oak wood coffee table, like new condition: \$70. Call Steve at 965-356-789.