

Atlantic Crossroads

Vol. 11, No. 5 • Feb. 3, 2006 | Lajes Field, Azores, Portugal | In the Fight!



Up Top

Lajes teens gather 'round for a game of spoons during their weekend retreat in Sao Mateus Jan. 27 - 29. "Not of This World" was the theme to this chapel-sponsored event where 30 high-schoolers spent three days studying the Bible, playing music, and shooting squirt guns. See more photos on page 7. (Photo by Capt. Clint Crabtree)

Super Bowl

TORC festivities kick off at 7 p.m. Vote in the AFN commercial contest; competition includes: LRS, MDG, CE, MSS, CS, MSG and 1st Sgts.

Bird Flu

Med Group offers tips, advice

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Lajes Weather

Saturday
Mostly cloudy, rain showers, possible afternoon thunderstorms
High 61



Sunday
Partly cloudy
High 61
Low 52



Courtesy of the 65th OSS weather flight



PERSPECTIVE

Chief shares map for success

By Chief Master Sgt.
Laten Williams

65th Air Base Wing command chief

When mentoring our enlisted troops, I often use a certain perspective I call the "Four Pillars."

The first pillar is to do the absolute best you can within your capabilities and training, and more importantly, have a positive attitude about doing whatever our Air Force has asked you to do for the team. It doesn't matter if you are a member of security forces, services, medical, civil engineers, maintenance, or ops — there isn't any one job more or less important than any other. It takes everyone doing his or her part to make our Air Force what it is, the absolute best the world has ever known, and no one come close!

The second pillar is to always do something to improve as a professional. Whether it's your career development course, professional military education or college course via testing in a classroom or online, just keep doing something to keep improving. The more knowledgeable you become, the better our Air Force gets, especially with today's technology and level of responsibility given to our troops.

The third pillar is to get involved. You can make a huge difference in people's lives by helping organizations like your unit booster club, base Top-3, and junior NCO associations. Join the Air Force Sergeants' Association or Noncommissioned Officers' Association, and get involved in your base community. We traditionally celebrate different heritages like African American, Asian Pacific and Native American. These are some of the things that make

us so strong — our diversity — so get involved and volunteer to help.

Finally, the fourth pillar is to take care of each other. Take care of your boss, your troops and your peers. Set an example as a role model and hold subordinates to the same high standards. Simple things like saying "Yes sir" or "Yes ma'am," standing up when someone senior in rank approaches, wearing the uniform correctly and proper telephone etiquette are little things we trust you to do all the time.

When we succeed at these things, we can then trust you to take care of greater responsibilities. When Airmen do well, recognize them.

When corrective disciplinary actions are appropriate, take care of it. You don't have to try to be their friend first. What they need is leadership. Take care of your responsibilities.

"Take care of your boss, your troops and your peers."

-Chief Williams

In today's military, the expectation is to go above and beyond the call of duty, and do an awesome job. Our country is at war. We have brothers and sisters in arms making the ultimate sacrifice every day. They, just like us, volunteered to serve our country. We must do what our nation calls for us to do, no matter the task.

Our troops have always been respected by society as professionals. We must at all times maintain that long-standing image and trust. We are a representation of America's very best and a direct reflection of each other. We owe it to ourselves to always represent ourselves as such through our conduct and behavior at all times. The best way I know how to live is by our core values of integrity first, service before self and excellence in all we do.

Combat Focus

Combat Wingman is designed to promote and sustain a culture of Airmen actively concerned for the wellness of their fellow Airmen. Our jobs are inherently stressful, but we can combat its negative effects by taking care of each other. Understand the Four Dimensions of Wellness: use its principles to combat stressors in yourself and others. Bring your courage: confront your Wingman or other Airmen if you see them delving into destructive behaviors.



Commander's Line

Call 2-4240 or
e-mail actionline@lajes.af.mil.

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

Col. Robert Winston
65th Air Base Wing
commander

Atlantic
Crossroads

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Wild Birds and Avian Influenza: What You Should Know

Avian Influenza, or bird flu, is a virus commonly found in wild birds, especially waterfowl and shorebirds. The virus is only found in a small number of birds in the wild, and generally does not cause clinical signs of disease in these birds. The virus is shed in fecal droppings, saliva and nasal discharges.

An increasing number of reports indicate that a highly pathogenic strain of avian influenza, H5N1, is infecting and causing death in wild birds, including some migratory species. These events and the associated spread of the H5N1 virus to new geographical areas in Asia and Turkey have created concerns and questions about the possibility that the H5N1 virus could be carried into other countries by migratory birds.

So what does this all mean for Lajes? Fortunately, there are no major migratory bird routes that come directly through the Azores. Most migratory birds find their way to the Azores due to storms blowing them off of their normal migratory routes. Migratory birds that are of concern for Avian Influenza are typically of the goose, duck, waterfowl, and shorebird variety. In addition, not all migratory birds carry Avian Influenza.

Presently, there is no known case where Avian Influenza has been transmitted from wild birds to humans here. However, there is always the possibility that a person could become infected with Avian Influenza after contact with an infected wild bird. Even apparently healthy wild birds can be infected with microorganisms other than Avian Influenza, so it's a good idea to avoid all contact if possible.

These recommendations provide ad-

vice about practices and precautions people should exercise to reduce the risk of Avian Influenza viral infection. Because situations can change quickly, we have included recommendations for preventing exposure in the event that Avian Influenza is detected in our area.

The General Public should, as a general rule, observe wildlife, including wild birds, from a distance. This protects you from possible exposure to pathogens and minimizes disturbance to the animal.

· Avoid touching wildlife. If there is contact with wildlife do not rub eyes, eat, drink, or smoke before washing hands with soap and water as described below.

· Do not pick up sick or dead wildlife. Contact Tech. Sgt. Christopher Long, CE Pest Management at 535-6194 if a sick or dead animal is found on base.

· Parents, educate your children to not pick up or approach wildlife, including sick or dead birds that they may find around home or in play areas.

Thoroughly washing hands with soap and water (or with alcohol-based hand products if the hands are not visibly soiled) is a very effective method for inactivating influenza viruses, including Avian Influenza. These viruses are also inactivated with many common disinfectants such as detergents, 10 percent household bleach, alcohol or other commercial disinfectants. The virus is more difficult to inactivate in organic material such as feces or soil.

For more information regarding wild birds and avian influenza, call the 65th Medical Group Public Health at 535-3464.

(Courtesy of Capt. Derec Hudson, 65th MDG.)

Congratulations

To 1st Lt. Lars Ewing of the 65th Civil Engineer Squadron for his selection to undergraduate pilot training.

Good to Know

Tax center now open

The tax center is open noon to 5 p.m. Monday through Friday in building T-400, room 202.

Individuals are encouraged to try and schedule an appointment with their unit representative first.

In the event this isn't possible, they can call the tax center directly at 535-1040 to schedule an appointment.

For more information, call the tax center at 535-1040 or Staff Sgt. Mark Cave at 535-3546.

65th Comptroller Squadron — Laura Sandy, 535-2415; 65th Mission Support Squadron — Master Sgt. Michael Robinson, 535-2155; 65th Contracting Squadron — Tech. Sgt. David Roux, 535-6855; 65th Logistics readiness Squadron — Master Sgt. Stephen Guajardo, 535-2364; 65th Medical Operations Support Squadron — Tech. Sgt. Sarah Edwards, 535-3239; 65th Medical Support Squadron — Tech. Sgt. Tranquilino Cruz, 535-3685; Tech. Sgt. Sherry Crandell, 535-4144, Tech. Sgt. Sandra Nunes, 535-3635 and Capt. Philip Wang, 535-3017; 729th Air Mobility Squadron — Tech. Sgt. Keith Anderson; 65th Security Forces Squadron — Staff Sgt. Joseph Lindley, 535-6120; 65th Communications Squadron — Staff Sgt. Belita Thompson, 535-0702 and Senior Airman Kevin Balch, 535-2222; 65th Operations Support Squadron, Tech. Sgt. Johnnie Foster, 535-3931



First Term Airman Center graduates

The following Airmen recently graduated from the First Term Airman Center.

Airman James Hewell, 65th Medical Support Squadron, Airman Robert Esquibel, 65th Logistics Readiness Squadron; Airman Basic Brittany Goodman, 65th LRS, Airman 1st Class Mallory O'Donnell, 65th Civil Engineer Squadron; Airman 1st Class Matthew McDonald, 65th CES; Airman Nicholas Stowers, Det. 6 Air Force News Agency; Airman Robert Bourgeois, Det. 6, AFNews; Airman Basic Jabrail Chapman, 65th Communications Squadron; Airman Ashley Helgeson, 65th Medical Operations Squadron; Airman Basic Tabitha Jamison, 65th Mission Support Group; Airman Basic Ashley Bryce, 65th MSG; Airman Basic Jonathan Fraher, 65th Comptroller Squadron; Airman Tina Spence, 65th CS; Airman Tanya Hill, 65th CPTS; Airman Basic Bridget Bollinger, 65th Services Squadron; and Airman Basic Cameron Houghtaling, 65th SVS.



Key Spouse Program offers network, support for spouses

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

The military way of life can be an adjustment for a spouse, but one family readiness program offers a network to make that way of life less challenging.

The Key Spouse Program, a unit-based spouse volunteer program, provides peer support for family members.

The program initially focused on helping family members during separations and deployments, but has evolved to provide support to families whatever their situation may be.

"The Key Spouse should be seen by other spouses as fully approachable with problems and issues," said Laura Griffiths, a commander's spouse.

"I see the Key Spouse as a master of resources," she explained. "When a wife is 'left behind,' small problems can feel like huge challenges to deal with on her own. Household issues that she may normally entrust her spouse to handle now become her domain.

"The Key Spouse will make sure, by frequently touching base with the spouse that any issues are quickly brought to light. Further, through their thorough knowledge of where, how, and by whom to get things done at Lajes, the Key Spouse will ensure that the spouse's problems are dealt with in the most appropriate way," said Mrs. Griffiths.

Key Spouses are there to contact, listen, inform, and support families in the unit – spouses helping spouses.

They are selected by unit commanders and receive orientation training and attend monthly informational meetings. In addition, Key Spouses meet quarterly with a unit first sergeant or commander to discuss the program.

"I think it is a very important program for the younger spouses," said Kori Lance, one of the Key Spouses for the 65th Civil Engineer Squadron. "We have a lot of people here that are newly married, or have new children, they are far away from home, and then their husband gets deployed – I think it's beneficial for them to have someone helping them out, knowing where to go when they have questions or problems. They don't have to remember all of the different places



Key Spouse Program member Claire Versechelli adds ingredients to a batch of cookies during the groups' December meeting. The group meets monthly for activities like bowling, movies and baking. (Photo by Andrea Hayes)

to go – they just call their Key Spouse and we can walk them through things, be it finance, getting the car fixed, getting in touch with a Chaplain or counselor."

A squadron Key Spouse is someone to listen when people need to talk, and can point families in the right direction for various services.

Some examples of concerns key spouses can help with are loneliness, lack of companionship, making decisions alone, finding social outlets or handling finances.

They can also play an important role during births, illnesses, a death in the family or other times of crisis.

As a key spouse for the 65th Security Forces Squadron since 2004, Claire Versechelli informs, refers and supports her spouses in any way they need. She does this through keeping them informed about events on base as well as job openings; helping spouses contact the right people to help or resolve any issues; and keeps in contact and offers support to spouses while their sponsor is deployed.

"While already away from family and living on a very isolated island, Key Spouse's can help and prevent spouses from feeling alone or forgotten," Mrs. Versechelli said.

As a Key Spouse volunteer, she attends monthly information and training meet-

ings. "We also work closely with the Squadron Commanders and First Sergeants as they provide us with information to when and who is entering or leaving the island.

"As a spouse myself, it is important to know that sacrifices and compromises are exercised frequently more than the average married couples outside the military life, but in the end, having my family is worth it."

Lajes Key Spouses

65th Air Base Wing – Kathy Roden, Kim Winston; 65th Logistics Readiness Squadron – Chris Fletcher and Kim Pellegrino; 65th Civil Engineer Squadron – Diane Katz and Kori Lance; 65th Communications Squadron – Carla Wall and Andrea Hayes; 65th Contracting Squadron – Christina Deppa; 65th Security Forces Squadron – Claire Versechelli; 65th Mission Support Squadron – Heather Michelle Green; 65th Operations Support Squadron – Jennifer Denny and Noel Taylor; 65th Services Squadron – Una Clancy; 65th Medical Operations Squadron – Augusto Melendez; 65th Medical Support Squadron – Melissa Montano; 65th Comptroller Squadron – Lorna Vivoni; 729th Air Mobility Squadron – Michele Weidemann and Sheena Barr; NCO Readiness – Master Sgt. Savina Hughes-Thomas, 535-4138



Lajes provides resource for sexual assault victims

The Air Force definition of sexual assault is “a crime defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent.” Additionally, the Air Force has a zero-tolerance policy for those who perpetrate sexual assault.

The Sexual Assault Prevention and Response (SAPR) program was initiated June 14, 2005, to combat sexual assault in the military, and it (sexual assault) is known to be a problem in overall society. Lajes Field initially trained Maj. Jill O’Rear, 65th Medical Operations Squadron and Capt. Vern Bryant, 65th Comptroller Squadron to be the acting interim Sexual Assault Response Coordinators (SARC) and Victim Advocates until the first permanently assigned SARC arrived on station. August 31, 2005, marked the operational status of the first primary SARC – Capt. Ted West, who is a personnel/manpower officer. Additionally, with a forthcoming Department of Defense Instruction and Air Force Instruction, the local program exceeded the governing special interest items that were looked at during the September 2005 Unit Compliance Inspection.

The program is a paradigm shift in that due to the sensitive nature of the crime, the victim is afforded confidentiality to report when he or she first notifies the SARC. Immediately, the SARC will assign a Victim Advocate (VA) who will be there for the recovery process. Since each case is unique, VAs are strategically placed to be able-suited to address the psychological needs of the victim. Two options are available to victims, restricted and unrestricted. In a restricted report, the victim has control over who is notified. Our goal is to reassure victims to make an unrestricted report so investigative agencies can bring offenders to justice. However, the restricted option is there to provide support to victims who might otherwise not come forward.



While a liaison with the Sexual Assault Response Group (SARG), the SARC is also a trained VA and has counseling experience in the event the availability of trained VA’s is limited or the victim requests the SARC to act as his or her VA. The SARG meets monthly and consists of representatives from Air Force Office of Special Investigations, Security Forces, legal, the Chaplains’ Office, Life Skills, and medical treatment facility personnel as well as VA’s and aspiring VA’s. While the SARG is counted on for prompt reactionary measures in the event of a sexual assault, it also

discusses preventative measures, and assesses the installation climate to be cognizant of any areas to warn base leadership about. There are currently eight trained Victim Advocates at Lajes, both male and female.

While there are many educational aspects to instill an environment to protect against and avoid sexual assault, there are some details after an assault that should be common knowledge according to Major O’Rear, Women’s Health Nurse. If a victim is sexually assaulted, he or she should seek medical treatment immediately. The victim should not shower, brush teeth, use the restroom or do anything to alter the evidence. At the Medical Treatment Facility, a Sexual Assault Forensic Evidence kit will be collected and kept up to one year anonymously if the report is kept restricted. This allows the evidence to be collected in a timely manner, yet still gives the victim control over who is notified of the assault.

In the event you or a fellow Airman is sexually assaulted call 966-677-266 or 535-SARC for a Restricted report, or any other emergency response personnel.

(Courtesy of the Sexual Assault Response Coordinator)

Assessment Survey can make a difference

The Integrated Delivery System Working Group is sponsoring the 2006 Community Assessment Survey of service members, spouses, reservists and reserve spouses. This survey is the best way for Air Force community members to make their opinions and needs known. The results of the survey will be used by base leadership and the Air Force to target resources where they are most needed and enhance the well-being of the community.

Air Force community members at Air Force bases worldwide will be randomly selected to participate in the study. A notification letter that includes a link to the Web-based survey will be sent out to the work email address of each active duty member selected to participate (spouses will be sent a letter in the mail with the Web link). Participation is crucial to the success of the project; selected service members are strongly urged to take part.

“The 2006 Community Assessment Survey is a top priority,” stated Chaplain (Capt.) David Knight. “It is the best way for us to listen to community members and then provide services to help them meet their needs and the needs of their families. It allows them to express their opinions anonymously so participants can respond openly and honestly to issues that affect them every day.”

Survey responses can directly influence family services and related support activities at local bases and throughout the Air Force. In fact, results from previous Air Force Community Assessments have impacted the policies and programs that support families at every level of the Air Force, to include:

- Expanding financial counseling programs to members and their families
- Developing a user-friendly support network for single parents
- Setting up marriage support seminars for junior enlisted members and their spouses

“The 2006 Community Assessment Survey provides community members a wonderful opportunity to improve the Air Force Community,” said Chaplain Knight. “We hope those selected will do everything they can to respond to the survey as quickly as possible.”

This year’s survey at Lajes Field will be particularly important. As part of a Department of Defense sponsored initiative, this year’s Community Assessment, along with some supplemental questions, will be used to direct additional resources to help service members and families base wide. Base agencies will be working with researchers to ensure that this year’s survey results are used to maximum benefit.

For more information, contact Chaplain Knight at 535-4211.

(Courtesy of the 65th ABW Chapel)



WICO offers nutrition, food supplement

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

One community-based program here offers supplemental nutrition to eligible individuals.

Women, Infants and Children Overseas is a program aimed at improving the quality of life for troops and their families.

"It is a nutrition education and food supplemental program funded by the Department of Defense to benefit military beneficiaries living overseas," explained Hope McKendree, 65th Medical Operations Squadron WICO nurse.

"The program assists families by providing drafts to purchase nutritious foods and infant formula at the commissary," Mrs. McKendree said.

WICO also provides nutrition screening, education, counseling and health referrals. Breastfeeding education is also available.

The program, for women, infants and children is open to pregnant women, women who are breastfeeding or have delivered an infant within the past six months, infants under one, and children through their fifth birthday.

"I think WIC is really good," said Sara Perry, who has used the program

for her daughter Emma, who recently turned one. "Depending on how many kids and how old they are, they either give you milk or formula," she said. "They also give you things like tuna, cheese, and I think some kinds of cereal. But you don't pay anything at all so it's really nice."

In the United States, one in four new mothers and 45 percent of all infants born participate in WIC, according to Mrs. McKendree.

"It has been shown that the participation in the WIC program reduces infant mortality, reduces iron deficiency and improves school readiness," she added.

The program is able to accomplish this through education and coupon-like food vouchers.

The foods which participants are eligible to receive are high in protein, calcium and vitamins A and C.

Vouchers are based on each participant's nutritional needs, but can include iron-fortified infant formula and infant cereal, juice, milk, eggs, cheese, carrots, canned tuna, peanut butter and dried beans and peas.

"I love WICO," said Airman 1st Class Jimmy McGuffin, Det. 6 Air Force News Agency, whose daughter Madison is 20 months old. "In the end it saves me a lot of money, plus it's all nutritious," he said.

"I know a lot of other families that love it as well. It's a great program."

According to Mrs. McKendree, potential participants must meet certain criteria which include, being a resident of the area, be a member or dependant of the armed forces or civilian employee or dependant of a military department, meet nutrition risk criteria, and meet income guidelines based on family size and total family income.

The income guideline is the total earned family income before taxes. For WICO though, cost of living allowance, overseas housing allowance, and basic allowance for subsistence are excluded when calculating total family income.

Income Guidelines

Household Size	Monthly Income
2	\$2,472
3	\$3,101
4	\$3,730
5	\$4,359
6	\$4,988

For additional family members, add \$629 a month.

For more information, a phone screening, or to schedule an appointment, call 535-1440 between 1:30 to 4:30 p.m. Monday through Friday.

PCS weight entitlements increase for Senior NCOs

By Tech. Sgt. Bryan Reid
65th Logistics Readiness Squadron

Senior NCOs will now be able to ship more back when it comes to a permanent change of station.

Beginning Jan. 1, the top three enlisted grades weight allowance for PCS increased.

The weight allowances for the top three are as follows: E-7 without dependents, 11,000 pounds; with dependents, 13,000; E-8 without dependents, 12,000 pounds; with dependents, 14,000 pounds; E-9 without dependents, 13,000 pounds; and with dependents, 15,000 pounds.

Personnel must remember that Lajes Field is a weight restricted assignment. Included is a chart that will help deter-

mine how much personal property can be added to your collection. There are special exceptions for members PCSing within USAFE and dual military couples. These changes are scheduled to appear in the Joint Federal Travel Regulation change number 232, dated April 1. For more information, call the Travel Management Office at 535-5168 or e-mail TMO@lajes.af.mil.

For a military member married to another military member; the higher rank uses 25 percent and the lower rank uses 25 percent JFTR or baggage shipment.

Unaccompanied members get the option of their baggage entitlement or the surface shipment, not both.

"PCS weight entitlements effective Jan. 1"

Officer Personnel

	With dependents - 25 percent	Without dependents- 10 percent
O-10 to O-6	18,000 4,500	18,000 1,800
O-5/W-5	17,500 4,375	16,000 1,600
O-4/W-4	17,000 4,250	14,000 1,400
O-3/W-3	14,500 3,625	13,000 1,300
O-2/W-2	13,500 3,375	12,500 1,250
O-1/W-1	12,000 3,000	10,000 1,000

Enlisted Personnel

E-9	15,000 3,750	13,000 1,500
E-8	14,000 3,500	12,000 1,200
E-7	13,000 3,250	11,000 1,100
E-6	11,000 2,750	8,000 800
E-5	9,000 2,250	7,000 700
E-4	8,000 2,000	7,000 700
E-3 to E-1	8,000 2,000	5,000 700

Unaccompanied Baggage Weight Allowances

O-10 to O-7	1000
O-6	800
O-1 to O-5	600
E-9 to E-1	500
Dependents 12 and under	350
Dependents 13 and over	175



FEATURE

Teens learn to be in this world, not of it



Above: Krista Miller packs in 28 marshmallows to claim the Chubby Bunny Championship.

Below: Josh Sessoms and others are disgusted when Chubby Bunny contestants ultimately spew their sugary mouthful. Fortunately, Sessoms caught it on tape.



"Not of This World" was the theme to the chapel-sponsored three-day retreat in Sao Mateus Jan 27-29. Chris Lowry greeted the teens Friday night as a 'foreign friend.' (Photos by Capt. Clint Crabtree)



Above: A fuzzy friend says "hi" to a few retreaters.

Left: Brandon Harris waits for Krista Miller to say, "Chubby Bunny" with a mouth full of marshmallows. Miller was able to pack 28 marshmallows in her cheeks that day; she claimed the Chubby Bunny Championship.



Portugal lost territories in South America, Africa

Question: Why did Portugal lose the territories it had in Africa like Angola or Mozambique and Brazil?

Answer: Brazil in South America and Angola, Mozambique, Guinea-Bissau and Cape Verde Islands in Africa were once Portuguese territories until they became independent.

Brazil, which had been discovered by the Portuguese navigator Pedro Álvares Cabral in 1500, became independent in 1822 when the Portuguese government's representative in Brazil, Dom Pedro, refused to leave the country as ordered by Portuguese King John VI, and proclaimed the

country's independence.

By the vote of the upper house of the Constituent Assembly, Dom Pedro was acclaimed emperor of Brazil. As a result of that, all Portuguese troops in Brazil were forced to surrender by the end of 1823.

As far as the African territories of Angola, Mozambique, Guinea-Bissau and the archipelago of Cape Verde, a series of political and military advances carried out by African liberation movements as well as a 13-year guerilla war, threatened Portugal's stability and led to the overthrow of the Portuguese right-wing government during a

military coup in 1974.

In the aftermath of the coup that ended a 48-year dictatorship, a military temporary government or junta was established in Portugal and promised democracy to the country and independence to those African Portuguese territories.

Guinea-Bissau became independent in 1974, while the remaining territories, namely Angola, Mozambique and Cape Verde Islands gained their independence in 1975.

Because of the civil wars that erupted in Angola and Mozambique due to internal political struggles following the independence, many

Ask Ed



By Eduardo Lima
Community Relations Advisor
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Portuguese citizens living in those territories as well as local natives were forced to return to Portugal, significantly increasing its population.

Meet the Gate Guards Dinis Maia



Photo by Guido Melo

Name/Nome: Dinis Filipe Do Espiroto Santo Maia

Rank/Posto: 2CAB/PA (equivalent to Airman)

Hometown/Cidade natal:

Coimbra

Time in the Air Force/Tempo de serviço na Força Aérea: 19 meses/months

Time at Lajes Field/Tempo que está na Base das Lajes: 8 meses/months

What's the best aspect of your job/Qual é a melhor parte do seu serviço?: O bom desempenho (a good performance)

What are your career goals/Quais são os objetivos na sua carreira?: Ser bem sucedido (to succeed - to do well)

Best Military Experience/Qual a sua melhor experiência militar? Detectar documentos invalidos (detect invalid documents)

Life goal(s)/ Objectivos da vida: Ter uma familia faca (to have a family)

One word to describe you/Descreva-se a si próprio numa palavra: Honesto (honest)

Hobbies/Passatempos favorito: Ler, passear, ouvir musica e cinema (reading, taking a walk,

listening to music and going to the movies)

Favorite food(s)/Comida favorita: Varias (several)

Favorite color/Cor favorita: Azul (blue)

When I was growing up, I wanted to be/Quando era jovem queria ser: Marinheiro (a sailor)

The first thing I would do if I won \$1,000,000 is/A primeira coisa que faria se ganhasse um milhão de euros seria: Ajudar quem necessita, principalmente a minha familia (to help needy people, especially my family)

Note: The Crossroads will periodically feature Portuguese Air Force gate guards, similar to the Everyday Hero column, to spotlight the men and women who greet Lajes personnel at the gates.



Last chance for Girl Scout cookies

Maj. John Griffiths decides what cookies he wants Saturday at the commissary where the Terceira Island Girl Scouts were selling cookies. They sold 1281 boxes last weekend. The last chance to get cookies will be 3:30 to 6:30 p.m. today and 10:30 a.m. to 6:30 p.m. Saturday at the Commissary, Ocean View BX and Shoppette. This year's cookies include Caramel deLites, Peanut Butter Patties, Shortbread, Thin Mints, Peanut Butter Sandwich, Lemon Pastry Cremes and Thanks-A-Lots. They still have all varieties available but the inventory of Caramel Delights, Peanut Butter Patties and Shortbread cookies is running low. Cost is \$3.50 per box -- only dollars accepted. The proceeds from the sale go to all six of the Girl Scout troops here on the island. Girl Scout Cookies will not be sold door-to-door. This is the only chance to get cookies.

Promotion

Tech. Sgt. George Fritts, 65th Medical Operations Squadron was promoted to master sergeant Wednesday.

There will be a recognition ceremony for all February promotees at 4 p.m. today at the base theater.

65th SFS Police Blotter

Jan. 26

Location: Praia

Complainant contacted SFS to report two CDs, one work bag, one cell phone, two floppy disks, two college course books, one pair of prescription glasses, one tape recorder, automobile insurance paperwork and several work related documents were stolen by unknown persons. Complainant stated between 11 p.m. and 8 a.m. the aforementioned objects were stolen. Additionally, the persons who stole the property also cut the vinyl top of his vehicle on the passenger side, presumably to enter the vehicle which was locked.

Jan. 26

Location: Praia

Complainant contacted SFS to report his car was broken into by unknown person(s). Complainant stated between 12:45 a.m. and 6 p.m. the car was broken into at his residence in Praia. When he went to his car at 6 p.m. he noticed his door was open and paper was misplaced inside his car. \$18.25 and three CD's were also stolen from the center console. Complainant found no signs of forced entry.

Jan. 27

SFS received a request for assistance with an individual being held under Angra PSP custody for driving under the influence. SFS police were briefed and dispatched. Angra PSP relayed the individual had tested over the legal limit via breathalyzer and was required to report to the Praia Courthouse the next day. He was processed and released at the scene.

February is Black History Month

The celebration of Black History Month began Wednesday.

Originally, the celebration started as Negro History Week in 1926 as an initiative to bring national attention to contributions of black people. Dr. Carter Woodson, who published the Journal of Negro History, and created Negro History Week, chose the second week in February because it marked the birthdays of two men who influenced black Americans, Frederick Douglass and Abraham Lincoln.

The 2006 Lajes African American Heritage Committee will be hosting the following events during Black History Month:

Soul Food Taste Fest at the Community Activity Center 11:30 a.m. to 1 p.m. Feb. 9.

First Five African American Medal of Honor Recipients Ceremony, 4 p.m. Feb. 15 in the Top of the Rock Club Ballroom

Read to Succeed Campaign at Lajes Elementary School Feb. 13 - 17

Single and Unaccompanied Member dinner 5:30 p.m. Feb. 23 at the chapel.

The 2006 African American History Banquet is scheduled for 6:30 p.m. at the TORC Feb. 24.

For more information, call Master Sgt. James Keiler or SSgt Cheick Bah at 535-6844.

Civil Rights leader passes away

Coretta Scott King, the widow of civil rights leader the Reverend Martin Luther King Jr., died Tuesday. She was 78.

Mrs. King took over her husband's fight for racial equality after his assassination and remained an active member in the African-American community up until her death.

Teams compete in Lajes Amazing Race

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

Fourteen teams trekked to 14 different locations during the Lajes Amazing Race last week.

The 14 two-person teams, including active-duty members, spouses and one child traveled on foot to places like the commissary, education center, Health and Wellness Center, chapel, T-100, T-



Johanna Kelley holds the football for Matthew Clear's kick during the final task during Lajes Amazing Race.

112, and the child development center searching for clues during the scavenger hunt.

"Teams had to display a lot of physical endurance during the race, running from one destination to the next, trying not to be eliminated," said Tech. Sgt. Mary Davis, fitness noncommissioned officer in charge. "Most destinations had a task to do."

At the commissary, teams had to find six items and bring them back, at the fitness center they had to do 50 sit ups and 25 push ups, at the CDC they had to color a picture, and at the Sun and Sand Hut competitors had to shoot three baskets, she said.

Renardo Sanders and Brad Theuret placed first, followed by Johanna Kelly and Matthew Clear.

Jerry Thompson and Troy Livingston placed third.

The first place winners received a new gym bag, an Air Force monopoly game, a T-shirt, a water bottle and trophy. Second place prizes included a T-shirt, a water bottle and a trophy,

while the third place winners each went home with a water bottle.

The race took approximately 90 minutes.

Clues included: where the **winds trade** places, the new PT uniform may be found working out here, and **Crying, Diapers and Cuddling** can be found here.



Above: Kerri Marroquin and Stacy Summey race from the BX with their next clue.

Below: Renardo Sanders (left) and Brad Theuret (right) were each awarded third place trophies by Lt. Col. John Oliver Jan. 27 after winning first place during the Lajes Amazing Race.



Fourteen two-person teams competed in the Lajes Amazing Race, sponsored by the 65th Services Squadron. (Photos by Airman 1st Class Tabitha Larson)



ARMCHAIR QUARTERBACK CHALLENGE

Each week during football season, the *Crossroads* publishes a list of the National Football League games of the week for Team Lajes to predict. The person with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a "rent-one-get-one free" at the Shoppette donated by AAFES.

The Armchair QB winner for the conference was Tori Rathbun. She tied with three others, but won with the tiebreaker points. This is the last week to win.

Players can bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to news@lajes.af.mil. All entries must be submitted before the opening kickoff of the Superbowl. Players need to pick the final score. The tiebreaker will be the person closest to the half-time score.



'I wasn't expecting to be a 3 time winner but since my dad won 3 times it was only fair that I step it up this week. GO STEELERS!'

-Tori Rathbun

Superbowl

Pittsburgh Steelers vs. Seattle Seahawks

Score: _____

Halftime score: _____



PLANNER



Hours of operation
Ocean Front BX (Bldg. T-207) Phone: 535-3444
 Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m.; and Sunday 10 a.m. to 8 p.m.

Flight View BX (Bldg. T-627) Phone: 535-5236
 Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m., Sunday 10 a.m. to 5 p.m.

Main Street Shop-pette (Bldg. T-323) Phone: 535-3280
 Monday-Friday 7:30 a.m. to 11 p.m.; Saturday 9 a.m. to 11 p.m. and Sunday 10

a.m. to 8 p.m.
Military Clothing Sales Store (Bldg. T-627) Phone: 535-3816

Sunday-Monday closed
 Tuesday - Saturday 10 a.m. to 6 p.m.

Car Care Center (Bldg. T-320) Phone: 535-5125
 Sunday 10 a.m. to 5 p.m.
 Monday-Saturday 10 a.m. to 6 p.m.

Reel Time Theater (Bldg. T-300) Phone: 535-4100

Showings Wednesday-Sunday

Beauty Shop (Bldg. T-400) (Walk-In Available) Phone: 535-4124

Sunday-Monday closed
 Tuesday-Saturday 10 a.m. to 6 p.m.

Barber Shop (Bldg. T-

400) Phone: 535-3396
 Sunday closed; Monday-Friday 8:30 a.m. to 5 p.m. ; Saturday 8 a.m. to 4:30 p.m.

New Car Sales (Bldg. T-202) Phone: 535-3173
 Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Friday noon to 8 p.m.

Air Terminal Gift Shop (Bldg. T-612) Phone: 535-3227

Open for all arrivals and departures

AAFES Administrative Offices (Bldg. T-800) Phone: 535-3209
 Monday-Friday 8 a.m. to 5 p.m.

Ilha Rent-a-Car (Bldg. T-207) Phone: 535-1278

Sunday closed; Monday-Saturday 9 a.m. to 6 p.m.

Frank's Franks (Bldg.

T-207) Phone: 535-1123
 Monday-Sunday 11 a.m. to 6 p.m.

Vescovi Coffee Shop (Bldg. T-207) Phone: 535-1123
 Monday-Sunday 7 a.m. to 6 p.m.

Burger King (Bldg. T-169) Phone: 535-3849
 Monday-Thursday 7 a.m. to 9 p.m.; Friday-Saturday 7 a.m. to 11 p.m.; and Sunday 8 a.m. to 9 p.m.

AAFES Ocean View BX and Flight View BX are open on Portuguese Holidays from 10 a.m. to 5 p.m., except the Main Street Shoppette, which is open 10 a.m. to 8 p.m. All facilities are open normal hours on U.S. Holidays.

Tradewinds Dining Facility Menu

Today

Lunch: Mexican Baked Chicken,* Swiss Steak with Tomato Sauce, Stuffed Green Pepper
 Dinner: Manicotti, Pasta Primavera,* Italian Sausage

Saturday

Lunch: Crispy Baked Chicken,* Fried Catfish, Ribeye Steak
 Dinner: Fish and Chips, Stir Fry Chicken with Broccoli,* Pork Chops with Mushroom gravy

Sunday

Lunch: Tuna and Noodles, Sauerbraten, Chicken Breast Parmesan*
 Dinner: Ginger BBQ Chicken,* Roast Turkey, Spinach Lasagna*

Monday

Lunch: Swiss Steak with Tomato Sauce, Baked Chicken,* Sweet Italian Sausage
 Dinner: Roast Turkey,* Baked Ham, Fish and Chips

Tuesday

Lunch: Onion-Lemon Baked Fish,* Pork Schnitzel, Yakisoba
 Dinner: Paprika Beef,* BBQ Beef Cubes, Chicken Fajitas

Wednesday

Lunch: Caribbean Jerk Chicken,* Beef Porcupines, Chicken Enchiladas
 Dinner: Pita Pizzas,* Country Style Steak, Fried Chicken

Thursday

Lunch: Oriental Meal — Beef Sukiyaki, Szechwan Chicken,* Sweet and Sour Pork, Steamed Rice, Pork Fried Rice, Fried Cabbage, Glazed Carrots, Vegetable Stir Fry

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

*denotes Healthy Heart item

Menu subject to change

At the Movies



Today: 7 p.m. In the Mix, starring Usher Raymond and Emmanuelle Chriqui

When an African-American man accidentally saves a mob boss's life, his reward is a job protecting the don's daughter. Complications arise when the two begin to fall in love. Rated PG-13, 97 min

10 p.m. Ice Harvest, starring John Cusack and Billy Bob Thornton

In icebound Wichita, Kansas, it's Christmas Eve, and this year Charlie Arglist just might have something to celebrate. Charlie, an attorney for the sleazy businesses of Wichita, and his unsavory associate, the steely Vic Cavanaugh have just successfully embezzled \$2 million from Kansas City boss Bill Guerrard. But the real prize for Charlie is the stunning Renata, who runs the Sweet Cage strip club. Rate R, 88 min

Saturday: 7 p.m. Syriana, starring George Clooney and Matt Damon
 Robert, a 21-year veteran of the CIA, spent his entire career

investigating terrorists around the globe. As the dangers of terrorism increased, he watched as the CIA's funding was cut, politics overtook judgment, and warning signs were ignored. But the struggle becomes personal when an oil executive and his wife are faced with a family tragedy. Rated R, 126 min

Sunday: 2 p.m. - In the Mix

Sunday: 7 p.m. - Ice Harvest
Wednesday - 7 p.m. - In the Mix
Thursday - 7 p.m. Syriana

Next week: The Chronicles of Narnia: The Lion, The Witch and the Wardrobe, rated PG; Pride and Justice, rated PG and The Family Stone, rated PG-13.

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. For on-base numbers, dial 295-57 and the last four digits.

Combat Fitness

Sweetheart fun run: A fun run is scheduled for 7 a.m. Wednesday. The first husband and wife team to cross the finish line together will receive a prize. For more information, call Tech. Sgt. Mary Davis at 535-5151.

Project Wizard

Story hour: The base library offers story time every Friday at 3 p.m., for children 7 and younger.

Combat Education

Education office relocated: The Education office has moved to Bldg. T-146.

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.

Come visit OU in their new location, Bldg. T-146, room 214. For details, call Jaclyn Kemp at 535-3171.

Jobs/Volunteer

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

Auto mechanic wanted: The Auto Hobby Shop is looking for an experienced auto mechanic to teach classes. For more information call Victor Silva at 535-4140.

Reading mentor: Make a difference in the life of a child, become a reading mentor at Lajes Elementary School. Training will be provided. For more information, contact the school at 535-6216.

First Aid volunteers: The American Red Cross is looking for volunteers to teach First Aid to children at Lajes Elementary School. Anyone interested can contact the American Red Cross office at 295-573-516.

Combat Touch

Prayer Breakfast: The 2006 National Prayer Breakfast, featuring guest speaker Chaplain (Col.) Carl Andrews, USAF command chaplain, is scheduled for 7:30 a.m. Feb. 16 at the Top of the Rock Club. Cost is \$4 for the breakfast buffet. For more information of tickets, call the base chapel at 535-4211 or the unit first sergeant. Ticket sales end Feb. 13 at noon.

Donations: Cub Scouts will be collecting school supplies and canned food for Afghanistan Orphanages during all services Sunday.

Catholic Women of the Chapel Mass and Dinner: 6 p.m. Wednesday at the chapel; **Protestant Women of the Chapel fellowship time:** 7 p.m. Feb. 13 at the chapel; **Catholic Men of the Chapel Mass and Dinner:** 6 p.m. Feb. 15 at the chapel; **New Creation Cafe:** 7 p.m. Feb. 17 at Eddie's Place.; **Men's Spiritual Leadership Training/Breakfast:** 8 a.m. Feb. 18 at the chapel; **SUM Dinner hosted by the African American Heritage Committee:** 5:30 p.m. Feb. 23 at the chapel; **Children and Youth Movie Night:** 7 p.m. Feb. 24 at the chapel; **and Little Flowers Girls' Club:** 3 p.m. Feb. 27 at the chapel For more information on chapel events, call 535-4211.

Miscellaneous

Couple's Communication Seminar: The Best Friends Forever program is scheduled for 5:30 to 8 p.m. each Wednesday in February in the family support center classroom. The goal of the program is to enhance communication, constructively handle conflicts, promote intimacy, and keep fun and friendship alive in your relationship. It is for marriages of all stages, from newlyweds to couples who have been married more than 20 years.

For details, or to sign up, call 535- 4138.

No Tap Bowling Tournament: A tournament is scheduled for 7 p.m. Saturday at the Hillside Lanes. Sign up starts at 6 p.m. and bowling begins at 7 p.m. Cost is \$15. Bowling is open to all adult bowlers. For more information, call Nathan Folden at 535-6399 or e-mail nathan.folden@lajes.af.mil.

Commissary: The Lajes Field Commissary is open Monday through Saturday 10:30 a.m. to 6:30 p.m. They are open Fridays until 7:30 p.m. Customers can call the departments directly. For customer service, call 535-6174, for the secretary, call 535-6124, for the produce department, call 535-5282 and for the deli/bakery, call 535-4182.

ESC Valentine's Day Fundraiser: The Enlisted Spouses Club will be selling Valentine's Theme Bowls such as Bath Bowls, Italian Dinner Bowls, Sports Bowls, and Wine and Cheese Bowls. Prices start at \$35 and can be viewed at the family support center. Customized bowls for those too busy to shop start at \$15. You make a list of the items (available on the island) provide the money for those items and an ESC member becomes your personal shopper. Delivery available upon request. For more information call Chris Fletcher at 295-549-683 or Kim Pate at 295-549-250.

Valentine's Day Sale: The Officer's Spouses Club will be holding a "Pamper Your Sweetheart Valentine's Day Sale" on 10:30 a.m. to 6 p.m. in front of the Commissary. Gifts for sweetheart's include baked goods, spa scrubs, truffles, gift baskets, candles, jewelry and more. All donations benefit the OSC charitable funds.

Tradewinds Birthday Dinner: Meal card holders celebrating a birthday within the months of January, February and March will have the opportunity to eat a steak dinner at the Tradewinds Dining Facility Feb. 11. The dinner will be served from 5 to 7 p.m. and will also feature fried shrimp, grilled chicken and lobster tail. For more information, call Master Sgt. Deborah

Corder or Tech. Sgt. Andrew Mix at 535-2256.

Project CHEER

Superbowl Sunday XL, 8 p.m. Sunday at the TORC (Free for members, \$7 non-members); **'Dorm Daze Bowling'** 6 p.m. Wednesday at Hillside Lanes; **Karaoke** 8 p.m. Thursday at the TORC; **Presidents Day SUM Tour,** 9:30 a.m. Feb. 20; **Photography Club** meeting, 6:30 p.m. Feb. 21; **SUM dinner,** 5:30 p.m. Feb. 23; **Lajes Idol Quattro** is scheduled for March 18 at the TORC. For more information, call Capt. Ted West at 535-7272 or theodore.west@lajes.af.mil.

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.

Free to good home. An island puppy four months old. We fostered him back to health after being found on the side of the road. He is current on all shots except rabies which he is due for on March 1. He is very sweet and lovable and crate trained. Please call 295-902-012 after 6 p.m. and ask for Christie.

Commuter: Looking for carpool from Biscoitos or *Quatro Ribeiras* to base (7:30 a.m.) and base to Biscoitos (5 p.m.) Monday-Friday. We can work out times and days if interested. Call Jeff at 967847479

For sale: Presto Hot Air Popcorn Maker, never opened, comes with two pounds of popping corn, \$15; Sureflit Sofa Cover, neutral color, never used, \$80; Graco Travel System, comes with car seat, stroller, and base, \$100; Fisher Price 3-Stage Piano, ages 0 - 12 months, \$10; Graco Portable Swing, up to 22 lbs., \$40; Fisher Price Intellitainer, teaches numbers, letters and music, ages 5 months and up, \$65; - Bottle Sterilizer, for wide and regular mouth bottles, used once, \$40; Medela Breast Pump, tubing, storage and accessories included, \$50; EvenFlo Breast Pump, battery or electric powered, \$25; 17 Inch Computer Monitor, \$30; Free - Computer Tower, great for parts, For information, call Josh or Nora at 295-549-601

Medium kennel for dogs up to 50lbs. Used six months. Our dog doubled in size and we just needed a bigger kennel. Contact Andy or Kimberly at 295-549-741 or Kimberly at 535-6722. \$30.

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