

# Atlantic Crossroads

Vol. 11, No. 19 • May 12, 2006 | Lajes Field, Azores, Portugal | In the Fight!



## Take that!

*Gregory Jones, 5, didn't quite bust open the pinata during Saturday's Cinco de Mayo celebration, but he hit the pinata hard enough to send the wheel flying. (Photo by Misty Frith)*



# PERSPECTIVE

## Commander shares prescription for war winning performance

By Col. Dirt Winston  
65th Air Base Wing commander

Our duty is to win our nation's wars. Yes, we defend our country's freedom, but many other government entities do that also, such as the Border Patrol, Customs Agency, FBI, ATF, state and local police departments. It falls exclusively to those of us in the military to defend our freedom by fighting and winning wars. Failure in this duty is absolutely intolerable; we must win. There is no second place for us in the military, only victory. We are in a war and our duty is to win.

War is a team endeavor. Our combat aircrews might be the ones who "put iron on target," but they don't do it without the whole team. It is the whole team that gets the weapons loaded on the aircraft, the whole team that ensures the aircraft is airworthy. The whole team ensured that the aircraft is fueled, and that the fuel is paid for. It is the team that ensures that the aircrews and all who support the aircrews are trained, fed, paid, and billeted. Our Air Force team fights jointly with the other services and Allies to win. We are so effective as a team that in Operation IRAQI FREEDOM the enemy's strategy for the use of their air power consisted of burying their aircraft in the sand.

Lajes Field supports warplanes, warfighters and global communications going to and from the fight. This puts Team Lajes in the fight. What every one of us accomplishes each day counts toward this victory that we are all fighting for. Lajes hosted an Air Traffic Systems Evaluation (ATSEP) last week. This evaluation is an effective measure of how well Lajes is executing our mission of support to this fight. Team Lajes was rated "Outstanding" and the inspectors told us that this is only the second "Outstanding" rating awarded for an ATSEP in the past 2 years. We should all be very proud of this rating. It was earned by the whole Lajes team. American and Portuguese

military and civilian team members all share in this "Outstanding." We did it together. This didn't happen overnight. Lots of work went into the preparation for this evaluation. That work was enabled by the winning attitude that our team has. We weren't and aren't doing all this work in search of an evaluation grade, we do it because we must always be at the top of our game to deliver victory.

Last November a unit of A-10s passed through Lajes on their way to the fight. Team Lajes fed them and billeted them. Team Lajes refueled their aircraft and even fixed them. These A-10s couldn't get to the fight without Team Lajes. When these aircraft and aircrews arrived at their destination, they flew combat missions and they defeated and destroyed enemy forces. We played a role in that defeat and destruction of the enemy and we continue to do so every day.

I have been a judo fighter since I was 9 years old. Every time I step onto the mat to compete, I do so to win. I don't ever plan on placing second. I am very confident that I'm going to win and I do. I think that perhaps my greatest asset on the mat is my confidence that I'm going to win, because armed with this confidence I'm not scared to attack and use the techniques that will result in victory. I'm not intimidated by my opponent; in fact, I think that I intimidate my opponents. This is not a false confidence; this self confidence is based in years of hard work, training and discipline. My skills on the mat are the results of having worked and trained with other people. When I win on the mat, they share in the victory too. Even in the individual art of judo, it is the team effort that results in victory.

Every one of us has the duty to give our best every day fighting for victory. Whatever our task is, we are all part of getting "iron on target." We must accomplish our tasks in the best way possible, back each other up, learn, and then always deliver war-winning performance. Our country demands no less.

### Commander's side note

My first flight outside the United States 26 years ago as a second lieutenant was to Lajes field. I remember being informed that the U.S. personnel could watch the bullfights, but that we couldn't actively participate, or "fight" the bulls.



Through the years whenever I flew to Lajes Field, we were always informed of this safety directive from the U.S. command for U.S. personnel. This directive has never changed.

I mention this because a local newspaper has written several articles about this well established directive. These articles can give the impression that this directive is a recent and capricious mandate. While I find this situation humorous, I want to ensure that the U.S. personnel understand that the U.S. personnel are prohibited from actively participating, or "fighting" the bulls. We can watch from a safe location. I continue to encourage our U.S. personnel to explore and get to know this beautiful island of Terceira, its wonderful culture and its warm and friendly people.

Atlantic Crossroads

The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads. The 65th ABW Public Affairs Office (Unit 7710, APO AE 09720), is located in Bldg. T-100, Room 240.

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 Crossroads staff encourages its readers to call, fax or e-mail with ideas or corrections. Call 535-3347 to speak to a Crossroads staff member, fax information to 535-6326, e-mail news@lajes.af.mil.

### Lajes Field Editorial Staff

- Col. Robert Winston ..... Commander
- Capt. Melissa Waheibl ..... Chief, Public Affairs
- 1st Lt. Michael Hyland ..... Deputy Chief, Public Affairs
- Staff Sgt. Marcus McDonald ..... NCOIC, Public Affairs
- Staff Sgt. Christin Michaud ..... Crossroads Editor
- Eduardo Lima ..... Community Relations Adviser



# PERSPECTIVE

## Asian-Pacific Americans: adding to the American mosaic

**Commentary by  
Special Agent Joseph LaVille**  
Office of Special Investigations  
detachment commander

**INCIRLIK AIR BASE, Turkey (AFP)** — An area studies professor asked our class to describe the “Asian-Pacific culture.”

As we tried, we had to account for the largest landmass and ocean area in the world. We also had to keep in mind individuals from nearly 30 different countries and countless islands, each with a unique historical and cultural heritage.

Some used descriptions such as family-centric, studious, hardworking, money-saving and mainly Oriental. However, the more we discussed, the more we realized that it is an amazingly large area with great diversity.

So, how is it possible to write a short article about a very diverse group in recognition of Asian-Pacific American Heritage Month?

Let’s start with the official celebration of Asian-Pacific American heritage. It began in 1978, but was celebrated for only one week in May. The Asian-Pacific American Heritage Month was enacted by Public Law on Oct. 28, 1992. The purpose was to honor the achievements of Asian-Pacific Americans and to recognize their contributions to the United States.

The month of May was selected for this recognition because two significant events in history took place in that month: Japanese immigrants first arrived in the U.S. on May 7, 1843, and the transcontinental railroad was

completed on May 10, 1869 (Golden Spike Day) by a majority of Chinese immigrants.

Asian-Pacific Americans have added to the American mosaic. The Chinese were the first Asians to arrive in large numbers in the 1800s, with a boom during the California gold rush. Another large group was the Japanese, but mainly in Hawaii and California. At the beginning of the 1900s, Filipinos began to immigrate in significant numbers after the Philippines came under U.S. Control following the Spanish-American War.

Asian-Pacific immigration continues from just about every country. Today, there are more than 13 million Americans who claim their heritage to be Asian-Pacific.

Asian-Pacific people have even influenced our military development. There are few students of military strategy who have not studied the Chinese teachings of Sun Tsu or read the book “Art of War.” About 3 percent of our Air Force lists their heritage as Asian-Pacific.

A memorable event occurred in May 1987 for an Air Force Asian-Pacific American — Hoang Nhu Tran, a former refugee. He graduated as valedictorian of the U.S. Air Force Academy in a class of 950 students. He was also a Rhodes Scholar and Time Magazine’s recipient of the 1986 College Achievement Award.

One article cannot cover all the aspects of a diverse group like the Asian-Pacific Americans. The month of May is your chance to learn about their heritage.

### Island Chef Cook-Off

**Date:** Monday

**Time:** 11 a.m. to 1 p.m.

**Location:** Eddie’s Place

**Cost Per Plate:** \$3

*Customers will be the judges -- so come, enjoy and vote!*

*Island Chefs are needed. Entry dishes must be Asian, Pacific Islander or Portuguese. Cook-off sign-up is free.*

*Local Nationals are welcome to enter. Prizes will be given for first and second place.*

*For more information, call Tech. Sgt. Allan Abistado at 535-4291 or e-mail*

*him at [allan.abistado@lajes.af.mil](mailto:allan.abistado@lajes.af.mil) or Tech. Sgt. Samantha Buder-Moseley at 535-4227 or e-mail [samantha.buder-Moseley@lajes.af.mil](mailto:samantha.buder-Moseley@lajes.af.mil).*



### Library events

*There will be Asian Pacific displays at the Library this month.*

*Children’s story hour 3 p.m. Fridays. Asian-Pacific Heritage committee will show children 1-8 how to make the following crafts after stories:*

*Today - Origami*

*May 19 - Lei*

*May 26 - Weaving mobile*

### Teen movies

*Asian-Pacific movies will be shown during teen night at the Sun and Sand Hut every Saturday this month from 7 to 9 p.m.*

## Open House

The Lajes Field Community Appreciation Day is scheduled for 11 a.m. to 5 p.m. June 15.

This celebration will be a joint open house in conjunction with the Portuguese Air Force to celebrate 60 years of USAF presence on Terceira.

There will be aircraft on static display, live music, food booths and activities for families.

## Entrada Geral

O Dia de Apeço à Comunidade do destacamento norte-americano na Base das Lajes terá lugar a 15 de Junho entre as 11H00 e as 17H00.

Esta comemoração será feita em conjunto com a Força Aérea Portuguesa para celebrar 60 anos de presença norte-americana na Ilha Terceira

Alguns dos eventos incluem exposição estática de aeronaves, música ao vivo, barracas de comidas e actividades para toda a família.



## Air Force names Lajes chaplain #1 for 2005

By Staff Sgt. Marcus McDonald  
65th ABW Public Affairs

The Air Force recently named Lajes' flightline chaplain its Outstanding Company Grade Chaplain of the Year for 2005.

Chaplain (Capt.) David Knight received the news from his Squadron Officer School commandant on the first day of class.

"I was shocked and very humbled to find out about the news like this - in front of our entire student body of more than 600 people," Chaplain Knight said. "How awesome it is to be able to represent a small and remote location before the entire Air Force. This award says a lot about our people and the impact that each Lajes Airman makes toward the Air Force mission."

The Protestant chaplain, recalling when he joined the Air Force, said the award validated his decision.

"At 9:30 a.m. EST on Sept. 11, 2001, I was at an Air Force recruiter's office in Knoxville, Tenn., turning in my application package to be an Air Force chaplain," Chaplain Knight explained. "I had started the process in March of 2001. My recruiter was the one who informed me about the attacks and said, 'Reverend, it looks like the Air Force will need your services.' I was commissioned four months later and began my Air Force career.

"Everyday that I have served has been a validation of that decision," he continued. "This award only continues to validate and confirm the new direction for ministry and service to which God has led me. After 19 years of ministry, it is definitely the highlight of all that I have experienced both as a pastor and a chaplain."

Stepping up to serve in several leadership roles at Lajes during times of limited manning helped Chaplain Knight shine in the Air Force-level competition.

"I had great support from leadership throughout the year, but especially during the summer months when I served as acting wing chaplain," he explained. "They were very diligent about submitting my package and making sure it was a quality one. Also making this possible were participants in the chapel programs and the chapel staff; without their support and hard work, none of this would have been possible."

Chaplain Knight said he appreciates the leadership opportunities he's received while being at Lajes.

"Most company-grade chaplains don't get these types of opportunities," he said. "This place has offered an experience in leadership and service that has been a golden opportunity for me."

Chaplain Knight expressed appreciation to those who led, encouraged and supported him through the challenges of 2005.

"I thank God for my wife and children who both support me and keep me focused on what is important in life," he said. "My wife deserves special credit; after 18 years she continues to believe in me, my call to ministry, and brings out the best in my life."

"I thank God for the opportunity to serve our Air Force," he continued. "I thank Him for every Airman at Lajes who I have been



Chaplain Knight

*"I thank God for the opportunity to serve our Air Force ... I thank Him for every Airman at Lajes who I have been able to serve and have served me and my family in the cause of defending freedom around the world."*

able to serve and have served me and my family in the cause of defending freedom around the world."

Col. Robert Winston, 65th Air Base Wing commander, gave high accolades for the efforts of Chaplain Knight and the rest of the chapel staff here.

"Chaplain Knight is a tremendous leader who helps ensure the spiritual readiness of our team," Colonel Winston said. "[Spiritual readiness] is particularly important to Lajes' contribution to the fight, and I'm very proud of Chaplain Knight as well as the rest of our chaplains and chapel staff."

Capt. Brad Stebbins, 65th Operations Support Squadron Weather Flight commander and regular participant in chapel-based activities, gave Chaplain Knight high marks as well.

"Chaplain Knight's enthusiasm and energy are infectious," Captain Stebbins said. "He has a unique way of connecting both with his congregation and the base as a whole."

### First Term Airman Center graduates

The following Airmen graduate today from the FTAC 6D class held May 1-12:

Airman 1st Class Meritt Potter, 65th Civil Engineer Squadron; Airman 1st Class James McGaffney, 65th Communications Squadron; Airman 1st Class Kelly King, 65th CS; Airman 1st Class John Potter, 65th CS; Airman Joshua Aldrich, 65th CS; Airman Paul Huppe, 65th CS; Airman Paul Gramholm, 65th CS; Airman Bethany Baldwin, 65th Medical Support Squadron; Airman Daniel Bullington,

65th Security Forces Squadron; Airman Jared Chew, 65th SFS; Airman Nikky Thompson, 65th SFS, Airman Megan Tracy, Det. 6, Air Force News Agency; and Airman 1st Class Robert Martin, 729th Air Mobility Squadron.

*The students built a display for Commissary Awareness Month. The purpose is to make all First Term Airmen aware of the benefits the commissary provides. The commissary donated \$100 in gift certificates for a drawing for first-term Airmen.*



## Lajes earns "Outstanding in ATSEP!"

By 1st Lt. Mike Hyland  
65th ABW Public Affairs

According to the U.S. Air Forces in Europe Air Traffic Systems Evaluation Program report, Team Lajes' performance is outstanding in ensuring warfighters move safely and expeditiously to the fight.

The ATSEP team conducted the evaluation last Monday through Friday and inspected those organizations directly responsible for the flying mission and support of the airfield.

While the Operations Support, Civil Engineer and Communications Squadrons were officially inspected, all of Team Lajes played an important role in the wing garnering top accolades from the team of USAFE inspectors.

According to the evaluation report, several organizations garnered top hon-

ors. Among them were the Air Field Operations flight and Combat Weather Team from the 65th OSS; the Air Traffic Control and Landing Systems, Radar Maintenance and Airfield Systems shops from the 65th CS; and the Engineering and Operations flights from the 65th CES. "The commendable working relationship between the 65th OSS, 65th CES and 65th CS is clearly evident in the units' joint approach to preparation for and execution of the 2006 ATSEP inspection," the report said. "The ability of these units to understand and support each other's missions and needs directly contributes to their success."

65th Air Base Wing Commander Col. Robert Winston said the entire wing should be proud of the ATSEP inspection success.

"The superlative 'outstanding' was used for almost every section inspected. The

inspectors told us that this is only the second outstanding awarded for an ATSEP in the past two years," he said. "We should all be very proud of these results. It was earned by the whole Lajes team. American and Portuguese military and civilian team members all share in this 'Outstanding.'"

"Many months of hard work and dedication went into preparing for this inspection and the wing was rewarded for its efforts," said Lt. Col. Jack Sproul, 65th OSS commander. "While the OSS had the lead in the inspection, we could not have done it without the tremendous support from the Mission Support Group, especially the CES and CS. I am very proud of the team's determination working towards the inspection and extremely pleased by their 'Outstanding' performance during the evaluation."

## Combat Dining-In scheduled for June 2

By Master Sgt. Deborah Corder  
65th Services Squadron

A special event is scheduled to take place at Lajes that combines military tradition, unit camaraderie and a seated dinner. This same event will also involve water guns, water balloons, camouflage makeup and making your 'friends' report front and center through an obstacle course on the way to the grog bowl.

The Lajes Field Combat Dining-In is scheduled for June 2 in building T-605 at 6 p.m., with the mess convening at 7. The dining-in will culminate the Warrior Day events scheduled to occur earlier that day, with award presentations and event winner announcements. The dining-in uniform is BDUs.

Distinguished guests for the event include Maj. Gen. Bob DuLaney, director of Air and Space Operations, Headquarters U.S. Air Forces in Europe, who will serve as guest speaker, and Col. Robert Winston, 65th Air Base Wing commander, who will serve as President of the Mess.

The tradition of the dining-in actually predates the Air Force and can be found as far back as the days of General H. "Hap" Arnolds "wing-dings." The dining-in is normally a formal event for members of a wing, unit or organization. The difference between the dining-in and a dining-out is that spouses and guests are included in a dining-out. The purpose of these events is to bring together military members in an atmosphere of

camaraderie, good fellowship and social rapport. And above all, to build morale and esprit de corps while having a great time.

Before arriving for the dining-in, attendees need to know about several time-honored traditions and rules; dining-ins have specific rules of engagement and breaking those rules will result in a trip to the grog bowl.

The grog bowl is an accessory traditional to dining-ins although it is not required. The contents of the grog bowl are best left to the vivid imaginations of the planning committee. Two grog bowls are set up at a dining-in, one alcoholic and one non-alcoholic.

Infractions warranting a trip to the grog bowl may be noted at any time by the President, Vice President, or any member of the mess. Members bring infractions to the attention of the President by raising a point of order. If the validity of the charge is questioned, members vote by tapping their spoons on the table.

When the President directs a violator to the grog bowl, the individual promptly proceeds to the bowl. The bowl is usually located on or near the Vice's table. In the spirit of the combat dining in, offenders will first go through an obstacle course while being fired upon by the other guests. Upon arriving at the grog bowl, the violator does the following:

a. Does an about face and salutes the President; b. Does an about face to the bowl and fills the cup; c. Does another about

face and toasts the mess; d. Drains the contents of the cup without removing it from the lips, then places it inverted on their head signifying it is empty; e. Does an about face, replaces the cup, about faces again, salutes the President, and returns to their seat. With the exception of the toast, "To the Mess," the violator is not permitted to speak during this process.

Each unit will be allowed to have one centerpiece with maximum dimensions of two feet tall. This will be a chance for each unit to show off their spirit and pride.

Base members are encouraged to bring their weapon(s) of choice — be it water balloons or water guns -- as they will be a necessity during this event.

Tickets are \$15. For more information or tickets, contact a unit representative: 65th Medical Group - Master Sgt. Fritts; 65th Security Forces Squadron - Staff Sgt. White or Staff Sgt. Piercey; 65th Services Squadron - Master Sgt. Flowers; 65th Comptroller Squadron - Master Sgt. Barreto - AFN - Master Sgt. Bowman, 65th Mission Support Squadron - Staff Sgt. Vargas; 65th Operations Support Squadron - Tech. Sgt. Martinelli, 65th Air Base Wing - Master Sgt. Trembath; 65th Contracting Squadron - Master Sgt. Frazier; 65th Communications Squadron - Tech. Sgt. Harvey; 65th Logistics Readiness Squadron - Tech. Sgt. Harris; 65th Civil Engineer Squadron - Master Sgt. Parker; 729th Air Mobility Squadron - Master Sgt. Rick Maddux.

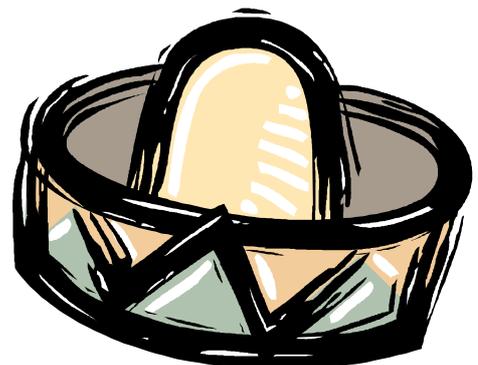
# Lajes celebrates Cinco de Mayo



*Left: Lexy Garza, Haley Frith and Chili Onelas dance at the Cinco de Mayo celebration Saturday at the community center. The event was sponsored by the Organization of Latin Americans.*

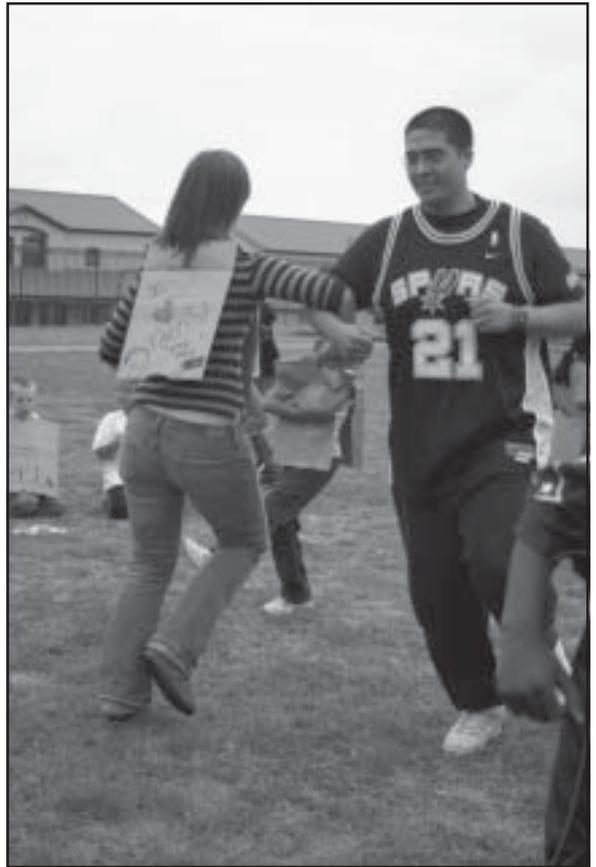
*Above, Rebecca Frith helps herself to some Mexican candy at the Cinco de Mayo celebration.*

*Bottom left: Kids bounced their way to fun Saturday in the bouncy castle outside the community center. (Photos by Guido Melo)*





*Ariana Thompson shakes her maracas she made at the youth center during a parade May 5 in celebration of Cinco de Mayo. (Photos by Misty Frith)*



*Above: Ray Sandoval and Dorothy Stern demonstrate the Mexican hat dance for students in the school-age program at the Lajes Youth Center Friday.*

*Below: Lily Hoisington, Dorothy Stern and Sarina Calaman draw on paper bags used to make ponchos May 4 at the youth center.*



*Andrew Crowdus and Donte Arrington practice the Mexican hat dance.*

## Lajes youth celebrate Mexican history



## Local festivals abound during summer

By Ed Lima  
Community Relations  
Adviser

The warmer weather brings the festival season to the Azores in general and Terceira Island in particular. This is also the tourist season when thousands of Azorean immigrants return to the islands to celebrate with relatives and friends.

Most of the islands' festivals have cultural and religious origins, some dating back hundreds of years and continue to be religiously held annually.

Each town around the islands has its own festival -- even the smallest towns -- usually to honor their patron saints at a certain time of the year.

On Terceira Island, these summer festivals usually begin with a religious procession on Sunday afternoons. The evenings are usually preempted with concerts by rock bands, folklore groups or concert bands. These cultural events usually finish with the traditional street bullfights which are usually held in the number of two or three.

The Holy Ghost season is in full swing now and will officially end June 11, although there will be some sporadic celebrations throughout the summer as part of some town festivals.

Terceira being a party-going island, its people are already looking forward to the Sanjoaninas Festival, the largest cultural event on the island. This annual festival attracts thousands of tourists from the Azorean communities in the U.S. and Canada, mainland Portugal and the other Azorean islands.

Sanjoaninas takes place in the main streets and squares of Angra and it will feature parades, concerts, expositions, street and arena



*Dancers from the Marching Group of Praia perform at the opening parade on Main Street for Praia Fest 2003. This year Praia Fest is scheduled for Aug. 5 to 13. (Courtesy photo)*

bullfights and sports activities. This year's Sanjoaninas is scheduled for June 16-25.

The city of Praia will also host a similar festival, Aug. 4-13. Besides the parades, concerts and other cultural activities, the festival also features a bullfight on the beach and a food fair with several restaurants from various regions of Portugal and a foreign country, offering cuisine specialties to illustrate the gastronomy of their regions. This is an excellent opportunity for people to experience different dishes from different regions.

The Wine Festival usually happens the second or third weekend in September in the wine museum in the town of Biscoitos. During the Saturday's afternoon, people gather at the museum around 1 or 2 p.m. and parade down to the vineyards to pick the grapes. After picking the grapes, another parade forms heading back to the museum. Once there,



*Spectators take their chance with a bull last week during a bullfight in Fontinhas. Street bullfights are scheduled weekly during May through October here. As a reminder, personnel stationed at Lajes are allowed to attend street bullfights, but may not actively participate in them. (Photo by Guido Melo)*

participants are invited to stomp the grapes with their bare feet and taste the new wine and other season specialties.

Terceira Island's summer festival season ends every year in October with the Lajes town's festival being

held during the first week of the month and the last bullfight on the 15th.

The Crossroads newspaper will publish a list of cultural events throughout the summer, especially the street bullfights and the Sanjoaninas and Praia Fest.

## Base remembers fallen law enforcement officers through Police Week

**By 1st Lt. Mike Hyland**  
65th ABW Public Affairs

Lajes Field will sponsor several activities next week for National Police Week, 2006.

The base is honoring not only civilian police officers, but also their military counterparts.

"Police Week is when we remember the law enforcement officers who have paid the ultimate sacrifice in the line of duty," said Tech. Sgt. Tracey Booth, 65th Security Forces Squadron. "Although Memorial Day is usually re-

served for the military, Security Forces do conduct law enforcement duties on installations, so we like to remember them as well."

According to a National Law Enforcement Officers Memorial Fund fact sheet on National Police Week, President John F. Kennedy designated May 15 as National Peace Officers Memorial Day in 1962, and the calendar week which May 15 falls, as National Police Week.

For more information on Police Week, contact Sergeant Booth at 535-2382.

### Lajes Field Police Week events

Monday - 5K Run/Walk, Chace Fitness Center, 7:15 a.m.

Thursday - Ident-a-Kid, Child Development Center, 3:30 - 4:30 p.m.

Thursday - Ceremony/Prayer Breakfast for those lost in the line of duty, Top of the Rock Club ballroom, 7:30 a.m.

Thursday - Ident-a-Bike: SFS will walk around base housing putting ID tags on bikes, 5 - 6:30 p.m.

May 19 - Jail-n-Bail: For a small fee, SFS will arrest someone (supervisor/commander) for a specific amount of time, tennis courts, 10 a.m. - 3 p.m.

### Security Forces Squadron Blotter

May 5

LOCATION: T-112/MPF

Complainant telephoned to report a government cell phone had been stolen by unknown person(s). SFS arrived on-scene to make contact with the complainant who stated a Siemens A60 cell phone, valued at 115.40 euros was stolen. The complainant further stated the cell phone was left on his desk because he had no need for it. He thought someone was playing a trick on him, so he waited to see if the phone was returned but it was not.

May 6

LOCATION: T-709/AMS

Complainant telephoned SDCC stating that an Air Force member arrived to work intoxicated. SFS arrived on-scene. The suspect was apprehended and transported to SDCC and was advised of his rights. He acknowledged his rights, waived legal counsel and provided a statement. The suspect was advised of the Implied Consent Policy, he agreed to provide a sample of his blood and was then released.

May 10

LOCATION: T-100/65 ABW/HQ

Complainant entered the SDCC to report his iPod nano and Belkin brand FM transmitter had been stolen by unknown person(s). Total value of both items is \$224.95.



### Speech Fest '06

*Kenny Cruz and Leslie Gann perform a skit as part of Speech Fest last week. Speech Fest is an annual competition where students present their speeches from the school year. (Photo by Master Sgt. Michele McCullough-Cruz)*

## HAWC Recon Flight prepares members to be fit to fight

By Staff Sgt.  
Christin Michaud  
65th ABW Public Affairs

Air Force personnel have been logging more sit-ups, push-ups and miles on their running shoes since the Air Force changed its fitness standards in January 2004.

Fit to Fight changed the way the Air Force does business when it comes to fitness.

Air Force personnel, who took the cycle-ergometry test annually, now earn points for running, body-composition, push-ups and crunches for a composite score. That score, based on their age or gender, determines what category they are in.

Ninety or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal and less than 70 is poor.

Personnel who score less than 70 are referred to the Health and Wellness Center's Recondition Flight, a program to help individuals pass their physical fitness test.

"This program helps people realize how hard they should workout to be fit, and pass the fitness test," explained Staff Sgt. Jerry Thompson, HAWC NCOIC. "We talk about the benefits of losing weight, lowering abdominal circumference and living a healthier lifestyle."

Classes are held at the HAWC at 7:15 a.m. Monday through Friday. Individuals in the Recon Flight must attend four sessions each week.

At each session, the HAWC staff members take attendance and lead stretching and warm

up exercises followed by push-ups, crunches and squats. "Then we begin our cardio workout for at least 30 minutes," said Sergeant Thompson. The cardio workout can include running out at the AEF Ramp or on the treadmill, riding the bike or using the stair stepper; depending on what individuals can do.

"I think the biggest strength is that the class is focused directly on them," said Sergeant Thompson of the recon flight program. "If they workout with their squadron, they have nobody focusing on them personally, so this is more of a one-on-one type class."

The program has improved PFT scores and decreased the number of people in the program.

"We have cut the number of people in half," said Sergeant Thompson.

In December, 30 people were in the Recon Flight and now there are only 13.

Each person is assigned until they score greater than a 70 on their PFT.

The USAFE goal is to have less than two percent of units in the poor category.

The Recon Flight helps Lajes and USAFE reach that goal.

Currently, less than two percent of Lajes is in the poor category.

More than 20 percent of personnel at Lajes scored in the excellent range during their PFT, and 75 percent are in the good category.

For more information on ways to improve fitness scores, call the HAWC at 535-3889.

## Sergeant sheds pounds, improves PFT score

By Staff Sgt. Christin Michaud  
65th ABW Public Affairs

One sergeant here said this time last year he was a walking heart attack.

Weighing in at 272 and a cholesterol level at 270 to match, Tech. Sgt. Chip Harris failed the Air Force's new Physical Fitness Test three times.

After the third poor score, it was time to change his attitude, he said.

It started with knee problems. After knee surgery he had a bad attitude toward the fitness program.

"I felt like I was being slighted - it was all about me," he said.

He realized at that point that if he wanted to succeed and pass the PFT, he had to accept things.

"It's on the individual," he said. "You have to be willing to do it."

He asked his commander for the opportunity to try again. "Maj. (Robert) Hoff gave me the chance."

His first step was a trip to the Health and Wellness Center.

The staff at the HAWC helped educate Sergeant Harris on what he could do to get back in shape.

Ricky Baptista, the exercise physiologist, showed him what he was doing wrong and what he could do better.

Capt. Lisa Tauai, nutritionist, also sat down with Sergeant Harris and helped him see that what he was eating wasn't as much of a problem as how much he was eating.

"It's about portion size," he explained.

In conjunction with the information he learned from the HAWC staff and the team in physical therapy here, he had the recipe for success.

"I have the support to succeed," Sergeant Harris said. "It's all in my court now. I can't blame anyone else."

"It's like Col. Winston says at the recognition ceremonies - 'we are a team' - they were my team and they helped me get to where I need to."

The sergeant works out faithfully and has lost 50 pounds and almost 10 inches in his waist. His cholesterol is starting to go down, and Sergeant Harris scored a 75 on his last PFT and now falls in the good category.

## Fitness Month events

There will be a **Bench Press** competition Tuesday from 11 a.m. to 1 p.m.

An **Ironman** competition is scheduled for 11 a.m. to 1 p.m. May 23.

For more information, call Staff Sgt. Kevin Garner at 535-2256.

A **push-up challenge** is scheduled for 3 p.m. May 19 at the community center. The challenge is to raise money for the Air Force Enlisted Widows Home.





# PLANNER

## Colossal Cookie Challenge

The search is on for the world's greatest cookie recipes. To meet this goal, the Air Force Services Agency, Family Member Community Center program is hosting the first worldwide Colossal Cookie Challenge.

From brownies, bars to colossal cookies, the focus is on great sweet things and fun! Children, teens, adults, families and even "dorm-dwellers" can join in because the categories are so versatile.

"Our categories are Holiday or Special Occasion, No-Bake Cookies, Healthy Cookies and Cookie Maker Special — which is really anything else," said Rudy Wallace, Community Center Director. "I can't wait to judge all the cookies "I know Lajes will have a great showing." Winning recipes at the base level will be for-



warded to USAFE Services for judging and the winners at the command level will be forwarded to Air Force level for the final competition.

The challenge is scheduled for 1 p.m. June 3. Contestants need to sign up by May 25 at the community center.

For more information about the *Colossal Cookie Challenge* guidelines contact Sandra Sousa at 535-5216. (Courtesy of the 65th Services Squadron)



The Lajes Base Library will host an Interactive mystery for young adults Grades 6-12 Friday, May 19th 7:00 p.m. Refreshments will be served Get your free ticket from the Base Library

Please contact Jodi Worniesky with any questions at 2-3668

### Tradewinds Dining Facility Menu

#### Today

**Lunch:** Mexican Baked Chicken, \* Swiss Steak with Tomato Sauce and Stuffed Green Pepper

**Dinner:** Lasagna, Spaghetti and Italian Sausage

#### Saturday

**Brunch:** Cajun Meat Loaf and Crispy Baked Chicken\*

**Dinner:** Stuffed Green Peppers, Stir Fry Chicken\* and Pork Chops

#### Sunday

**Brunch:** Chicken Parmesan\* and Tuna and Noodles

**Dinner:** Fried Shrimp, Spinach Lasagna\* and Ginger BBQ Chicken\*

#### Monday

**Lunch:** Italian Sausage, Country Captain Chicken\* and Swiss Steak with Tomato sauce

**Dinner:** Baked Ham, Roast Turkey\* and Fish and Chips

#### Tuesday

**Lunch:** Yakisoba, Pork Schnitzel and Onion-Lemon Fish\*

**Dinner:** Paprika Beef, BBQ Beef Cubes and Chicken Fajitas

#### Wednesday

**Lunch:** Beef Porcupines, Chicken Enchiladas\* and Lemon Herbed Chicken\*

**Dinner:** Pita Pizzas\* and Country Style Steak

#### Thursday

**Lunch: Mexican Meal** - Beef Enchiladas, Chicken fajitas\* and Tacos

**Dinner:** Mr. Z Baked Chicken\* and Pepper Steak Pasta Primavera

\*Denotes Healthy Heart item Menu subject to change

## At the Movies

**Today: 7 p.m. - She's the Man** starring Amanda Bynes, Channing Tatum

Viola Johnson had her own good reasons for disguising herself as her twin brother Sebastian and enrolling in his place at his new boarding school. She was counting on Sebastian being AWOL from school as he tried to break into the music scene in London. What she didn't count on was falling in love with her hot roommate, Duke, who in turn only has eyes for the beautiful Olivia. Rated PG-13 (sexual material) 105 min

**Today 10 p.m. Failure to Launch** starring Sarah Jessica Parker, Matthew McConaughey

A thirtysomething man who still lives with his parents falls in love with the woman of his dreams and begins to suspect she has been hired by his parents as a way to get him out of the house. Rated PG-13 (sexual content, nudity, language) 97 min

**Saturday: 7 p.m. V is for Vendetta** starring Natalie Portman, Hugo Weaving

Set against the futuristic landscape of totalitarian Britain, the story of a mild-mannered young woman named Evey who is rescued from a life-and-death situation by a masked vigilante known only as "V." Incomparably charismatic and ferociously skilled in the art of combat and deception, V urges his fellow citizens to rise up against tyranny and oppression. Rated R (violence, language) 132 min

**Sunday: 2 p.m. - She's the Man;**  
**Sunday: 7 p.m. - V is for Vendetta**  
**Wednesday: 7 p.m. - Failure to Launch**  
**Thursday: 7 p.m. - V is for Vendetta**

Next week: *Stay Alive, Inside Man and Larry the Cable Guy*

Movies subject to change. For updated listings, call 535-3302. For more information on ratings, visit [www.aafes.com](http://www.aafes.com).



# EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to [news@lajes.af.mil](mailto:news@lajes.af.mil).

## In the Community

**Bullfights:** There will be a street bullfight 6 p.m. Saturday at Poço da Areia, Praia.

## Miscellaneous

**Craft/Camping Supply donations for Girl Scouts:** Are you PCSing this spring and wanting to get rid of craft or camping supplies? The Terceira Girl Scouts would love to have those items. For more information, call Heather Thompson at 295-549-568 or e-mail her at [heatherthompson@lajes.af.mil](mailto:heatherthompson@lajes.af.mil).

**Cub Scouts:** Cub Scout Pack 1605 is kicking off their spring recruitment! Boys who will be enrolled in first through fifth grade next school year are welcome to attend the next pack meeting 6 p.m. May 22 in the multi-purpose room of Lajes Elementary School. All current scouts are encouraged to bring a friend interested in scouting. Summer activities will include a bike rodeo, a rain gutter regatta, a family picnic and possibly a family camp out. For more information, contact Kerri and Rick Herring at 295-549-713.

**New Library Hours:** The Lajes Base Library will modify its hours beginning Sunday. The new hours will be Sunday 11 a.m. to 5 p.m., Monday 3 to 8 p.m., Tuesday and Thursday 10 a.m. to 8 p.m., Friday 10 a.m. to 6 p.m. and Saturday 10 a.m. to 5 p.m.

For more information, contact Patricia Arnold at 535-3688.

**Thrift Shop Coordinator:** The thrift shop is looking for an Enlisted Spouses Club or Officer Spouses Club member to fill the Thrift Shop Coordinator position by June 1. This is a paid position, with lots of perks.

For information or to apply, call Jane at 535-3567 or 295-549-689.

**Thrift Shop Bookkeeper:** The thrift shop is looking for an Enlisted or Officer Spouses Club member to fill the Thrift Shop Bookkeeper position. This is a paid position. For information call Jane at 535-3567 or 295-549-

689. This position needs to be filled by July 1.

## Jobs/Volunteer

**Extreme Makeover volunteers:** The Lajes Youth Program is undergoing an extreme makeover through May 24. Volunteers are need to help build, paint, and more.

Volunteer opportunities will be Monday through Friday 9 a.m. to 8 p.m.; Saturday 8 a.m. to 10 p.m. and Sunday 1 to 8 p.m.

For more information, call Master Sgt. Tony Flowers at 91-896-3381 or e-mail him at [tony.flowers@lajes.af.mil](mailto:tony.flowers@lajes.af.mil).

## Education

### Spring multi-institutional commencement ceremonies:

The Education Center will host a ceremony 2 p.m. May 24 in the TORC ballroom for all graduates of the Community College of the Air Force, Embry-Riddle Aeronautical University, University of Oklahoma, and University of Maryland University College. Graduates are encouraged to invite family, friends and co-workers to celebrate this important accomplishment. For more information, call Maria Tristao-Rocha at 535-5291 or e-mail [maria.tristao-rocha@lajes.af.mil](mailto:maria.tristao-rocha@lajes.af.mil).

**Central Texas College:** Central Texas College is offering *Terrorism: Groups, Strategies and Responses* in term 5. This is an elective for the CCAF program and technical credit for Security Forces personnel for their CCAF. Class will be offered Monday and Thursday mornings, 9-12 at the education center. Registration for this class begins May 22 for new students. Current students may register now. Class will run from June 5 - July 27. Call 535-6722 for more information.

**Oklahoma University classes:** The Masters of Human Relations degree program with University of Oklahoma is a 36-credit hour, non-thesis degree that can be completed within 16-24 months.

For more information call 535-3171

## Chapel

**Protestant Worship Services change:** The 9 a.m. worship service, now called the evangelical service, will blend both traditional and liturgical worship styles. The evangelical service will incorporate hymns of the church, responsive readings, confessions of faith, biblical preaching, as well as a weekly celebration of Holy Communion.

The noon worship service, now called the Praise Service, will blend both Contemporary and gospel worship styles. The praise service will feature contemporary praise and worship music, as well as popular gospel music. In addition, the service will incorporate expository sermons from Holy Scripture, namely a series of messages on a biblical text with relevant, practical applications for daily living. Also, the service will be more relaxed in nature. As normal for most military chapels, the Lord's Supper will be celebrated in the praise service on the first Sunday of each month.

**AWANA Awards Ceremony:** 6 p.m. Tuesday at the chapel; **Catholic Men of the Chapel Mass and Dinner:** 6 p.m. Wednesday at the chapel; **New Creation Café:** 7 p.m. May 19 at Ed-dies Place; **Men's Spiritual Leadership Training/Breakfast:** 8 a.m. May 20 at the chapel; **Protestant Volunteer Appreciation Banquet:** 5 p.m. May 20 at the TORC; **Mass followed by Catholic Annual Parish Picnic:** 11 a.m. May 17 at the TTU; **Little Flowers Girls' Club:** 3 p.m. May 22 at T-1415B; **SUM Dinner** hosted by the 65th Communications Squadron: 5:30 p.m. May 25 at the chapel; **Children and Youth Movie Night:** 6 p.m. May 26 at the chapel; and **Gospel Extravaganza II:** 7 p.m. May 27 at the chapel. Call 535-6844 for more information.

For more information on chapel events, call 535-4211.

## Classified Ads

E-mail ads to [news@lajes.af.mil](mailto:news@lajes.af.mil). Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For Sale: (2) Whirlpool Dehumidifiers 110V only 2 years old. \$65 each. Siemens Gigaset C300 Cordless Phone 220V \$40. Lasko Heater 110V \$15 Black and Decker Heater/ Fan 110V \$15. Call 966604828 after 6 p.m.

Wanted to buy: Used twin size mattress. Call 295-516-031.

For sale: Lock-Rite locker for Jeep Wrangler - \$100; Swimming pool - 8 x 12 feet (never used) - \$50; mens and womens mountain bike, 1.5 years old, hardly ridden, kept in doors - \$75 each; 1 girls bike - \$15; Call Marty or Jen at 295-549-552

For sale: two light gray bound carpets: 9 x 15 and 13 x 13, \$25 each. Contact 295-549-512.

For sale: 1993 Golf CL - Great Island car and has been the source of many hours of driving and touring fun around the island. 146,000 kms (Approx 91k miles), Inspection until Feb 07, base pass until Mar 07, new tires (approx 250 miles), new catalytic converter, new brakes, new windshield. Recent tune up. Kenwood Deck with many extras. Asking \$1500. Serious inquiries only. Call 918-516-829 to schedule a test drive.

For sale: 1992 Toyota Tercel, Car runs great! Only minor rust and no major problems. Car will be available sometime between May - July as I will be getting short notice orders. Will sell for \$1200. Call 295-549-601 for more info.

For sale: 1995 Renault Clio, 4 door, 1.2 liter, 5 speed, power windows, AM/FM cassette, low mileage, new tires, new rear brakes. No rust! Reliable! This is not an island bomb. Call Andy at 964-297-606 or home at 295-549-741. \$3500.

Wanted: Bagpipe player with pipes available to participate in wing events in May and June. Contact Liam Clancy at 535-2325, or Jared Bickham at 535-5233.

For sale: 1999 opal corsa, great condition. Has power windows, power locks, seats 5 people, has 2 doors with Portuguese plates. Inspection is good until June 07. Call 968-421-312.

Sponsoring someone? Need an island going away gift? Want to do Christmas shopping early? Get your 2007 Terceira Island Calendars for \$16/each. Call Sandy @ 295-549-188 or e-mail [zellfamily@yahoo.com](mailto:zellfamily@yahoo.com)

Looking for a great housekeeper? I have the best. Odilia Costa is reliable, honest, friendly, English speaking and does an excellent job. She has been cleaning houses for Air Force families for 15 years. My family is PCSing in June and I give her the highest recommendation. Call Odilia at 295-579-041. Questions? Call Carolyn Childers at 295-549-271.

Short term/long term babysitting in structured environment available weekdays from 8 a.m. to 5 p.m. Call Art or Debbie Nilsen at 295-513-060.

For sale: 1993 Honda Civic, inspection good until April 07, good condition, 5 speed, A/C, new tires, new CD player, \$1500 Contact Lisa Angove at 535-4213 or 295-549-808.

1992 Toyota Town Ace Van, Japanese Spec./ Great Condition, Seats 8 w/ movable seating, Inspection Good Till Mar. 07 Power Locks/ Windows/Sun Roofs, 4 New Tires, AM/FM Radio w/cassette & 6 CD Changer, Small Fridge/ Cooler, A/C Needs Servicing. We will need to keep the van until we PCS June 7th. \$2,500 OBO Contact Corey or Charity McNeal at 295-549-372.

The summer camp "Divertilaxia" is available in Praia for children between 6 and 13 years old. It is open Monday-Friday from 9 a.m. to 6 p.m. This business features a staff professionalized in several areas, namely child care, education, sociology, medical care and sports. For further information contact Divertilaxia at 33, Rua São Salvador, Praia da Vitoria, or call 295 543 240 or 965779834 or e-mail at [adivertilaxia@hotmail.com](mailto:adivertilaxia@hotmail.com)