

Atlantic Crossroads

Vol. 12, No. 17 • May 4, 2007 | Lajes Field, Azores, Portugal | Lajes In the Fight!



A little advice

Staff Sgt. Todd Levings, 65th Logistics Readiness Squadron, gives his 4-year old daughter, Angelina, advice before tossing a softball during the Lajes Youth Center's youth carnival Saturday. The event wrapped up Lajes' observance of the Month of the Military Child. (Photo by Staff Sgt. Marcus McDonald)

DUI/DWI Stats

Last DUI/DWI: Jan. 13
FY '07 Total: 2



Need a ride?
Call 964-955-992
Saves in FY' 07: 18

Lajes In The Fight (March 2007)

Space-required
passengers handled
1,302
Space-available
passengers handled
1,295
Cargo tons handled
230
Mail tons handled
26
Originating shipments,
pieces handled
194, 247
Terminating shipments,
pieces handled
321, 2,734
Aircraft handled
130

Weather Forecast

Today

Partly cloudy

High 68
Low 63



Saturday

Mostly cloudy

High 70
Low 65



Courtesy of the
65th OSS Weather Flight



PERSPECTIVE

Balance, resilience keys to wellness

By Lt. Col. Susan McNitt

65th Medical Operations Squadron commander

I was recently TDY to a conference where one briefing discussed the psychological effects of deployment experiences on our Airmen.

It led me to wonder why post-deployment outcomes are so varied and why some of us have more resilience than others, allowing us to bounce back.

Resilience is the factor that helps us to recover from or adjust easily to misfortune or change.

Our upbringing, culture and unique personal traits are a few influences on our individual resilience.

However, each of us can work to hone our resilience, not only if we are military members facing deployment to stressful work environments, but for day-to-day functioning, if we are the active-duty member or not.

A few years ago, the Air Force started an educational campaign, emphasizing the need we all have for a holistic approach to wellness. The analogy used was an aircraft anchored by four ties to ride out a storm: physical, emotional, spiritual and social.

If any one of these ties becomes unbalanced, threatened or breaks, the aircraft is vulnerable, unbalanced and will ultimately be damaged.

Consider an Airman experiencing post-deployment relationship issues, work-related issues, and/or financial difficulties, with an added dose of poor self esteem and situational adjustment disorders.

Both emotional and spiritual balance is affected, with the end result of the individual lacking half of their "tie downs" during a personal storm, leaving them vulnerable and ill-equipped to handle the additional stress on their life.

Each of us needs to determine how to find the correct balance in our lives to reinforce and hone our resiliency.

My cousin recently observed a poster in his son's grade-school which outlined seemingly simple rules to achieve total wellness. These rules are very similar to what the Air Force taught in the balanced lifestyle campaign and demonstrate how important it is to start developing tools for life-balance, resilience and wellness at a young age. Consider these factors.

Physical — Exercise regularly, get adequate rest, and eat nutritiously for a balanced and healthy diet; take care of your heart by maintaining healthy blood pressure and cholesterol levels; develop healthy routines, and avoid destructive habits such as smoking, drug use, and alcohol abuse; practice safe behaviors such as wearing a seat belt, avoiding drinking and driving situations, and being careful in your sex life; take responsibility for your health by having regular physical exams, and following your healthcare

"Each of us needs to determine how to find the correct balance in our lives..."

Colonel McNitt

provider's advice; maintain a normal weight; pay attention to personal appearance (positive self image)

Mental — Manage time wisely and take positive steps to minimize stress; have a positive outlook; don't dwell on things you can't control; concentrate on the things you can; recognize and meet your individual needs and goals; respond with emotions appropriate to the situation; maintain a positive self-esteem

Spiritual — Seek harmony with yourself and with a higher power; find a sense of purpose and meaning in life; determine your values, and choose activities and behaviors that are consistent with them; maintain hope, even if things are not going your way

Emotional — Know how you feel, and accept your feelings; express feelings appropriately; maintain a sense of well-being during times of adversity

Social — Find and develop close, healthy relationships; act assertively but with courtesy and respect; interact well with others; get involved in group activities (e.g., sports activities, parent-teacher organizations, spiritual activities); develop a sense of belonging

Each of us should work continually to refine our life-management skills. These are not necessarily intuitive or come without practice. We may need to work on one or all areas to hone our resilience.

We are fortunate that the Air Force offers, as a benefit, support, classes and professionals to help us develop life management skills to achieve total wellness.

For instance, the Life Skills Support Center, Health and Wellness Center, Airmen and Family Readiness Center and chaplains offer classes, one-on-one appointments and counseling services to promote total wellness.

The Air Force Core Values of Integrity First, Service Before Self and Excellence In All We Do provide a common foundation to build great warriors, who in turn will continue a proud tradition of protecting our country's freedoms.

For each of us to give 100 percent to the Air Force as an active duty or family member, or civilian or local national employee, we must work toward achieving balance in our life to have the necessary resilience to equip us for life's inevitable ups and downs.

Preventing disease and injury, appropriately managing stress, promoting healthy lifestyles and enhancing human performance physically, mentally and spiritually are all keys to mission readiness.

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



PERSPECTIVE

Cinco de Mayo: Celebration of bravery, diversity

By (Ret.) Chief Master Sgt. Antonio Lacuesta and Tech. Sgt. Sandra Nunes
Organization of Latin Americans

Cinco de Mayo is not a celebration of independence. It's a Mexican holiday that honors the bravery of Mexican troops at "La Batalla de Puebla." The victory at Puebla over the French was insignificant in military terms, but it was historical for the people of Mexico. It instilled pride and patriotism in a time of despair.

To fully understand this, people must understand what was going on at the time.

History

At the beginning of the 1860's, Mexico was a very young nation trying to overcome some major political and economic setbacks. The latest being the loss of Texas after the Mexican-American War in 1848. There was a lack of national pride. During this time, Mexico was deeply in debt.

In 1861, President Benito Juarez announced a two-year suspension of payments to foreign creditors. Military troops from the major creditors (France, Spain and England) landed at Vera Cruz in early 1862 to force Mexico to pay its debts. Spain and England quickly made deals with Mexico and returned home.

However, many believed that France was more interested in the conquest of Mexico than in the collection of debt. France believed that with the United States involved in its own Civil War, France would be free to march on Mexico City without interference from the United States.

With the fall of Mexico City a forgone conclusion, France would have a foothold in the Americas and would then be free to help the Confederates States in the fight against the Union Army.

French armies had not been defeated in 50 years and were



Tech. Sgt. Adam Caldwell, 65th Communications Squadron, participates in the Organization of Latin Americans' salsa tasting competition Saturday in front of the Commissary. A Cinco de Mayo "Fiesta" begins at noon Saturday in the Community Activity Center. (Photo by Staff Sgt. Marcus McDonald)

considered the best in the world at the time. France had the finest modern equipment and had a newly reconstituted Foreign Legion that greatly outnumbered the Mexican troops. President Juarez dispatched General Ignacio Zaragoza (Texas-born) and his troops to slow down the French advance on Mexico City. Mexican troops were not expected to win the battle because Mexican troops were poorly trained and ill equipped.

The French and Mexican armies met Puebla on May 5 (Cinco de Mayo), 1862. After two hours, the Mexican army handed the French their first military defeat in more than 50 years.

Despite tremendous odds, General Zaragoza's troops forced the French to retreat. The French retreated to Vera Cruz and then France. "La

Batalla de Puebla" temporarily stopped the French invasion of Mexico, and France's ability to help the Confederates.

One year later, the French returned with a much larger force, took Puebla and continued the march to Mexico City.

After the fall of Mexico City, the French ruled Mexico until 1867. When the French were finally expelled from Mexico, President Juarez declared Cinco de Mayo a national holiday to honor "La Batalla de Puebla" and the bravery of the Mexican troops against superior odds.

Significance

"La Batalla de Puebla" sent a message that the young Mexican nation was ready and willing to defend its homeland against foreign invasion. It was the first time since its independence in 1821 that the nation

had something to be proud of. "La Batalla de Puebla" instilled pride and patriotism in the young nation in a time of adversity. "Soy Mexicano" (I am Mexican) became popular.

Today Cinco de Mayo is recognized, but not widely celebrated in Mexico. It is recognized as a victory in battle, not as "Independence Day" as many in the United States believe.

This "Mexican" holiday has many ties to U.S. history, which include General Zaragoza being a native of what is now Texas and the French's retreat out of the Americas, which impaired the French's ability to aid and support the Confederate States during the end of the Civil War.

Popularity

Why did Cinco de Mayo become popular in the United States?

As the Mexican-American population within the United States grew, they wanted to display their pride. Cinco de Mayo provided them with an opportunity to share our culture with mainstream America. This is not a cry of citizenship but celebration of cultural pride. Popularity of Cinco de Mayo began around the time of the civil Rights Era and the Chicano Movement; it was a search for an identity.

"Mexican-Americans" have unofficially adopted Cinco de Mayo for its historical and cultural significance. However, here at Lajes the Organization of Latin Americans — as this year's sponsors of Cinco de Mayo — wants to make this a celebration of diversity.

This is a celebration of the cultural pride not only of Mexican-Americans, but of all the cultures that make up this great nation of ours.

Throughout U.S. history, people from all cultures from all parts of the world have added their chapter or even footnote to what makes us a great nation. Join us in celebrating this diversity.



TMO provides tips for movement of household goods

By Tech. Sgt. Natalie Ishmael
65th Logistics Readiness Squadron

The high PCS season is less than a month away. Below are some tips to help those leaving Lajes get their household goods moved on the date they want.

❑ Make arrangements to ship your households when you have receipt of your PCS orders. The desired time is 30 to 45 days prior to the date you want your property picked up.

❑ Select your pack and pick up dates. Keep in mind property will be picked up weekdays between the hours of 8 a.m. and 5 p.m., American or Portuguese holidays excluded. Have alternate dates if the first date is not available.

❑ Do not schedule a pick-up date if you will not be available all day. Do not schedule any other appointments on those days including FMO pick-up, POV turn-in, key return, etc. If you will not be available, ensure someone else will be there in your absence. An informal letter of authority or a Power of Attorney will authorize them to sign documentation and ship your household goods.

❑ Know your weight entitlement. It is established under provisions of the Joint Federal Travel Regulation and is the maximum weight you can move at government expense. This allowance includes the weight of all shipments you are moving under one set of orders.

❑ Don't ship valuable items such as stocks, bonds, jewelry, coins or collections of coins, or items of great sentimental value.

Pack them in your suitcase or hand carry them.

❑ Have expensive and valuable items appraised. The government will not pay for the appraisals, but consider this part of your investment in the event of loss or damage.

❑ Use a video camera to take close-up pictures to record the condition of your furniture and to show what your items looked like prior to packing. This will allow you to show the item, as it was, if it is lost or damaged during the shipment.

❑ Professional books, paper and equipment do not include office, household or ship fixtures, furniture or sports equipment. These are items to perform official duties. The following items are considered professional equipment: reference books, papers, material, instruments, tools and equipment needed by technicians, mechanics, special-

ized clothing, such as desert uniforms, flying suits, band uniforms, communications equipment used in connection with the Military

Affiliated Radio System, individually-owned or specially-issued field clothing or equipment, official awards and other memorabilia given to a member by a uniformed service, professional society or organization, or a U.S. or foreign government. Blues and BDU's, personal televisions, or stereo equipment are not professional gear.

❑ Estimate how much professional gear you intend to ship. This is an official declaration of your intent to ship professional gear. Separate the professional gear from the rest of your shipment, so that it is properly marked on your inventory. The movers will

place "PBG&E" or "Pro-Books" next to the item numbers.

❑ Let your counselor know when you plan on arriving at the destination to receive your household goods. This will help in determining a proper delivery date at destination and avoid any unnecessary temporary storage.

❑ Remove all personal property from attics, crawl spaces or similar storage areas within the residence. The carrier's personnel are not required to go into areas that are not accessible by permanent stairway, adequately lighted, do not have a finished floor, or if they cannot stand erect in the area.

❑ Don't argue with the carrier's representatives. If you have a problem, contact the TMO immediately at 535-4213/4137.

❑ Don't sign anything until you have read and understood the forms. You must have a legible copy of all forms. Never sign a blank or incomplete form.

❑ At destination keep in mind that if you waive unpacking, the carrier is not required to later unpack or remove the empty cartons. If they agree to come back and pick up boxes, that is between you and the carrier. Waiving unpacking is done on the DD FM 1840 at the time of delivery in block 14b. Waiving unpacking enables the carrier not to complete the job of removing debris and empty cartons from your residence.

These are just a few tips to make your household goods move a smooth one. Another source of information is the <http://afmove.hq.af.mil> Web site; it has every TMO office listed with their contact phone numbers, a weight estimator, and claims information.

Info

For more details

❑ Call 535-4213/4137



A Taste of Asia

Airman 1st Class Jonathan Corado, Asian Pacific American Heritage Committee member, fills the plate of Tech. Sgt. Kathy Dashnea, 65th Mission Support Squadron, during "A Taste of Asia" April 27 at Eddie's Place. The committee's next event is an iron chef competition at 11 a.m. Saturday in front of the Commissary. (Photo by Staff Sgt. Marcus McDonald)



Feedback to usher in changes to publication

By Capt. Shilo Weir

65th Air Base Wing Public Affairs

Earlier this year, the 65th Air Base Wing Public Affairs staff conducted a readership survey to determine how well the *Crossroads* serves the need of the Lajes community.

More than 50 people participated in the survey conducted December 2006 through January 2007. Active-duty members represented 69 percent of survey participants, while civilian employees, dependents and retirees the remaining 31 percent.

The results of the survey revealed readers were satisfied overall with how the *Crossroads* keeps them informed and with the information printed each week.

However, it also showed that there is room for improvement. As one example of suggested improvements, most of the readers said they would like to see more coverage of local people and events as opposed to Air Force and U.S. Air Forces in Europe articles.

"By the time I read the Air Force articles printed in the paper, they are old and I have

Atlantic Crossroads

already seen them online," said one reader.

"I want to know more about what's happening in the community – on and off-base," said another.

Many of our readers indicated that they also have sections of the paper that they look forward to reading each week. The planner section and event schedules were popular favorites in the paper according to the survey responses. As a result, we are revising our planner page format to fit in information about even more events so this page continues to be a useful tool for our readers.

Air Force-wide, bases are evaluating how to best serve their readers, while simultaneously operating under the strain of a reduced budget and 30 percent Public Affairs manpower reduction. In an effort to deal with these constraints and continue to serve Team Lajes, this year's readership survey asked readers for their opinion on taking the local information online. Ninety-six percent of respondents said they use the Internet every

day and 67 percent of those readers said they use the Internet to access news every day.

Only 9 percent of readers said they were not at all likely to access local information online. Twenty eight were somewhat likely, 42 were likely and 21 were extremely likely to use the web to access local news and information.

Readers reported being less likely to access the information in the newspaper if it were only available online. Twenty-six percent of survey respondents reported being not at all likely to access an online version. The remaining 74 percent said they were at least somewhat likely to access the newspaper online.

The newspaper staff will use the information gathered in the readership survey and the available resources to ensure that we continue to provide useful information to our audience.

In the upcoming weeks, the Public Affairs staff will make changes to meet the ever-changing needs of our mission while continuing to serve the community and incorporating the information gained from readers in the survey.

'101 Days' campaign begins May 11 with Safety Day

By Staff Sgt. Joshua Franklin

65th Air Base Wing Safety

On May 11, the 65th Air Base Wing will kick-start this year's 101 Critical Days of Summer safety campaign with a Wing Commander's Call and mandatory formation run at 8 a.m. on

the AEF Ramp. Unit commanders will then brief their unit personnel on local trends and other squadron specific safety information.

From Memorial Day through Labor Day 2006, the U.S. Air Forces in Europe lost Airmen to preventable mishaps involving privately owned vehicles, sports

and recreation, and on-duty industrial mishaps.

"These fatalities were preventable because at critical points in each event someone made the wrong choice," said Maj. Brian Walker, 65th Air Base Wing Safety chief. "Whether that choice was to pass a vehicle on a curve or to walk down a poorly

lit street at night, the mishap could have been avoided altogether with a safer choice."

During the 101 Critical Day of Summer, remember that safety isn't about metrics or fancy pie graphs; it's about making the right choice every time. (65th Air Base Wing Public Affairs contributed to this article.)

Nurses and Medical Technicians Week kicks off Sunday

By Capt. Tim Stoner

65th Medical Operations Squadron

In conjunction with the American Nurses Association National Nurses' Week, the 65th Medical Group is celebrating Nurse and Medical Technician Week Sunday through May 12.

Various educational and social activities will help the 65th MDG highlight this year's theme of Nursing: A Profession and a Passion.

"Nursing is often described as an art and a science," said Rebecca Patton, ANA president. "This year's theme reflects the dual characteristics that are equally vital to a nursing professional.

"Today's registered nurses are devoted care givers as well as responsible professionals," she continued. "During National Nurses

Week, we want to honor the men and women who chose this challenging and rewarding career."

National Nurses Week is celebrated annually to commemorate the birthday of Florence Nightingale, the founder of modern nursing. It was her performance as a nurse 150 years ago during the Crimean War that forever altered nursing. The changes she implemented in the care of the wounded in the spring of 1854 reduced the mortality rate from 41 percent to 2 percent. That pattern of excellent care continues today in military healthcare.

In the United States, there is a growing shortage of registered nurses, which poses a real threat to the nation's health care system and the public's health. A week dedicated to nursing highlights the attributes of the profession, to help overcome such challenges.

"... we want to honor the men and women who chose this challenging and rewarding career."

Rebecca Patton
President, American
Nursing Association

It also reaffirms nursing's commitment to evaluate and improve the quality of health care provided to the population.

The Air Force Medical Service is dedicated to encouraging, educating, and providing the tools necessary for nurses and medical technicians to continue and advance in their careers, as well as inspire men and women to consider serving the Air Force as nurses or medical technicians.



In the Community

Street bullfights: 6 p.m. Saturday, Poço da Areia, Praia da Vitoria; 6 p.m. Saturday, Refugo, Porto Judeu; 6 p.m. Sunday, Rua Dr. Alfredo Sampaio, São Bento (near Angra)

Around Lajes

Recognition ceremony: The next Wing Recognition Ceremony is at 4 p.m. today in the TORC Ballroom.

Pool tournament: A double-elimination, eight-ball, race-to-three wins pool tournament is at 3 p.m. Saturday in the Community Activity Center. Participants are asked to be signed up and ready to play by 3 p.m.

Cinco de Mayo Fiesta: From noon to 4 p.m. Saturday in the Community Activity Center. Event to feature, food, games, jalapeno-eating contest, dance demonstration, cake walk, music, arts and crafts, bouncy castle, piñatas and a cupcake walk. Call Tech. Sgt. Sandra Nunes at 535-3635 or "Chili" Ornelas at 295-549-191 for more details.

Pet adoption: Dogs and cats from Angra's shelter will be available for adoption from 11 a.m. to 3 p.m. Saturday at the Atlantic Island Kennels. Call Ronalee Moses or Angie Jenkins at 535-3855 for more details.

Home buying seminar: 3 to 5 p.m. Monday in the Airman & Family Readiness Center. To sign up, call 535-4138.

ESC meeting, potluck: The May Enlisted Spouses Club general membership meeting and potluck is 6:30 p.m. Tuesday at Eddie's Place in the 65th LRS Compound. E-mail lajes_esc@yahoo.com for more details.

Tobacco cessation class: Noon Wednesday in the Health and Wellness Center. To sign-up or for more information, call 535-3889 or e-mail Staff Sgt. Jerry Thompson at jerry.thompson@lajes.af.mil.

Spiritual Fitness

Catholic Youth of the Chapel meeting, 6 p.m. today; **Catholic Parish Mass** followed by picnic, 11 a.m. Sunday at

TTU Beach in Praia; **Catholic Women of the Chapel meeting,** 6 p.m. Wednesday; **Protestant Parish Appreciation Banquet,** 7 p.m. May 11.

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

Jobs/Volunteer

Sports officials: The 65th Contracting Squadron is competitively soliciting quotes for sports officials, non-personal service. Wednesday is the closing date. Contact Senior Airman Ashley Clark at 535-3104 or ashley.clark@lajes.af.mil for more details.

GS positions: Lajes American School is accepting applications for GS positions, including secretary and educational aid. Applications are available at the school office.

Boy Scout volunteers: Due to summer PCS's, Lajes Boy Scout Troop 1605 needs volunteer leaders to fill assistant scoutmaster and troop committee positions. E-mail Louis Lilley at louis.lilley@lajes.af.mil for more details.

Services NAF positions; See vacancies or anticipated vacancies within the 65th Services Squadron at <http://www.lajes-services.com/jobs/jobs2.doc>.

Lajes Schools

Teacher appreciation: Next week, Lajes American School will recognize its teachers during National Teacher Appreciation Week. Lajes American School parents are asked to write a note to their child's teacher(s) thanking them for the work they do.

Summer program: Due to the availability of funds, Lajes American School will be offering a four-week, half-day summer program for space-required DoDDS students who are currently in grades K-8. Registration forms are available at the school. May 16 is the application deadline. Call 535-4151 for more details.

Education

Enlisted commissioning briefing: 9 a.m. Tuesday in the

Lajes ACE Center (Bldg. T-146). Call Maria Tristao-Rocha at 535-5291 for details.

Graduation ceremony: The Team Lajes Post Secondary Multi-Institutional Spring 2007 Graduation Ceremony is at 3 p.m. May 30 in the TORC. Those who have recently completed graduation requirements for CCAF or any other local or online post secondary educational institution and would like to participate in our graduation ceremony should call Maria Tristao-Rocha at 535-5291.

OU onsite course: Enrollment for the summer on-site elective "Seminar in Leadership in Organizations" is currently open. May 21 is the last day to add or drop this course. Contact Kate Etheredge at 535-3171 or aplajes@ou.edu for more details.

ERAU Term IV/V classes: Registration is underway for SCTY 315: Studies in Intelligence I, ASCI 405: Aviation Law, and SCTY 488: National Security Issues and Terrorism. Call

Shannah McQuary at 535-3375 for more details.

Free Portuguese class: The Education Office holds a conversational Portuguese class from 11 a.m. to noon May 14 through June 8 in Bldg. T-146. Call Lucia Soares at 535-1115 for more details.

Miscellaneous

VTF database restoration: The Veterinary Treatment Facility's database has been restored to Jan. 1. Those who arrived on the island or registered their pet at the beginning of 2007 are asked to e-mail 65mdg.veterinaryclinic@lajes.af.mil.

TB skin test: A tuberculosis skin test is required for military members, DoD civilian employees, and families outprocessing for PCS. The test needs to be accomplished no earlier than 120 days and no later than 30 days before departure. Call 535-3584 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.

For sale: 1996 Audi A6 Wagon. Asking \$5,500 OBO. Call Maj. John or Laura Griffiths at 295-549-505 or 968-934-997.

For sale: 2003 Ford Focus LX 4-door sedan. Not an island bomb. In excellent condition. Very clean. 16,000 miles. Automatic. AM/FM cassette w/detachable face. 10-disk CD changer. Air conditioning. Asking \$8,100. Contact Brian at 535-6456/295-549-250 or brian.luci@lajes.af.mil.

For sale: 1991 Jaguar in good running condition. Runs smooth. Asking \$2000. Inspection good until December 2007. Call Barbara at 96-956-9499 or 535-3192.

For sale: 1991 Toyota Starlet 5 speed. Inspection due in July. Just got a new motor put in. CD player. No rust. Asking \$1,800 OBO. Contact Anthony or Jessica at 295-579-201 or 295-571-408.

For sale: 1997 Chevy Camaro. 68,000 miles. 5-speed manual transmission w/ AC and CD player. Had recent mechanical inspection. Asking \$5,000. Call Guillermo at 919-182-497.

For sale: New citrus juicer, Braun Citromatic, 220V, \$20; New 2-liter fryer, Tefal Maxifyr 220V, \$30; two 42-inch white ceiling fans, 220V, \$15 each; two 16-inch oscillating fans, 220V, \$10 each; two 20-inch room fans, 110V, \$10 each; almost new twin-size mattress, \$40; AFN decoder, \$200. E-mail erb13@aol.com. Call 295-51-6349 or 962-670-994.

For sale: 2003 Kawasaki KLR650. Green and black. Asking \$4,200. Call Rick at 295-549-255.

For sale: Tan BMW 520i, new tires, CD, AC, standard, four-door, sunroof, inspection good through April 2009. Asking \$4,200 OBO. Call 964-280-726 or 535-4210.

For rent: Beautiful two-story home in Cabo Da Praia. 3 bedrooms, 2-1/2 bath. Outdoor barbecue area, lockable storage building, garage w/ electric opener, fenced yard w/ electric gate, alarm system, fireplace, huge bath tub, satellite dishes for AFN and Cabo TV, and excellent views of the ocean and Praia Bay. Call 963-223-050.

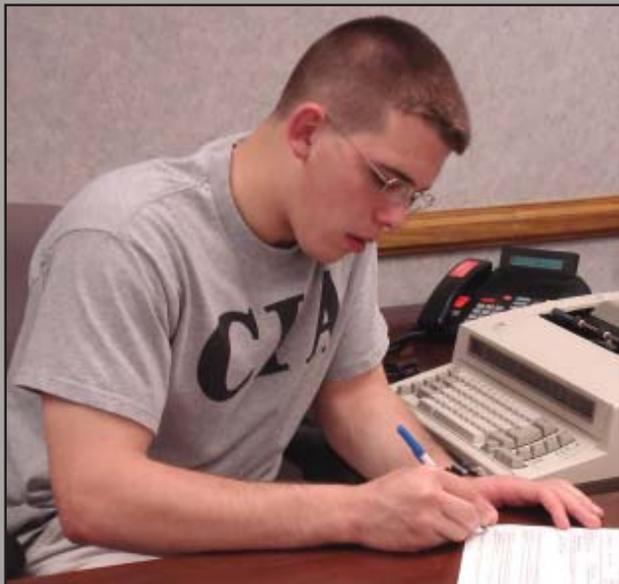
Amazing nanny/housekeeper: Maria has been a part of our family for two years. She is wonderful with our children and our home. She is kind, caring, prompt and reliable. We are PCSing soon and will miss her greatly. Call 295-549-253 for more details or to schedule an interview.

Cleaning services: If you are PCSing and need someone to clean your house in preparation for your final inspection, call Sandra at 96-955-2644 or 535-5216.

For sale: Ivory Jessica McClintock wedding dress w/ veil. Size 8. \$190 OBO. Call 295-542-341.

Nanny available in June: She has worked for American families for a number of years, is completely reliable, speaks excellent English and has been wonderful with our three children. We are PCSing soon and would be happy to give her our strongest recommendations. Call Calvin at 295-549-387 or 535-1290.

Short-term/long-term babysitting in structured environment available weekdays from 8 a.m. to 5 p.m. Call Art or Debbie Nilsen at 295-513-060.



Senior Spotlight

(Above) John Winston, son of Col. Robert and Kim Winston, signs a contract for admission into the U.S. Air Force Academy. (Photo by Donna Maler) (Right) John's mother, Kim, with help from Liam Clancy, Lajes Boy Scout Troop 1605 scout master, attaches an Eagle Scout badge that John recently earned. The senior is among Lajes American High School's Class of 2007, which are set to graduate June 8. (Photo by Anna Lilley)

Ferryboats begin 2007 summer sailing schedule

By Eduardo Lima

65th Air Base Wing Public Affairs

As it has become usual in the Azores for the past 12 years or so, two ferryboats will travel among eight of the nine Azorean islands during the summer months.

The first ferryboat, named "Ilha Azul" (Blue Island), will begin sailing the Azorean waters Monday and will operate through Sept. 30, while the second boat, "Santorini" will sail June 18 through Sept. 30.

These two boats offer a unique opportunity to travel to the other islands and also take your own vehicle or pets at an inexpensive cost.

Both the "Ilha Azul" and "Santorini" boats will travel to all the Azorean islands with the exception of Corvo. Both ferryboats

will also offer additional special trips during the major festivals on the different islands.

Traveling by ferryboat can be a very pleasant experience, especially during the day among the central group of islands since it offers breathtaking vistas of the islands while they travel.

The ferries could take up to three hours to reach the island of Graciosa and seven hours to reach São Jorge.

Even though São Jorge is the closest island, the boats stop at Graciosa first before continuing on, thus the reason why it takes longer to arrive at São Jorge. From São Jorge, the ferries go on to the islands of Pico and Faial.

The total time for a trip between Terceira and Faial is about 10 hours, depending on the ports where the boat stops.

The boats also take about five and a half hours to get to São Miguel or almost 24 hours to arrive at Flores, depending on the stops at the other islands. During these longer trips the boats sometimes feature entertainment, such as bands and movies to help pass the time.

Tickets can be purchased at the commercial port of Praia one hour before departure time or at the various travel agencies on the island. Round-trip prices from the port of Praia range between •53 (to Graciosa) and •94 (to Santa Maria).

Check out the ferryboat schedules and prices at the 65th Air Base Wing Public Affairs office in Room 240 of Bldg T-100 or visit www.turangra.com/barcos.

Explore the Azores and enjoy your travels.



At the movies



Today

7 p.m. – Premonition (PG-13)
10 p.m. – Dead Silence (R)

Saturday

7 p.m. – Dead Silence (R)
10 p.m. – I Think I Love My Wife (R)

Sunday

2 p.m. – Premonition (PG-13)
7 p.m. – I Think I Love My Wife (R)

Thursday

7 p.m. – Dead Silence (R)
 Note: Visit www.aafes.com for movie synopsis.



Guy Dashnea, 65th SFS, finished first in his weight category at the 2007 U.S. Forces Europe Powerlifting Championship meet with a total combined weight of 1,449.52 pounds. (Photo by Staff Sgt. Jana Klopfenstein)

Warriors represent Lajes at powerlifting competition

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

One member of the 65th Security Forces Squadron and two from the 65th Logistics Readiness Squadron represented Team Lajes at the 2007 U.S. Forces Europe Powerlifting Championship meet in Bamberg, Germany April 20.

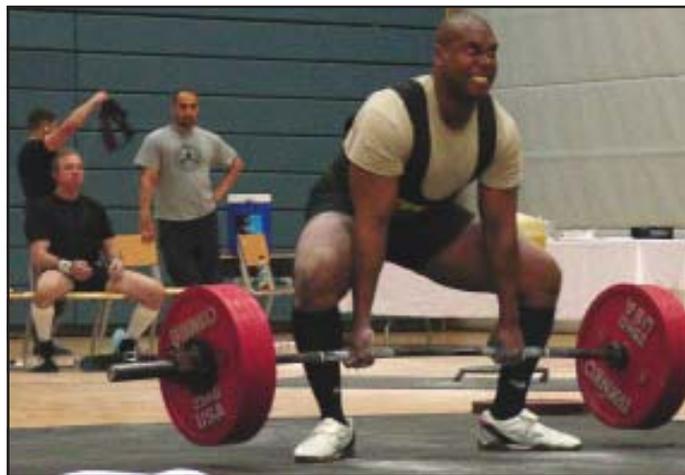
Guy Dashnea, 65th SFS, finished first in his weight category with a total combined weight of 1,449.52 pounds.

Sandy Sais and Alvin Harris, both from the 65th LRS, came in second and third place lifting 1,625.89 pounds and 1,284.2 pounds respectively.

This was Dashnea's first official powerlifting competition.

"This was an event I just wanted to try," he said. "At first I was very intimidated. Once the first lift was off the rack, I knew everything was going to be good."

Dashnea commented on how well the participants supported



Alvin Harris, 65th LRS, lifted a total of 1,284.2 pounds at the competition. (Photo by Master Sgt. Guy Dashnea)

each other during the meet.

"It seemed like everyone got along perfectly," he said. "We all knew what we had gone through to get there. Camaraderie was strong."

This level of competition isn't like the "weekend lifter," Dashnea explained.

"You need to squat deeper than parallel and bench more strictly," he said. "It makes a dif-

ference when you add these types of restrictions."

The three-person team captured second place in overall team honors.

"Placing as a team in these events is no small feat," Harris explained. "We came in second with only three lifters so we are very pleased. It just feels good."

This was Harris' first powerlifting competition since

having knee surgery in 2005.

"I would have liked to get more weight on my bench press, but I was satisfied," he said. "It was a pleasure to be a part of the team and represent the very best of Lajes."

Next to bodybuilding, Harris said this level of competition is by far the most intense training a person can ever put his or her body through.

"When you come into this, you not only have to physically strong you must be mentally strong," he explained.

"You will task every muscle in your body and attempt to really push, pull and lift ungodly amounts of weights," Harris continued. "The training days are long but this is what you have to do to compete at this level."

Harris said powerlifting is the basis for all sports.

"Once you begin power-lifting, you can never get it out of your system," he explained. "I have been doing this since 1989 through all types of pain, and I am just glad God allows me to do it to this day."