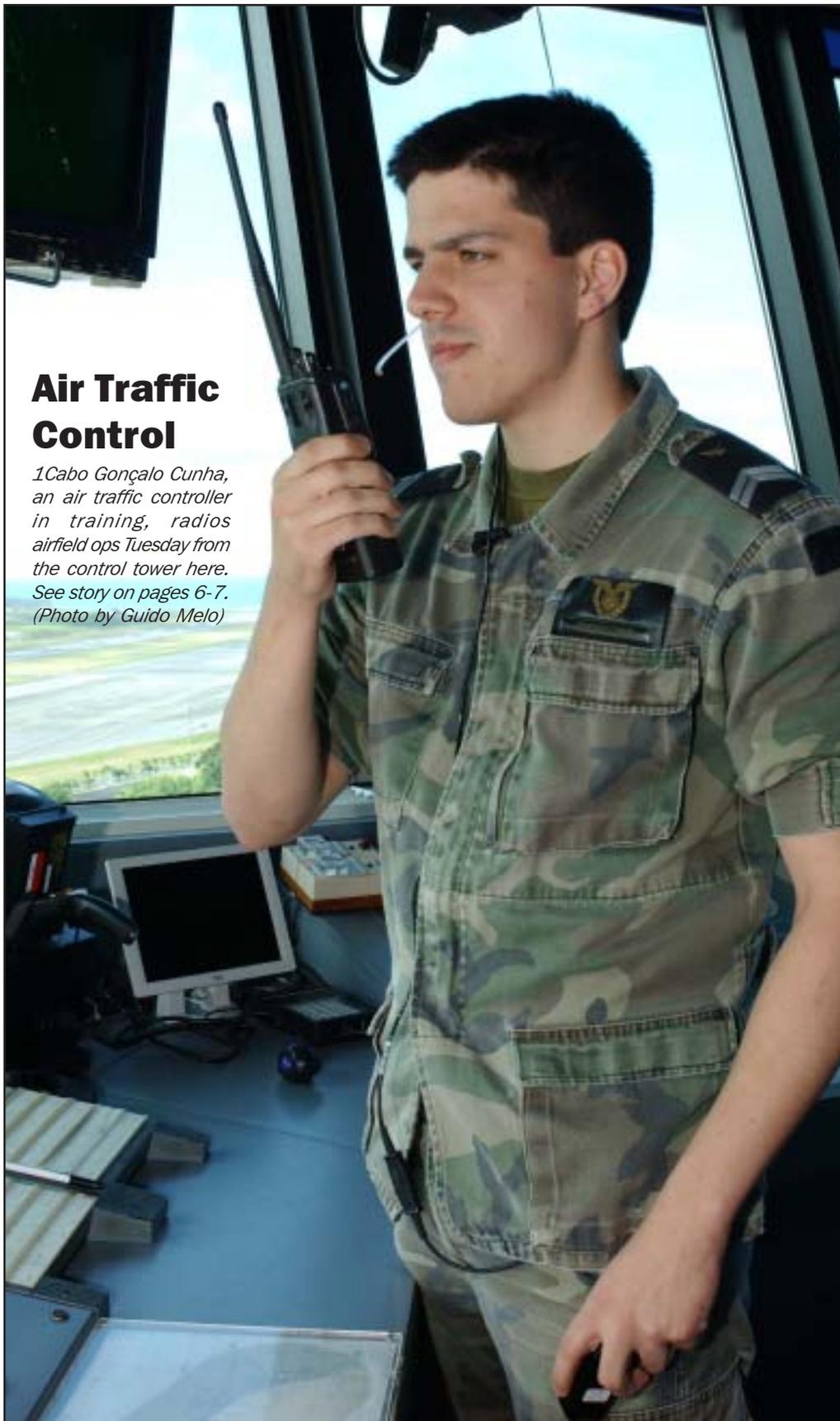


# Atlantic Crossroads

Vol. 11, No. 28 • July 14, 2006 | Lajes Field, Azores, Portugal | In the Fight!



## Air Traffic Control

*1Cabo Gonçalo Cunha, an air traffic controller in training, radios airfield ops Tuesday from the control tower here. See story on pages 6-7. (Photo by Guido Melo)*

## Mission

*Commander reminds Lajes of our mission*

Page 2

## CMSAF

*Chief Murray leaves message, new Chief takes over*

Page 3

## Track

*Construction continues on rubberized track*

Page 4

## Lajes Weather

### Saturday

*Partly cloudy  
High 73  
Low 66*



### Sunday

*Partly cloudy  
High 75  
Low 66*



*Weather courtesy of the 65th OSS weather flight*



## The Mission of Lajes Field

By Col. Robert Winston  
65th Air Base Wing commander

This summer Lajes Field will have about 60 percent turnover of our military team members. I want to take this opportunity to tell our whole team the mission of Lajes Field. Simply stated, the mission of Lajes Field is to support Warplanes, Warfighters and Global Communications going to and from the fight. That's our mission, that's why our country has us here.

Every one of us is a vital part of accomplishing this mission.

Whether you work maintenance on aircraft, communications systems, buildings or other infrastructure, you are part of putting Team Lajes in the fight. Whether you process performance evaluations, manage budgets, schedule appointments, administer programs or educate the force, you are a vital part of putting Team Lajes in the fight. Whether you provide security, provide health care, provide for mental fitness, provide for spiritual fitness, feed the force, or provide diversion for the force, you play a vital role in keeping Team Lajes in the

fight. That is why it's important that everyone understand what our mission is: support Warplanes, Warfighters and Global Communications going to and from the fight. Always keep this in focus.

Our country is in a fight that we must and will win. Portugal is an important and equal partner in this fight. Both of our countries' freedom is being threatened by militant jihadists who are determined to destroy our way of life. The efforts of our whole team enable victory for Portugal and the United States. We win as a team. *Portugal é um parceiro importante e igual nesta luta. A liberdade dos nossos dois países está sendo ameaçada por militantes da Guerra Santa que estão determinados a destruir o nosso modo de vida. Os esforços da nossa equipa possibilitam a vitória para Portugal e os Estados Unidos.*

One more time; the mission of Lajes Field is to support Warplanes, Warfighters and Global Communications going to and from the fight. Lajes is in the fight!



### Lajes Mission:

The wing provides base and en route support for Department of Defense, allied nations and other authorized aircraft in transit, including those from the Netherlands, Belgium, Canada, France, Italy, Colombia, Germany, Venezuela and Great Britain.

### Commander's Line ccline@lajes.af.mil or 535-4240

The Commander's Line is your direct link to me for suggestions, kudos, or 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.

Thank you!

Col. Robert Winston  
65th Air Base Wing commander



Crossroads

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## Farewell Fellow Airmen

By former CMSAF  
Gerald R. Murray

It's been my honor and privilege to serve as your 14th Chief Master Sergeant of the Air Force. As I culminate my 29-year career, I want to thank each of you for volunteering to serve our nation, for fighting the Global War on Terror and for continuing to keep our Air Force strong.

Early in my tenure I wrote a CMSAF Perspective entitled: "To the members of the best enlisted force in the world." I whole-heartedly believed that then; now after four years traveling around our Air Force, meeting with so many of you and witnessing the tremendous feats you accomplish everyday, I'm convinced even more.

Your pride and professionalism are awesome and continue to make the difference in our ability to accomplish our mission. We dominate in air, space, and across the planet because of you. You truly are the nation's and our Air Force's greatest asset.

As America's Airmen we are asked to lead the way in the fight for freedom. Together we transformed from Cold War mentalities to a combat expeditionary Air Force ... an incredibly strong, agile, and lethal force. Our combat role began more than 15 years ago with Desert Storm. You've since honed your skills through Operations Northern and Southern Watch, Allied Force, Noble Eagle, Enduring Freedom, and Iraqi Freedom, among many other challenges.

In the Global War on Terror you've taken the fight to the enemy and defeated them everywhere you engaged. As the

war continues, you must remain resolute, strong, and prepared to fight anytime and anywhere that our liberties, or those of our allies, are threatened. I am confident that just as those who came before us overcame challenges, you will continue to soar to the challenges ahead with courage, commitment, and conviction. I'm grateful to have served with such outstanding men and women who exemplify these values.

Because of your service and sacrifice, the seeds of Democracy are growing in Afghanistan, Iraq, and other areas of the world. Take pride in your part in building the future of these nations—nations that simply want to enjoy the freedoms we often take for granted. Most importantly, stand fast in preserving our great democracy and way of life in the United States of America. As Airmen, we can measure our success not in dollars, rank or recognition, but in the ability to make a difference in someone else's life, in our nation and in our world.

Our Chief of Staff, Gen. Moseley, selected Chief Rod McKinley to be the 15th Chief Master Sergeant of the Air Force. He is a committed leader, with tremendous experience, education, and compassion. His strength and character make him the right person at the right time to lead and represent our outstanding enlisted force.

I leave you in good hands, and the Air Force in your capable hands. Keep your focus on winning this war and taking care of each other. Best wishes to each of you.

WASHINGTON — Former Chief Master Sgt. of the Air Force Gerald R. Murray explains the significance of his new stripes during an interview in his Pentagon office Oct. 21. The new CMSAF insignia became official Nov. 1. (Photo by Master Sgt. Jim Varhegyi)



CMSAF Rodney McKinley

## Chief McKinley takes over top enlisted position

By Tech. Sgt. Cohen Young  
Air Force Print News

WASHINGTON (AFPN) —

The Air Force welcomed new Chief Master Sgt. of the Air Force Rodney J. McKinley as he was passed the torch by Chief Master Sgt. of the Air Force Gerald R. Murray in a ceremony here June 30.

Chief Murray retires after 29 years of service with the last four as the chief master sergeant of the Air Force.

Chief McKinley praised the "wonderful Airmen" standing in front of the audience, referring to the Air Force Honor Guard, which comprised 250 Airmen from various places and backgrounds. He said the sight of the Airmen standing in front of the 50 state flags was a view that would "get your blood going."

Chief McKinley said it was an honor to be the 15th chief master sergeant of the Air Force. He said to say he was humbled would be an understatement.

"I've always been in awe of the chief master sergeants of the Air Force," Chief McKinley said. "They have inspired me and made me a better Airman."

Chief McKinley was the command chief for Pacific Air Forces at Hickam Air Force Base, Hawaii, before assuming his new position.



## Good to Know

### Clinic phone system

The clinic now has an 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.

### Shuttle service

A mid-day shuttle service runs from 11 a.m. to 1 p.m. Monday through Friday. Its seven 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 for four trips.

### Cabo TV service

The PT store at the Portuguese Terminal now makes contracts for the Portuguese cable company, Cabo TV Acoreana. Individuals interested in subscribing to the Portuguese cable service need to stop at that office to sign a contract. They are open 8:30 a.m. – noon and 1-5 p.m. For more information call 295-572209.

### IDEA program

The IDEA Program is an incentive program to recognize submitters for approved ideas that benefit the government by streamlining processes or improving productivity and efficiency. It also recognizes individuals for intangible benefits such as improving morale or working conditions. Ideas can be submitted via the internet at <https://ipds.mont.disa.mil>. For more information, contact your unit point of contact or the Installation IDEA Program Manager at 535-1144.

## Running track construction resumes Comm squadron helps overcome road blocks

By Staff Sgt. Christin Michaud  
65th ABW Public Affairs

The construction of the rubberized running track, that had been postponed, is now underway again.

The now more than \$420K project is an initiative to help Lajes personnel get fit to fight with the right tools.

Due to communication and sewer line obstacles, additional funding was needed.

Due to the amount of earth that had to be moved to make the track flat, the contractor had to dig down much deeper than our cables were buried, explained Tech. Sgt. Chad Madore.

"Typically communications cables are buried between 3 and 4 feet deep. By re-routing these cables we eliminated any future disruption to the newly constructed running track."

There was a 200-pair copper telephone cable and a main distribution cable for cable TV crossing the field where the running track is now located, Sergeant Madore added. "These cables were used to supply phones and CATV to the veterinary clinic and CATV to the dining facility," he said. "In order to re-

locate the cable, five new manholes and a system of underground conduits had to be installed."

The new manholes allowed a path from the Dining Facility side of the running track vs. the T-400 side, eliminating the need to cross the new track.

The cable project was completed Tuesday.

The same type of obstacle impacts the sewer lines.

The sewer line that is coming from the airfield side goes right through the track instead of going down the road by the swimming pool, said Maj. Louis Lilley. "The contractor is building new manholes and placing new sewer lines. Without this work, the existing manholes and lines would be exposed around 12 feet above the final grade of the running track."

End-of-year funds were allocated for the rubberized running track to help Lajes personnel train to be fit to fight. Runners who have struggled with running on pavement are in store for a change with the new track.

Construction on the 400 meter four-lane track began in January. The rubberized track will be located behind building T-408.

The project is expected to be completed in late October.



Left: Staff Sgt. Joseph Perry uses a 710 Modular Splicing System, which splices 25 cable pairs at a time. Each wire is color coded, which correlates to the cable pair number. The splice he is working on is a 1,500 pair cable that enables dial tone to travel from the Dial Central Office in T-205 to buildings throughout that area of the base.

Above: Cable and sewer lines behind T-400 became an obstacle in the rubberized running track project. (Photo by Guido Melo)



## Proper precautions can prevent skin cancer

By Senior Airman Ticia Hopkins  
347th Rescue Wing Public Affairs

**MOODY AIR FORCE BASE, Ga. (AFPN)** — Air Force health officials are reminding Airmen that simple precautions during the summer can help lower the risk of skin cancer.

According to the American Cancer Society, more than 1 million cases of non-melanoma skin cancers diagnosed yearly are considered to be sun-related.

While short-term overexposure can lead to sunburns, long-term effects can develop into wrinkles, freckles, age or liver spots, dilated blood vessels, leathery skin and possibly skin cancer, said Capt. Wendi Wohltmann, 38th Rescue Squadron aerospace flight surgeon here.

"No one is immune to skin cancer," she said. "(and) sunburns increase your risk of it."

In 2006, ACS officials said it is projecting more than 60,000 people to be diagnosed with melanoma skin cancers, with more than 7,000 of them resulting in death. Most skin cancers develop on the face, ears, neck, lips and even the back of the hands due to their exposure to the sun.

Melanoma skin cancer begins in the cells that produce coloring or pigment. These cells are actually used to protect the skin's deeper layers from the sun's harmful effects.

While melanoma is curable if caught early and is only a small percentage of annual skin cancers, it causes the most deaths.

When it comes to skin cancer, several risk factors come into play:

- Family history
- Fair complexion

- Multiple atypical moles
- Unprotected or excessive exposure to ultraviolet radiation

- Occupational exposures to coal, tar, pitch, creosote or arsenic compounds

- Severe sunburns as a child

"There are two different factors (relating to skin cancer)," the captain said. "One is the genetic component, and then there's sun exposure. So, (even) if it doesn't run in your family, you can still get it from sun exposure."

"The most damaging sun exposure leading to skin cancer happens before the age of 18," Captain Wohltmann said. "It's because children are not protected (with sunscreen) and they are not taught proper sun-protection methods."

Captain Wohltmann recommends children wear hats, sun-protective clothing and sunscreen. She also recommends the same things for anyone who must be exposed to the sun for long periods, whether it's work-related or recreational.

Although skin cancer affects more people every year, there are ways to prevent this disease and still enjoy everyday activities, especially during the summer.

"No matter what your skin type, you should still be wearing sunscreen," Captain Wohltmann said. "People with (darker skin tones may) take longer to burn, but they can still burn."

Even though skin cancer is preventable, early detection can also help save lives.

"If you're already (sun) damaged, then it'll help you from getting further damaged," Captain Wohltmann said. "You can never start too late."



## Good to Know

### Traffic flow disruption

There will be a traffic flow disruption on Rua da Cantina (by the shoppette and post office) Saturday, from 8 a.m. to 5 p.m. in order for the Fitness Center contractor to complete the installation of the inner ducts cable run between the fitness center and Bldg. T-205.

Traffic going the direction of community center will use the normal lane; traffic going the direction of the credit union will use the lane by the shoppette parking lot.

### Base In-Processing

All newcomers must in-process the base through the military personnel flight prior to attending Right Start. If a member arrives on Sunday they are required to in-process at 10 a.m. Monday and if they arrive on Tuesday they are required to in-process at 2 p.m. Wednesday in the MPF basement (old barber shop), Bldg. T-112.

Members will also file travel vouchers at this time. For details, call 535-5143, 535-3250 or 535-4125.

### New license plates

In an ongoing effort to enhance force protection measures, POV license plates for Lajes personnel will now match the license plates of local Portuguese hosts.

Vehicle registrants with last names beginning with A through I are scheduled to exchange their plates from now to July 31; J through P in August and Q through Z in September.

The cost of the new license plate will be \$30.

The license plates can be picked up at the Auto Hobby shop. The 65th Services Squadron has purchased the machine and plates to do the SUV style plates, similar to the local national ones. "This should enable us to fit every car with a license plate without having to do brackets," said Jeff Adams, Community Support Flight chief.

The Pass and Registration office is open Monday and Wednesday from 9:30 a.m. to 5 p.m., Tuesday and Thursday from 8 a.m. to 5 p.m. and Fridays from 6 a.m. to 2 p.m. For more information, call 535-3611.



## Keepers of the sky

### *Air traffic controllers ensure smooth landings*

By Staff Sgt.  
Christin Michaud  
65th ABW Public Affairs

"Lajes Tower this is RCH 897 ten miles out established on the ILS."

"RCH 897, Lajes Tower, winds calm, runway 33, cleared to land."

This is normal dialogue for Senior Airman Charles Patterson, an air traffic controller with the 65th Operations Support Squadron, and the other 36 controllers assigned here.

The Airman works closely with his Portuguese counterparts. "I work on a crew which is made up of myself and a Portuguese controller," he said.

Lt. João Lourenço, control tower supervisor and radar controller, has been in the Portuguese Air Force for more than 10 years as a controller, three of

those here at Lajes.

"It's profitable for everyone," he said of the two nations working together at the same mission.

Working traffic with Americans is useful in that it gives both the opportunity to be exposed to and learn another language and culture.

Lieutenant Lourenço said he can take some things away from his experience working with the U.S. Air Force controllers and also teach them ICAO (International air traffic control) rules. It's a win-win situation.

The controllers, whose schedules are two day shifts, two swing shifts, two mid shifts and two days off, are the keepers of the sky here at Lajes Field.

The tower's local airspace is 5 nautical miles, according to Tech. Sgt. Les Neipert, Air Traffic Control watch su-

pervisor. The radar approach control's airspace is 45 nautical miles.

They average one to two aircraft at a time, but can handle more. The tower at Lajes Field may be slower than others, but it also has unique characteristics that can make for a fun day, said Sergeant Neipert.

Working hand-and-hand with the Portuguese controllers, Airmen handle both military and civilian aircraft.

"A typical day shift in the tower consists of SATA's coming in and out of the airfield," explained Airman Patterson. "We usually get to work some Puma helicopters and C212, which are the Portuguese Air Force aircraft."

They also handle military aircraft that stop at Lajes Field on their way to

*See TOWER page 7*



Lt. João Lourenço, control tower supervisor and radar controller trains Staff Sgt. Bryan McQuary. (Photos by Guido Melo)



*Above: Staff Sgt. Bryan McQuary, 65th Operations Support Squadron air traffic controller trains to be a tower supervisor. Left: 1st Sgt. Rui Santos, control tower supervisor watches from the tower as an aircraft approaches runway 33 Tuesday.*

## **TOWER** continued from page 6

and from the fight, including CORONET missions.

"I like the possibilities that are in this job," said Airman Patterson of being a controller. "As far as the excitement and rush that you get when you're controlling numerous aircraft at once and all the doors it can open for you on the civilian side."

When he was assigned to Pope Air Force Base, N.C. Airman Patterson's best memory was being able to clear Air Force One to land and take off. "It was a very cool experience having all of the secret service guys in the tower and talking with them and getting to see the President," he said.

Extensive training comes with the territory of being a controller.

The schooling for air traffic control in the academic stage is combined for

both tower and RAPCON controllers. After the academic stage, you go to either the tower simulators or the radar simulators.

Once a controller arrives at their first duty location, it can take anywhere from 6 to 18 months of on-the-job training to get rated – certified to work alone.

When Sergeant Neipert was a trainee he was told to ask the aircraft for a VFR radio check. "Instead, I asked him for a VH1 radio check," he joked.

The continuous training can be a challenge.

"I would have to say the most challenging thing for me is the studying that goes along with this job," Airman Patterson said. "I never have been big on book work but in this job you absolutely have to know your rules and regulations to succeed in this career field. In that

aspect the books always keep me on my toes."

Continuously training and keeping up on the standards can be a challenge, but he enjoys the challenge of working a busy pattern and not knowing what your day will be like from one day to the next, said Sergeant Neipert. He thinks people have a lot of misconceptions about air traffic control.

"The first thing that people say to me, when I tell them that I am an Air Traffic Controller, is 'isn't that such a stressful job'? Yes, air traffic control has its stressful times, but I feel that it is one of the best managed jobs in the Air Force, and when it comes to working together as a team, you need to be able to trust the people that you are working with. So, teamwork becomes crucial to success."

## Exploring Terceira's Caves

By Ed Lima

Community Relations  
Adviser

Terceira Island has at least four caves that can be visited and explored by enthusiasts of Mother Nature, especially during the summer months.

The two most visited caves are Algar do Carvão, the second-largest cave, located close to Cabrito area and the Christmas Cave located near Lagoa do Negro (Black's Lake) in the center of the island.

The other two caves are Balcões, the largest one, located near the town of Biscoitos and Agulhas in the town of Porto Judeu.

Algar do Carvão is actually an extinct volcano chimney not totally filled with lava in the form of a cone, which are the remains of a 2,000-year-old volcanic eruption. The name means "coal pit" and was given because the cave walls are formed from dark black lava.

A tunnel and stairs offer access to the cave. At its end there's a small subterranean lake formed by rainwater. Depending on the season and the amount of rainwater, the lake can be up to 50 feet deep. The

whole cave is spacious and contains magnificent stalactites and stalagmites.

The cave and surrounding area were declared a natural monument after the initiative of the local spelunking group Os Montanheiros.

The Christmas Cave, although less known, is also worth a visit. It was named Christmas because it held a live nativity scene and a Christmas cantata shortly after it was discovered.

Both caves are maintained by Os Montanheiros. They recently underwent renovation works aiming at improving access to the visitors, including a reinforced electric lighting system and background music system.

In addition to the caves, Os Montanheiros also maintain a volcanology museum at their office located at # 6, Rua da Rocha in Angra. Here visitors can see an exhibit of Azorean geological samples and buy souvenirs. The museum is open to the public Monday-Friday from 9 a.m. – 1:30 p.m. However, I recommend visitors call 295 212 992 to make sure it is open.

Os Montanheiros also organize special visits



Stalactites and stalagmites can be seen while exploring Algar do Carvão, one of the many caves Terceira. (Courtesy photo)

between Oct. 15 and May 31 for groups with more than 10 people. Interested parties should call the spelunking group.

The Algar do Carvão and the Christmas caves will be open daily from 2 – 6 p.m. during the months of July and August, from 2:45 - 5:45 p.m. during September and from 3-5:30 p.m. Oct. 1-15.

Admission to visit Algar do Carvão and the Christmas Cave is 3 and 2.50 euros respectively.

The Balcões and Agulhas caves are unattended and not lit, so be careful going inside because of the slippery floors.

Flashlights and appropriate clothing will also be



The island also offers sulphur pits that may be of interest.

needed for exploration of these two caves.

Also, located not far from Algar do Carvão is the sulphur pits area that is worth a visit.

These are not caves, but just spots where visitors can see the steam coming out of the ground that are a manifestation of the area's volcanic activity.

**THIS IS JENNY.**

JENNY RECENTLY MARRIED DH, A YOUNG AIR FORCE LIEUTENANT FRESH OUT OF FLIGHT SCHOOL. JENNY IS ABOUT TO DISCOVER WHAT OTHER SPOUSES ALREADY KNOW: THAT HER LIFE WILL NEVER BE NORMAL AGAIN.

**RING! RING!**



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## Jenny, the military spouse



HI, HONEY! GUESS WHAT? We're PCSing!! IT'S CONUS BUT NO DITY THIS TIME...RNLT IS JUST THREE WEEKS AWAY...NEED TO GET READY FOR MOVERS...TRAVEL ARRANGEMENTS, APPLY FOR HOUSING...GET A PO BOX THERE...PUT THE CARS ON THE lemon lot HERE... MAKE RESERVATIONS AT TLF HERE, THERE, TOO... WE HAVE TO GO TO TMO ASAP WHAT'S A GOOD TIME FOR YOU? HELLO?.....

OH, HI, DH! HOW'S YOUR DAY...?

RUG SARPES PAINT CHIPS

http://jennyspouse.com

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## Monthly Informed Decision Seminar helps Airmen who face a critical decision

By Master Sgt. Lisa Bryant  
65th Mission Support Squadron

To stay or to go? It's a question that most, if not all, Air Force members may ask themselves at some point in their military career. The decision to re-enlist or separate is a heavy one, and for those weighing their options, there's help.

To assist Airmen in deciding whether or not to stay blue, Lajes offers the monthly Informed Decision Seminar (IDS) briefing, a comprehensive program designed to provide benefit and career information to first- and second-term Airmen before their date of separation so they can make an informed decision to re-enlist or separate. Once each month, Airmen are given a half-day briefing packed full of information designed to help them choose the life path, whether military or civilian, that's right for them. The briefing includes information on a variety of subjects including Tricare services, educational benefits and financial planning. Airmen also receive up-to-date briefings on assignments, retraining, re-enlistments and Guard/Reserve opportunities.

Although the decision to re-enlist or separate is a personal one that only the member can make, the goal of the seminar is to provide vital information they need to make the choice that's right for them. The information gained from this seminar, combined with mentoring from commanders, first sergeants and supervisors will give Airmen and their families a multitude of resources to assist them in making the right decision - an informed decision.

For more information, call 535-6197 or e-mail [lisa.bryant@lajes.af.mil](mailto:lisa.bryant@lajes.af.mil).

## Funding Your Education

**Think You Can't Afford It? Think Again!**

**Join Ms. Maria Rocha, Base Education Counselor, to learn more about financing your education.**



**Wednesday, July 26  
1200 - 1300**

*Lajes Education Center  
Bldg T-146, Auditorium*

*For More Information*

*Call ext. 535-5291*

*- or - email*

*Maria.Tristao-*

*Rocha@lajes.af.mil*

**Everyone is welcome to attend!**

**Free Lunch 'n' Learn Seminar**

**Topics Discussed Will Include:**

**Montgomery GI Bill**

**Scholarships**

**Grants**

**Financial Aid**

**Informational Resources**



Sponsored by the Education Office and the Career Assistance Advisor

### SFS Blotter

July 5

LOCATION: T-240/Lajes Youth Center

Complainant radioed to report a black charcoal barbecue was in the process of being stolen by unknown person(s). The complainant further relayed all unknown individuals successfully fled the area upon his arrival, towards Santa Rita hill. SFS arrived on-scene to make contact with the complainant who stated at approximately 1:30 a.m. one black in color charcoal barbecue was stolen and one black and white spray painted youth bicycle which the complainant believed it belonged to the host nation youths was left at the scene. The complainant was briefed to

attempt to locate property owners in the area of Nascero do Sol. Complainant relayed to SDCC that negative contact was made.

July 6

LOCATION: T-703/Localizer

Complainant walked in SDCC to report approximately 15 gallons of fuel was stolen by unknown person(s). The fuel type is DF-2 and was held in a 150-gallon fuel tank. Complainant also stated the fence seemed to be pulled up and the fuel to be siphoned from a vent on the tank. Complainant initiated a work order for the fence.

## Lajes Ridge Runners explore Terceira trails

By Staff Sgt. Christin Michaud  
65th ABW Public Affairs

One group on base -- the Ridge Runners -- explores Terceira on foot.

"We are runners -- not necessarily good ones -- who like to take it off-road from time to time, with the goal of promoting Combat Fitness and having some fun," explained Tech. Sgt. William Patrick.

The Ridge Runners first spring run was a 5K at Raminho April 29, where more than 20 people braved the trails.

"The trail is a nice, wide, gravel road with breathtaking views of the ocean and the forest," Sergeant Patrick said.

They've also had a trail run at Pico Alto, a 5K Sergeant Patrick describes as "beautiful views of the volcanic terrain in the center of the island and some really fun trails."



"When you are running a 5K or laps around a track -- this is a chore: you're doing it because you have to," said Ricky Baptista, 65th Medical Operations Squadron Health and Wellness Center exercise physiologist. "Trail running has the benefit of sight seeing and usually involves groups of people so its something you can do with friends."

Sergeant Patrick cautions interested runners about shoes though.

"If you've never run off-road before, it's a little different," he said. "A lot of people bring some old and worn-out street running shoes to their first trail run, and it doesn't work well because you need some tread on the bottom to accommodate the uneven terrain. At the same time, I would not recommend hiking boots or anything like that because those are pretty much impossible to run in."

On average, the group meets monthly for a run. Individuals can meet at the community center at 9 a.m. and carpool to the location.

"Walkers are also welcome," he added. "This is an excellent opportunity to get out and see the island."

For more information or to be added to the mailing list, e-mail [william.patrick@lajes.af.mil](mailto:william.patrick@lajes.af.mil).

### Group Fitness Classes

#### 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  
5:30 p.m. -- Judo in Bldg T-203

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

#### Tuesday

6 a.m. -- Spin with Manuela  
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 Manuela  
8:30 a.m. -- Circuit Training with Celia  
5:15 p.m. -- Body Sculpting with Manuela  
5:30 p.m. -- Judo in Bldg T-203  
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



Armed Forces Entertainment (AFE) presents



 **DATE: Monday, July 17, 2006**  
**SHOW TIME: 8:00 p.m.**  
**LOCATION: TORC Warrior Park**  
Food & Bar Services Open at 1830  
Autograph signing immediately after the show

 **People First, Service Always!** 

 **LAJES SERVICES**  
Combat Support & Community Service

For more information contact  
**Rudy Wallace at 535-5216**



# 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.  
**Shoppette** (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 noon to 8 p.m.  
**Military Clothing Sales Store** (Bldg. T-627)

Phone: 535-3816  
 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.  
**Furniture Store** (Bldg. T-800)  
 Wednesday-Friday noon to 5 p.m.; Saturday 10 a.m. to 5 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  
 Tuesday-Saturday 10 a.m. to 6 p.m.  
**Barber Shop** (Bldg. T-

400) Phone: 535-3396  
 Tuesday-Friday 9:30 a.m. to 6 p.m.; Saturday 8:30 a.m. to 5 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  
**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  
 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.  
**Holiday schedule:**  
 AAFES Ocean View BX and Flight View BX and Burger King are closed on Portuguese Holidays. The shoppette, will open from noon to 8 p.m., and MCSS will be open from noon to 6 p.m. All facilities are open normal hours on U.S. holidays.

## Communications seminar *Did I just say that?*

A visiting Department of Defense military life consultant will present **Did I Just Say That?** A communications skill building seminar Thursday 3 to 5 p.m. and July 27 from 6 to 8 p.m. at Bldg. T-126, the Airman and Family Readiness Center.

The seminar will offer a look at the patterns and the pitfalls associated with day-to-day communication in relationships — married or single, and also include families with children.

Communication is a skill that can be practiced and can be improved. Something for everyone!

**Who should attend? Anyone who talks with others.**

For more information, call 535-4138.



## At the Movies

**Today: 7 p.m. - Mission Impossible: III-** starring Tom Cruise, Ving Rhames

Super-spy Ethan Hunt has retired from active duty to train new IMF agents. But he is called back into action to confront the toughest villain he's ever faced - Owen Davian, an international weapons and information provider with no remorse and no conscience. Hunt assembles his team - his old friend Luther Strickell, transportation expert Declan, background operative Zhen, and fresh recruit Lindsey - to travel the globe pursuing Davian and rescue Hunt's love, Julia. Rated PG-13 (violence & menace images, sensuality) 126 min



**Saturday: 7 p.m. - Just My Luck** starring Lindsay Lohan, Chris Pine  
 Ashley is a young professional

just out of college. She also happens to be the luckiest woman in the world, who has lived a super-charmed life and has always taken her good luck for granted. When she kisses a handsome stranger at a costume party, Ashley accidentally swaps her good fortune for his horribly bad luck, and her charmed life turns into a living hell. Rated PG-13 (sexual references) 103 min



Sunday: 2 p.m. - **Mission Impossible: III**; 7 p.m. - **Just My Luck**  
 Wednesday: 7 p.m. - **Just My Luck**  
 Thursday: 7 p.m. - **Mission Impossible: III**

Next week: *The Da Vinci Code*, *X Men: The Last Stand* and *Over the Hedge*



# EVENTS

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

## In the Community

**Street Bullfights: Today: Saturday:** 6:30 p.m. Santa Rita Hill; 6:30 p.m. Ribeirinha; 10 p.m. Largo São Bento, Angra; **Sunday:** 6:30 p.m. Bairro Nossa Senhora Fatima, Santa Luzia; **July 21:** Arena Bullfight in Angra bullring

## Miscellaneous

**Alanon:** An open Alanon meeting is scheduled for 8:30 p.m. Tuesdays in the chapel (T-305). AA is a fellowship group for those who wish to stop drinking. For more information, call 295-513-297.

**WICO:** The Woman, Infants and Children's overseas program's new hours are Tuesday through Thursday 9 a.m. to 2 p.m. It is located in Bldg. T-425, Room 122. For more information or for an appointment, call Hope McKendree at 535-1440.

**Playgroup:** The EDIS playgroup will meet at the youth center gymnasium Tuesday from 10 to 11 a.m. For details, call 535-3194.

**CDC openings:** The Child Development Center has openings in the infant toddler rooms for hourly care. For details, call 535-3188.

## Fitness

**Angra Military Regiment 14K Relay:** The Angra Military Regiment will be sponsoring a 14K relay on July 22. Showtime will be 8 a.m. with the race starting at 10 a.m. Teams will be made up of four individuals in three categories: females, males 34 years old and under, or males 35 and older. Registration is free. To register a team, contact the fitness center by July 13. For details, call 535-2426.

**Judo:** Judo is offered from 5:30 to 6:45 p.m. in Bldg: T-203. Monday and Thursday. Open to all.

**Boxing:** Boxing is offered in Building T-203 Monday, Wednesday and Friday 5:30 to 7 a.m. Monday, Wednesday and Thursday 5:30 to 7:30 p.m. For more information or

to sign up, call Staff Sgt. Ray Sandoval at 535-3457.

## DoDDS

### Summer office hours:

The Elementary School office is combining with the High School office as one Lajes American School office located in the present High School office. The office will be open Monday-Friday from 8:30 a.m. to 4 p.m. through the summer break period with the exception of July 4. New families can register anytime. For details, call 535-4151.

**Lajes American School 2006-2007 schedule:** Grades 6-12: 7:50 a.m. to 2:30 p.m., school begins Aug. 28; Grades 1-5: 8 a.m. to 2:30 p.m., school begins Aug. 28. Kindergarten: 8 a.m. - 2:30 p.m., school begins Sept. 5.

PreSchool Children with Disabilities: 8:15 to 10:45 a.m. first day of school to be determined; Sure Start: 9 a.m. to 2:25 p.m. the first day of school will be determined.

**Free and Reduced Lunch Program:** For information on the free and reduced lunch program, e-mail Janet.Ross@lajes.af.mil for an application.

**Bus program:** For information about the bus program for people who live off base, e-mail Janet.Ross@lajes.af.mil or call 535-1314.

## Jobs/Volunteer

**TolTest Incorporated:** TolTest Inc. has an immediate job opening for an Office Administrative Assistant. Experience preferred but not required. Preference will be given to candidates with knowledge of Microsoft Office (Word/Excel/Outlook) and Adobe. Basic job responsibilities will include filing, printing, scanning and typing. Interested applicants should email their resumes to [dan.firsdon@toltest.com](mailto:dan.firsdon@toltest.com)

**Softball Umpires wanted:** The Chace Fitness Center is looking for individuals to officiate softball games. Plate umpires earn \$29 per game and field umpires make

\$24 per game. Applicants must have some softball knowledge, but will be fully trained and certified by a representative of the American Softball Association. Applicants currently playing in the Lajes Ladies, Coed, or Intramural leagues will not be allowed to officiate any game in their league of play. For more information, call 1st. Lt. Adam Vaccarezza at 535-1290.

## Education

**University of Maryland University College - Europe:** Students can earn certificates, and associate, bachelor's and master's degrees in a broad selection of disciplines -- many classes available online.

**Oklahoma University:** The next course being offered for the Fall is HR 5092-223, Introduction to Graduate Studies in Human Relations, a core course towards the Master of Human Relations degree. The course dates are Aug. 22-27. The last day to add or drop will be July 24.

For more information call Jaclyn Kemp at 535-3171.

**Central Texas College:** For the month of July Central Texas College will be open Monday - Friday 8 a.m. to noon. CTC is offering four onsite classes (two Criminal Justice and one each of Early Childhood Development and Food and Beverage Management

Registration is July 31- Aug. 18 for Term 1. For more information, call 535-6722.

## Chapel

**Evangelical Service:** Blending Traditional and Liturgical Worship Styles, 9 a.m. Sunday; **Praise Service:** Blending Contemporary and Gospel Worship Styles, noon Sunday; **Men's Spiritual Leadership Training/Breakfast:** 8 a.m. Saturday at the chapel; **New Creation Café:** 7 p.m. Jul. 21 at Eddies Place; and **SUM Dinner:** 5:30 p.m. Jul. 27 at the Chapel.

For more information on chapel events call 535-4211.

## Classified Ads

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

For sale: 2 m130 Palm Pilots \$100 each will sell both together for \$150; AIWA 5 mini disk / 3 CD changer stereo \$100; 1 Sony and 1 JVC mini-disk players \$50 for both; Minolta 35mm camera and lens \$400 or OBO. For more information, e-mail [adodge0430@yahoo.com](mailto:adodge0430@yahoo.com) or call 295-516-308

For Sale: 1994 Ford Fiesta, \$1,300, 5 speed 4 door hatchback. Very well maintained and very reliable transportation. Just passed inspection and is good through June 2007. Contact Ch. Richard Anderson at 535-4211.

Fleet of cars for sale: 1989 Chevy Conversion Van G20 - Automatic Seats 7 and rear set folds into a bed Reading lights, cup holder, New tires and brakes 350 / V8 Cruise Control / Power steering and brakes / Automatic windows, door locks 123,731 miles \$2,500 firm 1990 VW Golf - 4 speed Standard 4 Cyl engine, great on gas 4 Door / nothing automatic 96,397 miles \$3,500 obo 1987 325i BMW - 5 speed Standard Rally suspension, Fondamental Rims, Sunroof, Pioneer Stereo w/CD, ground effects package, rear wing 2 Door / nothing automatic Straight 6 Cyl with Fuel Injection 138,000 miles \$3,600 obo

We have owned these vehicle for over 3 years, all vehicles mechanically perfect with all maintenance records included. Contact Ken or Shelly at 969-724-930 or 535-3705 for more information.

Free bookshelves: 1 - 3 ft x 2 1/2 ft; 1 - 7 ft x 2 1/2 ft and 2 - 6 1/2 ft x 2 1/2 ft Contact Ken or Shelly at 969-724-930 or 535-3705 for more information.

For Sale: 27" TV w/ remote \$70. Call Cory at 535-3528.

For Sale: White Toyota Tercel 1991 with 124K miles and no problems. -Excellent condition with 14" wheels and mp3 CD 200W car stereo with auxiliary wire for portable mp3 players. New Rotors, Brakes, Wheels, and Tires. Asking \$2,200 or best offer. Inspected July 5 - good through Sept. 07. Contact Clint Crabtree at 964-827-018.

For Sale: 93 Honda Accord/Coupe Euro Spec. 5 Speed Transmission, A/C, Power Everything, Extremely Reliable!! Perfect for PCSing to Europe!!! Asking \$2,500 Call 295-549-802 or 535-5259

Need a PCS gift? 500+ images from the collection of James O'Rear are available at the skills center for application to tiles, mugs, etc. Wide selection of island and military shots to choose from.

PCS Sale: Sewing Machine cabinet - \$50; Gas Grill - \$65; Large dog kennel - \$35; 1999 Toyota Corolla, 4DR, PS, PL, PW, A/C, Stereo Radio/Cassette, 77K miles, excellent condition, inspection good til Jan 07, NADA retail - \$6,200, asking \$4,900. Free to good homes - two male half lab/half blue heeler dogs; neutered, all shots current; includes houses, leashes, collars, etc. Great pets/guard dogs. Contact Paul or Paula: Work 535-6113; Evenings 295-549-270

For sale: More than 160 movies DVD's \$5 each DVD's 2 disc set \$8 each, 2 or 3 cassette set \$10/\$15 Call 295-218-978 or cell 966-263-408 E-mail [kev\\_n\\_alda@yahoo.com](mailto:kev_n_alda@yahoo.com) for the list.

For sale: Womens clothing brand new \$5-10/ piece size 7/8; Fancy body care products; Brand new sandals \$20 a pair; Call 967-994-832