

Atlantic Crossroads

Vol. 11, No. 49 • December 15, 2006 | Lajes Field, Azores, Portugal | Lajes In the Fight!

65 ABW ORI 2007



Lajes Is In The Fight!

ORI Countdown

94

Tips of the Week

- ☐ Ensure all appointment letters, maps and checklists are current and readily available.
- ☐ If outside during hours of low visibility, wear a reflective belt.

Courtesy of
65th ABW Inspections

Force Protection



Current FPCON: Alpha
Threat Level: Low

Weather Forecast

Today

Cloudy
Rain
High 68
Low 63



Saturday

Cloudy
Rain
High 66
Low 59



Sunday

Cloudy
Rain
High 64
Low 59



Courtesy of the
65th OSS Weather Flight



Celebrating the season

(Above) Master Sgt. Rick Herring, Pack 1605 cubmaster, passes out sheet music to his Cub Scouts during the tree lighting ceremony near the Beira Mar Gate Dec. 7. (Photo by Guido Melo) Lajes' Christmas tree (below) will be lit throughout the holiday season. See Page 12 for an article on how two local towns are keeping their streets filled with lights and Christmas music through the beginning of 2007. (Photo by Staff Sgt. Timothy Sanford)





USAFE leaders send holiday message

RAMSTEIN AIR BASE, Germany (USAFENS) — Chief Coleman and I have probably seen more Christmas holidays come and go while we've been in the Air Force than many of our young

Airmen have been around. We're happy to report it hasn't diminished the joy we feel of sharing another holiday season with all of you. But this time grows more special as we continue the war on terror.

This is an appropriate time to reflect on our past year's accomplishments as well as look ahead with renewed optimism. We both share a deep pride and admiration of your tremendous accomplishments: supporting the transport of Americans during the Lebanon crisis, building

relationships in Eastern Europe and Africa, continuing our vital role in Afghanistan and Iraq, and protecting the Riga Summit. Because of you, many can look forward to the prospect of a safer and brighter future.



As we look ahead, we know we'll face another challenging year. We know you have what it takes to accomplish whatever unknown challenges and missions may lie ahead. You routinely make the extremely difficult seem easy, and that's what makes our USAFE team so great, and Chief Coleman and I are proud to serve with you.

Please remember our servicemembers who are deployed this holiday season. They, and their families, deserve our thoughts and prayers. For those here on the home front, please stay safe, cherish your loved ones and embrace those who are here alone.

Our time together in USAFE is special. Holidays seem to highlight that togetherness. We are glad for the opportunity to be a part of it with you.

Have a great holiday. You deserve it!



Set safety standards high for yourself, those you supervise

By Master Sgt. Bill Rathbun
455th Air Expeditionary Group
first sergeant

SATHER AB, Iraq — Your job places you in a unique position of trust.

The Air Force relies on you, as the direct representative of management, to apply its policies wisely and fairly; also entrusted to you is the obligation to safeguard the well being of the workers in your chain.

No responsibility surpasses this importance. Therefore, if you would guide your workers safely through their daily work, consider these principles:

- ❑ You are a supervisor and thus, in a sense, have two families. Care for your people at work as you would care for your people at home. Ensure each of your workers understands and accepts personal responsibility for safety.
- ❑ Know how safety rules apply to the work you supervise. Never let it be said

one of your workers was injured because you were not aware of the safety precautions required on the job.

❑ Anticipate the risks that may arise from a change in equipment or methods. Make use of the expert safety advice that is available to help you.

❑ Encourage your workers to discuss the hazards of their work with you. No job should continue where a question of safety remains unanswered. When you are receptive to the ideas of your workers, you tap a source of first-hand knowledge that will help you prevent needless loss and suffering. Instruct your workers to work safely, as you would guide and council your family at home — with persistence and patience.

❑ Follow up on your instructions consistently. See to it workers make use of the safeguards provided to them. If necessary, enforce safety rules by disciplinary action. Do not fail the Air Force, which has sanctioned these rules — or

your workers, who need them.

❑ Set a good example. Demonstrate safety in your own work habits and personal conduct. Do not appear as a hypocrite in the eyes of your workers.

❑ Investigate and analyze every mishap — however slight — that befalls any of your workers. Where minor injuries go unheeded, crippling mishaps may later strike.

❑ Cooperate fully with those in the organization who are actively concerned with safety. Their dedicated purpose is to keep your workers fully capable to complete the mission and to cut down on the heavy personal toll of mishaps.

By leading your workers into thinking safety as well as, working safely day-by-day, you will win their loyal support and cooperation. More than that, you will gain in personal stature.

Remember, safety is one of your prime obligations — to the Air Force, your squadron, and those you supervise.



Wing Public Affairs is conducting a newspaper readership survey. Participants will help shape how Team Lajes receives information in the future. To receive a survey, e-mail 65abw.pa@lajes.af.mil or call 535-2369/6161. Return completed surveys into Public Affairs in Room 240 of Bldg. T-100 or FAX the survey to 535-6326.

Atlantic Crossroads



PERSPECTIVE



EMBASSY
OF
THE UNITED STATES OF AMERICA
LISBON

ALFRED HOFFMAN, JR.
AMBASSADOR

November 20, 2006

Colonel Robert Winston
Commander
65th Air Base Wing,
Lajes, Portugal

Dear Col Winston:

Congratulations to you and Team Lajes on your rating of "Excellent" from the USAFE Logistics Standardization and Evaluation Team that recently visited the 65 ABW. I understand that overall, the Wing was rated with a 91.7% score!

This impressive display of professionalism and dedication makes all Americans in Portugal proud. We also understand that this triumph is the result of a collective effort of all members of the Lajes community; the 65th ABW could not have done it without the strong support of its host, the Portuguese Air Force as well as the local civilian force.

I am sure your staff always goes beyond the call of duty to get the job done. However, this inspection again proves that Team Lajes is an exceptional lineup.

Again, bravo on a job well done.

Sincerely,

Alfred Hoffman
Well done!

535-4240
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 Commander's Line at 535-4240 or actionline@lajes.af.mil.



Col. Robert Winston
Commander, 65th Air Base Wing

Who to call for assistance

- A&FRC 535-4138
- Chapel 535-4211
- Command Post 535-4200
- Commissary 535-6174
- Dining Facility 535-2256
- Emergency services 911
295-57-1911 (if off base)
- Fitness Center 535-5151
- Flight View BX 535-5236
- Housing Maintenance .. 535-6251
- LE desk 535-3222
- Legal office 535-3546
- Military Pay 535-5158
- Oceanfront BX 535-3444
- Post Office 535-3625
- Shoppette 535-3280
- Veterinary Clinic 535-3134
- Youth Center 535-3273

Editor's note: *If calling from off base or from a commercial line, use the prefix 295-57-XXXX.*

Atlantic
Crossroads

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

This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas. Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The Crossroads staff encourages its readers to call, fax or e-mail with ideas or corrections. Call 535-2369 to speak to the Crossroads editor, fax information to 535-6326 or e-mail news@lajes.af.mil.

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Christmas party

(Above) Chuck Meshako, 65th Civil Engineer Squadron, assists his 2-year old daughter, Gabriella, in receiving a gift from Santa during the 65th Mission Support Group Christmas Party Dec. 2 in the Lajes Youth Program Gymnasium. (Photo by Tina Jack) (Left) Tech. Sgt. Samantha Buder-Moseley, 65th Logistics Readiness Squadron, helps her daughter, Kendra, 6, make a holiday gift bag during the party. (Photo by Staff Sgt. Timothy Sanford)

Keep food safety at the top of your list during holiday season

By Staff Sgt. Clay Thompson
65th Medical Group
Public Health

Due to the large amount of foods prepared and consumed during the holidays, it's important to follow certain food safety practices.

When preparing food, you should wash your hands and food contact surfaces often.

Cross-contamination occurs when bacteria spreads from one food product to another. This is especially true for raw meat products, poultry, and seafood.

These products must be separated from ready-to-eat foods such as pastries and salads.

Cook foods to the proper temperatures. Foods should be cooked at a high enough temperature

and for a long enough time to kill any harmful bacteria that could cause a food-borne illness.

The items below should be cooked or heated up to the temperatures below and remain at that temperature for at least 15 seconds: poultry, 165 F or greater; pork or ground beef, 155 F or greater; beef (not ground) 145 F or higher; and leftover foods, 165 F or greater.

Cooking turkeys

A few special precautions must be taken when cooking turkeys.

Frozen turkeys must be completely thawed before cooking. Do not thaw on the kitchen counter. When thawing in the refrigerator, allow 24 hours for every five pounds of turkey. Thaw on a tray and be

careful not to allow juices to drip on other foods. If time is limited, turkeys may be thawed by submerging in cold water that is changed frequently. Using this method, allow 30 minutes thaw time for each pound of turkey.

A turkey must be cooked until it reaches 180 F as measured by a meat thermometer in the center of the thickest part of the thigh or breast. Refrigerate (less than 41 F) foods promptly to prevent harmful bacteria from growing. Cut larger food items into smaller portions so they cool quicker.

After eating a holiday meal, a good rule-of-thumb is to have all leftovers put away within an hour of serving.

Allowing leftovers to sit out, places food in the danger

Info

For more details
☐ Call Public Health at 535-3464.

zone (42 F to 134 F) where bacteria can grow very quickly.

Cut leftover turkey into small pieces, or slice. Refrigerate stuffing and turkey separately in shallow containers within two hours of cooking.

Use leftover turkey and stuffing within three to four days, and gravy within a day or two. Gravy should be reheated to a boil and leftovers, if heated, should be thoroughly reheated to 165 F.

While enjoying those scrumptious holiday delights, just remember to keep food safety as your main ingredient.



Good to Know

Last issue of 2006

Next week's *Crossroads* is the last issue for 2006. The first issue of 2007 hits the streets Jan. 12.

DC-8 cancelled

The DC-8 scheduled for Dec. 30 has been cancelled.

VTF patient care

Patient care at Lajes' Veterinarian Treatment Facility will be unavailable Wednesday through Jan. 5. All emergency care will need to be arranged by a local veterinarian.

Those who are scheduled to PCS during this time should call the VTF at 535-3134.

Family New Year's party

Kicks off at noon Dec. 31 at the Chace Fitness Center and continues at several Lajes facilities.

☐ Chace Fitness Center — Parents vs. Kids Dodgeball Game, 12:30 to 2 p.m.

☐ Bowling Center — Cosmic Bowling, 2 to 6 p.m. (tickets for free bowling to be given out at Community Center from 2 to 5 p.m.)

☐ Community Center — DJ in the ballroom, tables for eating

☐ Youth Center — Kids games

☐ Library — Story Time

☐ Outdoor Recreation — Inflatables and clowns outside

☐ AAFES Movie Theater — Family movie from 6:30 to 9 p.m.

Call Jeffrey Adams at 535-1334 for more information.

Rating chain deviation

Rating chain deviation for the rater's rater is now allowed on E-6 and below Enlisted Performance Reports when the rater's rater is unavailable to endorse the EPR. The next available rater in the rating chain will sign as the second evaluator. This new process, which is not applicable for Senior NCO EPRs, will allow the deployed rater's rater to concentrate on his or her deployed mission.

TSGLI

Dec. 1 was the one-year anniversary of the traumatic injury protection.

The intent of TSGLI is to provide Airmen injured while assigned to Operation Iraqi Freedom, Operation Enduring Freedom, or serving in a location that qualified for the combat zone tax exclusion with an immediate source of income through the recovery period.

Call Lajes' casualty assistance representative at 535-6106 for more details.



Congressional visit

California Congressmen, from left, Dennis Cardoza (D), Devin Nunes (R), and Jim Costa (D) speak to a group of students at the Lajes American High School Saturday. The congressmen visited Lajes while on the island for an energy conservation conference. (Photo by Guido Melo)

Defense Department, UK sign Joint Strike Fighter agreement

WASHINGTON — United States and United Kingdom officials signed a memorandum of understanding Dec. 12 to begin future cooperation in the production, sustainment and follow-on development, called PSFD, phase of the Joint Strike Fighter program.

Deputy Secretary of Defense Gordon R. England and United Kingdom Minister for Defense Procurement Lord Paul R. Drayson signed the MOU as England joins Australia, Canada, the Netherlands and the United States as nations that have signed the JSF PSFD agreement.

This new MOU will expand cooperation among the nine JSF partner nations beyond the ongoing JSF system development and demonstration phase, providing a framework for future JSF program efforts in production and beyond.

The United Kingdom was the first JSF partner, and is committing over \$2 billion to the development phase of the overall JSF program.

The U.K. plans to acquire up to 150 short take-off and vertical landing versions of the JSF, and will participate with the U.S. in the JSF aircraft's operational test and evaluation prior to achievement of initial operational capa-

bility early in the next decade.

The United Kingdom's signature of the PSFD MOU will continue to strengthen the relationship between the United States and the United Kingdom, not only in terms of providing air dominance, but also interoperability, defense transformation, modernization, cost reduction, acquisition excellence, and best possible use of the nations' respective industrial bases.

Joint Strike Fighter, as the largest ever U.S. Defense Department acquisition program, continues to set new standards in development of manufacturing technologies, acquisition and business practices, technology transfer, and export licensing. The first test aircraft is on-track for its first flight in mid December.

The JSF program is providing opportunities for partner industries through the best value model, selecting manufacturers and maintainers based on a combination of quality, price, and timeliness.

Once the JSF PSFD MOU signing process is completed, the partners will cooperatively develop, produce, test, train and operate a Lightning II JSF Air System that will enhance the interoperability, survivability, and affordability of future forces. (Courtesy of the Office of the Assistant Secretary of Defense Public Affairs)



Flu vaccine now available to all of Team Lajes

By Airman 1st Class Mark Haller
65th Medical Group Public Health

All active-duty personnel, U.S. Department of Defense civilians, family members, and medical beneficiaries at Lajes can now receive the flu vaccine.

Family members, DoD civilians, and other medical beneficiaries can visit the immunizations clinic on a walk-in basis from 9 a.m. to 4:30 p.m. each weekday.

Active-duty members who haven't been vaccinated can contact their unit health monitor, chain of command, or the immunizations clinic regarding vaccination line locations, dates and times for their specific unit. If the member misses their scheduled unit flu vaccination line, they should proceed to the immunizations clinic as soon as possible to receive the vaccination.

According to the Center for Disease Control and Prevention, each year more than 200,000 people are hospitalized from flu complications and about 36,000 people die from the flu.

Flu symptoms usually begin one to four days after the virus enters the body.

Symptoms appear rapidly and may include fever, headache, sore throat, dry cough, runny or stuffy nose, tiredness and body aches.

For most healthy people, influenza can cause significant illness, but people recover from the majority of these symptoms within about seven days.

However, the elderly, young children and those with weakened immune systems are at a significantly higher risk of developing serious complications such as pneumonia, worsening of chronic medical conditions such as congestive heart failure, diabetes, asthma, and sometimes death.

Some people should not be vaccinated without first consulting a physician; they include:

- ❑ People who have a severe allergy to chicken eggs.
- ❑ People who have had a severe reaction to an influenza vaccination in the past.
- ❑ People who developed Guillain-Barré

syndrome within six weeks of getting an influenza vaccine previously.

❑ Children less than 6 months of age (influenza vaccine is not approved for use in this age group).

❑ People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

Those who are not able to be vaccinated can protect themselves and others from spreading germs and getting sick by:

❑ Avoiding close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick as well.

❑ Staying home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

❑ Covering your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

❑ Keeping your hands clean. Washing your hands often will help protect you from germs.

Officials emphasize fire prevention, safety during holidays

By Gus Simoes
Lajes Fire and Emergency Services

Holidays often bring cheerful decorations into many of our homes. Decorative lights, candles, parties where people drink and smoke, and especially the onset of the heating season all increase the likelihood of a potential fire.

Decorating our homes for the holiday season can bring joy and satisfaction but when doing so, we must be careful not to create a potential fire hazard. Always keep fire safety in mind.

If you choose a live tree, make sure you get a fresh one (look for a deep green color and strong pine scent). Avoid those with brittle needles that readily fall from the tree.

Keep the tree outside until you are ready to decorate it. Cut approximately two inches off the trunk so it will absorb water more easily, then place it in a sturdy base holder. The stand should hold at least a gallon of water.

Select a place where the tree does not block a door or hallway and that is well away from heat sources such as space heaters. Check the water level daily. A six-foot tree will use a gallon of water every two days.

Keep small children and large pets away from the tree. Properly dispose of your tree soon after the holidays, before it dries out. Never use your fireplace to burn the tree.

Any exterior Christmas decorations must be applied in a way that does not damage the housing unit. For example, do not drill holes in stucco, cut holes through screen windows, or nail large nails into wood facia. An idea for our housing areas might be to hang exterior lights using plastic wire ties.

On both the exterior and interior of your homes, use only UL-listed electric lighting and decorations. For outdoor lighting, use only extension cords and lights specifically approved for outdoor use. Never overload electrical circuits because it may cause fires without warning.

Emergency #s

Every phone in the house should have stickers with the emergency numbers below:

- ❑ In Lajes community, 911 or 295-571-911
 - ❑ In Praia County, call 295-540-222
 - ❑ In Angra County, call 295-212-333
- For more information, call the Lajes Fire Department at 535-5166.

Here are some other fire prevention tips:

❑ Don't use candles on the tree or and keep it where there is a chance for an open flame, such as space heaters, can come in contact with the tree.

❑ Check lighting sets for frayed wires, loose connections or broken sockets.

❑ Make sure all tree lighting is turned off before going to sleep or leaving the house.

❑ Be careful when smoking near the tree or piles of wrapping paper.

❑ Immediately place wrapping paper in the trash. Don't allow it to pile up, especially near heat sources.

❑ If you have a fireplace, guard against flying sparks. Don't use the fireplace to burn Christmas wrappings or decorations.

❑ Keep matches, lighters and candles away from children.

❑ Have a plan and know what to do if fire breaks out.

❑ Don't hang decorations on or around your fireplace if you intend to use it. When using your fireplace, ensure the flue is open and a spark screen is in place.

Safety is paramount. Our multi-story housing units are a challenge should anyone attempt to decorate their exterior. For criteria on other facilities on base, refer to Lajes Field Instruction 32-8.

Let's all do our part to make our home and workplace safe during this special time of year.



PLANNER

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.

Around Lajes

Angel Tree gift wrapping:

Takes place 5 p.m. today at the chapel. For more information, call Chaplain (Lt Col.) Stephen Blair at 535-4211.

Holiday helpers:

Due to the amount of packages coming in and out of Lajes during the holiday season, the post office staff welcomes volunteer support from the base community. The best times to volunteer is from 3 to 10 p.m. on Saturday and Sunday and starting at 10 a.m. Mondays and Tuesdays. For more information, call 535-1203/4251.

SUM tour:

This free tour for single and unaccompanied members at Lajes is from 9:30 a.m. to 4 p.m. Saturday. The tour will feature lunch, a visit to the new industrial area in the center of the island, and Christmas shopping. To sign up or for more details, call the Airman & Family Readiness Center at 535-4138.

Extended post office hours:

The post office's parcel pick-up window will be open from 2:30 to 5:30 p.m. Sunday and from 10 a.m. to 8 p.m. Monday and Tuesday. For more information, call 535-1203/4251.

Committee meeting:

The next School Advisory Committee meeting is at 3 p.m. Wednesday in principal's office.

Commissary tour:

The Health and Wellness Center's next Commissary tour is from 9:30 to 10:30 a.m. Thursday. The focus will be on healthy eating habits to prevent unwanted weight gain during the holidays. To sign up or for more details, call 535-3889 or e-mail lisa.tauai@lajes.af.mil.

OSC elections:

The Lajes Field Officer Spouses Club is recruiting new board members (elected and appointed) for 2007. Elections will take place in January. OSC provides various volunteer opportunities and the chance to work with others to enhance the quality of life for the Lajes community. For more information, call Bethany Spratley at 295-549-220 (e-mail bethksp@msn.com) or René Arnold at 295-549-201 (e-mail wmrene@msn.com).

CDC openings:

The Child Development Center currently has openings for children 6

weeks to 4 years old in their hourly care and full time program. Room is also available in the Part-Day Enrichment Program for 3 and 4 year olds. For more details, call 535-3188.

Spiritual Fitness

Upcoming Masses, Services/Events:

Men's Spiritual Leadership Training/Breakfast, 8 a.m. Saturday; Protestant Youth of the Chapel Christmas caroling through base housing, 5 p.m. Sunday; Catholic CCD Christmas party, 6 p.m. Sunday; Advent Penance Service (First Reconciliation), 7 p.m. Monday; SUM Dinner hosted by Top 3, 5:30 p.m. Thursday; Catholic Youth of the chapel lock-in, 5 p.m. Dec. 22-23; Protestant children's Christmas party, 9 a.m. Dec. 23; Advent Mass, 5 p.m. Dec. 23; combined Protestant Worship Service, 9 a.m. Dec. 24; no 10:30 a.m. Sunday Mass on Dec. 24; no noon Praise Worship Service on Dec. 24; Candlelight Service, 7 p.m. Dec. 24; Christmas Eve Children's Mass, 5 p.m. Dec. 24; Christmas Midnight Mass, midnight; no Christmas Day Mass; Protestant Christmas Worship Service, 9 a.m. Dec. 25; Mother's Study based on Pope John Paul II's Familia Concortio, 11 a.m. Dec. 29; Watch Night Service, 11 p.m. Dec. 31.

Regular Catholic Worship Services:

CCD, 9 a.m. Sundays; Sunday Mass, 10:30 a.m.; Daily Mass, 11:30 a.m. Mondays through Thursdays.

Regular Protestant Worship Services:

Evangelical service, 9 a.m. Sundays; Sunday School (through June), 10:30 a.m.; Praise service, noon Sundays.

All events take place at the chapel unless listed otherwise. Call 535-4211 for details.

Education

Hour changes, holiday closings:

The Lajes Educational Center will close Dec. 25 and Jan. 1 for the holidays. DANTES program testing will continue throughout the holidays but will be cancelled Jan. 3-5 and Jan. 10-

11. Testing will resume Jan. 12.

University of Maryland University College:

The UMUC field office will close for the holidays Dec. 22 to Jan. 1. For more details, call Johnny Bryant at 535-4187.

University of Phoenix:

UOP offers a savings of more than \$200 for new students who start their MBA or MAED program by Jan. 2. The UOF field office will be closed Dec. 25-26 and Jan. 1 for the holidays. For more information, call Etleva Davis at 535-1970, e-mail etleva.davis@phoenix.edu or visit Room 227 of the Education Center in Bldg. T-146.

University of Oklahoma:

The next on-site course is "Current Problems in HR," a core requirement of the University of Oklahoma's Master of Human Relations degree program. The course dates are Jan. 23-28. Tuesday is the last day to add/drop this course. The university will close Dec. 25-28 and Jan. 1 for the holiday season. For more details, call Kate Etheredge at 535-3171.

Central Texas College:

Central Texas College holds registration for three on-site classes beginning Dec. 26. Register for Distance Education classes at any time; classes start every month. CTC will be closed Dec. 19-21, Dec. 25 and Jan. 1 for the holidays. For more information, call Anneke Cerri at 535-6722.

Embry-Riddle Aeronautical University:

The Embry-Riddle Aeronautical University office is now open from 9 a.m. to 3:30 p.m. weekdays. The office will close Dec. 25 and Jan. 1 for the holidays. For more details, call Shannah McQuarry at 535-3375.

Lajes Schools

Customer satisfaction survey:

The Department of Defense Education Activity and the Lajes American School is administering its biannual customer satisfaction survey through Feb. 28. For more information, call the Lajes American School office at 535-6216 or visit <http://www.dodea.edu/css/>.

School Web site: Check out what's new at <http://www.lajes-ehs.eu.dodea.edu>. The site provides links to school news, the AAFES lunch menu, etc.

Classified Ads

E-mail classified ads to news@lajes.af.mil by 5 p.m. the Thursday prior to the week you need it published. Remember to notify the Crossroads staff when items have been sold.

For sale: 1989 Chevrolet full-size conversion van. Automatic, AC, all electric. Great island bomb or large family vehicle. \$1,700 or best offer. Contact Lyle Riley at 535-2465 or 295-579-594.

PCS'ing to MacDill? Brand new 3 bdrm, 2 bath, 2 car garage for rent. Built in 2005 in new community 15-20 minutes from MacDill. Kitchen is fully loaded with new fridge, stove, and dishwasher. Appliances never used. Only lived in a couple days due to PCS. Great view of man-made pond, public pool, and many more amenities. Immediate move in available! Call Chris at 295-549-826 or 535-5280.

For sale: JVC portable CD, cassette, radio w/ 10 CD changer, double cassette recorder, remote control, detachable speakers, original owners manual. In perfect condition. Please make an offer. Call 295-542-341.

Items for sale: Car subwoofers: Three 10 inch JL and one 10 inch MTX, \$75 each; box for two 10inch subwoofers, free if you buy two subwoofers or \$35, one 12 inch subwoofer in box with amp, \$150 OBO; 7-foot Christmas tree including some lights and ornaments, \$50; large (tropical island scene) lighted motion sound (fiber-optic) picture, \$100 OBO; Sony Handycam DCR HC46 video camera, \$499 OBO (retail \$700+ with all extras); 1 MegaPixel CCD/2.7 inch 16:9 touch LCD screen/12x optical, 800x digital zoom/progressive shutter system/Super SteadyShot and Super NightShot plus technology/AC-L25 power adapter/in-camera charger, two NP-FP50 InfoLithium rechargeable batteries, remote control, stereo A/V cable, USB cable, lens cap, CD-ROM with USB driver camera extras: DCR-HC46 docking station, 512mb memory stick duo, high resolution wide-angle lens, high-resolution telephoto lens, high resolution-professional three-piece filter kit, deluxe carry case, 'tabletop' tripod and cleaning kit. If interested call David or Tanya at 295-549-756 or e-mail david.saltis@gmail.com.

Wanted: Large dog travel kennel. If anyone has one they're willing to sell, please call David or Tanya at 295-549-756 or e-mail at david.saltis@gmail.com.

Wanted: In need of a Graco infant car seat base. Will also consider the full Graco infant car seat. Doesn't matter what color. Call Merin at 535-3153 or 295-549-824.

For sale: 2003 Honda Element EX. 53,500 miles, champagne exterior with gray and black interior, low emissions vehicle, CD player, MP3 ready, built-in subwoofer, manual transmission, 2.4 Ltr, removable rear seats, sunroof, water-proof interior, suicide doors, rubber front and rear bumpers (ideal for this location), extra head clearance and rear seat leg room, lift gate rear for easy loading and great gas mileage. Great car and sad to get rid of. Call CB or Kim at 295-549-681 if interested.



Be careful when driving on roads of Terceira

By Jose Raposo

65th Air Base Wing occupational safety and health manager

Recently I read an article written by a renowned Azorean authority on social behavior matters, which was published in one of the local newspapers.

The article addressed the main causes of vehicle accidents on the Azorean roads and the inherent consequences of these incidents.

Interestingly, the mortality rate on the roads of Terceira is grim, compared to the other Azorean islands and ranks at the top of the serious traffic injury list.

Not surprisingly, the main cause of vehicle accidents on the Azorean roads is excessive alcohol consumption (56 percent),

followed by excessive speeding (24 percent). Unfortunately for all, some people still chose to drive after they have been drinking.

According to the article, current statistics show that 78 percent of the drivers on the Azorean roads normally speed when driving and that some of the main offenders are right here on the island of Terceira.

Even though Terceira did not stand out in relation to the other islands for the number of registered accidents, Terceira did, however, suffer more severe incidents. This island's mortality rate is higher than the larger island of San Miguel and most of the other smaller islands.

Fortunately, members of the Lajes community were not contributors to these traffic statistics. However, each of us play a

key role in setting the example while driving on any Azorean island.

Remember, the drunk or reckless driver does not choose its victim. When the tragedy strikes, the victim is simply at the wrong intersection at the wrong time; any one of us could be one of these victims.

It is everyone's responsibility to be defensive drivers. Always be on the lookout for those who break the law. Your health and safety depends on your personal risk management initiatives.

Winter is just around the corner, which in itself brings many changes to those drivers that have just recently arrived in the Azores. Reduced speed and attentive driving is the remedy for avoiding needless traffic accidents. Let's all do our part to be safe.

*Photos by Staff Sgt.
Marcus McDonald*



Pool sharks

(Above) Airman 1st Class Celestino Leal, 65th Civil Engineer Squadron, and (right) Airman 1st Class William Hunt, 65th Communications Squadron, compete in a recent double-elimination pool tournament at the Community Activity Center. The CAC hosts a double elimination, nine-ball, race-to-five pool tournament at 6 p.m. Dec. 27. The tournament is open to the entire Lajes community.



COMMUNITY



Hours of operation



☐ **Ocean Front BX:** 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday; and 10 a.m. to 7 p.m. Sunday

☐ **Flight View BX:** 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday, 10 a.m. to 5 p.m. Sunday

☐ **Shoppette:** 7:30 a.m. to 11 p.m. weekdays; 9 a.m. to 11 p.m. Saturday; noon to 8 p.m. Sunday

☐ **Military Clothing Sales Store:** 10 a.m. to 6 p.m.

Tuesday through Saturday

☐ **Car Care Center:** 10 a.m. to 5 p.m. Sunday; 10 a.m. to 6 p.m. Monday through Saturday

☐ **Furniture Store:** noon to 5 p.m. Wednesday through Friday; 10 a.m. to 5 p.m. Saturday

☐ **Reel Time Theater:** Showings on Thursday, Friday, Saturday and Sunday

☐ **Beauty Shop:** 10 a.m. to 6 p.m. Tuesday through Saturday

☐ **Barber Shop:** 9:30 a.m. to 6 p.m. Tuesday through Friday; 8:30 a.m. to 5 p.m. Saturday

☐ **New Car Sales:** 10 a.m. to 6 p.m. Monday through Wednesday; noon to 8 p.m. Thursday and Friday

☐ **AAFES Administration:** 8 a.m. to 6 p.m. weekdays

☐ **Ilha Rent-a-Car:** 9 a.m. to 6 p.m. Monday through Saturday

☐ **Vescovi Coffee Shop:** 7:30 a.m. to 3:30 p.m.

Tuesday through Friday and 9 a.m. to 3 p.m. Saturday

☐ **Burger King:** 7 a.m. to 9 p.m. Monday through Thursday; 7 a.m. to 11 p.m. Friday and Saturday; 8 a.m. to 9 p.m. Sunday

Holiday hours: The Ocean View BX, Flight View BX and Burger King are closed on Portuguese holidays. The shoppette opens from noon to 8 p.m., and the military clothing sales store opens from noon to 6 p.m. All facilities are open normal hours on U.S. holidays.



At the movies

Today

7 p.m. – The Prestige starring Hugh Jackman and Christian Bale. A mysterious story full of obsession, deceit and jealousy with dangerous and deadly consequences of two magicians whose intense rivalry leads them on a life-long battle for supremacy. From the time that they first met as young magicians on the rise, Robert Angier and Alfred Borden were competitors. However, their friendly competition evolves into a bitter rivalry making them fierce enemies-for-life and consequently jeopardizing the lives of everyone around them. *Rated PG-*



13 for violence and disturbing images (130 minutes).

10 p.m. – Texas Chainsaw Massacre: The Beginning starring Jordana Brewster and Taylor Handley. On one last road trip before they're sent to serve in Vietnam, two friends and their girlfriends get into an accident that calls their local sheriff to the scene. Thus begins a terrifying experience where the teens are taken to a secluded house of horrors, where a young, would-be killer is being nurtured. *Rated R for strong horror violence/gore, language and sexual content (91 minutes).*

Saturday

7 p.m. – The Prestige

10 p.m. – The Grudge 2 starring Sarah Michelle Gellar and Amber Tamblyn. In Tokyo, a young woman is exposed to the same mysterious curse that afflicted her sister. The supernatural force, which fills a person with rage before spreading to its next victim, brings together a group of previously unrelated people who attempt to unlock its secret to save their lives. *Rated PG-13 for mature thematic material, disturbing images/terror/violence and sensuality (102 minutes).*

Sunday

2 p.m. – The Grudge 2

7 p.m. – Texas Chainsaw Massacre: The Beginning

Thursday

7 p.m. – The Grudge 2

SFS Blotter

THEFT OF PRIVATE PROPERTY UNSECURE:

DATE: Dec. 5

LOCATION: Base Housing

SUMMARY: The complainant contacted a member of Security Forces on patrol in base housing to report a theft of personal property. She stated that she left her residence at approximately 7:15 p.m. When she returned at approximately 9:15 p.m., she noticed two green folding chairs were missing from her front porch.

DAMAGE TO PRIVATE PROPERTY:

DATE: Nov. 11

LOCATION: T-146/Education Center

SUMMARY: The complainant entered the SDCC and reported damage to his private vehicle that was parked in the lot at T-146/Education Center. The complainant

provided a sworn written statement that he last saw his vehicle at 12 p.m. without damage before entering T-146. When he returned to his car at 1:30 p.m., he found his passenger side window shattered. The approximate cost to replace the window is \$200. Cause of the damage is unknown.





HAWC helps Team Lajes reach short, long-term goals

By Staff Sgt. Marcus McDonald
65th Air Base Wing Public Affairs

"I want to improve my health." "I just want to be fit." "I really should be eating better."

All three statements are common New Year's resolutions but the Health and Wellness Center is one place members of Team Lajes can visit to ensure these goals become a reality.

"Our job is to enhance force readiness, improve population health and ensure customer satisfaction through evidence-based prevention and intervention to the Lajes community," said Capt. Lisa Tauai, chief of the Health Promotions Element, 65th Medical Operations Squadron. "We want to be the preferred source for scientifically proven and accurate information related to health promotion, nutrition, and fitness."

The HAWC provides Team Lajes a variety of individual appointments and group classes for nutrition, fitness and tobacco cessation.

"We have the Air Force-mandated programs for active-duty members who receive a poor fitness score, but these courses are also open to dependents and retirees," the captain said. "We offer quarterly tobacco cessation classes, monthly cholesterol reduction classes, food demonstrations, and commissary tours. For people who prefer an individual appointment, our schedules are flexible to accommodate them."

Stress-reducing activities

To prevent overeating during the holiday season, Captain Tauai recommended that people engage in activities that help alleviate stress.

"If overeating during the holiday season becomes an issue, people can increase their activity each day by 15 minutes or more to help compensate some for their additional calorie intake," she said. "Exercise is also an excellent tool to help reduce stress during this hectic time of the year."

Ricky Baptista, Lajes fitness program manager, said an increase in overall physical activity throughout the day will help keep the stresses of the holidays to a minimum.

"Being physically active not only increases our metabolism and ability to burn off those extra calories we are all



Angie Erickson, who recently lost 39 pounds in six months, receives a micro-fit assessment from Ricky Baptista, Lajes fitness program manager, Monday in the Lajes Health and Wellness Center. (Photo by Staff Sgt. Marcus McDonald)

guilty of, but it also helps us enjoy this most wonderful time of the year," Mr. Baptista explained.

Recent success story

Angie Erickson, wife of Tech. Sgt. Jeremiah Erickson, 65th Communications Squadron, has been able to drop six dress sizes and 39 pounds in a span of five months with the help of the HAWC staff.

"When we arrived here in July, I looked at my Lajes driver's license photo," she said. "I couldn't believe how overweight and out of shape I had become."

Mrs. Erickson turned to the HAWC staff for technical and moral support.

"With the advice and information given to me

during my first micro-fit session, I started working a cardio routine at the gym three to four days a week. I had a longing to be outside so I also started walking."

Mrs. Erickson then took advantage of the HAWC's nutritional counseling.

"We want to be the preferred source for scientifically proven and accurate information related to health promotion, nutrition and fitness."

Capt. Lisa Tauai
Chief, 65th Medical Operations Squadron Health Promotions Element

"Their plan offered me a sensible eating schedule that would not leave me hungry," she said. "It even allowed a snack just before bedtime. Once I left the HAWC with this information, I knew I was fully equipped to do battle with the scale."

Mrs. Erickson, a former U.S. Soldier, said making a healthy lifestyle change is what makes the difference.

"Focusing on healthy living through proper nutrition and exercise has helped me to lose and keep the weight off," she said. "My goal is to get back to my military weight of 142 pounds and in the process encourage others to make a healthy lifestyle change."





Sports Shorts

Bowling with Santa

This event is from 2 to 4 p.m. Saturday in the bowling center. Cost for kids is \$1 per game and \$.75 for shoes. Adults pay regular prices.

Prizes will be available for those bowling with Santa.

Christmas run

The Praia City Hall holds a Christmas run at 11 a.m. Sunday at the waterfront next to the marina in Praia.

For more information or to sign up, call Nelson Coelho at 968-797-964 or e-mail nelson.coelho@cmpv.pt.

High school basketball

Lajes boys and girls basketball teams host Portuguese teams at 6:30 p.m. Wednesday in the high school gymnasium.

Local shooting competitions

The Portuguese Shooting Club is looking for people to join them in upcoming competitions starting in January. For more information, call Andre Guimaraes at 969-291-004 or e-mail guimaraes@mail.telepac.pt.

Basketball, cheerleading

Youth basketball/cheerleading sign-ups continue through Dec. 29. Basketball skills day for players ages 7 and up is Jan. 13. The season begins Jan. 27. Call Cheryl Karnes at 535-1197 for details.

Dressage award winners

Congratulations to local award winners from Sunday's dressage horse show held at the Quinta do Mahlinha

Equestrian Center in Posto Santo: Preliminary test 1 juniors — Claudia Griffiths, first place; Anna Jane Lilley, third; Laura Donohue and T.J. Daly were only three and four points behind the placed competitors; Preliminary test 1 seniors: Shannon Bolt, third place; Megan Durkee was two points behind; Elementary level 1: Una Clancy, first place; Vanessa Silva, second place; Medium level 1: Vanessa Silva, first place; Nunes Pontes, second place; Joao Pamplona, third place.

Local golfing

Terceira Island's Golf Course will soon offer several golf tournaments and activities.

For more details, visit <http://terceiragolf.tinfor.net>.

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 a book of AAFES coupons.

The No. 1 ranked Armchair Q.B. each week will get his or her name and photo published in the *Crossroads* and we'll also print any smack talk the winner chooses to submit.

Congratulations to his week's winner, **William "Alex" Byrd** of Lajes' optometry clinic. He had his eyes on the competition and only missed five games.

The "You Don't Know Jack" award goes to **Lisa Casterline** and **Valerie Morgan**, both of the legal office, who missed 10 games each. They'll have to defend themselves quite well in court in order to get out of their induction into the Lajes Football Hall of Shame.

"The Dirtybyrd strikes again. Falcons fuh life!"

William "Alex" Byrd
65th Medical Operations Squadron



Game Schedule

Week 15

Saturday Game

Dallas at Atlanta

Sunday Games

Cleveland at Baltimore

Detroit at Green Bay

Houston at New England

Jacksonville at Tennessee

Miami at Buffalo

N.Y. Jets at Minnesota

Pittsburgh at Carolina

Tampa Bay at Chicago

Washington at New Orleans

Denver at Arizona

Philadelphia at N.Y. Giants

St. Louis at Oakland

Kansas City at San Diego

Monday Night Game

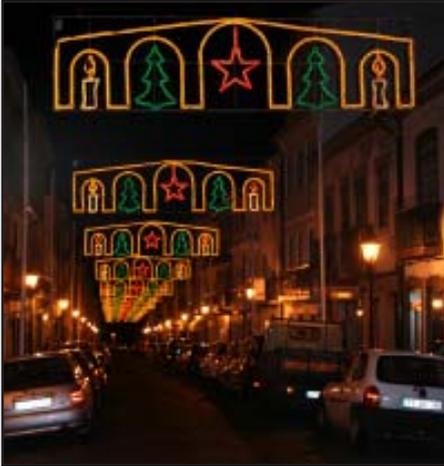
Cincinnati at Indianapolis

Total Points for Monday Night Game

Editor's note: Bring picks to the Public Affairs office in Room 240 of Bldg. T-100 or e-mail them to news@lajes.af.mil. Submissions must be made before the opening kickoff to the first game listed. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.



Photos by Staff Sgt.
Marcus McDonald



The streets of Angra are now filled with colorful Christmas lights. They should remain in place until about Jan. 6.



Streets of Terceira light up during holiday season

By Eduardo Lima

65th Air Base Wing Public Affairs

The cities of Angra do Heroísmo and Praia da Vitória now have their main streets decorated with Christmas lights and other holidays' ornaments.

This is a tradition that was adopted some years ago by both the city halls with the purpose of enhancing the Christmas spirit and attracting more people to the streets during the Christmas shopping season to help the local businesses with their sales.

The light adornments feature a multitude of colors and portray several Christmas themes, such as reindeers, Santa Claus, Christmas trees, angels, candles and more.

Many of the shops in Praia and Angra stay open until 7 p.m. every day until Christmas Day.

On Sundays, they will be open from 2 to 7 p.m. These special hours of operation are intended to allow the customers extra hours of shopping.

In addition to the lights, the Terceira Island's Chamber of Commerce will also

sponsor several cultural events in the main streets or squares of Angra and Praia, again with the intent of promoting the businesses' sales.

These events will include performances by local bands and clowns, which will take place on Saturday and Sunday afternoons throughout the remainder of December.

The Christmas lights will remain in place until about Jan. 6, which is the day the Portuguese commemorate the Three Kings Day or Epiphany, marking the end of the holiday season.