

DATEBOOK

Today

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

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

Chapel: Mass, 4 p.m.; Gospel choir practice, 7-9 p.m.

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

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

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

Commissary: Open noon-6 p.m.

Dining Hall: Lunch: Beef and corn pie, seafood newburg, roast turkey, and corn on the cob; Dinner: Yankee pot roast, simmered corn beef, pineapple chicken and carrots; Short Order: Barbecued pork sandwich and burritos.

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

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

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

Oceanview Island Grill: Lasagna (includes fries or salad and drink), \$4.95; Open 11 a.m.-11 p.m.

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

Pool: Open 3:30-7 p.m.

Skating Rink: Open 7-11 p.m.

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

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

Top of The Rock Club: Lunch, seafood buffet. \$6.95 for members, \$8.95 for nonmembers.

Youth Center: Youth social, 6-9 p.m.

Saturday

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

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

Chapel: Mass, 10 a.m.; Gospel praise team practice, 10 a.m.; Gospel choir practice, 2 p.m.

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

Child Development Center: Closed

Community Activi-

ties Center: Open 10 a.m.-8 p.m.

Commissary: Open 9:30 a.m.-5 p.m.

Dining Hall: Lunch: Creole shrimp, doubly good chicken soup, Swedish meatballs; Dinner: Baked fish, barbecued chicken, Hungarian goulash and stir fry vegetables.

Dry Cleaners: Open 10 a.m.-4 p.m.

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

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

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

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

Pool: Open 3:30-7 p.m.

Skating Rink: Open 7-11 p.m.

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

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

Top of the Rock Club: Huff and Fin dinner special. \$18.95 for members and \$21.95 for nonmembers.

Sunday

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

Beauty Shop: Closed

Chapel: Catholic religious education, 9:15 a.m.; Mass, 10:30 a.m.; Evangelical service, 8:50 a.m.; Sunday school, 10:30 a.m.; Gospel service, noon; Mass, 5 p.m.; House block rosary, 6 p.m.; Protestant teens (high school), 6:30 p.m.; Protestant youth (junior high school), 6:30 p.m.

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

Child Development Center: Closed

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

Commissary: Closed

Dining Hall: Lunch: Cantonese spareribs, grilled mustard chicken breast, oven-fried fish and macaroni and cheese; Dinner: Loin strip steak, stir-fry beef with broccoli, and rice pilaf.

Dry Cleaners: Closed

Gas Station: Closed

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

Oceanview Island

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

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

Pool: Open noon-6 p.m.

Skills Development Center: Closed

Monday

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

Beauty Shop: Closed

Chapel: Mass, 11:30 a.m.; Women's Bible study 7 p.m.; Men's choir practice, 7 p.m.

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

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

Community Activities Center: Closed

Commissary: Open noon-4 p.m.

Dining Hall: Lunch: Baked stuffed fish, pot roast, roast pork loin and steamed rice; Dinner: Cannelloni beef, chili macaroni, Southern fried chicken and glazed carrots; Short Order: Polish sausage, and steak-and-cheese sub sandwich.

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

Gas Station: Open 8:30 a.m.-4:30 p.m.

Library: Open 4-9 p.m.

Oceanview Island Grill: Meatball sandwich (includes fries or salad and drink), \$4.95; Open 11 a.m.-11 p.m.

Outdoor Recreation: Closed

Pool: Open noon-7 p.m.

Skills Development Center: Closed

Top of the Rock Club: Lunch, Southern buffet. \$5.95 for members, \$7.95 for nonmembers.

WICO: Open 9 a.m.-3 p.m.

Wedsnesday

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

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

Chapel: Mass, 4 p.m.; Catholic choir practice, 7:15 p.m.; Evangelical choir practice, 6 p.m.; Women's Bible study, 7 p.m.

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

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

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

Commissary: Open 9:30-6 p.m.

Dining Hall: Lunch: Barbecue ham steak, beef ball Stroganoff, turkey and noodles and spinach; Dinner: Barbecue spareribs, lemon-herb chicken, stuffed pork chops and Mexican corn; Short Order: Fish and cheese sandwich and Monte Cristo sandwich.

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

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

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

Oceanview Island Grill: Fried shrimp (includes fries or salad and drink), \$4.95; Open 11 a.m. - 11 p.m.

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

Pool: Open 3:30-7 p.m.

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

Top of the Rock Club: Opens at 4 p.m.

WICO: Open 9 a.m.-3 p.m.

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

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

Commissary: Open 9:30 a.m.-6 p.m.

Dining Hall: Lunch: Salmon cakes, teriyaki chicken, veal parmesan and mixed vegetables; Dinner: Country captain chicken, meatloaf, turkey a la king and mashed potatoes; Short Order: Sloppy barbecue beef and roast beef sub sandwich.

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

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

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

Oceanview Island Grill: Family pizza special (16" with 2 toppings and drinks), \$10; Open 11 a.m.-11 p.m.

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

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

Top of the Rock Club: Lunch, South of the border buffet. \$5.95 for members, \$7.95 for nonmembers.

WICO: Open 9 a.m.-3 p.m.

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

Chapel: Mass, 11:30 a.m.; Men's Bible study, 7 p.m.

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

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

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

Commissary: Open 11 a.m.-7 p.m.

Dining Hall: Lunch: Herbed baked chicken, Southern-fried catfish, stuffed cabbage rolls, and fresh sweet potatoes; Dinner: Glazed Cornish hen, jaeger schnitzel with mushroom sauce, roast pork loin, and carrots; Short Order: Cannonball sandwich and Italian pepper beef sandwich.

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

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

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

Oceanview Island Grill: Taco salad (includes drink), \$4.95; Open 11 a.m.-11 p.m.

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

Pool: Open 3:30-7 p.m.

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

Top of the Rock Club: Opens at 4 p.m.

WICO: Open 9 a.m.-3 p.m.

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

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

Commissary: Open 9:30-6 p.m.

Dining Hall: Lunch: Barbecue ham steak, beef ball Stroganoff, turkey and noodles and spinach; Dinner: Barbecue spareribs, lemon-herb chicken, stuffed pork chops and Mexican corn; Short Order: Fish and cheese sandwich and Monte Cristo sandwich.

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

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

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

Oceanview Island Grill: Fried shrimp (includes fries or salad and drink), \$4.95; Open 11 a.m. - 11 p.m.

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

Pool: Open 3:30-7 p.m.

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

Top of the Rock Club: Opens at 4 p.m.

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

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

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

Pool: Open 3:30-7 p.m.

Top of the Rock Club: Lunch, A taste of Italy. \$5.95 for members, \$7.95 for nonmembers.

WICO: Open 9 a.m.-3 p.m.

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Pool: Open 3:30-7 p.m.

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

Top of the Rock Club: Opens at 4 p.m.

WICO: Open 9 a.m.-3 p.m.

(Datebook compiled by Christina Walton, public affairs via inputs from agencies.)

EVENTS

Bullfights

Saturday: 6 p.m. Rua Padre Lino Fagundes, Lajes; Rua Regelo, Fonte do Bastardo

Sunday: 6 p.m. Rua do Biscoito, Fonte do Bastardo; Street next to Modelo Superstore in Praia; 6:30 p.m. Port of São Mateus; Caminho do Posto Santo

Tuesday: 6 p.m. São Brás
Wednesday: 6 p.m.

São Brás

Thursday: 6 p.m. São Brás

Closures/Shifts

Finance closed: Finance will be closed 1-5 p.m. Aug. 22 for an official function.

Post office closed: The Lajes Post Office will only be open 9:30-11 a.m. today due to a squadron function. Customers may still check their boxes as usual. Normal business hours will resume on Saturday.

Legal closed: The Legal Office will close at noon Thursday for an office function. For emergency, call 967849578.

Events

Parent orientation: There is a new-parent orientation at 2:30 p.m. Aug. 29 at the high school. Parents and new students are all encouraged to attend. New families may check the school website for information at <http://www.lajes-hs.eu.odedodea.edu/>. The school phone number is: 295-57-4151 and the address is: Lajes High School, Unit 7725, APO AE 09720.

Reduced lunches: Families wanting to apply for the USDA School Meal Program for reduced price or free lunches, can get a registration form from the public folders and at the School Liaison Officer's office in T-112.

School bus services: Off-base families with school-aged children should register for school bus service as soon as possible to insure their children are on the routes at the beginning of school. School begins Sept 2. Registration forms are available on the public folders and at the School Liaison Officer's office in T-112.

Holiday Party: The holidays are around the corner and

this year's base Holiday Party is Nov. 29 at the TORC. Volunteers are needed for the following committees: menu, budget, donations, fundraisers, decorations and entertainment. If interested, call Ens. Mary Decker at 2-1162, 1st Lt. Carla Lugo at 2-1320, 1st Lt Yvonne Levardi at 2-6161, email, or come to the next planning meeting at 10:30 a.m. Wednesday at the TORC.

Chapel skating and sun-daes Sunday: Everyone is invited to the skating 6-8:45 p.m. Sunday. This is an event for the whole family and friends.

AFSA: Chapter 270 at Lajes Field is offering a free chapter coin with a new membership. To join the Air Force Sergeants Association, call MSgt. Kevin Swogger at 2-3793.

Bake sale/car wash: FOC and the 65th Communications squadron is having a bake sale and car wash in front of the commissary 10 a.m.-5 p.m. Saturday. For more, call Raven Petterson Moore at 549-389.

Sure Start: Sure Start is taking applications for the 03-04 School Year. It is opened to children ages 3-4, but they must be 4 by Oct. 31. Priority is given to E-4 and below, but there are other criteria considered.

Education

Parenting seminar: A seminar to help teach parenting techniques for parents with children ages 2-12 is being offered at the Life Skills Support Center 6-7:30 p.m. Tuesday. To sign up or for more, call 2-5177.

AWANA: AWANA starts Sept. 2. Children ages 3 years to 6th grade meets 6-8:10 p.m. every Tuesday. Grades 7-12 meet 4:15-6 p.m. every Sunday. All classes meet at the chapel. AWANA is a Bible-based Christian Club for boys and girls.

First Aid: A First Aid/CPR/AED class is available 8 a.m. - 4 p.m. Saturday at the 65th Mission Support Squadron Conference Room for \$25. Cost includes course and book. To sign up, or for more, call 2-3516 or 295-57-3516.

Family Support Center classes: Microsoft Word class is 10 a.m., Aug. 27 in the T-126 computer room. Learn the

basics as well as some Word features to improve writing skills, and helpful tips and shortcuts. All computer classes are hands-on. For more information or to sign up for any of these classes call 2-4138.

Master's Degree: On-site Master's Degree: Earn your Master of Human Relations from the University of Oklahoma. Offering a non-thesis degree with a wide-range of professional applications. For more, call Erika Golart at 2-3171.

Honor guard: Honor guard position open for a CGO as the honor guard OIC. It's an additional duty. For more, call Lt. Lugo at 2-1320.

Employment

Job openings: The following jobs will become available Oct. 1. DoDDS General School and Grounds Maintenance, Infectious Medical Waste, Office Automation, AMS Fitness Equipment Maintenance, Island Tours, Family Service Specialist, Information and Referral Service, Family and Work Life Specialist, Catholic Musician, Gospel Choir Director, Catholic Auxiliary Priest, Evangelical Musician, Education Advisor and Test Administrator, Portuguese Language Instructor, Evangelical Choir Director, Aerobics Instructor, Field Maintenance, Gym Equipment Maintenance and Crossroads Paper. All bids for the jobs will close Sept. 2. For more, call Tech. Sgt. Gina Walker at 2-3123.

Substitutes needed: Anyone interested in being a substitute teacher should call Evelyn Price at the high school office at 2-4151. Lajes schools offers a dream substitute situation: small classes, good kids and DODDS pays subs very well.

Aides needed: Applications are now being taken for two part-time educational aide positions at the high school. For an application or more information, call Evelyn Price at 2-4151.

Volunteers

Piano player needed: A piano accompanist is needed for the Lajes performance of "Cinderella" directed by the Missoula Children's Theatre

Aug. 25-30 at the community center. The accompanist should be an experienced and mature piano player. For more, call 2-1197.

Miscellaneous

Sports physical: The 65th Medical Group will have a "sports physical" day 1-4:30 p.m. Wednesday. All school-aged children planning to play any sports must have a current annual physical. Immunization records, glasses and contacts must be brought to the appointment. The appointment will include a general health screening, immunization updates, vision exams, dental health and blood work, if needed. For an appointment, call 2-3261 Monday.

Arts Festival: The Officers Spouses Club is hosting the Festival of the Arts Nov. 15 from 10 a.m. - 4 p.m. at the Community Center. Vendors can call Tami Hartzell at 549-202 or email mnhartzell@hotmail.com.

SUM dinner: This month's single and unaccompanied Airmen's dinner is at 5:30 p.m., Thursday in the Fellowship Hall. The Air Force Sergeant Association is cooking the meal. The SUM dinner is for all service members who are single or here unaccompanied. For more, call Chaplain Pieczara at 2-4211.

Red Cross Volunteers: The American Red Cross is looking for volunteers to help at different agencies on base including the medical clinic, veterinary services, dental office, child development center, and the elementary and high schools. For more, call Kristy Byrne at 2-3516.

Pool Party: The Air Force Sergeant Association is throwing a pool party for all E-1 - E-4 Aug. 29, 7:30-11 p.m.

Sports

Volleyball: Girls in grades 7-12, interested in playing volleyball next year are invited to come out and get some practice before the season starts. There will be Volleyball open gyms 3:30-5:00 p.m. Aug. 25-28 at the HS gym. Everyone is welcome regardless of experience. For more, call Ryan Goodfellow at 2-4151.

38- NBC Nightly News
 39- Battlefield: Vietnam: Dien Bien Phu-The Legacy
 3:30 AM
 36- Nightly Business Report
 38- Judge Judy
 4:00 AM
 36- Larry King Live
 37- Die Hard With A Vengeance
 38- Port Charles
 39- The Practice: What Child Is This?
 4:25 AM
 38- Guiding Light
 4:30 AM
 37- Headline News
 5:00 AM
 36- Newsnight With Aaron Brown
 37- ESPNews
 39- Pretty Woman
 40- ESPNews
 5:13 AM
 37- Headline News
 38- General Hospital
 5:30 AM
 40-54321
 6:00 AM
 36- Lou Dobbs Tonight
 37- Headline News
 38- Sylvester & Tweety Mysteries: You're Thor! / I Copher You
 40- Sportscenter
 6:30 AM
 37- Sesame Street
 38- Brand Spanking New Doug (TV-7): Doug Gets It All
 7:00 AM
 36- Nightline
 38- Scouts Safari
 39- Rugrats: When Wishes Come True/Angelica Breaks A
 40- Tuesday Night Fights - Opponents & Venue Tbd
 7:30 AM
 36- Headline News
 38- Standard Deviants: And Justice For All
 39- Spongebob Squarepants: Naughty Nautical Neighbors/Boat School
 8:00 AM
 36- Hardball With Chris Matthews
 37- Bob The Builder
 38- Jeopardy!
 39- The Simpsons: Two Cars In Every Garage
 8:25 AM
 37- Wheel Of Fortune
 8:30 AM
 37- The Oprah Winfrey Show: Step Out Of Your Box
 38- Headline News
 39- Home Improvement: What About Bob?
 8:52 AM
 38- Pacific Report
 9:00 AM
 36- CNN Daybreak
 37- Port Charles
 38- ESPNews
 39- Star Trek: Next Generation: Power Play
 40- Sports Special-2003 Track & Field Championships
 9:13 AM
 37- Guiding Light
 9:30 AM
 38- Headline News
 9:52 AM
 38- Pacific Report
 10:00 AM
 36- The O'reilly Factor
 38- George Lopez: Girls Night Out
 39- Silent Warriors: Escape From Saddam
 10:30 AM
 37- General Hospital
 38- The Bernie Mac Show: For A Few Dollars More
 11:00 AM

36- Good Moring America
 38- Fear Factor: Barrel Rolling/Rat Transfer/Car Into Pond
 39- Battlefield: Vietnam: Dien Bien Phu-The Legacy
 40- Sportscenter
 12:00 PM
 38- Boston Public: Chapter Fifty-Four
 39- The Practice: What Child Is This?
 40- Us Open Tennis Tournament-2003 U.S. Open Tennis Championships: Day2
 1:00 PM
 36- Headline News
 37- Headline News
 38- Headline News
 39- Pretty Woman
 1:22 PM
 37- Judge Judy
 38- Pacific Report
 1:30 PM
 36- Channel One
 37- Today
 38- Tonight Show With Jay Leno
 1:45 PM
 36- World News This Morning
 2:00 PM
 36- The Early Show
 37- Sylvester & Tweety Mysteries: You're Thor! / I Copher You
 40- Rome Is Burning
 2:30 PM
 38- The Late Show With David Letterman
 3:00 PM
 37- Brand Spanking New Doug (TV-7): Doug Gets It All
 39- Rugrats: When Wishes Come True/Angelica Breaks A
 40- Sportscenter
 3:30 PM
 38- Access Hollywood
 39- Spongebob Squarepants: Naughty Nautical Neighbors/Boat School
 4:00 PM
 36- Fox News Live
 37- Scouts Safari
 38- Lethal Weapon 3
 39- The Simpsons: Two Cars In Every Garage
 40- Baseball Tonight
 4:30 PM
 37- Standard Deviants: And Justice For All
 39- Home Improvement: What About Bob?
 40- Nil 2night
 5:00 PM
 36- Fox News Live
 37- Jeopardy!
 39- Star Trek: Next Generation: Power Play
 40- Us Open Tennis Tournament-2003 U.S. Open Tennis Championships: Day3
 5:30 PM
 37- Headline News
 6:00 PM
 36- Fox News Live
 37- ESPNews
 38- Deliverance
 39- Silent Warriors: Escape From Saddam
 7:00 PM
 36- Studio B With Shepard Smith
 37- Headline News
 39- Battlefield: Vietnam: Dien Bien Phu-The Legacy
 8:00 PM
 36- Inside Politics
 37- George Lopez: Girls Night Out
 38- Headline News
 39- The Practice
 8:30 PM
 36- Headline News
 37- The Bernie Mac Show: For A Few Dollars More
 38- ESPNews

9:00 PM
 36- Wolf Blitzer Reports
 37- Fear Factor: Barrel Rolling/Rat Transfer/Car Into Pond
 38- Today
 39- Pretty Woman
 40- Around The Hom
 9:30 PM
 37- Boston Public: Chapter Fifty-Four
 10:00 PM
 36- Headline News
 37- Headline News
 40- Sportscenter
 10:30 PM
 36- NBC Nightly News
 37- Tonight Show With Jay Leno
 11:00 PM
 36- ABC World News Tonight
 38- Sesame Street
 39- Rugrats: The Last Baby Sitter/Sour Pickles
 40- MLB - Teams Tbd
 11:30 PM
 36- CBS Evening News
 37- The Late Show With David Letterman
 39- Spongebob Squarepants: Pizza Delivery/Home Sweet Pineapple
 Thursday
 12:00 AM
 36- The Newshour
 38- Blue's Clues: Stormy Weather
 39- The Simpsons: Dancin' Homer
 12:30 AM
 37- Access Hollywood
 38- Wheel Of Fortune
 39- Home Improvement: Baby It's Cold Outside
 1:00 AM
 36- Hannity & Colmes
 37- Lethal Weapon 3
 38- Dr. Phil Show
 39- Touched By An Angel: Remembering Me (Part 1)
 2:00 AM
 36- The News With Brian Williams
 38- The Oprah Winfrey Show: What Younger Women & Older Women Think About Sex
 39- Haunted History: Savannah
 40- Sports Special-2003 Track & Field Championships
 3:00 AM
 36- Bet Nightly News
 38- NBC Nightly News
 39- Ancient Mysteries: Legend Of The Arabian Knights
 3:30 AM
 36- Nightly Business Report
 38- Judge Judy
 4:00 AM
 36- Larry King Live
 37- Deliverance
 38- Port Charles
 39- The West Wing: The War At Home
 40- Baseball Tonight
 4:25 AM
 38- Guiding Light
 4:30 AM
 37- Headline News
 40- ESPNews
 5:00 AM
 36- Newsnight With Aaron Brown
 37- ESPNews
 39- Masterpiece Theater: Madame Bovary (Pt. 1)
 40- Aussie Rules Football Highlights
 5:13 AM
 37- Headline News
 38- General Hospital
 6:00 AM
 36- Lou Dobbs Tonight
 38- Disney's Mickey Mouseworks
 40- Sportscenter
 6:30 AM
 37- Headline News
 38- Disney's Recess: The

Candidates/Brain For Hire
 39- Every Woman: Episode 10
 7:00 AM
 36- Nightline
 37- Sesame Street
 38- Pokemon: The Johto Journey's: Tunnel Vision
 39- Rugrats: The Last Baby Sitter/Sour Pickles
 40- Racing - American Lemans Series: Road America
 7:30 AM
 36- Navy/Marine Corps News
 38- The Mummy: The Animated Series
 39- Spongebob Squarepants: Pizza Delivery/Home Sweet Pineapple
 8:00 AM
 36- Hardball With Chris Matthews
 37- Blue's Clues: Stormy Weather
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 38- Pacific Report
 10:00 AM
 36- The O'reilly Factor
 38- Everybody Loves Raymond - The Shower
 39- Haunted History: Savannah
 40- Sportscenter
 10:25 AM
 37- General Hospital
 38- Will & Grace: It's The Gay Pumpkin Charlie Brown
 10:30 AM
 10:50 Am
 38- Real Time
 11:00 AM
 36- Good Moring America
 37- Headline News
 38- Meet My Folks
 39- Ancient Mysteries: Legend Of The Arabian Knights
 40- Sports Special-2003 Track & Field Championships
 12:00 PM
 38- C.S.I.: Crime Scene Investigation: Abra Cadaver
 39- The West Wing: The War At Home
 1:00 PM
 36- Headline News
 37- Judge Judy
 38- Headline News
 39- Masterpiece Theater: Madame Bovary (Pt. 1)
 40- Sportscenter
 1:22 PM
 38- Pacific Report
 1:30 PM
 36- Channel One
 37- Today
 38- Tonight Show With Jay Leno
 1:45 PM
 36- World News This Morning
 2:00 PM
 36- The Early Show
 37- Disney's Mickey Mouseworks
 40- Pardon The Interruption
 2:30 PM

38- The Late Show With David Letterman
 39- Every Woman: Episode 10
 40-54321
 3:00 PM
 37- Disney's Recess: The Candidates/Brain For Hire
 39- Rugrats: The Last Baby Sitter/Sour Pickles
 40- Sportscenter
 3:30 PM
 38- Access Hollywood
 39- Spongebob Squarepants: Pizza Delivery/Home Sweet Pineapple
 4:00 PM
 36- Fox News Live
 37- Pokemon: The Johto Journey's: Tunnel Vision
 38- Lantern Hill
 39- The Simpsons: Dancin' Homer
 40- Baseball Tonight
 4:30 PM
 37- The Mummy: The Animated Series
 39- Home Improvement: Baby It's Cold Outside
 40- ESPNews
 5:00 PM
 36- Fox News Live
 37- Jeopardy!
 39- Touched By An Angel: Remembering Me (Part 1)
 40- MLB - Teams Tbd
 5:25 PM
 37- Headline News
 5:50 PM
 37- ESPNews
 6:00 PM
 36- Fox News Live
 37- Headline News
 38- Four For Texas
 39- Haunted History: Savannah
 7:00 PM
 36- Studio B With Shepard Smith
 37- Everybody Loves Raymond - The Shower
 39- Ancient Mysteries: Legend Of The Arabian Knights
 8:00 PM
 36- Inside Politics
 37- Will & Grace: It's The Gay Pumpkin Charlie Brown
 38- Headline News
 39- The West Wing: The War At Home
 40- ESPNews
 8:30 PM
 36- Navy/Marine Corps News
 37- Real Time
 38- ESPNews
 9:00 PM
 36- 60 Minutes II
 37- Meet My Folks
 38- Today
 39- Masterpiece Theater: Madame Bovary (Pt. 1)
 40- Around The Hom
 9:30 PM
 37- C.S.I.: Crime Scene Investigation: Abra Cadaver
 40- Pardon The Interruption
 10:00 PM
 36- Headline News
 37- Headline News
 40- Sportscenter
 10:30 PM
 36- NBC Nightly News
 37- Tonight Show With Jay Leno
 39- Every Woman: Episode 10
 11:00 PM
 36- ABC World News Tonight
 38- Sesame Street
 39- Rugrats: Reptar 2010/ Stu Gets A Job
 11:30 PM
 36- CBS Evening News
 37- The Late Show With David Letterman
 39- Spongebob Squarepants: Mermaid Man & Barnacle Boy/ Pickles



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37- Sports Tbd
 38- Shot In The Heart
 39- Er: Brothers And Sisters
 40- Little League World Series - U.S. Championship
 12:00 PM
 36- Fox & Friends
 39- Magnum P.I.: Home From The Sea
 1:00 PM
 36- CBS News Sunday Morning
 38- Headline News
 39- Family Ties: My Back Pages
 1:30 PM
 38- Seinfeld: The Wizard
 39- The Cosby Show: No Way Baby
 40- Baseball Tonight
 2:00 PM
 37- WWE Smackdown!
 38- That 70's Show: Afterglow
 39- Chips: Aweigh We Go
 2:30 PM
 36- Face The Nation
 38- Entertainment Tonight Weekend Edition
 40- Nil 2night
 3:00 PM
 36- Headline News
 37- Andromeda: The Belly Of The Beast
 39- Kingsley's Meadow: Forgiveness & Respectability
 40- Sportscenter
 3:30 PM
 36- Navy/Marine Corps News
 38- America's Black Forum
 39- Harvest With Greg Laurie - The Longest Race Ever Run
 4:00 PM
 36- Late Edition W/Wolf Blitzer
 37- Sports Tbd
 38- Sports Tbd
 39- Precepts For Life: From Trials To Triumph
 4:30 PM
 39- Real Video: Rebecca St. James
 40- 54321
 5:00 PM
 39- The Simpsons: Homer And Apu
 40- MLB - Teams Tbd
 5:30 PM
 39- The Bernie Mac Show: A Christmas Story
 6:00 PM
 36- Fox News Live
 39- Everybody Loves Raymond: The Walk To The Door
 6:30 PM
 39- The King Of Queens: Party Favor
 7:00 PM
 36- Fox News Live
 37- Sports Tbd
 38- Sports Tbd
 39- Er: Brothers And Sisters
 8:00 PM
 36- CNN Sunday
 39- Magnum P.I.: Home From The Sea
 40- Usa Soccer - 2003 Championship - Founders Cup: Teams Tbd
 9:00 PM
 36- Meet The Press
 39- Family Ties: My Back Pages
 9:30 PM
 39- The Cosby Show: No Way Baby
 10:00 PM
 36- Tim Russert
 37- ESPN News
 38- ESPN News
 39- Chips: Aweigh We Go
 40- Sportscenter
 11:00 PM
 36- Fox Report
 37- Headline News
 38- Sesame Street
 39- Rugrats: Circus Angelicus/The Stork
 40- Baseball Tonight
 11:30 PM
 37- Seinfeld: The Wizard
 39- Spongebob Squarepants: Bubblestand/Ripped Pants
 Monday
 12:00 AM
 36- This Week
 38- Harold And The Purple Crayon Children
 39- The Simpsons: Simpson And Delilah
 40- MLB - Mariners vs. Red Sox
 12:30 AM
 38- Wheel Of Fortune
 39- Home Improvement: Forever Jung
 1:00 AM
 36- Dateline International
 38- Dr. Phil Show
 39- Dawson's Creek: Castaways

2:00 AM
 36- 60 Minutes
 37- That 70's Show: Afterglow
 38- The Oprah Winfrey Show: Chris Rock & Bernie Mac
 39- Scientific American Frontiers
 2:30 AM
 37- Entertainment Tonight Weekend Edition
 3:00 AM
 36- CNN Sunday Evening
 38- Headline News
 39- The FBI Files: Deadly Dentist (Pt. 2)
 40- Sportscenter
 3:30 AM
 37- WWE Smackdown!
 38- Judge Judy
 4:00 AM
 36- Lamy King Live
 38- Port Charles
 39- Law & Order: Black White And Blue
 4:25 AM
 37- America's Black Forum
 38- Guiding Light
 4:30 AM
 37- Meet The Press
 40- Little League World Series - 2003 Little League World Series - World Championship
 5:00 AM
 36- At Large With Geraldo Rivera
 39- Steel Magnolias
 5:13 Am
 37- Headline News
 38- General Hospital
 6:00 AM
 36- Access Hollywood
 38- Zoboomafoo: Great Singers
 6:30 AM
 37- ESPN News
 38- Lloyd In Space: Babysitter Lloyd
 7:00 AM
 36- Beltway Boys
 37- Sesame Street
 38- Dear America: My Diary: When Will This Cruel War Be Over?
 39- Rugrats: Circus Angelicus/The Stork
 40- Usga - U.S. Amateur Championship: Final Round
 7:30 AM
 36- Fox News Watch
 38- Taina
 39- Spongebob Squarepants: Bubblestand/Ripped Pants
 8:00 AM
 36- Bulls & Bears
 37- Harold And The Purple Crayon Children
 38- Jeopardy!
 39- The Simpsons: Simpson And Delilah
 8:25 AM
 37- Wheel Of Fortune
 8:30 AM
 36- Cavuto On Business
 37- The Oprah Winfrey Show: Chris Rock & Bernie Mac
 38- Headline News
 39- Home Improvement: Forever Jung
 8:52 AM
 38- Pacific Report
 9:00 AM
 36- Dateline NBC
 37- Port Charles
 38- ESPN News
 39- Dawson's Creek: Castaways
 40- Sportscenter
 9:13 Am
 37- Guiding Light
 9:30 AM
 38- Headline News
 9:52 AM
 38- Pacific Report
 10:00 AM
 36- Access Hollywood
 38- 60 Minutes
 39- Scientific American Frontiers
 10:30 AM
 37- General Hospital
 40- Baseball Tonight
 11:00 AM
 36- Good Morning America
 38- West Wing The: Angel Maintenance
 39- The FBI Files:
 11:30 AM
 40- Cart Auto Racing - Molson Indy Montreal
 12:00 PM
 37- Headline News
 38- C.S.I.: Miami: A Horrible Mind
 39- Law & Order: Black White And Blue
 1:00 PM
 36- Headline News
 37- Judge Judy
 38- Headline News

39- Steel Magnolias
 1:22 PM
 37- Today
 38- Pacific Report
 1:30 PM
 36- Channel One
 38- Tonight Show With Jay Leno
 1:45 PM
 36- World News This Morning
 2:00 PM
 36- The Early Show
 37- Zoboomafoo: Great Singers
 40- Best Damn Sports Show Period
 2:30 PM
 38- The Late Show With David Letterman
 3:00 PM
 37- Lloyd In Space: Babysitter Lloyd
 39- Rugrats: Circus Angelicus/The Stork
 40- Sportscenter
 3:30 PM
 37- Access Hollywood
 39- Spongebob Squarepants: Bubblestand/Ripped Pants
 4:00 PM
 36- Fox News Live
 37- Dear America: My Diary: When Will This Cruel War Be Over?
 38- Disappearing Acts
 39- The Simpsons: Simpson And Delilah
 4:30 PM
 37- Taina
 39- Home Improvement: Forever Jung
 40- Baseball Tonight
 5:00 PM
 36- Fox News Live
 37- Jeopardy!
 39- Dawson's Creek: Castaways
 5:30 PM
 37- Headline News
 40- Us Open Tennis Tournament - 2003 U.S. Open Tennis Championships: Day 1
 6:00 PM
 36- Fox News Live
 37- ESPN News
 38- Rachel Rachel
 39- Scientific American Frontiers
 7:00 PM
 36- Studio B With Shepard Smith
 37- Headline News
 39- The FBI Files: Deadly Dentist (Pt. 2)
 8:00 PM
 36- Inside Politics
 37- 60 Minutes
 38- Headline News
 39- Law & Order: Black White And Blue
 8:30 PM
 36- Headline News
 38- ESPN News
 9:00 PM
 36- Dateline NBC
 37- West Wing The: Angel Maintenance
 38- Today
 39- Steel Magnolias
 40- Around The Horn
 9:30 PM
 37- C.S.I.: Miami: A Horrible Mind
 40- Pardon The Interruption
 10:00 PM
 36- Headline News
 37- Headline News
 40- Sportscenter
 10:30 PM
 36- NBC Nightly News
 37- Tonight Show With Jay Leno
 11:00 PM
 36- ABC World News Tonight
 38- Sesame Street
 39- Rugrats: The Baby Vanishes/ Farewell My Friends
 40- Inl Auto Racing - Firestone Indy 225
 11:30 PM
 36- CBS Evening News
 37- The Late Show With David Letterman
 39- Spongebob Squarepants: Jelly Fishing/Plankton!
 Tuesday
 12:00 AM
 36- The Newshour
 38- Dragon Tales
 39- The Simpsons: The Simpson's Halloween Special
 12:30 AM
 37- Access Hollywood
 38- Wheel Of Fortune
 39- Home Improvement: Jill's Birthday
 1:00 AM
 36- Hannity & Colmes
 37- Monday Night Countdown

38- Dr. Phil Show
 39- Ed: Good Advice
 40- WNBA - Houston Comets vs. Los Angeles Sparks
 2:00 AM
 36- The News With Brian Williams
 38- The Oprah Winfrey Show: Why I Love My Job
 39- Biography: Carrie Fisher
 3:00 AM
 36- Bet Nightly News
 37- Monday Night Football - Preseason: Week 3: Colts vs. Broncos
 38- NBC Nightly News
 39- Inside The Actor's Studio: Juliet Binoche
 40- Baseball Tonight
 3:30 AM
 36- Nightly Business Report
 38- Judge Judy
 4:00 AM
 36- Lamy King Live
 38- Port Charles
 39- Michael Collins
 40- Sportscenter
 4:25 AM
 38- Guiding Light
 5:00 AM
 36- Newsnight With Aaron Brown
 37- ESPN News
 40- Real Sports With Bryant Gumbel
 5:13 Am
 37- Headline News
 38- General Hospital
 6:00 AM
 36- Lou Dobbs Tonight
 38- Happily Ever After: All Baby And The Forty Thieves
 40- Sportscenter
 6:30 AM
 37- Headline News
 38- What's New Scooby Doo?: There's No Creature Like Snow Creature
 39- Ebert & Roeper At The Movies
 7:00 AM
 36- Nightline
 37- Sesame Street
 38- Boy Meets World: Brotherly Shove
 39- Rugrats: The Baby Vanishes/ Farewell My Friends
 40- MLB - Teams Tbd
 7:30 AM
 36- Air Force TV News
 38- All That
 39- Spongebob Squarepants: Jelly Fishing/Plankton!
 8:00 AM
 36- Hardball With Chris Matthews
 37- Dragon Tales: My Emmy Or Bust
 38- Jeopardy!
 39- The Simpsons: The Simpson's Halloween Special
 8:25 AM
 37- Wheel Of Fortune
 8:30 AM
 37- The Oprah Winfrey Show: Why I Love My Job
 38- Headline News
 39- Home Improvement: Jill's Birthday
 8:52 AM
 38- Pacific Report
 9:00 AM
 36- 20/20
 37- Port Charles
 38- ESPN News
 39- Ed: Good Advice
 9:13 Am
 37- Guiding Light
 9:30 AM
 38- Headline News
 10:00 AM
 36- The O'reilly Factor
 38- Monday Night Football - Colts vs. Broncos
 39- Biography: Carrie Fisher
 40- Sportscenter
 11:00 AM
 36- Good Morning America
 37- General Hospital
 39- Inside The Actor's Studio: Juliet Binoche
 40- NASCAR Winston Cup Series - Sharpie 500
 12:00 PM
 39- Michael Collins
 1:00 PM
 36- Headline News
 37- Headline News
 38- ESPN News
 1:30 PM
 36- Channel One
 37- Judge Judy
 38- Headline News
 1:45 PM
 36- World News This Morning
 37- Today
 1:52 Pm
 38- Pacific Report

2:00 PM
 36- The Early Show
 37- Happily Ever After: All Baby And The Forty Thieves
 38- Tonight Show With Jay Leno
 2:30 PM
 37- What's New Scooby Doo?: There's No Creature Like Snow Creature
 39- Ebert & Roeper At The Movies
 3:00 PM
 38- The Late Show With David Letterman
 39- Rugrats: The Baby Vanishes/ Farewell My Friends
 40- Sportscenter
 3:30 PM
 39- Spongebob Squarepants: Jelly Fishing/Plankton!
 4:00 PM
 36- Fox News Live
 37- Boy Meets World: Brotherly Shove
 38- First Kid
 39- The Simpsons: The Simpson's Halloween Special
 40- Baseball Tonight
 4:30 PM
 37- All That
 39- Home Improvement: Jill's Birthday
 5:00 PM
 36- Fox News Live
 37- Jeopardy!
 39- Ed: Good Advice
 40- NFL - Indianapolis Colts vs. Denver Broncos
 6:00 PM
 36- Fox News Live
 37- Headline News
 38- Die Hard With A Vengeance
 39- Biography: Carrie Fisher
 7:00 PM
 36- Studio B With Shepard Smith
 37- ESPN News
 39- Inside The Actor's Studio: Juliet Binoche
 8:00 PM
 36- Inside Politics
 37- Headline News
 38- Headline News
 39- Michael Collins
 40- ESPN News
 8:30 PM
 36- Air Force TV News
 37- Tim Allen
 38- ESPN News
 9:00 PM
 36- 20/20
 37- Shot In The Heart
 38- Today
 40- Around The Horn
 9:30 PM
 40- Pardon The Interruption
 10:00 PM
 36- Headline News
 37- Headline News
 40- Sportscenter
 10:30 PM
 36- NBC Nightly News
 37- Tonight Show With Jay Leno
 39- Ebert & Roeper At The Movies
 11:00 PM
 36- ABC World News Tonight
 38- Sesame Street
 39- Rugrats: When Wishes Come True/Angelica Breaks A
 40- MLB - Teams Tbd
 11:30 PM
 36- CBS Evening News
 37- The Late Show With David Letterman
 39- Spongebob Squarepants: Naughty Nautical Neighbors/ Boat School
 Wednesday
 12:00 AM
 36- The Newshour
 38- Bob The Builder
 39- The Simpsons: Two Cars In Every Garage
 12:30 AM
 37- Access Hollywood
 38- Wheel Of Fortune
 39- Home Improvement: What About Bob?
 1:00 AM
 36- Hannity & Colmes
 37- First Kid
 38- Dr. Phil Show
 39- Star Trek: Next Generation: Power Play
 2:00 AM
 36- The News With Brian Williams
 38- The Oprah Winfrey Show: Step Out Of Your Box
 39- Silent Warriors: Escape From Sacklam
 40- MLB - Teams Tbd
 3:00 AM
 36- Bet Nightly News

TV GUIDE

Today
12:00 PM
38- Alias: Firebomb
39- Iron Chef (Yr. 1): Giant Eel
1:00 PM
36- Headline News
38- Headline News
39- Austin City Limits: Robert Earl Keen/Charlie Robison
1:22 PM
38- Pacific Report
1:30 PM
36- Channel One
38- Tonight Show With Jay Leno
1:45 PM
36- World News This Morning
2:00 PM
36- The Early Show
37- Madeline: Madeline And The Spider Lady
39- The Entertainers
40- Real Sports With Bryant Gumbel
2:30 PM
38- The Late Show With David Letterman
3:00 PM
37- Weekenders: The Perfect Weekend
39- Rugrats: Grandpa Move Out/ Legend Of The Satchmo
40- Sportscenter
3:30 PM
38- Access Hollywood
39- Spongebob Squarepants: Help Wanted/Tea At The Treedome
4:00 PM
36- Fox News Live
37- Powerpuff Girls: Octi Evil/ Geshundfight
38- Finding Forrester
39- The Simpsons: Bart Gets An F
40- Baseball Tonight
4:30 PM
37- The Proud Family: Rumors
39- Home Improvement: For Whom The Bell Tolls
40- NFL Tonight
5:00 PM
36- Fox News Live
37- Jeopardy!
39- The Dead Zone: Dinner With Dana
40- Beyond The Glory
5:30 PM
37- Headline News
6:00 PM
36- Fox News Live
37- ESPN News
39- Crocodile Hunter: Last Primates Of Madagascar
40- Usga - U.S. Amateur Championship: Quarterfinals
6:15 PM
37- Headline News
38- Bachelor Party
6:30 PM
37- King Of The Hill: Bad Girls Bad Girls Whatcha Gonna Do
7:00 PM
36- Studio B With Shepard Smith
37- Malcolm In The Middle
39- Shark Attack: Rescuers
8:00 PM
36- Inside Politics
37- Last Comic Standing
38- Today
39- Iron Chef (Yr. 1): Giant Eel
8:30 PM
36- Headline News
9:00 PM
36- Primetime
39- Austin City Limits: Robert Earl Keen/Charlie Robison
40- PGA Tour - World Golf Championships: Nec Invitational: Second Round
9:30 PM
37- Alias: Firebomb
10:00 PM
36- Headline News
37- Headline News
38- Clifford The Big Red Dog
39- The Entertainers
10:30 PM
36- NBC Nightly News
37- Tonight Show With Jay Leno
38- Dora: The Explorer: Super Spies
11:00 PM
36- ABC World News Tonight
38- The Wild Thornberries: A Shaky Foundation
39- The View
40- MLB - Seattle Mariners vs. Boston Red Sox
11:30 PM
36- CBS Evening News

37- The Late Show With David Letterman
38- The Adventures Of Jimmy Neutron Boy Genius: Retroville/Ultra Sheen
Saturday
12:00 AM
36- The Newshour
38- NFL - Falcons vs. Dolphins
39- A Baby Story: Baby Velten
12:30 AM
39- B. Smith With Style
1:00 AM
36- Hannity & Colmes
39- Trading Spaces
1:15 AM
37- Bachelor Party
2:00 AM
36- The News With Brian Williams
39- American Juniors
40- MLB - Cubs vs. D-Backs
3:00 AM
36- Bet Nightly News
37- Headline News
38- Pokemon: Johto League Champions
39- Everwood: Everwood Confidential
3:30 AM
36- Nightly Business Report
37- ESPN News
38- That's So Raven: Mother Dearest
4:00 AM
36- Larry King Live
37- Headline News
38- Endurance
39- Any Day Now: Rebel With A Cause
4:30 AM
37- Headline News
38- The Best Of: Out Of The Way Places
5:00 AM
36- Newsnight With Aaron Brown
37- Clifford The Big Red Dog
38- WWE Raw!
39- Sleeping With The Enemy
40- College Gameday
5:30 AM
37- Dora: The Explorer: Super Spies
6:00 AM
36- Lou Dobbs Tonight
37- The Wild Thornberries: A Shaky Foundation
38- Junkyard Wars: Flying Boat
40- Sportscenter
6:30 AM
37- The Adventures Of Jimmy Neutron Boy Genius: Retroville/Ultra Sheen
7:00 AM
36- Nightline
37- Pokemon: Johto League Champions
38- Headline News
39- The View
40- NASCAR Busch Series - Food City 20
7:30 AM
36- Air Force TV News
37- That's So Raven: Mother Dearest
38- Navy/Marine Corps News
8:00 AM
36- Hardball With Chris Matthews
37- Junkyard Wars: Flying Boat
38- Entertainment Tonight Weekend Edition
39- A Baby Story: Baby Velten
8:30 AM
39- B. Smith With Style
9:00 AM
36- Dateline NBC
37- Endurance
38- Headline News
39- Trading Spaces
9:30 AM
37- The Best Of: Out Of The Way Places
38- ESPN News
10:00 AM
36- The O'Reilly Factor
37- Entertainment Tonight Weekend Edition
38- My Wife And Kids: Tee For Too Many
39- American Juniors
40- Sportscenter
10:30 AM
38- 8 Simple Rules For Dating My Teenage Daughter: Good Moms Gone Wild
11:00 AM
36- CNN Saturday Morning
37- WWE Raw!
38- Enterprise: Regeneration

The BIG TICKET

All movies start at 7 p.m. unless otherwise noted. (V, violence; S, sex or sensuality; D, drug use; L, language)

Tonight - Charlie's Angels: Full Throttle PG-13 (V) The sequel reunites Cameron Diaz, Drew Barrymore and Lucy Liu as the indomitable crime-fighting heroines. In the Angels' new adventure, the captivating trio once again demonstrates their expertise as espionage and martial arts and disguise. 7p.m.; 2nd movie - **28 Days Later** R (V,L,N) A small group of people in London have survived a virus that's wiped out most of the Earth's population. The virus was unleashed accidentally by an animal-rights group, and once people are exposed to it, they turn into zombie-like creatures. 10p.m.
Saturday - Alex and Emma PG-13, Kate a stenographer is hired to help Alex complete his novel. 7p.m.
Sunday - The Hulk PG-13 (V) Research scientist Dr. Bruce Banner's failed experiments cause him to mutate into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions. 2p.m. 2nd movie - **28 Days Later**. 7p.m.
Tuesday - Alex and Emma, 7p.m.
Wednesday - The Hulk, 7p.m.
Thursday - Alex and Emma, 7p.m.

39- Everwood: Everwood Confidential
40- Friday Night Fights - Kassim Ouma Vs Carlos Bojorquez
12:00 PM
36- CNN Saturday Morning
37- My Wife And Kids: Tee For Too Many
38- Law & Order: Smoke
39- Any Day Now: Rebel With A Cause
12:30 PM
37- 8 Simple Rules For Dating My Teenage Daughter: Good Moms Gone Wild
1:00 PM
36- Saturday Today
37- Enterprise: Regeneration
38- Headline News
39- Sleeping With The Enemy
40- Sportscenter
1:30 PM
38- Saturday Night Live
2:00 PM
37- Law & Order: Smoke
40- College Gameday
3:00 PM
36- Wall Street Journal
37- Headline News
38- It's Showtime At The Apollo
39- The View
40- Sportscenter
3:30 PM
36- America's Black Forum
37- Navy/Marine Corps News
4:00 PM
36- News From CNN
37- ESPN News
38- Sportscenter
39- A Baby Story: Baby Velten
40- Motorcycle Racing - Ama Motocross 125cc
4:30 PM
37- This Week In Baseball
39- B. Smith With Style
5:00 PM
36- Headline News
37- MLB - Mariners vs. Red Sox
38- MLB - Phillies vs. Cardinals
39- Trading Spaces
40- Motorcycle Racing - Ama Motocross 250cc
5:30 PM
36- Air Force TV News

6:00 PM
36- Dateline NBC
39- American Juniors
40- PGA Tour - World Golf Championships: Nec Invitational: Third Round
7:00 PM
36- Msnbc Live
39- Everwood: Everwood Confidential
8:00 PM
36- Fox News Live
37- MLB - Marlins vs. Giants
38- Celebration Of Victory: A Message From The Stars
39- Any Day Now: Rebel With A Cause
8:30 PM
38- Coral Ridge Hour: What About Those Who Have Never Heard?
9:00 PM
36- Fox News Live
38- The Word In The World: Barriers
39- Sleeping With The Enemy
9:30 PM
38- Cafe Video: Latin Music And Artists
10:00 PM
36- Headline News
38- Headline News
40- 54321
10:30 PM
36- Mdaughlin Group
38- Air Force TV News
40- Wal-Mart's Great Outdoors
11:00 PM
36- Capital Gang
37- Saturday Night Live
38- NASCAR Winston Cup Series - Sharpie 500
39- Kingsley's Meadow: Forgiveness & Responsibility
40- Sportscenter
11:30 PM
39- Harvest With Greg Laurie - The Longest Race Ever Run
40- Sportscenter
11:45 PM
40- College Football - 2003 Bca Classic: California Vs Kansas State

39- Precepts For Life: From Trials To Triumph
12:30 AM
36- Headline News
39- Real Videos: Rebecca St. James
1:00 AM
36- People In The News
39- The Simpsons: Homer And Apu
1:30 AM
37- The Entertainers
39- The Bernie Mac Show: A Christmas Story
2:00 AM
36- CNN Saturday Night
39- Everybody Loves Raymond: The Walk To The Door
2:30 AM
37- ESPN News
39- The King Of Queens: Party Favor
2:45 AM
40- Sportscenter
3:00 AM
36- Dateline International
37- Headline News
38- Between The Lions: Sad Dad
39- Er: Brothers And Sisters
3:30 AM
37- Hour Of Power - Episode 70
38- Puzzle Place: It's Mine
3:45 AM
40- Sportscenter
4:00 AM
36- Larry King Live
37- Celebration Of Victory: A Message From The Stars
38- Lassic
39- Magnum P.I.: Home From The Sea
40- Usga - U.S. Amateur Championship
4:30 AM
37- Coral Ridge Hour: What About Those Who Have Never Heard?
5:00 AM
36- At Large With Geraldo Rivera
37- The Word In The World: Barriers
39- Family Ties: My Back Pages
5:30 AM
37- Cafe Video: Latin Music And Artists
38- Rugrats: Tommy For Mayor
39- The Cosby Show: No Way Baby
6:00 AM
36- Beltway Boys
37- Between The Lions: Sad Dad
38- Motorweek
39- Chips: Aweigh We Go
40- Sportscenter
6:30 AM
36- Fox News Watch
37- Puzzle Place: It's Mine
38- Ebert & Roeper At The Movies
7:00 AM
36- Headline News
37- Lassic
38- WWE Smackdown!
39- Kingsley's Meadow: Forgiveness & Responsibility
40- College Football - Grambling State vs. San Jose State
7:30 AM
36- America's Black Forum
39- Harvest With Greg Laurie - The Longest Race Ever Run
8:00 AM
36- Headline News
38- Andromeda: The Belly Of The Beast
39- Precepts For Life
8:30 AM
36- Navy/Marine Corps News
37- Rugrats: Tommy For Mayor
39- Real Videos: Rebecca St. James
9:00 AM
36- Big Story Weekend Edition
37- Motorweek
38- Headline News
39- The Simpsons: Homer And Apu
9:30 AM
37- Ebert & Roeper At The Movies
38- ESPN News
39- The Bernie Mac Show: A Christmas Story
10:00 AM
36- CNN Presents
37- Headline News
38- Tim Allen
39- Everybody Loves Raymond: The Walk To The Door
40- Sportscenter
10:30 AM
37- Air Force TV News
39- The King Of Queens: Party Favor
11:00 AM
36- Fox & Friends

Fitness test 'completely different' from current

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

WASHINGTON — Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high-blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People

scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to both age and gender.

While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.

"If you are not doing anything now and have concerns, see your doctor first," she said. "Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week. Muscular fitness and flexibility also need to be part of a balanced fitness program."

What counts

An airman's performance in each of the three component areas will earn points:

- An airman can earn a maximum of 50 points on the aerobic portion of the test;
- 30 points on the body composition portion; and
- 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories:

- 90 or greater is excellent
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- less than 70 is poor



Marathon deadline approaches

Air Force News Service

With the Sept. 5 registration deadline approaching for the seventh annual Air Force Marathon, more than 1,800 people have registered to compete. The event will take place here Sept. 20.

According to marathon officials, 1,832 people had registered to compete as of Aug. 12, including 1,758 in the 26.2-mile marathon, the four-person relay race and the wheelchair race.

Two new races were added this year — a 5km (3.1-mile) race, and a 13.1-mile half-marathon.

The figure for the total number of competitors puts it ahead of numbers registered at this time last year.

The four-person relay race has reached its maximum number of teams and is closed.

However, all other events remain open.

All entries must be post-marked or handed in to the marathon office by Sept. 5.

The registration fee is \$50 for the 26.2-mile and wheelchair races, \$35 for the half-marathon and \$15 for the 5km race.

All registered runners will receive a T-shirt and patch, and all finishers will receive a medallion.

Register online at <http://afmarathon.wpafb.af.mil>, or mail registration fees to: USAF Marathon, 88MSG/SBVC, 5215 Thurlow St., Wright-Patterson AFB, OH 45433.

For more information, call (800) 467-1823, (937) 257-4350 or DSN 787-4350.

SPORTS & FITNESS

Below: Mark Hoerner, CES, smacks a home run; Right: OSS pitcher Stephen St. André covers second as shortstop Erik Wagus tosses over for an out. (Photos by Staff Sgt. Olenda Kleffner)



Timing is everything

CES wins intramural softball title in final inning homer

by Tech. Sgt. Jason Tudor
Crossroads staff

Timing, Ray Jackson will now tell you, is everything. Good thing for his teammates that his timing came around when it did.

Jackson's 300-foot shot over the center field fence Monday night brought home two runs and vaulted the 65th Civil Engineer Squadron to the Lajes Field Intramural Softball title for 2003 over the 65th Operations Support Squadron Bulls 16-14.

CES (18-6) capped off a run through the winner's bracket of the intramural playoffs with a bold victory at the Ocean View Softball Field. This is the second consecutive year the two teams have met in the championship game. OSS (19-5) won the 2002 tilt 26-15.

OSS took the lead 13-10

in the fifth inning when Robert "Fish" Scales and Jason Martin singled. Steve "Steve-O" Wright then sent a towering home run over the right-center field fence. It looked like OSS might force a second championship game when it took out CES to go 1-2-3 in the bottom of the fifth inning. OSS then plated another run at the top of the sixth giving the Bulls a 14-10 advantage.

However, Jackson said he and his teammates felt like his they were in the game the entire way but needed a rally to stay alive.

"We knew we were the better team. All we needed to do was hit the ball. We knew if we could get it to the top of the lineup for that next inning, we knew we could win. And we did."

CES tied the game with four runs ignited by a two-run blast by Mark Hoerner, one of 12 home runs on the

night. Hoerner, who'd injured his knee but stayed in the game just one inning before, sent an arcing home run over the left field fence and bouncing into the Bldg. T-310 parking lot. Jeremy Kitzhaber's home run followed as did a double by Kirk Lofland and an RBI single by Ted Pelletier that drove Lofland home for the tie.

OSS looked to make a run, but Clinton Jordan's acrobatic grab in left field saved a sure double. Wright and Mike Kuhn grounded out to end the inning.

Jordan, led off the bottom of the seventh inning with a solid single to left. That brought Jackson to the plate.

"I wasn't trying to hit a home run. He'd been pitching me good all night, but my timing was off," Jackson remembered.

After taking the first toss

from Bulls' pitcher Steve St. André, Jackson caught the second dead red. He tattooed it, sending it screaming over Ocean View softball field's 12-foot fence.

Jackson credited Jordan as the catalyst for the playoffs. He said Jordan "was a major contributor in the playoffs and is our best hitter." As for one-year's worth of redemption of beating finally taming the Bulls for round two, Jackson said it may have come too late.

"It feels good to win, but OSS had a better team last year," Jackson said. "They had more sluggers."

The Bulls had a better regular season record, scored more runs and played better defense than CES this season.

The game was broadcast live on Island 96 and watched by more than 100 people.

Hidden Hero

Maj. Frances Hagel
65th Medical Operations Squadron

Duty Title: Human Resource Development/Readiness Flight Commander

Job Description: Oversee training/education processes for MDG

Time here: One year, two months

Time in the Air Force: 13 Years and three years in the Army

I'm from: Albuquerque, New Mexico

Children: son Aaron, daughter-in-law Angela, and grandchildren Morgan and Madison

The best part of my job: The diverse opportunities and the awesome people

My best Air Force experience: was being the coordinator for the largest Nurse Transition Program in the AF at Wilford Hall

One word to describe me: Loyal

No one knows I: was an Army medic during Viet Nam

Submit nominations for Everyday Hero to news@lajes.af.mil



(Photo by Staff Sgt. Olenda Kleffner)

BEDROCK, from Page 1

Air Force; education opportunities for our people, worrying about services for our people and making sure customers in the command are well taken care of. I've found Gary to be very straight forward and forthcoming.

"My dad was an NCO in the U.S. Navy, so I have an incredible sense of what our NCO force does for our Air Force. I know the responsibility that we give our NCOs, and it's more than any other nation in the world," said the general. "It's an incredible strength in our service that we have such dedicated non-commissioned officers.

"I need someone who can keep their hands on the pulse of what's going on with the young men and women we're asking to go in harm's way; someone who can honestly report back on issues bothering our airmen and things that we can do for them," the general continued. "There's nobody who knows what's going on in the enlisted force, at least in my view, better than Gary Coleman."

And it's this combined insight that will provide the basis for USAFE's vision and priorities in the future.

"We're the world's most respected, all-purpose Expeditionary Air and Space Force," said Coleman. "Simply put, our vision is to be leaning forward and blazing the trail in our Air Force; ensuring that we're not only the most respected, but also the most feared Air Force in the world.

"We've proven ourselves throughout the decades, and most recently in Operation Iraqi Freedom ...," Coleman continued. "Clearly our charter is to expand upon it; to lead the way in the greatest Air Force in the history of mankind. Our mission in a nut-

shell is very simple. Be ready to fight, be postured to respond and provide services to our world-class people."

And it's a mission that's not changing, only being built upon in the command, said Foglesong.

"Since I've been here at Ramstein, I've had the chance to assess how USAFE is performing its mission. I think our command is cooking on all eight cylinders," Foglesong said. "It's incredible the programs that have been established over here to take care of our people.

"I recently returned from an eight-day visit in Iraq and Afghanistan," the general continued. "Everywhere I went, I found USAFE personnel doing extraordinary work in this great all-purpose Expeditionary Air Force of ours. I'm convinced our goal is going to be to continue moving the ball down the field.

"We're walking in the shadows of some really great airmen who have done exceptional work leading the command for a number of years," he said. "Generals (Michael E.) Ryan, (John P.) Jumper and (Gregory S.) Martin - those are incredible footsteps for me to follow, so I couldn't be more pleased with what I've seen here."

But providing services efficiently, and offering programs for people to grow — spiritually, mentally, and physically — can always be improved upon, said the two leaders.

"While we think USAFE already has a strong advanced education program for our airmen, we're going to put some increased emphasis on it," Foglesong said. "You'll read more about something we call 'Combat Education,' an umbrella program to make enrolling in continuing college education as user friendly as

we can make it across the command."

This is only one of many special interest items the two leaders plan to focus on within USAFE.

"I think if you look at this from a macro perspective, what we're attempting to do is touch people completely," Coleman said. "There will be emphasis placed on uplifting the spiritual well being of our members. In addition, we will also focus on fitness and preparing physically to carry out our mission, which just happens to dovetail with the Chief of Staff's position."

"In fact, you'll hear us refer to 'Combat Programs' a lot," said the general. "Don't be surprised if you hear about a program called 'Combat Flightline' which places emphasis on paying attention to the detail and appearance of the flightline as well as the functional areas on the ramp, sortie generation and how long planes are left in 'cann' status."

Two other projects in the works are "Project Wizard," which has to do with putting focus and attention on resources for command libraries; and "Hidden Heroes," which will recognize people who voluntarily organize and contribute to help better the lives of others.

"If you were to remove yourself and look at these programs in total, you'll see that we're touching virtually every facet of our team," Foglesong said. "And as you peel these programs back, you'll see the basis for them is rock solid. So, while we need to be ready to fight and be postured to respond, we also need to provide these services to our people, and we're here to provide the resources to make it happen."

Team checks environmental compliance

Crossroads Staff

Compliance with environmental laws and Air Force instructions is the focus of a Headquarters USAF team's visit here Sept. 8-12.

The team is visiting under auspices of the Environmental Compliance Assessment and Management Program. The program is used to evaluate operations and facilities at Air Force bases to determine compliance with applicable environmental laws and regulations, according to Lt. Col. Terry Watkins, 65th Civil Engineer Squadron commander.

The ECAMP provides a "snapshot in time" of our installation's level of compliance with federal, state, local and DOD environmental regulations.

The team will assess 13 environmen-

tal protocols including air emissions, cultural resources, hazardous waste, hazardous materials, water quality, solid waste, wastewater, natural resources, pesticides, petroleum, oil and lubricants, storage tanks, toxic substances and other environmental issues involving radon, PCBs and asbestos.

The civil engineer squadron offered a few tips and reminders to help prepare for the team's visit:

- Personnel who handle hazardous materials must attend hazardous communications training. That training, according to officials, needs to be shown on the Air Force Form 55.

- Each shop's hazardous communications program binder should be checked to ensure it complies with all requirements. For information about haz-

ardous communications questions, call public health at 2-3464.

- All hazardous materials stored in shops must have the appropriate documentation. This includes approved Air Force Forms 3952 and applicable material safety data sheets. They must be manufacturer specific, current and in English. For more information about hazardous material documentation, call 2-1317 or 2-6558.

- Hazardous material storage locations must be neat and clean with no unauthorized hazardous materials. Compressed gases must be stored in a separate container from other materials. A current inventory must be posted on the exterior of the container, and a copy provided to the fire department and the environmental flight.

'No intention of lowering pay' Officials say they have no changes 'total compensation'

By Kathleen T. Rhem
American Forces
Press Service

WASHINGTON – Pentagon officials have no intention of lowering total compensation for troops in Iraq and Afghanistan, the Defense Department's top personnel officer said Aug. 14.

David S.C. Chu, defense undersecretary for personnel and readiness, took questions from the media on the topic in response to published media

reports suggesting DoD would cut the pay of forces serving overseas in the war on terrorism.

At issue are temporary increases Congress approved in April for two forms of compensation: imminent danger pay and family separation allowance. Imminent danger pay went from \$150 per month to \$225, while family separation pay increased from \$100 to \$250 per month. The two increases are set to expire Sept. 30, and defense officials have

urged Congress not to extend them, saying they are unfunded.

But, Chu stressed, this doesn't mean troops serving in Iraq and Afghanistan will see a cut in their total take-home pay. "We are not going to reduce their compensation," Chu said.

Another senior official called the notion that the Pentagon would cut pay to combat troops "absurd."

Instead, the Defense Department would prefer to compensate the troops through

other means. "We have some incentive pay with which we can compensate people in Iraq (and Afghanistan) should the current allowance provisions expire," Chu said. Among these are hardship duty pay and incentive pay, he added.

Officials haven't worked out all the details yet, at least in part because Congress may still approve extending the increases in those two allowances, which the department would then have to find a way to pay for, Chu said.



Raptor learnin'

NELLIS AIR FORCE BASE, Nev. -- Lt. Col. Jeffrey Harrigan lifts off here during his first flight in an F/A-22 Raptor. He commands the 43rd Fighter Squadron at Tyndall Air Force Base, Fla. The 43rd FS will be the Air Force's first F/A-22 squadron. As the Raptor continues operational tests and evaluations in Nevada, officials plan to train a cadre of pilots from Tyndall to be the initial flight instructors. (U.S. Air Force photo by Senior Airman Kenny Kennemer)

AIRSPACE, from P. 1

have serving you today.

If there is ever anything we can do to make the quality of life for our forces better, please let us know. No guarantees, but ... There will be a USAF Command Chief Master Sergeant website accessible from the HQ USAF homepage available soon, feel free to drop me a line. Again, I'm delighted to serve with Gen Foglesong and as "your" Command Chief. You'll be hearing from us soon!

ng goes online

Ramstein and only in the last 4 or 5 months have we really been trying to get other bases to start using it.

At Lajes, airmen needing a PHA are notified by e-mail from a nurse during their birth month. One August patient's e-mail read "Happy Birthday!" and then explained the use of the questionnaire and offered the link to a secure USAFE Web site.

"Our records indicate you are celebrating a birthday this month. In an attempt to facilitate your healthcare, we are automating our paperwork for your health history," the e-mail said. "The automated forms will allow for appropriate appointing of your needs and our time in accordance with the Preventive Health Assessment annual requirement," the e-mail said. "It's really a great way to improve customer service," said Lt. Col. (Dr.) Lolo Wong, 65th Medical Group dental flight commander and the officer overseeing the technology's use here.

Wong also said the optometry clinic is using an electronic version of the Air Force Form 1722 to collect patient history. Wong added the dental clinic will use a separate form to collect information but could not forecast a start date.

However, in both cases much of the medical history will already be filled in thanks to data provided from the questionnaire.

The On-Line Combined Health Questionnaire takes about 15 minutes to complete, according to one patient, with more than two-dozen questions.

Wong said patients' responses to questions about their mental and physical health condition should be as accurate as possible. "If there is a serious medical condition, we'll flag that immediately for follow-up,"

he said, "especially if it's something that can't be handled inside the regular round of PHA appointments."

The information is stored on a secure server at Ramstein AB, Germany. Only users with password access and a need to have the information are allowed to see it, Schaldenbrand said. This includes Lajes providers and technicians handling a patient's care.

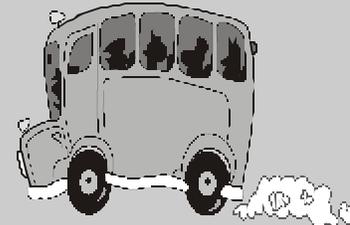
Once complete, patients only need to update the form — not complete it over again, Schaldenbrand said

After testing and use at some bases, the questionnaire is beginning to get more use across the board. As such the numbers have risen. Aviano AB, Italy's patient use of the form went from eight to 81 from July to August. Rhein-Main AB, Germany's numbers jumped from 46 to 114 from June to July. Lajes numbers went from two in July to the current 108.

Initially, use of Web-based information collection started with Ramstein dental community and later blossomed over to its primary care providers. Since its inception at Ramstein, more than 5,200 patients have completed the secure questionnaire, which takes about 15 minutes to complete.

"It saves the patients time for sure," Schaldenbrand said. "They don't have to do the same thing over and over again."

Of note



School registrations

Lajes school officials are encouraging parents to register their children as quickly as possible for school this year.

The impact of registering children for school affects class sizes and number of teachers, according to school officials.

Woodshop reopens

The woodworking shop in the skills development center has reopened. The shop includes table saws, lathes and other equipment.

Users are required to take a short safety class before using the shop.

For more information, call the center at 2-5255.

Stay clean

Senior leaders ask all Lajes residents to keep their facilities clean. Empty trash cans, recycle paper, cans and more; and ensure overall appearance of Lajes Field is great!

newly-upgraded 5,000-pound live weapons Aug. 14 in a test by the B-2 Global Power Bomber Combined Test Force here.

The weapons were released over the Utah Testing and Training Range at Hill Air Force Base, Utah, marking the first successful drop of live GBU-28 B/B series weapons. A live drop is the last dedicated flight for the developmental test and evaluation phase of the program.

The GBU-28 B/B is an enhanced version of the GBU-28 A/B, designed specifically for

the B-2, according to 1st Lt. James Cole, the 419th Flight Test Squadron engineer responsible for the test. The GBU-28 is a Global Positioning System-guided and laser-guided weapon, deployable in all weather conditions.

2 dead in attacks

Two separate attacks today have claimed the lives of two Americans in Iraq.

In one incident, a soldier from the 3rd Corps Support Command, operating out of Kuwait, was killed when his heavy transport hauler was at-

tacked with small-arms fire southeast of the town of Ad Diwaniyah, U.S. Central Command officials said.

The vehicle struck another when it came under fire, officials said. Another 3rd COSCOM soldier was injured in the incident as well. That soldier has been treated and returned to duty.

Memorial contract

Another milestone in the Pentagon Memorial project, which will honor the 184 lives lost in the Sept. 11, 2001, attack, was reached today as military offi-

cial signed a contract to construct the memorial.

"This is a big day for us all," said Michael Sullivan, Pentagon Renovation Program manager, as he introduced the individuals who would sign the contract. "We've been waiting for this moment. We're ready to move forward now. This is a team effort and will remain a team effort until the day we dedicate the memorial."

The contractors said they are honored to be a part of such a project. "We're awed by this," said Jeff Lee, president of Lee and Associates, part of the contract team of Centex Lee LLC.

Medical info gathering

by Tech. Sgt. Jason Tudor
Crossroads staff

Annual collection of a patient's health history has gone from the clipboard to the mouse pad as Lajes begins use of a secure Web-based form that will do their work of three, could cut patient wait time and slash red tape across the command.

Completing the USAFE-based "On-Line Combined Health Questionnaire" means less time spent in clinics during an airmen's annual preventative health assessment. The assessment is the once-

a-year litany of medical appointments bluesuiters endure during their birth month to ensure they are fit for duty and ready to deploy.

Since May, more than 108 active-duty patients here have used the online combined health questionnaire. The optometry clinic is also using the form to harvest information for its patient visits.

Getting Lajes patients online started at USAFE headquarters. Former USAFE commander Gen. Gregory S. Martin found himself offering the same medical information "over and over again" in dif-

ferent clinics, according to Mary Beth Schaldenbrand, a data analyst at USAFE who's been with the program almost 18 months.

"General Martin wanted to know if there was a better way to do this," Schaldenbrand, who's worked on the program since its inception. "The key was getting patients to give their health history once instead of several times."

The web questionnaire project began in spring of 2002. It has only been around a year and a half. It was alpha tested at



Testing skills

Technicians from the 65th Medical Group attend to Derek Hamelback during a mass casualty exercise at Lajes Aug. 13. Derek, son of Lt. Col. Kathy Callies, 65th Medical Group, and Bill Hamelback, volunteered to pose as an injured civilian allowing the emergency response technicians to test their ability to handle common injuries that occur after a major earthquake. (Photo by Tech. Sgt. Robert W. Valenca)

Around the Blue *News & Notes from Around the DOD and Air Force*

'Bring Me Slogans'

The U.S. Air Force Academy's Association of Graduates is seeking a new slogan to affix to the ramp leading into the cadet area here.

"Bring Me Men" was the previous slogan. It was based on an 1894 poem by Sam Walter Foss, which reads in part, "Bring me men to match my mountains, Bring me men to match my plains," and was put in place in 1964. The academy became co-ed in 1976, but the name remained until earlier this year.

The words were removed

from the ramp March 28.

C-9 final flight

Airmen prepared for Air Evac 696's Aug. 18 mission as they would for any other. But this was not like any other mission.

The aircraft, a C-9A Nightingale, was embarking on the 375th Airlift Wing's last scheduled C-9 aeromedical evacuation flight. In fact, it was the last operational C-9 AE flight in the continental United States, officials said. The flights have originated here since 1968.

"Since its inception, the C-

9A has been the 'Cadillac' of aeromedical evacuation," said Lt. Col. Ron Langford, 11th Airlift Squadron commander. "(This) is a sad day for those of us who've flown or worked on the C-9. There is no more rewarding mission than helping your fellow soldier, sailor and airman return home to family and friends after sacrificing so much for this country. In the AE business, we got to briefly brush paths with the true heroes of this nation."

Tankers in Turkey

U.S. officials are sending four KC-135 Stratotanker air-

craft and six aircrews here to provide air-refueling support for operations Enduring Freedom and Iraqi Freedom. Aircraft and people began arriving Aug. 19 and should be in place by Aug. 23.

The first aircraft and aircrew are from the Air National Guard's 121st Air Refueling Wing at Rickenbacker International Airport, Ohio. Aircraft from various Guard units will rotate in and out every 30 days, and aircrews will stay for 15 days.

Spirit drops bombs

A B-2 Spirit released two

CROSSROADS

Vol. 8, No. 33 • Aug. 22, 2003 | Lajes Field, Azores, Portugal | Enabling Expeditionary Forces

Delighted to be back in the airspace!

Chief Master Sgt. Gary G. Coleman
USAFE Command
Chief Master Sergeant

Wow! I'm delighted to be back in the same airspace with, Gen Robert H. "Doc" Foglesong to once again join him as his wingman and help him lead the men and women of USAFE to the next level. It's obvious in the magnificent effort we've witnessed over the past week that USAFE was very well led, organized and postured to meet the expeditionary challenges faced by our Air Force. Assuming the reins of such an awesome command is humbling, but we're up to the challenge.

I spent the past four years engaged in the counter-drug war in South/Central America. As the Twelfth Air Force Command Chief I traveled through-



Coleman

out that area of responsibility assuring the health, welfare, and morale of our men and women was the best we could offer. Gen Foglesong set the standard there and has made the same commitment to our forces here in Europe.

Our great Air Force is as busy today as it has ever been. As we continue to transform to meet the evolving threats of the world today, we will look for opportunities to improve your quality of life and that of your families. You can expect to hear very soon about some initiatives designed to stimulate your mind, body, and spirit. Our goal is to make your life easier and to help you take care of your family by improving services. You have my word that you will not find a more committed team than the one you

See AIRSPACE, Page 4

Watch and learn



Pastor Jimmy Odom attended the Beginning PowerPoint class at the Family Support Center Wednesday. The next computer class offered is the Microsoft Word class at 10 a.m., Wednesday. Learn the basics as well as some Word features to improve writing skills, and helpful tips and shortcuts. All computer classes are hands-on. For more information or to sign up for any of these classes call 2-4138. (photo by Staff Sgt. Olenda Kleffner)

Teamwork, respect bedrock to leadership approach

Tech. Sgt. Mona Ferrell
USAFE News Service

RAMSTEIN AIR BASE, Germany - Using teamwork and mutual respect as their foundation, U.S. Air Forces in Europe's newest commander and command chief master sergeant place people and customer service as top priorities within the command.

Taking the helm of one of the busiest major commands in the Air Force brings new challenges, but the basics of teamwork and taking care of our people remains at the root of mission success, said Gen. Robert H. "Doc" Foglesong, USAFE commander, and Chief Master Sgt. Gary G. Coleman, USAFE command chief master sergeant.

And USAFE's two key leaders, who've known each other since 1994, know the value of teamwork first hand.

"I've seen the general up close and per-

sonal, more so than any other person in the blue suit," said Coleman. "... We're sort of on the same frequency — our priorities are people and airplanes and our boss has an infatuation with both."

Working together at the 51st Fighter Wing, Osan Air Base, Korea, and more recently at 12th Air Force, Davis-Monthan Air Force Base, Tucson, Ariz., it became clear to both Foglesong and Coleman that they see eye-to-eye on Air Force basics - taking care of our people and the mission.

"To tell you the truth, I'm not sure who picked who in this deal, which is a statement in itself of the respect we have for each other," Foglesong said. "At 12th Air Force, we went down the same path of worrying about the quality of living for our folks, as well as worrying about things important to the whole

See BEDROCK, Page 5