

Atlantic Crossroads

Vol. 12, No. 6 • February 16, 2007 | Lajes Field, Azores, Portugal | Lajes In the Fight!

65 ABW ORI 2007



Lajes Is In The Fight!

ORI Countdown

31

Tip of the Week

□ Apply a sense of urgency to every facet of next week's ORE and the upcoming ORI. Treat scenarios as if they were real and respond appropriately.

*Courtesy of
65th ABW Inspections*

Three-Day Closure



Due to the Portuguese "Mardi Gras" holiday Tuesday, the Commissary will be closed Sunday, Monday and Tuesday.

The Commissary is normally closed Sundays and Mondays but is open from 10 a.m. to 6:30 p.m. each Tuesday through Saturday as well as U.S. holidays.

Weather Forecast

Saturday

Cloudy
Rain
High 61
Low 48



*Courtesy of the
65th OSS Weather Flight*



Carnaval

An Azorean dancer performs during a previous Carnival celebration in Vila Nova. See page 4 for coverage on how people will observe Carnival 2007, which begins Saturday. (Photo courtesy of Foto Melo)



PERSPECTIVE

African-American History Month Honoring 'heroes for all Americans'

By Lt. Col. George Farfour

595th Operations Support Squadron commander

SCHRIEVER AIR FORCE BASE, Colo. — February, as African-American History Month, is a time to reflect on the contributions of African-Americans to our country.

Though no single article can adequately cover African-American history justly, there are few areas that can rival the vast participation of African-Americans in war.

African-Americans came to the aid of their country every time it called.

From the foundations of independence to the sands of Iraq, African-American Soldiers, Sailors, Airmen and Marines demonstrated that they too have a fierce love of country and a stubborn fortitude to succeed in battle.

African-Americans stand proud in our fighting history and deserve their rightful place in the study of that history.

From Crispus Attucks, who was killed by British soldiers during the Boston Massacre in 1770, to the freed and escaped slaves of the Civil War, through the Buffalo soldiers of Wild West fame to the Tuskegee Airman and right up to today, there has been no shortage of African-American patriots. Here are just a few.

The 369th Infantry Regiment, a "colored" New York National Guard unit known as the "Black Rattlers" fought in World War I under the French 4th Army and achieved amazing battle-field successes.

Despite the obvious racial prejudices of the time, they earned an impressive number of awards for valor receiving more than 171 decorations.

The entire regiment received France's prestigious Croix de Guerre. While they still had to ride on the back of the bus, their heroics were so well-known that they led the New York City World War I victory parade.

World War II brought forth another wave of distinguished African-American patriots. On the USS West Virginia, Doris Miller, a cook third class, was up early the morning of Dec. 7, 1941.

As he served breakfast, explosions rocked the mighty ship and he went to the upper deck. Seeing flames, chaos and death, Petty Officer Miller first aided his wounded commanding officer, taking him to safety. Then he took up a station at one of the many unmanned machine guns and began firing.

Although he was trained only as a cook with no instruction in the use of the automatic weapon, Petty Officer Miller reportedly downed two Japanese aircraft before the attacks stopped.

He never left his post during the hours of the attack, a post he assumed out of necessity.

The commander of the Pacific Fleet, Navy

"... all Americans contribute to the preservation of what makes America great."

Colonel Farfour

Adm. Chester Nimitz, personally presented Petty Officer Miller with the Navy Cross, an award for valor second only to the Medal of Honor.

Vietnam saw Army Pfc. Milton Olive III receive the Medal of Honor for an act of bravery few people in any war have equaled.

Private Olive's unit was under heavy enemy attacks from the Viet Cong. As the enemy fled the counterattacks of Private Olive's 3rd Platoon, a few VC turned back and threw grenades.

One grenade landed in the midst of Private Olive, three buddies and the platoon leader.

Olive grabbed the grenade and covered it with his body, absorbing the blast and saving his fellow soldiers while ensuring success of the counterassault.

At the White House ceremony to present the Medal of Honor posthumously to Private Olive's parents, President Johnson summed up the reason we should remember the example of Private Olive and others like him: "In dying, he taught those of us who remain how we ought to live."

Another Vietnam war hero, Col. Fred Cherry, endured torture, solitary confinement and repeated beatings as a prisoner of war for more than seven years.

He was brutally tortured when he refused to sign statements that the United States was a racist country or make broadcasts encouraging African-American Soldiers not to fight.

Even after suffering the most brutal torture, he never gave in to his captors, telling them, "You'll have to kill me before I denounce my country."

All of these men practiced and validated ideals that are uniquely American.

As Americans, we should look at these examples and so many more — not just in February, but all year — to remind us that all Americans contribute to the preservation of what makes America great.

Hopefully, through role models like these African-Americans, we can all live Colonel Cherry's words, "Race has nothing to do with it — I'll succeed because I'm good," both in our own goals and how we look at others.

Their ability to do just that is what makes them not just heroes to African-Americans, but heroes to all Americans.

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

Atlantic Crossroads

The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.

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Editorial Staff

Col. Robert Winston

Commander, 65th Air Base Wing

Capt. Shilo Weir

Chief, Public Affairs

Tech Sgt. Christin Michaud

NCOIC, Public Affairs

Staff Sgt. Marcus McDonald

Editor, Crossroads

Eduardo Lima

Advisor, Community Relations



Lajes Airmen receive help filing 2006 taxes

By Airman 1st Class Shannon Ofiara
Det. 6, Air Force News Agency

Airmen sometimes have special challenges when it comes to filing taxes; and deployments can complicate matters even more.

Lajes has a list of trained unit tax representatives ready to assist in the filing process.

"We all attended a week-long course and have been certified by the IRS," said Tech. Sgt. Mark Cave, Lajes Tax Program manager.

Before seeing a unit representative, people should gather:

□ W-2 forms, which can be retrieved electronically and printed out by visiting

the myPay Website.

□ All statements from investments, such as IRAs, mutual funds or stocks.

"Bring those items to one of Lajes' tax representatives," explained Sergeant Cave. "It just makes it easier.

Sergeant Cave said members who received Combat Zone Tax Exclusion Pay during 2006 will have the amount annotated on their W-2.

That amount will be deducted from your over all income and will determine the amount of taxes a person will pay or owe.

"We want to maximize your refund right from the start," Sergeant Cave said. "Our goal is to get you in and get you paid."

Unit tax representatives

- **65th Civil Engineer Squadron** – Tech. Sgt. Richard Weis, 535-2148
- **65th Contracting Squadron** – Tali Schmelzer, 535-4211
- **65th Communications Squadron** – Staff Sgt. Belita Thompson, 535-1175; Staff Sgt. Fredric Sanon, 535-3722
- **65th Logistics Readiness Squadron** – Master Sgt. Steven Guajardo, 535-2364
- **65th Medical Support Squadron** – Capt. Ann McManis, 535-3635; Tech. Sgt. Sherry Crandell, 535-4144
- **65th Mission Support Squadron** – Tech. Sgt. Donna Jacobson, 535-1144; Staff Sgt. Joshua Deuermeyer, 535-6280
- **65th Operations Support Squadron** – Tech. Sgt. Lester Neipert, 535-3931; Tech. Sgt. Terance Gerner II, 535-3931; Staff Sgt. Aaron Townsend, 535-3745
- **65th Security Forces Squadron** – Staff Sgt. Angelique Parker, 535-3400
- **729th Air Mobility Squadron** – Staff Sgt. Jennifer Grafton, 535-3729



If your unit is not listed, call Rachel Livengood at 535-1040.

New DUI program ensures Airmen get home safely

By Airman 1st Class Troy Davis Jr.
Det. 6, Air Force News Agency

Both the Top 3 and First Sergeants Associations have invested into a new campaign to decrease the amount of driving under the influence, or DUIs, cases at Lajes.

Master Sergeant Scott Ely, one of the program organizers, said the Home Safe Program follows the same overall purpose of

any other anti-DUI program. "Our target is to prevent DUIs and make sure Airmen get home safely," he said.

Any U.S. Department of Defense employee, military member or civilian, can sign up for a Home Safe card with the Top 3 Association.

If the member is ever out in town, run out of cash, and need a ride home, they can give the card to a taxi driver, who will drive

them home at no cost. The Home Safe card essentially works like a taxi loan.

"When they turn the card into the driver, a Top 3 member will pick up the card the next day and pay for the ride," Sergeant Ely said. "The person is then responsible for paying back the Top 3, and after that, they can get the card back to use again."

There's no penalty for using the card, and leadership is encouraging use of the program.

Lajes Airman impacts mission at Naval Station Rota



Senior Airman Stephanie Tepidino, left, and Staff Sgt. Ryan Greene prepare to put liquid-oxygen on a C-5 Galaxy at Naval station Rota, Spain. Airman Tepidino is serving on temporary duty at Rota. (Photo by Staff Sgt. Tara O'Brien)

By Airman 1st Class Jimmy McGuffin
Det. 6, Air Force News Agency

Helping with the war effort doesn't always mean Airmen deploy to Iraq or Afghanistan.

Naval Station Rota in Spain houses an average of 50 Airmen who are on temporary duty from bases throughout U.S. Air Forces in Europe.

Airmen from Air Mobility Command squadrons travel to Rota on a rotating basis throughout the year.

Senior Airman Stephanie Tepidino, a crew chief for the 729th Air Mobility Squadron, made the trip to Spain in late December.

She said it was big change when it comes to the workload.

"We don't get much traffic for C-5's and C-17's out that way," she explained. "This TDY has let me work other aircraft and get the training and the hands-on experience that Lajes can't provide simply because of the airflow."

Rota's flightline receives a higher volume of aircraft than Lajes, and it gives Airman Tepidino an opportunity to work with a number of planes headed downrange.

"I enjoy that I'm part of the fight," she said. "I like the feeling of accomplishment I get when I go home at the end of the day covered with grease and know that I did something good that day."

Airman Tepidino is one of 14 Lajes Airmen temporarily assigned to Rota.



2007 Carnival celebration kicks off Saturday

By Eduardo Lima
65th Air Base Wing
Public Affairs

Carnival, or Mardi Gras as it's called in New Orleans, will be celebrated throughout Portugal, Madeira and the Azores tomorrow through Tuesday.

The historical origin of Carnival is vague but seems to be related to pre-Christian customs such as pagan Roman and Greek festivals.

Although the Christian church allowed the festivals to continue throughout the ages, it endowed the customs with Christian meaning.

On the island of Terceira, Carnival is mostly celebrated in the form of dancing groups called "Danças de Carnaval" or carnival dances.

These groups travel from town to town for three or four days and nights, almost without any interruption, and usually perform in community centers (Casa do Povo), theaters and other public places.

These groups are usually comprised of 12 to 24 female and male dancers dressed with colorful costumes, some of them playing musical instruments.

Their performances are actually plays, which include three distinct parts: the



This year's Carnival celebration, which will include carnival dances or plays, kicks off Saturday and continues through Tuesday. (Photos courtesy of Foto Melo)

"salutation," in which the dancers greet the audience; the presentation of the "theme or topic," in which the plot of the play is described and developed; and the "farewell" part in which the dancers thank the audience for their attendance and wish them the best

These dancing groups usually take advantage of Carnival to criticize the government's actions or to make fun of situations or events that happened throughout the past year, since almost any criticism is accepted during this period.

Other groups choose, however, to portray more serious themes such as real life dramas or tell the lives of kings, saints, etc.

This cultural and recre-

ational event on Terceira, is now considered one of the most important expressions of the people's culture in the whole country.

But Carnival is not an exclusive tradition of the Azores or Portugal. It is also celebrated in some European, Central and South American countries, as well as in New Orleans and even in other U.S. cities.

Carnival is becoming an important tourist attraction on many mainland Portugal locations and in the Azores, and is celebrated in various forms and styles.

The island of Graciosa, for example, organizes masquerade balls in their community centers and clubs with the purpose of amusing the island's

population as well as attracting tourists to the island.

Also, as part of Carnival events, Angra High School students will organize a traditional Carnival parade through Angra's main streets, followed by a comical bullfight in the Angra's bullring Sunday.

The parade will take place at 1:30 p.m. and the bullfight at 3 p.m. Tickets for the bullfights can be purchased at the door.

Some nightclubs, pubs and bars around the island also organize either masquerade balls or other Carnival-related events during those four days.

There are no real safety concerns, but people should be aware of the tradition for the local people to disguise themselves in funny costumes and wear masks.

It's also traditional to toss water balloons or use squirt guns to hit vehicles or passersby, so make sure your car windows are rolled up and try to avoid those pranksters when driving or walking if you don't want to get wet.

People driving around the island during the Carnival days will probably find traffic heavier than usual and should drive cautiously and with patience.

Take this opportunity to have fun and explore the local culture!



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
- ☐ **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.

☐ **Editor's note:** Hours are subject to change.



At the movies



Today

7 p.m. – We Are Marshall starring Matthew McConaughey and Matthew Fox. While traveling after a game, 75 members of Marshall's football team and coaching staff were killed in a plane crash. As those left behind struggle to cope with the devastating loss of their loved ones, the grieving families found hope and strength in the leadership of a young coach who was determined to rebuild Marshall's football program. *Rated PG for emotional thematic material, crash scene and mild language (127 minutes).*

10 p.m. – The Pursuit of

Happyness starring Will Smith and Thandie Newton. Struggling to make ends meet, Chris Gardner finds himself and his 5 year-old son evicted from their San Francisco apartment with nowhere to go. When Gardner lands an internship at a prestigious stock brokerage firm, he and his son endure many hardships in pursuit of his dream of a better life for the two of them. *Rated PG-13 for language (113 minutes).*

Saturday

7 p.m. – We Are Marshall
10 p.m. – Children of Men starring Julianne Moore and Clive Owens. A futuristic society faces extinction

when no children are born and the human race has lost the ability to reproduce. England has descended into chaos, until an iron-handed warden is brought in to institute martial law. *Rated R for strong violence, language, drug use and nudity (114 minutes).*

Sunday

2 p.m. – We Are Marshall
7 p.m. – The Pursuit of Happyness

Thursday

7 p.m. – Children of Men
☐ **Editor's note:** Call 535-3302 for updated information.

Late Arrival

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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

Base inprocessing: Base inprocessing will not take place next week due to the President's Day holiday and the ORE. New arrivals to Lajes must inprocess at 10 a.m. Feb. 26 in the T-112 (MPF) basement. Call Airman 1st Class Tabatha Mchaffey at 535-5143 for more details.

Commissary closure: Due to the Portuguese "Mardi Gras" holiday Tuesday, the Commissary will be closed Sunday, Monday and Tuesday. The Commissary is normally closed Sundays and Mondays but is open from 10 a.m. to 6:30 p.m. each Tuesday through Saturday as well as U.S. holidays.

Lajes Idol V: Set for 8 p.m. Feb. 23 in the Top of the Rock Club. For more details, contact Rudy Wallace at 535-5216 or rudolph.wallace@lajes.af.mil.

African-American Heritage Banquet: Set for 6 p.m. Feb. 24 in the Top of the Rock Club. The program begins at 6:30 p.m. Tickets are \$16. For more information, call Senior Master Sgt. Pamela Crittenden at 535-3818 or Tech. Sgt. Lisa Nelson at 535-6282.

New Beginnings: This new weight loss support group meets at 3:30 p.m. Feb. 28 in the Health and Wellness Center. For more details, call Capt. Lisa Tauai at 535-3889 or Angie Erickson at 295-549-528.

SUM dinner: Due to next week's ORE, the SUM dinner for February will be held Thursday, March 1 at 5:30 p.m. in the chapel. It will be sponsored by the African American Heritage Committee. Call Jacinta Pires at 535-4211 for more details.

Murder Mystery Dinner: This event, put on by the Enlisted Spouses Club, is set for March 3 in the Top of the Rock Club ballroom. Tickets, normally priced at \$30, will be discounted to \$25 Feb. 20. The social kicks off at 6 p.m., followed by the mystery dinner at 7 p.m. Call Rochelle Weaver at 295-549-720 for more details.

Spiritual Fitness

Men's spiritual leadership training/breakfast, 8 a.m. Saturday; **Catholic Youth of the**

chapel lock-in, Feb. 18-19; **Ash Wednesday Service,** 11:30 a.m. and 5 p.m. Feb. 21.

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

Education

STAP deadline: The deadline for Term IV Spouse Tuition Assistance Program is 5 p.m. today. Term IV begins March 26 at the University of Maryland University College, Central Texas College, and Embry-Riddle Aeronautical University. Call Lucia Soares at 535-1115 for more details.

OU course, scholarships: Registration is open for "Planning Issues in Organizations," a three-hour on-site elective for the University of Oklahoma's Master of Human Relations degree program. The course dates are April 10-15. March 12 is the last day to add/drop this course. The deadline to apply for OU scholarships is March 2. Call Kate Etheredge at 535-3171 for more details.

Fisher House/DeCA scholarship: Feb. 21 is the deadline for the Fisher House/DeCA scholarship. All applications received after the deadline will be returned to the applicant. The Commissary will receive the applications until the store closes at 6:30 p.m. Call Cristina Reis at 535-6124 for more details.

CCAF Spring degree deadline: Feb. 23 is the cutoff date to have all documentation sent to the Community College of the Air Force in order to graduate with the April class. Call Maria Tristao-Rocha at 535-5291 for more details.

Free Portuguese class: The Education Office will be sponsoring a conversational Portuguese class Feb. 26 to March 23. This class meets from 11 a.m. to noon each weekday in Bldg. T-146. Students will receive a free Portuguese dictionary as well. To sign up or for more information, contact the ACE Center.

MOAA scholarship program: The Military Officers Association of America has officially opened its 2007 Base/Post Scholarship program and will be offering individual grants to 25 dependents of active duty personnel worldwide. For more in-

formation, go to <S:\MSS\65 MSS Education Flight\Scholarships> or call Mike Schendel at 535-1125.

AFA spouses scholarship: The Air Force Association offers \$2,500 scholarships to spouses of Air Force active duty, National Guard and Reserve personnel. The application deadline is April 30. Applications are available at the Education Center (T-146). Detailed information and an electronic copy of the application are located at <http://www.afa.org/aeff/aid/spouse.asp>. Call Mike Schendel at 535-1125 for details.

Term IV ERAU classes: Term IV classes will begin at the end of March. Classes include MGMT 420: **Management of Production and Operations**, and SFTY 409: **Commercial Aviation Safety**. Call Shannah McQuary at 535-3375 for more details.

Lajes Schools

DODEA survey: Voice your concerns and/or satisfaction with

programs offered at the Lajes American School by completing the 2007 Customer Satisfaction Survey at <http://www.dodea.edu/css/index.cfm>. Parents are asked to complete a survey for each child in school. The survey closes Feb. 28. Call the school at 535-6216 for more details.

Jobs/Volunteer

Education advisor: The 65th Contracting Squadron is competitively soliciting quotes for an education advisor non-personal service. Closing date is 4 p.m. Feb. 21. For more information, contact Senior Airman Ashley Clark at 535-3104 or ashley.clark@lajes.af.mil.

AAFES theater positions: AAFES is now accepting applications for a theater supervisor and an intermittent base theater projectionist. Applications are available at AAFES stores, the theater, and the AAFES Human Resources Office in Bldg. T-800. Call 535-3634 or 535-3209 for more details.

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. Notify the Crossroads editor when items have been sold.

Wanted: Donations of household items (i.e. kitchenware, towels, bedding, etc.) for a missionary and his wife moving to the island to serve the American and Portuguese communities. If you have questions or an item to donate, call Elizabeth at 295-57-9092, 96-312-2492 or e-mail ers_slp@yahoo.com.

For sale: AFN satellite dish and receiver with remote. Used for only two months. Retail \$458. Asking \$350 or best offer. Call 295-549-650.

Items for sale: Microwave, \$15. Tall office shelf, \$20. Computer desk, \$40. Side table w/ drawer, \$5. Contact Ruby at ruby.ferren@lajes.af.mil or after 5 p.m., 295-549-759.

For sale: Live on base and get cash in your pocket when you PCS. Get 100% cash back in BAH/COLA. 2 bedrooms, 1 Bath. Approximately 900-square feet of living space. Fireplace. 2 storage units plus full attic. Parking steps from your door. Fully fenced-in yard. Beautiful ocean views. Remodeled kitchen and bathroom. Available May 1. Call Dean at 295-549-824. If no answer, leave a message.

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.

For sale: Dr. Brown's baby bottles. The best anti-colic/anti-spit-up bottles on the market. Patented design to help prevent colic and gas. I have ten 4 oz. bottles and inserts (used for two months), 12-8 oz. bottles and inserts (used for two weeks), 15 level two nipples, 19 level one nipples, 21 bottle tops, 21 travel disks, and six brand new cleaning brushes. Originally paid over \$150; will sell for \$45. Contact Merin at 295-549-824.

For rent: New 2-bedroom apartment. Has small garden. Equipped with intruder alarm. Located five minutes from base at Rua da Sauda, 51F, Praia da Vitoria. Contact Cláudia at 91-224-7834 or 295-513-714.

PCSing to Eglin or Hurlburt? House for sale or rent. Two miles west of Hurlburt's main gate. Priced below appraisal. Large lot. Secluded. Sound side Hwy. 98. Enclosed swimming pool and lanai. 2,400 SF. 4 BR/2 BA/2C. Possible lease w/option to buy. Call 535-3914, 967-034-617 (cell), or 295-516-084 (home) if interested.

New Duralast semi-metallic rear brake pads, \$10; new Duralast ceramic brake pads, \$20 (both for Chevy truck — Tahoe, Avalanche, Silverado, GMC Yukon); Baby Trend 3 position recline/6 position height adjustment w/ dishwasher safe tray \$30; umbrella stroller \$5; newer baby car seat, \$20; Cross Terrain backpack child carrier; used one week, \$50; fire wood, \$20; small charcoal grill, \$10; large charcoal grill, \$20; kid's table with center storage, \$10; toddler's electric four wheeler, \$50; island bomb four-door car available March 4. Call Monica at 96-893-6399 for details.

Looking for automatic, 4-door vehicle in great condition. Must have been purchased from Portuguese market and not subject to duty tax. E-mail azoresborn@yahoo.com.



Spring soccer sign-ups

Sign-ups are ongoing at the youth center for ages 3-18. The registration fee is due Feb. 23; the season begins March 17.

Call Cheryl Karnes at 535-1197 for more details.



Intramural bowling standings

As of Feb. 8, the 65th Medical Group's #3 team was currently in first place, the 729th Air Mobility Squadron and the Office of Special Investigations were tied for second, and the 65th Civil Engineer Squadron's #1 team was in third place.

League action takes place at 6:30 p.m. Thursdays at the Hillside Lanes.



Worldwide youth bowling

The Air Force Services Agency is sponsoring a worldwide youth bowling program, which allows youth bowlers to compete with other youth around the world. Awards will be mailed to the youth program for first, second and third place in each of the following categories Air Force-wide: ages 5-8, 9-11, 12-14 and 15-18.

Call Kimberly Spivey at 535-3273 to register or for more details.

Judo, tumbling, gymnastics

Registration continues for the Lajes Youth Center's upcoming judo, tumbling and gymnastics lessons.

Judo classes will be from 5 to 6 p.m. Mondays and Wednesdays for ages 4-18 and from noon to 1 p.m. Tuesdays and Thursdays for adults; the cost is \$35 per month.

Tumbling and gymnastics classes will be from 5 to 6 p.m. Wednesdays for ages 3-5; the cost is \$25 per month. Classes will be from 5 to 6 p.m. for ages 6-12 and from 6 to 7 p.m. Mondays and Thursdays; the cost is \$35 per month.

Call 535-3273 for more details.

Basketball championships

The 2007 U.S. Air Forces in Europe Large Units Basketball Championships are scheduled for March 4-10 at RAF Lakenheath, United Kingdom.

Call Tony Baptista at 535-1290 for more information.

Volleyball championships

The 3rd Allied Air Component Command Headquarters Ramstein Volleyball Championships are scheduled for March 19-22 at Ramstein Air Base, Germany.

For more details, call Tony Batista at 535-1290.



Ultrabodies VIII

RAF Mildenhall holds this body-building competition at 6 p.m. June 23 at the Galaxy Club. Entry fee is \$40. Open to ID cardholders ages 18 and up.

Call Calvin Dixon at 535-6126/1290 for more details.

Sports Shorts



Youth bowling league

From 3 to 5 p.m. Sundays through April 15 at the Hillside Lanes. For ages 5-18. Cost is a \$13 sanction fee or \$5 per week. Sign up at the front desk.

Call Luci Lima or Jesse Davis at 535-6169 for more details.

Fact vs. fiction: Dispelling rumors about dietary fats

By Capt. Lisa Tauai

Lajes Health and Wellness Center

Which is better, butter or margarine? This is a common question that often yields a variety of answers.

The difference between butter and margarine is really found on what is inside of these products.

Butter is high in both saturated fat and cholesterol. A diet consisting of too much saturated fat has been shown to elevate LDL (low-density lipoprotein or "bad" cholesterol) cholesterol. Elevated LDL cholesterol can result in an increased risk of heart disease.

Margarine or spreads, on the other hand, are made from a blend of healthy oils such as soybean, canola and sunflower. These are vegetable oils that are low in saturated fat, contain no cholesterol, and are rich in polyunsaturated and monounsaturated fats which are predominately much more heart healthy than saturated fats. The drawback of some margarine is the amount of trans fatty acids that they may contain.

The most effective way to monitor trans fatty acid consumption is through the use of the Nutrition Facts label that can be located on the back of most food products.

Clarifying the age-old issue of dietary fats is important for several reasons. To help

heighten your understanding, consider this:

Every 45 seconds someone has a heart attack.

High blood cholesterol levels are a major risk for heart attacks and can be reduced through improved dietary fat choices.

Research suggests that choosing margarine in place of butter can reduce the risk of heart disease by 10 percent.

Based on the 2005 Dietary Guidelines for Americans, total fat should be between 20-35 percent of total calories. The majority of total fat intake should come from polyunsaturated and mono-unsaturated fat sources such as fish, nuts and vegetable oils.

On the contrary, the intake of saturated and trans fatty acids should be limited. Saturated fat should be less than 10 percent of total calories and trans fatty acid intake should be as low as possible.

Most Americans consume too much saturated and trans fat which may be one reason why heart disease is at an all-time high.

Monounsaturated and polyunsaturated fats may help reduce the risk of heart disease. Monounsaturated fats are primarily found in olive, canola, and peanut oils, as well as nuts. Omega-3-rich polyunsaturated fats are found in fatty fish (such as salmon or trout) or vegetable oils (such as canola, walnut, or flaxseed oil). According to some studies, monounsaturated fat may be help-

Info

For more details

Call the HAWC at 535-3889

ful in controlling blood sugar levels and have a mild cholesterol lowering effect.

In order to reduce your intake of saturated fat, trans fats, and dietary cholesterol, there are a few simple rules to follow.

Limit your intake of foods containing partially hydrogenated oils and tropical oils such as cookies, crackers, pastries, and fried foods. These items often contain an abundance of saturated and trans fats.

Control portion sizes of meat and select lean meats. Consume more dried beans and peas and low-fat/fat-free dairy products.

Consume less than 10 percent of calories from saturated fats and less than 300 mg/day of cholesterol per day. Read the Nutrition Facts label and keep trans fat consumption as low as possible.

Keep total fat intake between 20 to 35 percent of calories for adults and ensure most fats come from mono or polyunsaturated fat sources.

February is an opportune time to make these heart-healthy changes in your diet as it is American Heart Month.

Visit the Health and Wellness Center to find out about the Health Heart Program designed for those with elevated cholesterol.



SMACCS takes hoops title for second straight year

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

Photos by
Staff Sgt.
Timothy
Sanford



Willis Shivers, 65th Civil Engineer Squadron, tries to get past Brandon Wengert, SMACCS, during the intramural basketball championship game Feb. 9.

Teamwork, accurate shooting, and an unyielding defensive attack were all part of the SMACCS game plan in capturing the 2007 intramural basketball championship Feb. 9 in the Lajes American School Gym.

SMACCS came away with 53-37 and 88-44 victories over the 65th Civil Engineer Squadron to take the title for the second consecutive year.

"From the start of the first game, 15-year old Terence Williams blocked several shots inside," said Laten Williams, SMACCS coach. "Although he was whistled for three early fouls, he set the tone of the game for us."

Coach Williams said they made the Civil Engineers work for every shot.

"They didn't get anything easy," he said. "Defensively, we focused on their best shooters. Our plan was to let their weaker players try to beat us. Offensively, we got the ball to our guys who were hitting shots and they delivered."

Mark Cave threw in a total of 30 points, 9 assists and 17 rebounds. Tommy Nixon had a total of 42 points for both games while Brandon Wengert added 33.

Only two players on the team didn't score in the final championship game but still made an impact.

"Calvin Dixon and John Fraher played critical roles with rebounding, tough defense, and assists to our scorers," Coach Williams said.

Players on the bench also played a huge motivating role as SMACCS's biggest cheerleaders.

"They were into every play, inspiring our team to do well," the coach said. "It was definitely a team effort."

Coach Williams said his team's talent drove them to the title once again.

"We are an experienced team with great shooters," he said. "The first time we played CE we didn't have all of our players and we didn't play our style of ball. We allowed them to take us out of our game, and still only lost by 2 points.

"We knew we were the better team," Coach Williams explained. "So we just went back to our fast pace of play and finished the season exactly how we had expected — base champions, back-to-back."

"we ... finished the season exactly how we had expected — base champions, back to back."

Coach Williams



Terence Williams, SMACCS, battles with Donald Andrade, 65th Civil Engineer Squadron, for a bucket. SMACCS defeated the 65th CES 53-37 and 88-44.