

Atlantic Crossroads

Vol. 12, No. 9 • March 9, 2007 | Lajes Field, Azores, Portugal | Lajes In the Fight!



Readiness Day

Airman 1st Class Jessica Decasper, 65th Security Forces Squadron shows Col. Robert Winston, 65th Air Base Wing commander, how to properly clear an M-9 during Airman's Readiness Day Wednesday in the 65th Logistics Readiness Squadron Compound. The event, which is in preparation for Lajes Field's first Operational Readiness Inspection, included hands-on training from various portions of the the Airman's Manual to include Mission Oriented Protective Posture (MOPP) levels, reporting information up the chain of command, and basic lifesaving steps. At the end of the training, Lajes warriors took an Airman's Manual test. (Photo by Guido Melo)

65 ABW ORI 2007



Lajes Is In The Fight!

ORI Countdown

10

Days remaining
until Lajes Field's
first Operational
Readiness Inspection

Tip of the Week

□ The easy way may not necessarily be the "Outstanding" solution we need.

Courtesy of
65th ABW Inspections

Force Protection



Current FPCON: Alpha
Threat Level: Low

Weather Forecast

Today

Cloudy
Rain
High 63
Low 57



Saturday

Cloudy
Rain
High 61
Low 57



Sunday

Mostly cloudy
High 59
Low 52



Courtesy of the
65th OSS Weather Flight



PERSPECTIVE

Time to reconsider 'work hard, play hard'

By Col. Tim Schluckebier
66th Air Base Wing commander

HANSCOM AIR FORCE BASE, Mass. — "Work hard, play hard" — it's a phrase we've all heard and many Air Force organizations use it as an informal motto.

The phrase communicates the notion that we are intensely committed to doing what it takes to get the mission done, but we're not one-dimensional, mission-only people — we approach off-duty endeavors with the same zest and passion we demonstrate on duty.

The problem is that somewhere along the way, some folks started using "work hard, play hard" to rationalize clearly destructive behavior like alcohol misuse, illicit drug use, tobacco use, fitness deficiencies (such as a lack of proper diet and exercise) and failure to follow safety and injury prevention guidelines.

In other words, we began to believe that working hard entitled us to stretch the limits of acceptable behavior when we weren't working.

While the "work hard, play hard" mentality needs to change, it's a bit simplistic to blame destructive behavior on a phrase or motto.

It's probably more accurate to point to the fact that the Air Force is a reflection of our society, and we do see an abundance of destructive behavior there, particularly in the 18 to 24 year-old age bracket.

Statistically, 43 percent of college students (ages 18 to 24) can be classified as binge drinkers (five or more drinks in one sitting at least once in the past two weeks); 21 percent are frequent binge drinkers (5 or more drinks in one sitting at least three times in the past two weeks); and 31 percent meet criteria for a substance abuse diagnosis.

Air Force statistics are equally troubling and the population most at risk comprises junior enlisted Airmen, ages 17 to 24. While comprising only one-third of the total active duty Air Force, they account for 81 percent of the Air Force's alcohol-related incidents.

The Air Force averages 5,300 alcohol-related incidents each year.

"The real power of cultural change lies in the individual Airman who makes responsible decisions by weighing risks and benefits and takes action ..."

Colonel Schluckebier

Irresponsible drinking is a factor in 33 percent of suicides, 57 percent of sexual assaults, 29 percent of domestic violence cases and 44 percent of class A (fatal) motor vehicle accidents.

This isn't "working hard, playing hard," it's "working hard, playing recklessly."

The Air Force has launched a campaign to establish a Culture of Responsible Choices — a way to transition from "work hard, play hard" to "work hard, play smart."

The program was launched last year as a means of encouraging each of us to make responsible decisions.

The Culture of Responsible Choices Web page, located at www.afcrossroads.com/web/sites/corc.cfm, contains the statistics cited above, as well as a wealth of additional information that will help transform our culture from "work hard, play hard" to "work hard, play smart."

There is no shortage of literature and guidance on the Culture of Responsible Choices campaign.

The real power of cultural change lies in the individual Airman who makes responsible decisions by weighing risks and benefits and takes action to ensure we all play smart so we can continue to serve with honor and reflect positively on our great Air Force.

While statistics show that our junior members are most at risk, destructive behavior isn't limited to a single age group or rank.

Commanders, leaders, supervisors and mentors all play a vital role in creating an environment where "work hard, play smart" becomes the new culture.

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.

Info

Culture of Responsible Choices

Visit www.afcrossroads.com/websites/corc.cfm

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.

Crossroads 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



Portuguese civilian gets \$2,745 for idea

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

A Portuguese civilian here received a \$2,745 check last week for his idea that will save Lajes more than \$96,000 annually.

Jose Soares, 65th Operations Support Squadron, made his recommendation through the Air Forces' Innovative Development through Employee Awareness Program.

Senhor Soares' idea was to reduce the number of apron security lights illuminated on a daily basis from 26 to 17.

"Currently, there are 26 apron security light poles, with 20 lights on each pole," Senhor Soares said. "These poles burn about 52,000 watts (520 kilowatts) every hour, for a total of 12 hours daily from sunset to sunrise. The idea was to reduce to the minimum the use of these lighting poles on the airfield based on the amount of aircraft on the ground."

This was Senhor Soares' first submission through the IDEA program and he said it was an easy process.

"From my 31 years of service at Lajes, I knew this program was available for the Lajes community," he said. "I just never used it before. It was a good experience."

Master Sgt. Kenneth Kephart, 65th Mission Support Squadron Manpower and Organization Flight chief, provided more details about the IDEA Program.

"This is a web-based program that allows a person to submit an idea he or she believes will benefit the U.S. Government," he said. "All ideas are first screened by our office for eligibility. If eligible, the idea will be sent to a base, MAJCOM or Air Force evaluator for further approval or disapproval actions."

There are several categories of ideas a person can submit. The three most common ones are: Confirmatory Separate Improvement Process (SIP), After-the-Fact and Idea.

A SIP is usually a form which is filled out and sent up the chain asking for permission to change a work procedure or process.

An After-the-Fact idea is one which is submitted to management (written or verbal) and was approved. These two ideas require submission into the IDEA Program Data System (IPDS) within 30 days of approval.

The last category, Idea, is used when the first two do not apply. If there is a SIP in place in the organization, it must be used and once approved, may be submitted into IPDS.

"If approved, the idea will either have tangible savings or intangible savings," Sergeant Kephart explained. "Tangible savings are identified as cost avoidance or hard savings. This is seen as eliminating or decreasing a certain cost of an operation or function. Intangible savings do not eliminate any cost to the government, but are seen as improving a function or operation."



Soares

Question and Answer Session

Editor's note: During the Annual Awards Banquet, Brig. Gen. Michael Snodgrass, U.S. Air Forces in Europe's director of plans, programs and requirements, was asked questions about the ancillary training being tied to the AEF Cycle. The question and answer are below.

Question: Are we looking at aligning ancillary training requirements with AEF cycles vice annual refresher training?

Answer: Ancillary training would not be tied to any particular AEF cycle; it just wouldn't last longer than two AEF cycles unless revalidated. Most training, such as the Law of Armed Conflict, would be given initially and then just in time for deployment. The two cycles would ensure that everyone who needed it received it and that it would be kept current and relevant. This would allow folks in an AEF cycle to take it during their respective train-up time.



Unguarded communications

Unguarded communications in public are the most common violations of operational security, better known as OPSEC. (Photo illustration by Master Sgt. Lance Cheung)

IDEA Program

To submit an idea

- Visit https://ipds.mont.disa.mil/IPDS/dv_new_home_page
- Call 535-1144 for more details



Defend Lajes' computer, network resources against 'them'

Lajes' mission capability integrity is seriously degraded every time a user allows a vulnerability onto the network, according to 1st Lt. Gregory Cooper, deputy commander of the 65th Communications Squadron Information Systems Flight.

"The Air Force has evolved into an enterprise network where there are no longer small, independent networks," Lieutenant Cooper explained. "One compromised computer could potentially compromise Lajes, all of USAFE, and even beyond."

The lieutenant said active threats continually try to find weaknesses in the network.

"Don't be the one to compromise the network because you got an interesting e-mail and wanted to see where the link would take you," he said.

As network users, members of Team Lajes should focus on three main vulnerabilities that are common tools used by the enemy in the information warfare realm.

"Phishing attempts, unauthorized software, and virus reporting need to be at the forefront of our thoughts when it comes to computer security," Lieutenant Cooper said.

Phishing

Phishing involves fake e-mails that appear to come from legitimate sources.

"These e-mails usually urge you to act quickly because your account may be suspended or closed," said Staff Sgt. Chris

Parodi, 65th Air Base Wing computer security manager. "They don't address you by name, but will use more generic language like 'Dear Valued Customer.' They may ask for account numbers, passwords, or other personal information.

"Often, these e-mails contain misspelled names or words and unknown attachments," he said. "The bottom line is, do not click a link to a site, even if you heard of it in an e-mail, and never send your password through e-mail. If the request is legitimate, the requesting institution can and should reset your password if needed."

Unauthorized software

Unauthorized software can become a "welcome" sign to hackers.

"When you put software that has not been tested by COMPUSEC professionals on a government system, you are accepting a possible vulnerability in the name of the Air Force," Sergeant Parodi said. "These programs could have a virus, key tracking or provide a backdoor to our network. Users should never load software onto a system before talking to their unit information system security officer or the Wing Information Assurance Office.

Virus reporting

"Viruses are extremely dangerous to our

network, and even though our protection against them is at an all time high, they are still there lurking around the Internet," Sergeant Parodi explained. "Proper virus reporting is our most effective defense against this vulnerability."

Contact your ISSO immediately if you experience any of the following suspect symptoms:

- An unexplained reduction in available system memory
- An unexplained change in size of a program or file
- An alteration of text or commands
- Workstations unexpectedly rebooting or the system going down for no apparent reason
- Messages piling up in the "outbox" of Outlook
- Disappearing programs or files
- Disk failures or excessive disk access times
- Programs attempting to write to write-protected media for no apparent reason

"Remember, no anti-virus program is perfect," Sergeant Parodi said. "We must all do our part."

For a step-by-step guide of actions to take, see your unit ISSO for one of the new 65th ABW Network Incident Reporting Aids. (Article courtesy of the 65th Communications Squadron Wing Information Assurance Office)

Lajes Salutes

- Congratulations to Lajes' promotees for March:
To Airman 1st Class: **Paul Granholm**, 65th Communications Squadron; **Nathan Jones**, 65th Services Squadron; **Keith Lovely**, 65th Logistics Readiness Squadron
To Senior Airman: **Troy Davis** (Below-the-Zone), Det. 6, Air Force News Agency; **Jared Mahaffey**, 65th Civil Engineer Squadron
To Staff Sergeant: **Franklin Belling**, 65th CS; **Scott Hall**, 65th CS; **Edward Johnson III**, 65th LRS; **Danielle Lara**, 65th Mission Support Squadron; **Anthony Sherard**, 65th CES; **Justin Wheeler**, 65th Mission Support Group
To Technical Sergeant: **Michael Guerrero**, 65th Operations Support Squadron; **Kip Hanner**, 729th Air Mobility Squadron; **Ishasia Love-Murphy**, 729th AMS
To Senior Master Sergeant: **Donald Andrade**, 65th CES

- Way to go to the following Senior Airman who graduated from Lajes Airman Leadership School Class 07-C: **David Hall**, 65th CS; **Franklin Belling** (Academic Achievement Award winner), 65th CS; **Edward Johnson**, 65th LRS; **Brandon Fenner**, 65th OSS; **Bradley Nace**, 65th Security Forces Squadron; **Michael Gray**, 729th AMS; **Michael Woods**, 65th CS; **Nathan Wagoner**, 65th CS; **McKinzie Nash** (Leadership Award winner), 65th SFS; **Jana Allenwaugh**, 65th SVS; **Karen Adado** (Levitow Award winner), 65th Air Base Wing; **Douglas Cleary II**, 65th CS

- Congratulations to the following U.S. Air Forces in Europe Award winners for 2006: **Tech. Sgt. Dean Gracey**, 65th OSS, Air Traffic Control Watch Supervisor of the Year; **Tech. Sgt. Myra Beyer**, 65th CS, Information Management NCO of the Year; **65th LRS Management and Systems Flight**, Best Flight of the Year

- Congratulations to five recent graduates of the Kisling NCO Academy at Kapaun Air Station, Germany: **Tech. Sgt. Allan Abistado**, 65th LRS; **Tech. Sgt. Brian Cain** (Distinguished Graduate), 65th SFS; **Tech. Sgt. Cecil Jones**, 65th CES; **Tech. Sgt. Charissa Pipes**, 65th ABW; **Tech. Sgt. Jeannette Williams**, 65th MSS

- Way to go to **Master Sgt. Christopher Thurlow**, 65th CS, for graduating from the Air Force Senior NCO Academy at Maxwell Air Force Base, Ala.

- Congratulations to **Staff Sgt. Bryan McQuary**, 65th OSS, for being named the 65th Air Base Wing' Unit Safety Representative of the Quarter

- Way to go the **65th Contracting Squadron** for winning the USAFE Achieving Top Levels At Sponsorship Award, which recognizes organizations who achieve a top quality sponsorship program

2007 Air Force Assistance Fund campaign underway

RANDOLPH AIR FORCE BASE, Texas — This year's Air Force Assistance Fund "Commitment to Caring" campaign is underway.

The annual campaign provides Airmen the opportunity to contribute to any of the four official Air Force charitable organizations.

"Participating in this campaign is one the best ways to take care of our wingman," said Capt. Brenda Bryant, Lajes AFAF project officer.

Now in its 34th year, 100-percent of designated AFAF contributions will benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families. Last year, Airmen exceeded the campaign goal as they contributed more than \$7.33 million.

People can contribute cash, check or money order or use payroll deduction for:

— **The Air Force Aid Society**, which provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs.

Last year, Lajes received \$72,664 from the Air Force Aid Society.

"This money was used for loans, grants, education and community enhancement programs at Lajes," Captain Bryant explained. Information also is available online at www.afas.org.

— **The Air Force Enlisted Village Indigent Widows' Fund** supports the Air Force Village in Shalimar, Fla., near Eglin Air Force Base. The fund provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at

Lajes AFAF Points of Contact

<p>65th Air Base Wing Staff Master Sgt. William Rathbun</p> <p>65th Civil Engineer Squadron Master Sgt. Joseph Cardon</p> <p>65th Communications Squadron Staff Sgt. Heidi Hovorka Capt. Matt Ginnaty</p> <p>65th Contracting Squadron Rene' Arnold Tech. Sgt. Jan-Pierre Malboeuf</p> <p>65th Comptroller Squadron Senior Airman Jessica Piotrowski</p> <p>65th Logistics Readiness Squadron Tech. Sgt. Mical Turner</p> <p>65th Medical Operations Squadron Staff Sgt. Matthew Dodge</p> <p>65th Medical Support Squadron Staff Sgt. Yuka Gardaya Staff Sgt. Marie Jordan</p>	<p>65th Mission Support Squadron/ 65th Mission Support Group Airman Stephanie Gaona</p> <p>65th Operations Support Squadron Tech. Sgt. Chris Powers Staff Sgt. Jamie Arp</p> <p>65th Security Forces Squadron Senior Airman Walter Lee Tech. Sgt. Christopher Alamo</p> <p>65th Services Squadron Master Sgt. Walter Clark</p> <p>729th Air Mobility Squadron Staff Sgt. Ishasia Love-Murphy</p> <p>Det. 6, Air Force News Agency Staff Sgt. Michael Falvo</p> <p>Det. 516, OSI Special Agent Orlando Lopez</p>
---	--



www.afenlistedwidows.org.

— **The Air Force Villages Indigent Widows' Fund** supports the Air Force Village in San Antonio, a life-care community for retired officers, spouses, widows or widowers and family members. The Air Force Village Web site is www.airforcevillages.com.

— **The General and Mrs. Curtis E. LeMay Foundation**, which provides rent

and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is www.afvw.com/lemay.html.

Contributions to the AFAF are tax deductible. For more information, visit *visit the Air Force Assistance Fund Web site at <http://afassistancefund.org/>*.



Southern fried murder

Ben Parker, played by Capt. Jon Black, 65th Medical Group, attempts to woo Maggie St. Lawrence, played by Senior Airman Portia Les'Pere, also of the 65th MDG, during the Enlisted Spouses Club's Murder Mystery Dinner Saturday in the Top of the Rock Club. "Southern Fried Murder," a play by Billy St. John and directed by Angie Dodge, involved the funny antics of the Capote family. The event planner, Rochelle Weaver, coordinated all aspects — from gumbo to catfish — to ensure all who attended enjoyed a taste of Mardi Gras while on the island. (Photo by Staff Sgt. Matt Dodge)



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

Pet adoption: The Atlantic Kennel hosts a pet adoption 11 a.m. to 3 p.m. Saturday at the kennel. Dogs and cats from the Angra Animal Shelter will be available. In addition, the kennel will be accepting food donations during the event. The vet clinic will offer 50 percent off vaccines for all animals who are adopted at this event. Call Ronalle Moses at 535-3855 for more details.

U.S. Consulate and Passport Agent visit: The U.S. Consul and Consulate Passport Agent will be on island and available for personal assistance next week. They will be available for official visits and passport assistance from 10 to 11 a.m. Monday in T-112. To schedule an appointment, call Tech. Sgt. Tammy Gretta at 535-1366.

Family 5K: Set for March 17. To participate, show up in front of the Chace Fitness Center at 7:45 a.m. The run starts at 8 a.m. Call Airman 1st Class Cameron Houghtaling at 535-6126 for more details.

Customer College classes: The next Bachelor's classes are March 27-29 and April 17-19. The next Master's Class is April 25. Submit names and the class dates you'd like your troop or civilian to attend. Call Rosanne Callens at 535-2009 or e-mail rosanne.callens@lajes.af.mil for more details.

USAFE Regional Youth and Teen Talent Show: Sign ups are underway for this talent show set for April 14. Registration deadline is March 26. A workshop takes place from 1 to 3 p.m. April 10, 11 and 12 from in the Community Activity Center ballroom. Participants must be 6-18 years old. Call Glenda Cornillie at 535-3272 for more details.

Spiritual Fitness

AWANA Grand Prix: 9 a.m. Saturday; **Protestant Women of the Chapel monthly fellowship,** 7 p.m. Monday; **Catholic Women of the Chapel meeting,** 6 p.m. Wednesday; **Men's Spiritual Leadership Training/Breakfast,** 8 a.m. March 17.

All events take place at the

chapel unless listed otherwise. Call 535-4211 for details.

Women's retreat: The Protestant Women of the Chapel hold a women's retreat March 30 to April 1 at Hotel do Caracol in Angra. All women of the Lajes community are invited. Call Angie Miller at 295-549-790 or Angie Erickson at 295-549-528 for more details.

Education

OU course: 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. Full information available at <http://goou.ou.edu/scholarships/>. Call Kate Etheredge at 535-3171 or e-mail aplajes@ou.edu for more details.

UMUC Term 4 registration: The University of Maryland University College holds open registration for Term 4 beginning Monday. In addition, the Learn and Earn textbook rebate offer is extended to students in Term 3. For more information, e-mail aloper@ed.umuc.edu.

CTC courses: Central Texas College offers the following vocational-technical courses for Term IV: CDEC 1356: *Emergent Literacy for Early Childhood* (March 26 to May 18), CJSA 1342: *Criminal Investigation* (March 28 to April 14); and CJSA 1322: *Introduction to Criminal Justice* (April 15-30). Term IV registration is March 16. Call Anneke Cerri at 535-6722 or e-mail lajes@europe.ctcd.edu.

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

University of Phoenix: UP offers the Lajes community the MBA and several Master of Arts in Education programs. Classes are six weeks long and students can earn their degree in less than 24 months. There is no thesis or

entrance exams required. Call Etleva Davis at 535-1970 or e-mail etleva.davis@phoenix.edu for more details.

Miscellaneous

Daylight Savings Time: In the United States, Daylight Savings time will be observed Sunday. However, in the Azores and throughout Europe, Daylight Savings time is observed March 25. Don't forget to set your clocks ahead one hour starting March 25.

Finance customer service hours: The 65th Comptroller Squadron Finance Customer Support window will be limited to emergency customer service only from 9 a.m. to 4 p.m. today and Wednesday.

2007 billiards season: Billiards leagues begin April 3. The entry deadline is March 28. No entries will be accepted after this date. A team meeting for all coaches and team captains is set for 10 a.m. March 28 in the Community Activity Center. Call Tony Batista at 535-1290 for more details.

Used car locator: The Airman & Family Readiness Center offers a used car locator binder where people can post a flyer when selling a vehicle. This can be especially beneficial currently as there is a high demand for new families PCSing to Lajes needing a vehicle. Call Sandy Rocha at 535-4138 for more details.

New pick-up window hours:

The Lajes Post Office's pick-up window is now open from noon to 4 p.m. Sundays. Also, parcels can now be picked up until 6 p.m. weekdays. Call Staff Sgt. Charles Klode at 535-1203 for more details.

OLA: Lajes' Organization of Latin Americans is looking for dedicated, enthusiastic members to help share its Latin Heritage with Team Lajes. Cinco de Mayo will be the organization's top priority. Call Tech. Sgt. Sandra Nunes at 535-3635 or e-mail sandra.nunes@lajes.af.mil for more details.

Coffee and doughnuts: Lajes spouses are invited to coffee and doughnuts from 8:30 to 9:30 a.m. the third Wednesday of every month in the Top of the Rock Club. This event, sponsored by the Key Spouses group, is an opportunity to make new friends and meet new people. Call the Airman & Family Readiness Center at 535-4135 for more details.

Rising VI: The Lajes Field Rising VI holds its meetings at 4 p.m. the last Wednesday of each month in the Officer's Lounge of the Top of the Rock Club. The organization is open to all E-1s through E-6s.

Massage therapy: Swedish, medical, Reiki, reflexology, sports, chair, aromatherapy and Myofascial release massages are now available through the Chace Fitness Center. To schedule an appointment, call Luis Carneiro at 968-781-843. For more details, call Tony Batista at 535-6126.

Classified Ads

For sale: AFN decoder. \$100. Call 295-516-376 or 535-3339 if interested.

For sale: Xbox 360 with box, 2 wireless controllers, 2 headsets with microphone, and 2 games (Final Fantasy XI and Project Gotham Racing 3). Used twice. Asking \$400. Contact Joe or Deb at 295-549-705.

House for rent: Three-bedroom house on the main road going to Biscoitos (10 minutes from base by car), in a nice and calm neighborhood. House has two double bedrooms, one children's bedroom, two living rooms, a kitchen, a storage room and a big garden. Furnished. Cable and TV line available. E-mail q_uaresma@hotmail.com or call 918768415 for more details, house visit or photos. Price negotiable.

Wanted: Donations of household items for a missionary and his wife moving to the island to serve the American and Portuguese communities. Call Elizabeth at 295-57-9092, 96-312-2492 or e-mail ers_slp@yahoo.com for more details.

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.

For sale: Schwimm stationary exercise bike. \$100. Only used twice. Bought here at BX. Cost over \$400 brand new. Has digital readout. Call Don at 295-57-9126 or Brenda at 295-57-6582.

For sale: AFN decoder + satellite dish. \$215. Used for 2 years. Call 967-034-617 or 535-3914 if interested.

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



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.*



At the movies



Today

7 p.m. – Stomp the Yard starring Columbus Short and Brian White. DJ, a troubled youth from Los Angeles is attending the historically black Truth University in Atlanta, Ga. When adapting to his new environment proves difficult, DJ finds solace in joining a struggling fraternity where he begins implementing his street-style dance moves in an attempt to help the step team win the coveted National Step Show Championship. Before long DJ becomes the



competing fraternity's main rival, while trying to pursue his new love interest, deal with his own troubled past and learn the true meanings of brotherhood and fraternity along the way. *Rated PG-13 for violence, sexual material and language (114 minutes).*

10 p.m. – Freedom Writers

starring Hilary Swank and Imelda Staunton. A dedicated California teacher finds a way to unify her disadvantaged, racially divided students, and to improve their grasp of academics, partly by having them keep journals about their



violent, troubled lives. *Rated PG-13 for violent content, thematic material and language (123 minutes).*

Saturday

7 p.m. – Stomp the Yard
10 p.m. – Freedom Writers

Sunday

2 p.m. – Stomp the Yard
7 p.m. – Freedom Writers

Thursday

7 p.m. – Stomp the Yard
❑ **Editor's note:** *Call 535-3302 for updated information.*

Jenny, the military spouse

Kitchen Boxes

Copyright © 2006 Julie L. Negron, all rights reserved





COMMUNITY



Odyssey of the Mind

Lajes elementary and middle school students await the results of the Odyssey of the Mind European Championships in Heidelberg, Germany, last weekend. The students competed against all Department of Defense Dependent Schools and international schools in Europe, won their divisions and brought home the gold. The Division I (elementary school) team consisted of Nathan Tyndall, Bailey Grimes, Matthew Donohue, Alexis Oldham, Hannah Williams, Nathaniel Spratley, Sierra Richardson, and their coach, Kathy Grimes. The Division II (middle school) team included Laura Donohue, Sarah Allan, Anna Lilley, Deanna Bruce, Cheyanne Richardson, Ian Ginnaty, Cisalee Oldham, and their coach, Anna Lilley. (Photo by Capt. Anthony Spratley)

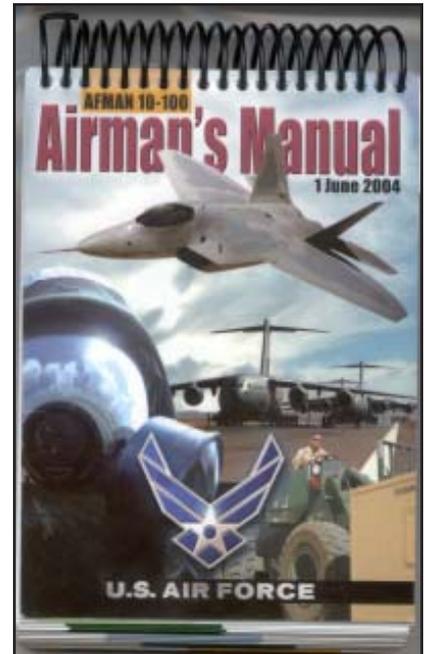
Airman's Manual Fitness Challenge

In preparation for Lajes Field's first Operational Readiness Inspection, the Crossroads is having an Airman's Manual Fitness Challenge.

Week 1's winners were **Master Sgt. Richard Barnett Jr.**, 65th Air Base Wing Plans and Programs, and the entire **65th Contracting Squadron**. All 14 members had to divvy up the remaining four books of AAFES coupons. Congratulations!

To participate in this week's competition, answer the questions below using your *Airman's Manual* and submit to news@lajes.af.mil. The first five e-mail submissions with the correct answers will win a book of AAFES coupons. The answers to this week's questions will be in next week's issue. Show what you know!

1. Operations security is everyone's job. When reporting an attack, what are the five OPSEC 'do not's'?
2. What are the symptoms of shock?
3. What are the four R's when discovering a UXO?



65 ABW ORI 2007



Lajes Is In The Fight!

The correct answers to last week's questions are below.

1. **What items should be worn in MOPP 2?** Overgarment, overshoes and field gear.
2. **After inspecting your M8 chemical agent detection paper, what five things would trigger you to discard the paper without using it?** Discard M8 paper that shows signs of wetness, wrinkling, dirt, damage or discoloration.
3. **What are the five steps in treating a chemical burn?** Flush Eyes with a large amount of water, flush eyes for at least 20 minutes, brush off visible contaminant, keep phosphorus burns covered with wet dressing, and remove jewelry due to swelling.