

Atlantic Crossroads

Vol. 11, No. 13 • March 31, 2006 | Lajes Field, Azores, Portugal | In the Fight!



Buddy care

Personnel carry a casualty with a head injury to the medical tent during Monday's Phase II mobility exercise. The purpose of the mobex was to practice concepts taught in the Airman's Manual. During Phase I Airmen received refresher training in eight separate stations. Some of which included self aid and buddy care, defense tactics, contamination avoidance and proper use and wear of the ground crew ensemble during Mission Oriented Protective Posture conditions. (Photo by Senior Airman Tabitha Larson)

Town Hall

*Domestic help discussed
at Town Hall Meeting*

Page 4

Weather

*High winds impact base,
mission*

Page 6

Weekend weather

Saturday
*Mostly cloudy, late
showers*

High 64
Low 55



Sunday
*Cloudy with
rain*

High 64
Low 55





PERSPECTIVE



DEPARTMENT OF THE AIR FORCE
OFFICE OF THE CHIEF OF STAFF
WASHINGTON, DC

20 MAR 2006

To the Airmen of the United States Air Force,

Yesterday marked the 3rd anniversary of Operation IRAQI FREEDOM and the removal of an oppressive, dangerous regime. This was the culmination of a joint and coalition intense effort on land, sea, and air. I want to take this moment to say thanks for all your sacrifices ... and to let you know that you are doing awesome work. In OIF, within the Joint Force, our Total Force - active, guard, and reserve Airmen - grounded the Iraq Air Force, destroyed the combat effectiveness of the Iraqi ground forces, blinded the Hussein leadership and paved the way for a series of ground battles that saw Baghdad fall in 22 days. Your innovation and flexibility made the difference, whether it was Airmen decisively striking Republican Guard formations; in orbits over every Iraqi airfield; embedded with ground forces; launching and orbiting satellites high overhead; controlling armed UAVs; or airlifting critical supplies and troops. And today, you continue to provide air support to the Combatant Commanders around the world, while also flawlessly performing non-traditional missions like base defense and convoy operations.

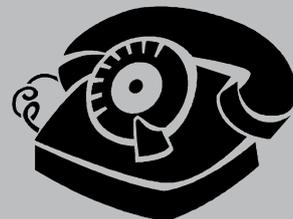
Your contributions to the spread of freedom and democracy did not begin three years ago; the Air Force has been at war continuously for over fifteen years - since the opening rounds of Operation Desert Storm and through twelve years of no-fly zone operations. And although Iraq is receiving the majority of attention, Operation ENDURING FREEDOM and Operation NOBLE EAGLE remain critical to winning this Long War. The Global War on Terror has now lasted 10 months longer than our Nation fought in World War II. This is a joint fight, across the world—where we have a vital role. Meanwhile, things have been fairly quiet on the home front, and that's good. That means we are doing our job well. You are protecting America by monitoring intelligence, sitting alert, and flying patrols over our cities. By protecting our homeland and fighting the enemy on their turf, you are keeping your family, friends, and the American public safe. Our mission is to fly and fight and win our nations' wars - and you're doing just that.

You are making a difference. I am proud of you. America is proud of you. You are helping to rebuild countries and protect fledgling democracies in Iraq and Afghanistan, while keeping America out of harm's way. Hurricanes Katrina and Rita, the Pakistani earthquake, Philippine landslides and, most recently, floods in Hawaii, brought out your best as well, as you pitched in side by side with allies and joint partners providing humanitarian relief across the globe and in our own backyard. You are the most combat experienced, battle-hardened Airmen since WWII. You are successfully doing whatever is asked of you across the domains of air, space, and cyberspace - you are always there.

Thanks for all that you're doing - it matters. Your tireless efforts keep this the best Air Force the world has ever seen, ready to lead or support the joint fight anywhere, anytime. You are making it happen in Iraq, Afghanistan, in the skies over America, and anywhere our Nation needs us. Keep it up and keep 'em flying!

T. MICHAEL MOSELEY
General, USAF
Chief of Staff

Straight Talk Line



The number to the Lajes Field Straight Talk Line is 535-3542 or 295-573-542.

This line is updated during emergencies, Force Protection Condition changes and more.



All personnel are encouraged to keep this number for access to important base information.

For more information on the Straight Talk Line, call 535-2369.

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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



USAFE Cross-Check

March 2006

Combat and Special Interest Programs (CSIP): Declare Victory!

Since I took command a few months ago, Chief Coleman and I have visited many of you and have been highly impressed with your commitment and performance.

One of the recurring questions we have been asked is, "What is next for CSIP?" The answer is simple; we are declaring victory on our programs! Some programs will be discontinued; others will be re-titled with the term "Project" vs. "Combat." The command has achieved great results with CSIP. Just look at some of the highlights:

- Project SMART has delivered! In one year, we went from 215 DUIs (CY04) to 144 (CY05). While even one DUI is too many, our team's effort saved 71 lives, careers, and families.
- Our fitness program is an Air Force benchmark! The percentage of Airmen testing in the "At-Risk" category has decreased by 74% and our "Fitness Delinquency" rate dropped 84%.
- Quality of life is soaring. Our Proud programs have been a success -- base appearance scores are up 74%. Chaplains quadrupled the number of unit visits since CY04. Project CHEER has hosted over 3,700 events for our single and unaccompanied Airmen!
- Customer College has trained over 80,000 customer service personnel. Combat Education has nearly eliminated class shortages and increased class times and locations.

In declaring victory, we are discontinuing Hidden Heroes and Project Connect while turning ten other programs over to the wings and directorates. Wing Commanders will assume full ownership of Project CHEER, Project Wingman, Facilities Excellence (formerly Proud), and Project Nighthawk (one sortie per tour during in-processing).

HQ Directorates will assume responsibility for Health of the Fleet (formerly Flightline), Library Services (formerly Wizard), Project Touch, Project Care, Customer College, and Smooth Move (formerly Intro/Exit). The intent here is to not lose ground, so the Directorates will report periodically, and produce an end-of-year closeout report for us. Finally, USAFE wings will continue to report to us on USAFE Fitness, Project SMART, and Project Education.

Everyone should take pride in what we have accomplished as a team. Together, we will capitalize on our programs' successes and re-focus our efforts on emerging challenges and goals.

General Tom Hobbins

CMSgt Gary Coleman

"Ensuring Freedom's Future"



Good to Know

Town hall meeting

A town hall meeting focusing on the issues involved with hiring domestic help is scheduled for 4 p.m. April 3 at the base theater. The town hall meeting is a good forum for individuals who have or are looking for nannies, housekeepers or other domestic employees to learn about the specific requirements involved, as well as have any questions answered. For more information, call Capt. Melissa Waheibi at 535-6161.

Clinic phone system

The clinic has a new Automated Call Distribution phone system. To call the clinic, dial 535-3261 on base or 295-57-3261 from off base.

- Press 1 for all appointments
- Press 2 for Dental
- Press 3 for Life Skills

Press 4 for the Referral Management Center and Medical Records
Press 5 for all clinics and other services. The Medical Group asks customers to be patient during the transition period.

Shuttle service

A midday shuttle service runs from 11 a.m. to 1 p.m. Monday through Friday. Its stops occur in the following order: T-708 (Fuels/Flight Kitchen), T-612 (passenger terminal/Communications Squadron), T-166 (lodging), T-131 (dorm), T-415 (clinic/dining hall), T-570 (Civil Engineer Squadron), and T-815 (Security Forces Squadron). After the last stop, the bus continues in reverse order. It will make four trips.

Women's History Month Luncheon:

There will be a luncheon honoring Women: Builders of Dreams and Communities, 11:30 a.m. to 1 p.m. Thursday at the Top of the Rock Club. Lt. Col. Dianna Brown will be the guest speaker. Cost is \$9.50 for non members and \$8.50 for members. The vegetarian option is \$8 for non members and \$7 for members. For tickets, contact your first sergeant or Master Sgt. Alvin Earp at 535-6111.



Gen. Tom Hobbins, U.S. Air Forces in Europe commander (left), and Chief Master Sgt. Gary Coleman, USAFE command chief (right), presented awards to Maj. Bryan Tash, 16 AF 2nd Air Support Operations Squadron, Senior Master Sgt. Henry Parker III, 65th Services Squadron, Heather Hughes, 52nd Medical Operations Squadron, Randall Cummins, 39th Contracting Squadron, Staff Sgt. Joseph Berberich, 48th Medical Support Squadron, Senior Airman Christopher Gerdes, 435th Civil Engineer Group and Master Sgt. Jeffrey Jacobson, 31st Aircraft Maintenance Squadron, at the USAFE 2005 Outstanding Airmen of the Year banquet March 24. (Photo by 1st Lt. Elizabeth Culbertson)

USAFE honors command Airmen of the year

By 1st Lt. Elizabeth Culbertson
USAFE News Service

RAMSTEIN AIR BASE, Germany (USAFENS) - U.S. Air Forces in Europe's top Outstanding Airmen of the Year were named March 24 during an awards banquet here.

Winners were chosen from 83 Airmen and civilians nominated from around the command for their exceptional duty performance, community involvement, leadership and personal achievements.

The winners are:

Airman of the Year: Senior Airman Christopher Gerdes, 435th Civil Engineer Group, Ramstein Air Base, Germany

Noncommissioned Officer of the Year: Staff Sgt. Joseph Berberich, 48th Medical Support Squadron, Royal Air Force Lakenheath, England

Senior Noncommissioned Officer of the Year: Senior Master Sgt. Henry Parker III, 65th Services Squadron, Lajes Field, Azores

First Sergeant of the Year: Master Sgt. Jeffrey Jacobson, 31st Aircraft Maintenance Squadron, Aviano AB, Italy

Civilian Category I: Heather Hughes, 52nd Medical Operations Squadron, Spangdahlem AB, Germany

Civilian Category II: Randall Cummins, 39th Contracting Squadron, Incirlik AB, Turkey

Company Grade Officer of the Year: Maj. Bryan Tash, 16 AF 2nd Air Support

Operations Squadron, Ramstein AB, Germany

The winners of the Airmen, NCO, Senior NCO and First Sergeant of the Year categories will now meet a HQ Air Force Personnel Center board to determine who competes for the 12 Outstanding Airmen of the Year.

Airman Gerdes credited his co-workers for the win.

"I would never have won without the great support of my supervisors and peers," said Airman Gerdes.

Gen. Tom Hobbins, USAFE commander, and Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant, presented the awards.

"Place [your trophies] on your desks and share them with all of those people that are part of this great team we belong to because...it's your supervisors and your co-workers and I who are all so very, very proud of your accomplishments. We stand with you tonight ... and justifiably say that we are proud to serve with you," said the general.

The general also acknowledged the part families play in Airmen success.

"The spotlight tonight also shines on our families and spouses. Share this recognition with them for all that they have given in making it happen for each and every one of you here that walked down that carpet and got this recognition," he said. "Tonight, it is all about the team."



AAFES honors price match policy here

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

Since 1895, the military exchanges' mission has essentially been the same: provide necessary merchandise and services to the military.

The retail landscape has changed over the past 110 years, but BXs of the Army & Air Force Exchange Service are constantly seeking initiatives to meet the needs of troops and their families in the most affordable manner possible.

"Maintaining the strength of the exchange benefit in today's competitive retail environment is no easy task," said AAFES' Chief of Corporate Communications Lt. Col. Debra Pressley. "It is only through proactive surveying and review that we can ensure that AAFES prices are routinely lower than the competition."

Even with consistent monitoring, AAFES found it necessary to institute a program that would ensure that, in the event AAFES doesn't have the lowest price; authorized customers always receive the best price.

The "We'll Match It!" effort works in two ways: regular and oral.

For regular, a customer must bring in a current competitor's ad from the community. For an oral price match, according to Laura Meyer, Azores Exchange executive assistant. "We will accept a customer's word for price challenges up to a difference of \$10. This will be approved immediately by the cashier-checker or sales associate. No competitor's ad or any other proof is required."

In either case the competitor's item, of course, must be identical to the item in the AAFES store.

Identical is defined as: same brand, same manufacturer, and same model number. For clothing and accessories, an identical item has to be the same size, color, brand and style.

"We want to clarify to our customers that we do participate in AAFES' "We'll Match It" program here in the Azores," said Stephanie Burns, Azores Exchange manager.

A local competitor is defined as a retailer doing business in the local community here on Terceira, according Mrs. Meyer.

In addition to this, AAFES also offers a 30-day price guarantee on any item originally purchased from AAFES and subsequently sold at a lower price by AAFES, or another local competitor (excluding unauthorized dealers and warehouse clubs).

Exceptions for AAFES retail stores are price match challenges from any outside retail catalog or outside internet site. Other exclusions include gimmick promotions, warehouse clubs, special order automotive parts, gasoline, automotive labor/service, double and triple coupons, clearance items, flat percentage off items and vending items.

In 2004, AAFES contributed more than \$242 million dollars to morale, welfare and recreation in support of youth activities, outdoor recreation, bowling facilities and other quality of life programs on military installations worldwide. "Our price match program is one of the ways we offer value to our customers," Mrs. Burns explained. "By matching a local competitors' price, we are able to keep sales with AAFES and generate more MWR dividends for the base."

For more information, call the Flight View BX at 535-5236 or the Ocean Front BX at 535-3444.

(Information courtesy of AAFES News Service)

"Our price match program is one of the ways we offer value to our customers"
- Stephanie Burns

Everyday Hero

Rank/Name: Tech. Sgt. Timothy Shenk

Organization: 65th Operations Support Squadron

Duty title: Air Traffic Control Watch Supervisor

Job description (20 words or less): Provide the smooth and expeditious flow of both military and civilian air traffic throughout the Azorean Archipelago using the only RADAR facility in this part of the world.

Hometown: Lebanon, Pennsylvania

Time in the Air Force: 19 yrs 11 months

Spouse/children: Wife and 3 children

What's the best aspect of your job? Knowing that each day is going to be different and providing the best air

traffic control service possible particularly during inclement weather which we seem to have no shortage of here.

What are your career goals? I would like to retire from the military some time soon and hopefully continue to serve my country doing the same job only as a civilian. But we will see.

Best military experience: The opportunity to work in the Combined Air Operations Center at Al Udeid, Qatar in 2003. That was some amazing stuff.

Hobbies: Softball, snorkeling, spear fishing, fantasy football

Favorite food(s): Italian

Favorite color: Blue

Pet peeve: hmmm???

No one knows: That I had tried out for the Cincinnati Reds when I was



Tech. Sgt. Timothy Shenk

a teenager.

When I was growing up, I wanted to be: a pilot

The first thing I would do if I won \$1,000,000 is: Take my family on vacation



Windy winter weather

Damage, mission concern during storms

By Staff Sgt.
Christin Michaud
65th ABW Public Affairs

Chicago is known as the windy city, but actually it's not a windy city at all.

Terceira on the other hand is known for its high winds during winter months. Newcomers are briefed on how to park their vehicles in windy conditions and that hats can be carried in their left hand on windy days.

Team Lajes has been experiencing high winds periodically these past few weeks, but especially last weekend.

Saturday, the Combat Weather Flight reported surface winds of 68 miles per hour.

"It was the second straight day of 50+ knots," said Capt. Bradley Stebbins, 65th Combat Weather Flight commander. "50KTs is by Air Force definition, severe and potentially destructive."

According to the captain, the 59KTs (68MPH) is the third highest gust in more than three years.

The tower level wind sensor, which is located at 431 feet Mean Sea Level, recorded 82KTs (94.4MPH).

"The last time we recorded a wind gust that high was in 2003," Captain Stebbins said.

High winds can impact the mission here as well as cause damage.

Local airlines were able to land in the strong crosswinds, but called in pilot reports of moderate with occasional severe turbulence, Captain Stebbins said.

There were numerous reports of damage, including two significant items, according to the captain.

The Armed Forces Network satellite dish sustained damage due to the winds and



An Airbus A310-300 crabbing onto runway 15 at Lajes Field in the Azores, Portugal. Lajes experienced severe turbulence and exceptionally strong crosswinds. (Photo by James O'Rear)

the Instrument Landing System on Runway 15 was also damaged.

"The extent of the damage surprised us a little," said Master Sgt. Sean Lehman, Det. 6 operations superintendent. "We would expect the dish to be buffeted a little, but it took some force to actually rip it off its mount like that."

The Combat Weather Team uses AFN to keep the base informed on what is happening and when.

"Everyone should stay tuned to AFN when severe weather threatens, stressed Captain Stebbins.

"I encourage everyone to develop a rough checklist of what they need to do when winds are forecast to be extreme." When wind warnings are in effect, people should stay in as much as possible, secure loose items outside, and use caution when opening



The AFN satellite was damaged Saturday from high winds. (Photos by Staff Sgt. Troy Bolling)

doors to vehicles or buildings.

Additional safety tips can be found in *The Ever Vigilant*, which includes a guide to winter storm procedures and an emergency checklist.



1NFR@\$STRUCTUR3 RUL3Z!

Comm unit keeps Lajes connected



Senior Airman Marcus Wells uses a cable tester to trace category-5 network cabling between the comm closet and wall jack. (Photos by Guido Melo)

By Capt. Michael Doersam
65th Communications Squadron

Every building has a communications closet and most likely uses it for a purpose other than what it should be used for. It is the duty of the 65th Communications Squadron Infrastructure Shop to maintain all the equipment in those racks.

"Our job is to make sure that all the wall boxes on base are connected to each other and the world," said Tech. Sgt. William Patrick, NCOIC, Network Infrastructure. "USAFE is interested in making its own neighborhood watch for the comm closets," said Staff Sgt. Rodney Boydston, technical controller. What this means is that from USAFE on down, communicators are concerned about the comm closets and the important equipment located inside.

"Each closet is the network lifeline for the whole building," said Sergeant Patrick. According to the infrastructure shop, comm closets should be locked and kept clear for the following reasons:

- Clutter in the closet presents a fire - Items stored in the closet can easily damage the network and the telephone equipment located in the racks

- If the closet is not locked, then anybody can gain access to vital components of the network

The infrastructure shop spends a large portion of their time doing preventative maintenance in comm closets. Keeping dust to a minimum, cables neatly arranged, and the equipment in good working order ensures that when an actual network outage occurs we can quickly locate the problem without having to wade through a jungle of cables and wipe the dust off the status lights, said Sergeant Patrick.

"That's also why we keep them locked: so we can prevent any sort of tampering, whether intentional or not, that may degrade network service or impede our efforts to locate problem areas," he said. "Our ultimate goal is to be able to resolve any network problems before the customer even notices an interruption in service. If you never have to call us and you don't see us around, that means we're doing our job."

"The base has more than 1,800 computer drops that we monitor and manage," said Staff Sgt. Carlton Young, Network Infrastructure technician. A computer or LAN drop is the wall jack and cable that connects to the computer for access to the network.

The shop uses H.P. Openview to review the entire bases' LAN drops every 15 minutes, polling for unwanted computers on the network. If the computer finds drops that have no computer connect to it, it alerts the technicians and they shut off that LAN drop. "That's why people think their computers aren't working when they move the furniture in their office and change the computer from one drop to another," explains Sergeant Patrick. "The computers are just fine, the customer just needs to call into the comm help desk at 535-2222 and let them know they have moved the computer and give the number of the new drop, then our shop will turn it on," said Sergeant Boydston.



Senior Airman Theron Thompson and Tech. Sgt. William Patrick use a laptop computer to fine-tune the software configuration of a network switch.



Azores archipelago

Ed highlights each of nine islands continuing with Graciosa

By Ed Lima

Community Relations Advisor

This is the fourth of a series of articles on all of the nine islands which form the Azorean archipelago.

Graciosa

The Island of Graciosa is located approximately 31 miles northwest of Terceira and has a surface area of about 36 square miles. The island was given the nickname of Ilha Branca (White Island) due to its landscape, and that theme is also evident in the names given to some places such as a village called Pedras Brancas (White Stones) or Serra Branca (White Mountain).

The date of the island's discovery is uncertain, although it is believed sailors from the nearby Terceira found it in 1450. Small in size, Graciosa still has a lot to offer visitors in terms of landscape, culture, festivals and food.

With a predominantly agricultural and fishing-based economy, for centuries Graciosa has traded most of its products with Terceira and other neighboring islands. Concentrating mostly on agriculture, livestock, wine (the island is famous for its red and white wines) and cheese production, the island has preserved its quiet, rural-island charm while supporting and participating in the progress of the Azores.

Santa Cruz, the island's most developed town, is the seat of the only municipality on the island and the site of most of the island's economic activity. This small but interesting town features two large water reservoirs in the center of town (used in bygone days to quench the cattle's thirst), the Santo Cristo Church, a museum, the cultural center and the nearby Mount of Ajuda, where people can enjoy a beautiful view of the town.

Every August the town organizes the "Festival of Senhor Santo Cristo dos Milagres," a religious event that attracts hundreds of people from across the island, neighboring islands and emigrants now living in the United States and Canada.

Like Terceira, Graciosa has a site named "Praia," though not distinguished by a naval victory. This little town is the island's second most



Windmills in Graciosa were used to grind wheat and corn. (Courtesy photos)

important population center and where the island's main harbor is located.

Perhaps Graciosa's most visited and well-known attraction is the sulfur cave, a volcanic cavern located in the middle of an inactive volcano crater, called Caldeira. At the bottom of this cavern is a lake of warm, sulfurous water where there is still volcanic activity. Presently, visitors aren't allowed to get too close to the lake due to danger of release of sulfurous gases. Recommended viewing hours are from 11 a.m. to 2 p.m. when the sun's rays bring the cavern to life. A cautionary note: To reach the cavern you must take a steep circular seven-story staircase. Before visiting you must ensure you are physically able to start the descent and ascent.

After you visit the sulfur cave you should walk around the crater and enjoy the beautiful scenery of the island's southwest side and the extraordinary view of the islands of Terceira,



Whale rock

São Jorge and Pico.

The village of Carapacho, located by the sea, is another site that deserves a special mention. This is where the island's camping ground and thermal spa are located. This village resort is in great demand by island natives and tourists alike, especially during the summer months. The natural thermal spa offers sulfur-rich and alkaline waters, which are said to be good for rheumatism and skin conditions.

Other significant villages on the island include Guadalupe, Luz, Feiteira, Pedras Brancas, Vitória, Fajã and Barro Branco. A common view in those villages is the windmills, which were used in the past to grind wheat and corn.

The Island of Graciosa has also become very popular in recent years for its celebration of Carnival (Mardi Gras). For three days and nights the island hosts masquerade balls and parades in community centers and clubs.

The regional airline, SATA-Air Azores flies to Graciosa almost every day of the week. Airfare costs about 104 Euros round trip, depending on the exchange rate. Ferryboats also sail to the island between the months of May and September.



COMMUNITY

Project CHEER Luau Dance, food and fun



Airman Mariko Cepeda, performs the Ulupalakua dance. This particular movement is called the shaka, a famous Hawaiian hand signal meaning "right on."



Above: The Kane (Hawaiian for male) Dancers, perform a haka dance called Ka Mate in front of more than 250 people during the Project CHEER Luau Saturday at the Community Center. Front row left to right: Senior Airman Aristotle Munoz, Staff Sgt. Roberto George, Staff Sgt. Sydney Kneubuhl (instructor), Staff Sgt. Ivan Vargas. Back row left to right: Tech. Sgt. Norman Palone, Senior Airman Nathan Angel, Airman 1st Class Mitchell Kuykendall and Airman Robert Esquibel.

Below: The Wahine (ladies) Dancers, perform a dance called the Drums of Bora Bora. It is a Tahitian style dance that is known for it's fast hip movements with the grass skirts. The dancers from left to right are Andrea Hayes, Tech. Sgt. Graciela Martinez (instructor), Cara Lenzi, Airman Mariko Cepeda, Tech. Sgt. Sandra Nunes and Staff Sgt. Mona Lisa Palone. (Photos by Airman 1st Class Tabitha Larson)



Sports Shorts

April Events

- Wednesday - Easter 5K Fun Run
- April 11 - Softball coaches meeting
- April 14 - Flag football tournament
- April 26 - Golf coaches meeting
- April 28 - Soccer coaches meeting

Youth baseball sign ups

Lajes Youth Sports baseball sign ups is now at the Lajes Youth Center, Bldg. T-240. Youth ages 5 to 17 are eligible. The season starts April 29 and ends June 10. Cost is \$25 for members and \$35 for nonmembers. The deadline to register is April 21, and the skills assessment will be held April 22. For more information, call 535-1197.

9-pin no tap tournament

There will a 9-pin no tap tournament 7 p.m. Saturday at the bowling alley. Sign up starts at 6 p.m. Cost is \$15 per person. Cash prizes for top 6 men and top 6 women. \$100 for first no tap 300 game bowled. For more information, call Senior Master Sgt. Todd katz at 535-5217.

Group Fitness Class

Monday

- 8:30 a.m. -- Step with Celia
- Noon -- Spin with Tina
- 4:15 p.m. -- Cardio Mix with Manuela
- 5:15 p.m. -- Aero Kombat with Celia
- 6:15 p.m. -- Spin with Celia

Tuesday

- 6 a.m. -- Spin with Dawn
- 8:30 a.m. -- Circuit Training with Celia
- 5:15 p.m. -- Circuit Training with Rui
- 6:15 p.m. -- Spin with Rui

Wednesday

- 8:30 a.m. -- Step with Celia
- Noon -- Spin with Tina
- 4:15 p.m. -- Cardio Mix with Manuela
- 5:15 p.m. -- Step with Manuela
- 6:15 p.m. -- Spin with Georgina

Thursday

- 6 a.m. -- Spin with Dawn
- 8:30 a.m. -- Circuit Training with Celia
- 5:15 p.m. -- Body Sculpting with

Manuela

- 6:15 p.m. -- Spin with Manuela

Friday

- 8:30 a.m. -- Spin with Celia
- Noon -- Spin with Tina
- 4:15 p.m. -- Cardio Mix with Manuela
- 5:15 p.m. -- Step with Celia
- 6:15 p.m. -- Spin with Celia

Saturday

- 10 a.m. -- Spin with Celia
- 11 a.m. -- Circuit Training/Stretching with Rui

HS wrestling team completes first season

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

Lajes first ever wrestling team finished their inaugural season recently.

The three member squad of grapplers competed in Department of Defense Schools tournaments in Germany last month and completed the 2006 season with notable success.

Juniors John Winston and Stephen Pears, and freshman Cody Troxler all grappled their way to victories the weekend of Feb. 10 at RAF Alconbury, England. Winston also earned the honor of wrestling at the DoDDS Europe High School Wrestling Championships at Wiesbaden Army Airfield, Germany.

Wrestlers and coaches faced a few challenges with the beginning of the new program this year.

"Because it was the first year, we had some issues with a place to wrestle and the equipment," said Coach Kurt Lugar, 65th Security Forces

Squadron. "We got off to a rocky start, but the Portuguese helped out with the gym, and everything ended up running smoothly."

"With a new program, there's always going to be struggles. The leadership on base and the coaching staff got the program going and the community really helped out," said Coach Corey Blecher, 65th Communications Squadron.

One advantage to the small team at Lajes was all the personal time each player had to spend with

one of the five coaches.

"We had a lot of time with our coaches, where at Ramstein (Air Base, Germany) you wouldn't get much one-on-one training. Some practices you wouldn't get the opportunity to talk to them," Winston said.

"We had so many coaches with different experiences, so we were able to teach a lot of different tactics and get our points across," Blecher said. "Any situation the wrestlers were put in, we knew about because of all the experience. There was nothing we couldn't teach—we

had every technique possible."

In the end, the coaches were most proud of the dedication and work the wrestlers brought to each practice.

"The kids came out and put 130 percent. We weren't easy at all. I was the bad guy and pushed them beyond their limit and they just came back for more and more," Lugar said.

"I'm proud of the (wrestlers) who stuck it out. They

showed heart and dedication. I'd like to see more people come out next year. We hope word gets out about how fun and challenging wrestling is, and we'd like to see some more people on the mat," said Coach Chris Sagely, a military dependent.

Timothy Majernik, 65th Communications Squadron, and Norman Norton, 65th Civil Engineer Squadron, completed the coaching staff.



"I'm proud of the (wrestlers) who stuck it out. They showed heart and dedication. I'd like to see more people come out next year"

- Chris Sagely



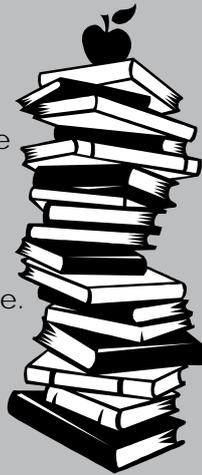
PLANNER

Library Notes:

Story Hour is every Friday at 3 p.m. in the children's room in the base library.

Saturday begins the USAFE-wide **bookmark design contest** open to children from kindergarten to 12th grade.

Entry forms can be picked up at the base library or downloaded from the www.usafelibraries.org website. The contest ends April 30.



Project CHEER Finale

Battle of the Bands

Tonight at the base theater

6 p.m.

Bands:

Chuckshine

Pullin' the Wool

Second to Last

One Step Closer



Burger King will be selling Burgers and the concession stand will be open Stay for the 10 p.m. movie - Annapolis

The Family Support Center FRAME class has been changed to Thursday and Friday. It was originally scheduled for April 13 and 14. The class is aimed at spouses to help them get accustomed to the Azorean culture and includes Alcatra for lunch and a tour of downtown shopping locations. To sign up, call the family support center at 535-4138.

Tradewinds Dining Facility Menu

Today

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

Dinner: Lasagna, Spaghetti with meat sauce 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,* Country Style Steak and Fried Chicken

Thursday

Lunch: **Oriental Meal** -- Beef Sukiyaki, Szechwan Chicken* and Sweet and sour pork

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

*Denotes Healthy Heart item
Menu subject to change

At the Movies

Today: 10 p.m. Annapolis – starring James Franco and Jordana Brewster

A young man from the wrong side of the tracks has his dream come true when he is accepted to the Naval Academy. But once there he is not sure he measures up against the best and the brightest.

Rated PG-13 (violence, sexual content, language) 108 min



Saturday: 7 p.m. Nanny McPhee – starring Emma Thompson and Colin Firth

A new nanny enters the household of the recently widowed Mr. Brown and attempts to tame his seven exceedingly ill-behaved children.

The children, led by the oldest boy Simon, have managed to drive away 17 previous nannies and are certain that they will have

no trouble with this one. But as Nanny McPhee takes control, they begin to notice that their vile behavior now leads swiftly and magically to rather startling consequences.

Rated PG (thematic elements, rude humor, language) 98 min



Sunday: 2 p.m. - Nanny McPhee, 7 p.m. - Annapolis

Wednesday: 7 p.m. -

Nanny McPhee

Thursday: 7 p.m. - Annapolis

Next week: *When a Stranger Calls, Something New and Final Revolution 3.*

Movies subject to change. For updated listings, call 535-3302. For more information on ratings, visit 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.

Miscellaneous

Clowns — A musical production: The Lajes Elementary School will perform the musical "Clowns" 6:30 p.m. today at the Community Center. The students will be sing, dance and perform during the musical. For more information, call 535-6216.

Murder Mystery Dinner: The Enlisted Spouses Club is sponsoring a Mystery Dinner Theater 7 p.m. April 22 in the Top of the Rock Club ballroom. The event will include dinner, audience interaction, and, maybe a murder or two.

Tickets are \$25 and include dinner. For tickets, call Kim Pate at 295-549-250.

Club Membership Party: There is a membership party scheduled for 6 to 8:30 p.m. Saturday in the main ballroom for families. Dinner includes Prime Rib, steamed potatoes, cobbler and more. An adult membership party begins at 9 p.m. in the main lounge. The event includes entertainment and prizes.

Education

Central Texas College: Central Texas College is offering onsite Criminal Justice classes. For more information, call 535-6722.

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.

The next course being offered for the Summer is HR 5022-231, "Research in Human Relations," a Core course towards the Master of Human Relations degree. The course dates are May 16-21. The last day to add/drop will be April 17.

OU is currently accepting enrollment for online courses. Enrollment ends April 2. All online courses are held from May 1 through Aug. 11.

For more information call 535-3171 or stop by Bldg. T-146, room 214.

Lunch and Learn: OU will be sponsoring a Lunch and Learn noon to 1 p.m. April 6.

Visiting professor, Dr. Avraham Scherman will be discussing, "Issues and Concerns with Stepfamilies."

Jobs/Volunteer

Certified Teachers: DoDDs is looking for certified teachers. Interested individuals can stop by the Elementary School Office or call 535-3491.

School jobs: All GS positions at the schools here are continuous and open. Don't wait for an opening to apply - if you're interested in a position, apply now. The application procedure is a long one, so start early. For information, call Paula Carnley at 535-4151 or at 535-3491.

Girl Scout Committee Chair: An excellent volunteer opportunity will open May 1. The opening is for a Terceira Island Girl Scouts Overseas Committee Chair position. Applicants need strong management, organizational and leadership skills. Requires application, interview and training (provided in Germany May 5-7). Some Girl Scout experience helpful, but not mandatory. OCC oversees all Girl Scout activity on Terceira including Overseas Committee Management Team, leaders and troops. Must have one year retainability and cannot be a troop leader while holding the position. Interested applicants should contact Toni Leonard at 295-549-514 or Lin Earp at 295-549-711.

Automotive instructors: Central Texas College is seeking applications for Automotive Instructors who have an Associates degree or higher and a minimum of 5 years' work experience in the maintenance field or a Bachelor's degree and a minimum of 3 years work experience in the maintenance field. For more information, contact the CTC office at Lajes at 535-6722.

Services vacancies: The 65th Services Squadron vacancy listing is available at the Human Resources Office in building T-112 between 9 a.m. and 4 p.m. Monday through Friday. For details, call 295-575-200 or 535-5200.

Youth talent show: A Youth talent show is scheduled

for April 13 at the Community Center. Children 6-18 years of age can sign up at the Youth Center or Community Center through April 7. It can be a solo act or a group in any area of performing arts.

Chapel

Can Food Drive at Mass: 10:30 a.m. Sunday at the chapel.

Catholic Craft Eggs-Travaganza: 2 p.m. Sunday at the chapel.

Stations of the Cross followed by a "meager meal": 6 p.m. Apr. 7 at the chapel.

Protestant Women of the Chapel fellowship time: 7 p.m. Apr. 10 at the chapel.

Lent Penance Service: 7 p.m. Apr. 10 at the chapel.

Catholic Women of the Chapel Mass and dinner: 6 p.m. Apr. 12 at the chapel.

Holy Thursday Mass and Adoration: 7 p.m. Apr. 13 at the chapel.

Protestant Good Friday Service: 12 p.m. Apr. 14 at the chapel.

Good Friday/Passion and Veneration of the Cross: 3 p.m. Apr. 14 at the chapel.

Men's Spiritual Leadership Training/Breakfast: 8 a.m. Apr. 15 at the chapel.

Easter Vigil Mass: 8:30 p.m. Apr. 15 at the chapel. For more information call (Maj.) Thomas Angelo at 2-4211.

Combined Protestant Worship Easter Celebration: 8:30 a.m. Apr. 16 at the chapel.

Catholic Men of the Chapel Mass and dinner: 6 p.m. Apr. 19 at the chapel.

New Creation Café: 7 p.m. Apr. 21 at Eddies Place.

Little Flowers Girls' Club: 3 p.m. Apr. 24 at T-1415B.

SUM Dinner hosted by LRS: 5:30 p.m. Apr. 27 at the Chapel.

Children and Youth Movie Night: 6 p.m. Apr. 28 at the chapel.

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

Classifieds

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

Wanted: Looking to buy an automatic car. Please call 295-516-998

For Sale: Two dehumidifiers, 110 volts. \$75 each or \$125 for both. Call Steve at 535-3669 or e-mail steven.mountz@lajes.af.mil

Wanted: Drummer for established Rock Band. No Kit Necessary! Call Steve at 295-549-733

Digital Camera: Sony P-31 w/ 128MB. \$75 obo; Projector: BenQ PB6200. Excellent condition! \$700 obo; 17" & 19" monitors: not quite perfect. \$15 ea. obo; TI-89 Graphing Calc: great shapel! \$75; 19" TV: \$30 obo E-mail gregory.cooper@lajes.af.mil, or call 295-549-818, 967-065-230

Looking to rent: Spacious house, 3+ bedrooms, large fenced yard for toddler, ocean view, newer or no mold problems, garage and room to park two cars, within 15 minutes of the base. Would love heat and even AC if available. Not in a hurry. If this sounds like your house and you are PCSing by the end of summer, or you know someone who has a house like this, call 295-516-031.

For Sale: Large 44" Satellite Dish. See all your AFN channels. Almost new, used for only 2 months, \$100. Call 295-549-272

For Sale: Evento Stroller/Car Seat Combo for 5-22 lbs. \$50; Bassinet \$20; Entertainment Center fits 32" TV \$75; King Size Bed/Metal Frame \$75; Booster Seat for 30-80 lbs. \$20; Dirt Devil Vacuum \$10; Call James or Danielle at 295-549-541 or 962-074-116. PCSing soon. Prices negotiable.

For Sale: 3 Dehumidifiers (110V) \$75 each. Like new, used only twice, and works like a champ. Call Elisa between 9 a.m. and 10 p.m. at 964-101 752 or e-mail at erzitter@myrealbox.com

Need Childcare? Availability: Anytime including nights and weekends; 10+ years experience; will care for children of all ages; Trained in First Aid & CPR; Call 295-549-811 Ask for Jenny

For Sale: Forever Mine-Crib, mattress and chest of drawers \$150 OBO; Dehumidifier \$35 OBO; Graco playpen w/carrying case \$50 OBO; Changing table \$20 OBO Call 295-549-485

For Sale: Entertainment Center, almost brand new and in box, \$70; Wooden bookshelf, \$30. Call 295-549-794

Babysitting on weekend nights: will babysit 3 years of age or higher; I am 14 and have taken the babysitter course for CPR/first aid; I have experience with children; Call Brandon at 295-549-579

For Sale: 2000 KTM Duke II. 3969.5 miles, 640cc's. \$4,000 or best offer. For details, e-mail Corsicav83@hotmail.com

For sale: Snuggly infant black/grey front and back carrier for full term infants from 7 to 26 lbs. used only a few times - instruction booklet included \$15; Diaper Genie - has an almost new pack of liners in it \$7 (BX sells refills); Ameda Purely Yours electric double breast pump \$35. Evento Babygo Playpen that you can hook up music to. Includes a built in bassinet, toy bar and diaper changing attachment. Navy blue. \$45. Evento height adjustable high chair. Has removable tray for dishwasher. \$30. Call 295-516-031 after 6 p.m. or weekends

Nanny available: fun loving, creative and honest. First language English, second Portuguese, relocating to Terceira from Canada looking to start a full time position ASAP - concentrating on early childhood education, fine motor skills, and developmental tasks - 5 years experience, fabulous references. E-mail ashleysousa@mail.com or call 416-354-2630 (Canada)