

# Crossroads



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Lajes Field, Azores, Portugal | Lajes In the Fight!

## Force Protection



Current FPCON: Alpha  
Watch. Report. Protect.

## Lajes in the Fight (September 2007)

Space-required  
passengers handled  
1,131

Space-available  
passengers handled  
912

Cargo tons handled  
216

Mail tons handled  
28

Originating shipments,  
pieces handled  
111/177

Terminating shipments,  
pieces handled  
308/2,588

Aircraft handled  
139

## DUI/DWI Stats

Last DUI/DWI: Sept. 25  
FY '07 Total: 0



Need a ride?  
Call 964-955-992  
Saves in CY' 07: 45

## Lajes player scores a home run Air Force claims gold in women's softball

By 1st Lt. Amber Balken  
75th Air Base Wing Public Affairs

**HILL AIR FORCE BASE, Utah** — The Air Force Women's Softball Team took home gold medals as they won the 2007 All-Armed Forces Women's Softball Championships with a record of 7-2 held Sept. 18 to 20 at Hill Air Force Base.

For the second time in three years, the Air Force won the tournament with power hitting and solid defense.

Lajes' Staff Sgt. Latricia Munday, 65th Civil Engineer Squadron, was part of this year's Air Force Women's Softball Team.

The Air Force began the tournament with a 28-2 win over the Navy. The Air Force started the game strong with six runs on six hits including a home run by Staff Sgt. Latricia Munday from Lajes Field, Azores. Leading the Air Force was Tech. Sgt. Karrie Warren of Tyndall Air Force Base, Fla., going 5-for-5 batting and driving in four runs, and Senior Airman Carly Edwards from Osan Air Base, South Korea, who went 4-for-5 and drove in one run.

Going into the bottom of the sixth inning, the Air Force had a 9-7 lead. The Army scored once and was threatening to score again with two on base when Spc. Shannka Taylor hit a three-run home run to put the Army up 11-9 going into the top of the seventh.

The Air Force once again turned to their batting. With two outs, Master Sgt. Laurie Doughty hit a double to right field scoring two and tying

the game. The Air Force used smart base running to score four more runs before going into the bottom of the seventh with a 15-11 lead.

Army Capt. Kendra Allen hit a triple to start the inning for the Army. The defense of the Air Force was too much for the Army, though, as the game ended with a strike out, sacrifice fly and a fly ball.

The Air Force was undefeated after the first day with the 15-12 win over the Army.

The third day was make or break for the Air Force as they faced the Army in the first game. The Air Force would need to win all three games to clinch the title. The Army would need to beat the Air Force to clinch the title.

The Air Force set the tone for the entire game with a string of three triples and home run by Staff Sgt. Sarah Ryan from Nellis Air Force

Base, Nev.

The Air Force used basic fundamental softball to hand the Army a 13-0 loss, the first shut out of the tourney.

"The team regrouped and we came out determined and with intensity," Sergeant Ryan said. "We weren't going to give up and we showed that."

The Air Force clinched their second gold medal in three years with two wins over the Marines and the Navy.

"The ladies came out today with the intensity and hunger they had the first day," said Rob Hoffman, the Air Force assistant coach from Hurlburt Field, Fla. "The entire team played well, they communicated and played fundamentally sound softball."

"The ladies showed great heart," said Air Force coach retired Senior Master Sgt. Cheryl Trapnell.



Staff Sgt. Latricia Munday, 65th Civil Engineer Squadron, dives back to first base after a close call during the 2006 All-Armed Forces Women's Softball Championships. Sergeant Mundy was also part of the 2007 team which won the 2007 All-Armed Forces Women's Softball Championships. (Photo by 1st Lt. Amber Balken)



# Volunteerism starts with being a good neighbor

By **Angie Erickson**  
Volunteer Contributor

Three in a row tic tac toe is what I say as I walk my kindergartner to school. However, not all three belong to me. One child belongs to a mother who operates an in-home daycare and the other child belongs to a mommy who has two younger siblings. I count it pure joy to help get these to kids safely to and from school each day. I was not asked by these mommies to assist; I gladly volunteered to do it.

There are many ways that we can reach out in the Lajes community as volunteers, but I believe it starts by being a good neighbor. Do you know the people in your neighborhood? Is there someone deployed and are their family members left behind? If so, offer to baby-sit, service their vehicle, run errands or take them a meal. This situation definitely is a window of opportunity to demonstrate good neighborly skills.

While I enjoy baking, perhaps you can start a garden or a landscaping project together utilizing materials through self help since October is housing beautification month.

I think sometimes we get too busy and overburdened and feel like we have too much to do, but in reality, we are the ones who set our own schedules. So why not set some time aside to reach out and do a good deed?

You've probably heard that it's better to give then to receive and do unto others as you would have done unto you? Well I believe that when we take our minds off of ourselves and do for others we find that we are happier and healthier for our efforts to make a positive impact in the life of another.

Let me give you a personal example that turned into a win-win situation for everyone involved – especially for me. When I first arrived at Lajes and received my Portuguese driver's license

with a photo, I was greatly alarmed by my physique. I had become overweight and knew I had to do something about it. I immediately sought exercise and nutrition counseling through the Health and Wellness Center, and successfully lost 28 pounds within the first 90 days. After 5 months, and losing another 11 pounds, I was determined to help others.

So with the great support of Capt. Lisa Tauai, the former HAWC dietician,

I started New Beginnings Weight Loss Support Group in January. While this group meets monthly, I have rallied neighbors to form a monthly exercise group that meets daily. I don't want anyone to have an excuse not to be successful with

their weight loss goals so I tell everyone who comes to the monthly meeting for the first time, that if you knock on my door, you will have an exercise accountability partner.

It's now been 15 months since my first appointment at the HAWC and I have lost 65 pounds, 9 dress sizes and have a neighbor to exercise with daily!

I have seen New Beginnings grow in number, but at the same time decrease in size – with some members losing 10, 20, 30, 40, 50 and in some cases more than 60 pounds. We have several countries now involved as well as have two mother and daughter pairs, and our youngest member is 10.

One of the Air Force's core values is service before self, as a veteran and a military spouse I believe it is important to apply this value system within my own neighborhood.

When we make it a point to be a good neighbor we are raising the morale and protecting the welfare our military family.

It is a duty that I love and honor, and I encourage you to make a difference and be a good neighbor!

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*“... I believe that when we take our minds off of ourselves and do for others we find that we are happier and healthier for our efforts to make a positive impact in the life of another.”*

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—Angie Erickson

**535-4240**  
**actionline@lajes.af.mil**

*The Commander's Line is your 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.*



**Col. JL Briggs**

*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. JL Briggs**  
Commander, 65th Air Base Wing



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

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## Lajes Salutes

□ Congratulations to **Airman 1st Class Nathan Jones** from the 65th Services Squadron for scoring a 93 percent on his CDC end of course test.

□ Way to go to Team Lajes' promotees for October: *To Senior Airman: Michael Lee*, 65th Communications Squadron; *John Sorrell*, 65th CS; *To Staff Sergeant: Christine Johnson*, 65th Comptroller Squadron; *Shirlnita Newsome*, 65th Services Squadron; *Dawayne Plowden*, 65th Civil Engineer Squadron; *Christina Rivas*, 65th Mission Support Group; *To Technical Sergeant: Christopher Anthony*, 65th Operations Support Squadron; *To Master Sergeant: John Casterline*, 65th Air Base Wing; *Eric Dick*, 65th CES; *To Lieutenant Colonel: Brian Walker*, 65th ABW.

□ Congratulations to the following individuals for earning an excellent on their physical fitness evaluation: **Maj. Edward Simpson**, 65th Security Forces Squadron, 99.5 percent; **Staff Sgt. Damion Heathcole**, 65th Services Squadron, 95 percent; **Senior Airman Kari Van Buskirk**, 65th SVS, 90.25 percent and **Senior Airman Benjamin Robarge**, 65th SVS, 93.5 percent.

□ Way to go to **Master Sgt. Maria Kraft**, 729th Air Mobility Squadron, who was named distinguished graduate at the Senior NCO Academy at Maxwell Air Force Base, Ala.

□ Congratulations to the **65th Operations Support Squadron** for winning the ATLAS Award. The award recognizes organizations who achieve a top quality sponsorship program.



### Crosswalk Safety

*Airman 1st Class Anthony Garcia, 65th Security Forces Squadron, halts traffic as Meg and Maria Turgeon safely escort Morgan Long across the street. Residents are reminded to slow down as they approach crosswalks, especially during the peak hours before and after school. (Photo by Angie Erickson)*

## Public Health announces beef recall that affects Lajes

**By Capt. Patricia Rohrbeck**  
65th MDOS Public Health

Frozen beef potentially contaminated with E-coli is being recalled.

The products subject to recall are linked to the Topps 100 percent pure ground beef hamburgers.

The Public Health Office was notified about the recall Monday.

The Lajes Commissary carries this assortment of Topps beef, but removed all recalled products from their shelves Tuesday.



Anyone who has purchased Topps beef prior to this recall can return the purchased items to the commissary for a refund.

Currently, health officials are investigating 25 illnesses in Connecticut, Florida, Indiana, Maine, New Jersey, New York, Ohio, and Pennsylvania, according to the U.S. Department of Agriculture.

Individuals infected with E-coli will generally show symptoms about 7 days after having consumed the contaminated

food product, according to public health officials. Symptoms include severe stomach cramps, diarrhea, and vomiting which can last 2-5 days and tend to be worse among children and older adults.

"Because diarrhea causes your body to lose water, a person will often times feel dehydrated and fatigued and needs to drink lots of fluids," said Tech. Sgt. Keith Caldwell, 65th Medical Operations Squadron. "If signs and symptoms occur, contact your healthcare provider."

For more information regarding the recall, contact Airman 1st Class Britini Jennie or Sergeant Kimberly Glover at 535-6224/4136.



## Movie Schedule

**Today, 7 p.m.** – Superbad (R); **10 p.m.** – Death Sentence (R)  
**Saturday, 7 p.m.** – Superbad; **10 p.m.** – Death Sentence  
**Sunday, 2 p.m.** – Superbad; **7 p.m.** – Death Sentence  
**Thursday, 7 p.m.** – Superbad  
*Synopsis: Visit [www.aafes.com/ems](http://www.aafes.com/ems)*

## Around Lajes

**Campaign SOS Cagarro 2007:** During October and November the young Cory Shearwater (Cagarro) birds will leave the nests at night and fly for the first time on a journey of hundreds of miles. Disoriented by artificial lights they fly inland instead of seaward. Help them find their way back. If you find a Cory on the ground, call 535-6558. For details, e-mail [vitor.berbereia@lajes.af.mil](mailto:vitor.berbereia@lajes.af.mil).

**Pool Tournaments:** 2 p.m. Sunday - Open 9-ball Tournament at the community center. Race to 5, double elimination; and 3 p.m. Oct. 27 - Ladies 9-ball Tournament Race to 5, double elimination. Awards will be given for first place in each tournament. To practice, be challenged, or learn about other games such as One Pocket and 14.1 Continuous (Straight Pool), call 535-POOL (7665).

**Flea market cancelled:** The flea market scheduled for Saturday has been cancelled.

**Thrift Shop Open Saturday:** The Thrift Shop will be open from 10 a.m. to 2 p.m. Saturday. Consignment or donations of items are always welcome. All profits from the Thrift Shop go directly to community and charitable organizations. For details, call 535-4146.

**AWANA Children and Youth Club:** AWANA is a nondenominational, Bible-centered youth organization. The Club at

Lajes meets each Tuesday, beginning Oct. 30 from 6 to 8 p.m. for ages 3 through 12th grade. For details, call 535-4211.

**AMC Flights:** One of the Space-A flights to and from the United States now departs from Norfolk Naval Air Station, Va. late Tuesday evening/early Wednesday mornings. Flights returning to the states depart Lajes on Fridays. European flights travel to Italy (rotating weekly between Sigonella and Naples) and Crete. The DC-8 flight to and from BWI on the weekend will not change. Anyone who has made these flights and would like to share their tips/suggestions, can e-mail [news@lajes.af.mil](mailto:news@lajes.af.mil). For questions, call the passenger terminal at 535-3227.

**Comics on Duty Show:** Armed Forces Entertainment presents The Comics on Duty World Tour at midnight, Saturday. Show is open to adults 18 and older. For details, call 535-5216.

**Time Management Class:** Everyone has the same 24-hours a day. How well we use it has a huge influence on our lives. This workshop, scheduled for 10 to 11 a.m., Oct. 25 in the A&FRC classroom is designed to help people learn to organize time and get more out of the day. To register, call 535-4138.

**LYP Halloween Party:** 7 to 10 p.m. Oct. 26 from at the LYP for ages 9-12. Register by Wednesday at the LYP. Cost is members \$5, non-members \$7. Wear a costume, play games, win prizes and have some fun. For details, call 535-3273.

**LYP Halloween Carnival:** 2 to 4 p.m. Oct. 27 at the LYP. For ages 5-8. Come join the Torch Club and Keystone Club members for a fun filled day of games, prizes, food and costumes. Tickets for games and activities can be purchased at the door. For details, call 535-3273.

**Couple Communication:** This workshop, scheduled for 6:30 to 7:30 p.m., Nov. 1 in the A&FRC classroom will look at differences in the way men and women communicate and identify ways couples can learn to talk to each other about their relationship. To sign up, call 535-4138.

**Parent and Child Communication:** This presentation, scheduled 6:30 to 7:30 p.m. Nov. 15 in the A&FRC classroom will help parents identify and learn effective communication techniques. To sign up, call 535-4138.

## Jobs/Volunteer

**Pumpkin Patrol Volunteers:** Security Forces is looking for volunteers to assist with the Pumpkin Patrol, 6 to 8 p.m. Oct. 31. Volunteers will have to wear their BDUs, reflective belts/vest and a flashlight. E-mail [ryan.radunzel@lajes.af.mil](mailto:ryan.radunzel@lajes.af.mil).

**Services NAF positions:** For a list of vacancies, visit <http://www.lajes-services.com/jobs/jobs2.doc>. or call 535-5200/6582.

*services.com/jobs/jobs2.doc*. or call 535-5200/6582.

## Education

**Free SAT/ACT software:** A group of National Football League players and eKnowledge Corp. are continuing their sponsorship of \$200 SAT and ACT test preparation programs to all active-duty, reserve, and retired military members and their families. Those who request the donated materials only pay shipping and handling costs. Anyone interested in receiving free eKnowledge products under the sponsorship can visit <http://www.militaryhomefront.dod.mil> by following the link to "Donation: VSG/NFL Players." or complete an online request form at <http://sat.eknowledge.com/military>. Requests can also be made by calling eKnowledge at 951-256-4076 or via e-mail at [support@eknowledge.com](mailto:support@eknowledge.com).

**University of Oklahoma - Upcoming Course:** Earn a Master's in Human Relations in 16-24 months from OU. Enrollment is open for the next onsite class, HR 5423: Family Systems and Reconstruction, an elective to be held on Dec 4-9. For details, call 535-3171.

**AFCT/AFOQT:** The MPF will administer the Armed Forces Classification Test Nov. 15 and the Air Force Officer Qualification Test Dec. 3. To sign up, e-mail [james.souther@lajes.af.mil](mailto:james.souther@lajes.af.mil) at least two days prior to test date.

**Central Texas College-MobileLearning™:** CTC is excited to offer MobileLearning™ the latest modality in education for: Microsoft Certified System Administrator Training via video iPod from New Horizons Computer Learning Center of Austin: "Attend" classes when it's convenient; learn how to build a single computer or how to manage a network of users. Eligible for TA, 18 credit hours. Video iPod provided with program. Enroll today. Call 535-6722 or e-mail [lajes@europe@ctcd.edu](mailto:lajes@europe@ctcd.edu).

## Classified Ads

*E-mail classified ads to [news@lajes.af.mil](mailto:news@lajes.af.mil) by 5 p.m. the Thursday prior to the week you need it published. Notify the Crossroads when items have been sold. Lajes personnel may also post ads at [Lajesads.com](http://Lajesads.com). This site is not affiliated with the Crossroads.*

For sale: 2002 Ford Focus 4-door, 5-speed manual transmission with 75K miles. Excellent Condition - \$6,500. Call Paul @ 968-937-101 or 295-989-255

Wanted: Donations - clothes, shoes, toys, books, household items, etc. All donations are used for the Lajes High School sports teams to raise money for travel. Will pick up donations, e-mail [lajes15@yahoo.com](mailto:lajes15@yahoo.com). Thank You for your support.

Need a babysitter? Fantastic with kids. Speaks excellent English. Call 295-542-4910 or 968-883-177. References available.

## Armchair Quarterback

Congratulations to week six winner Michael Flores. Third win this season. This week's You Don't Know Jack Winner is Michael Smith. Not talking smack anymore huh?

*"Third time is the charm. I need a challenge, so to make it fair and to give everyone a chance to win, I will pick winless St. Louis this week. Is there any other competition out there in the wing, LRS has taken the last 4." —Michael Flores*



E-mail picks to [news@lajes.af.mil](mailto:news@lajes.af.mil) before kickoff Sunday. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.