

CROSSROADS

Vol. 8, No. 42 • Oct. 24, 2003 | Lajes Field, Azores, Portugal | Ready to Fight and Win

Wing warriors prepare

With 15 days left, warriors are training for the mental and physical test of Warrior Day. Page 6



Concert

The International Music Festival of Ramo Grande will take place in Praia's Auditorio do Ramo Grande (Praia Theater), today - Sunday. The festival will feature Billy Cobham (Culture Mix), the Tania Maria Quartet, the Portuguese band "Nascer" and the local band "Alma Popular." Tickets are 15 Euros per show and can be purchased at the door.

Red Ribbon Week

Today through Oct. 31 is National Red Ribbon Week, a campaign to educate and keep kids off drugs. This year's Official Air Force theme is "Mobilizing Against Drugs", encouraging a commitment by individuals and communities to create a drug free America. Wearing a red ribbon symbolizes an individual's commitment to a drug free life style. For more, look on page 10.

Teen murder night

Teen Murder Mystery Night starts at 7 p.m., tonight in the library. The scenario: Kim Cooper, head librarian, at the base library, has died. She collapsed at the library shortly before closing and was rushed off to the hospital. Was it an accident or murder?

Preflight

- This Week's Guest DJ: Debra Bergmark and Cindy Fazio from the 65th Services Squadron
- Current AEF: Blue
- Current FPCON: Alpha

New construction



Construction workers Tony Gamo, Francis Pires and Joe Silva work on the new road connecting the Beira Mar Housing cul-de-sacs. The construction started Monday on the east side of the housing area, between the housing units and the perimeter fence. Parents should be advised to take the necessary precautions with their children around the construction site. Heavy equipment will be involved in this project. (photo by Staff Sgt. Michelle Michaud)

AF releases fitness standards

WASHINGTON (AFP) — Air Force leaders released the fitness-scoring charts that will be used beginning Jan. 1.

"The amount of energy we devote to our fitness programs is not consistent with the growing demands of our

Fitness charts available at www.af.mil/news/USAF_Fitness_Charts.pdf.

warrior culture. It's time to change that," said Air Force Chief of Staff Gen. John P. Jumper in a Sight Picture released in July, explaining the rationale behind the change.

Officials said the fitness score will include four components: crunches, push-ups,

an abdominal circumference measurement and the 1.5-mile timed run. People who are not medically cleared to run will continue to take the bike test. The component scores are then added to get a composite fitness score and determine if the person falls into the ex-