

Crossroads



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

UCI Countdown



176

Days remaining until Lajes Field's Unit Compliance Inspection

STEPin' it up to Tech



Staff Sgt. Shannon Pruett, 65th Logistics Readiness Squadron braces for the impact as Col. JL Briggs, 65th Air Base Wing commander and Chief Master Sgt. Douglas McIntyre, 65th ABW command chief, tack on her new stripe Mar. 7. Sergeant Pruett was selected for promotion to technical sergeant under the Stripes for Exceptional Performers Program. (Photo by Senior Airman Taylor Marr)

Seven Lajes master sergeants selected for E-8

By Tech. Sgt. Christin Michaud
65th ABW Public Affairs

Seven master sergeants assigned to Lajes were notified of their selection for promotion to senior master sergeant Wednesday.

The promotion list was released publicly at 8 a.m. CST (noon local) on the Air Force Personnel Center's homepage at <http://www.afpc.randolph.af.mil>.

Lajes had 53 master sergeants eligible for promotion to senior master sergeant, according to Maj. Peter Pollock, 65th Mission Support Squadron commander. The 13.2 percent selection rate is approximately 1.5 times the Air Force average of 8.91 percent.

The board selected 1,284 master sergeants for promotion to senior master sergeant Air Force wide.

The board, which convened at Randolph Air Force Base Jan. 28 to Feb. 15, considered 14,404 master sergeants for an 8.91 percent select rate. Last year's selection rate was 8.77 percent.

The average score for those selected was 672.67 with an average time in grade and time in service of 4.54 and 20.47 years respectively. The average score was based on the following point averages:

— 134.99 for enlisted performance reports,



Chief Master Sgt. Douglas McIntyre, 65th ABW command chief, sheds some light on the road ahead to Lajes' newest selects for senior master sergeant. Seven master sergeants assigned here were selected for promotion. See list of promotees in article below. (Photo by Senior Airman Taylor Marr)

- 33.17 for time in grade,
- 21.43 for time in service,
- 21.23 for decorations,
- 68.99 for Air Force supervisory examination, and
- 392.86 for board score.

Individual score notices are available on the virtual Military Personnel Flight and Air Force Portal. Those selected will be promoted according to their promotion se-

quence number beginning in April. Lajes master sergeants selected are: Michael Andrews, 65th Communications Squadron; Kurt Bergmark, 65th CS; Edward Canino, 65th Civil Engineer Squadron; Rachel Czmyr, 729th Air Mobility Squadron; Patrick Flint, 65th CES, Maria Kraft, 729th AMS; and Carla Thorton, 65th Air Base Wing. (Information Courtesy of Air Force News Service)



Understanding the power of your choices

By Maj. Anthony Lomelin
65th Contracting Squadron

How many times have you heard the old adage, "There are only two things certain in life, death and taxes?" I heard my parents use this phrase quite a few times during my youth. By the time I was a sixteen-year-old sophomore at Calumet High School in Gary, Indiana, I never really gave much thought to this saying because I was too young to think about death and did not have a job that required me to pay taxes. Instead my thoughts were consumed with grades, sports and girls; not necessarily in that order.

However, it was at sixteen, that a high school instructor of mine, Mr. Traicoff, asked my social sciences class, "What are the only two things certain in life?" Having heard the old adage, I confidently raised my hand and answered, "Death and taxes." There were confident nods from my classmates. I was sure that I scored some class participation points with my quick and correct response. Mr. Traicoff smiled and looked around the room then asked me if I was sure. I responded yes, however I felt that I had just fallen into one of Mr. Traicoff's intellectual traps that he enjoyed laying for his students. "Wrong Mr. Lomelin," said Mr. Traicoff. "The only two things in life that you have to do are die and pay a price." My instincts were correct; I had just walked into one of his traps. With the class dumbfounded by his response, Mr. Traicoff proceeded to explain.

Now let's flash forward 21 years later. You've just heard me say that the only two things in life that you have to do are die and pay a price. The first one is certain and needs no further discussion, but what on earth did Mr. Traicoff mean when he said we all had to pay a price? Plain and simple, he meant that we all have to make choices then pay the consequences (price)

for those choices. The consequence (result) of your decision (choice) can be good or bad. Let me explain further. In that old adage, paying taxes is not something you have to do. You can choose not to pay your taxes, and maybe the IRS will not notice immediately, but eventually you'll be caught and either pay your taxes, go to jail or both.

We all have the power of choice. And choice is just that, POWER. It is a catalyst for change. It can elevate us to heroic heights or hurl us to desperate levels of despair. A glimpse at the life of legendary baseball player Pete Rose, reveals the potent power of choice. Pete Rose began playing professionally for the Cincinnati Reds in 1963, where he earned the nickname "Charlie Hustle" for his work ethic and boundless enthusiasm. During his 24-year career he had many high points, including a career batting average of .303, a record-setting 4,256 hits, a 44 game hitting streak and three appearances in the World Series. Rose was all but guaranteed a spot in the Hall of Fame until 1989, when he was accused of betting on baseball. Although he denied it, the charges were proved and he was banned from baseball for life. (He finally admitted that he had bet on baseball in 2004). That regretful decision led to shame and disgrace.

Such is the power of choice. It can bring us closer to or further from our goals. A good part of our waking day is spent in making choices. It begins as soon as the alarm goes off. Do we get out of bed immediately or push the snooze button? Do we prepare for work or call in sick? While we're on duty, do we work hard or goof off? All day we continue making choices as we decide what to do next. Do I tackle the most important task or make a personal telephone call? Do I answer my e-mail or chat with coworkers over coffee? Each decision we make points us to the road of success or the path of mediocrity.

Excuse the nautical reference, but many times we act as if we're in rudderless boats drifting in the sea of life. Our destination? Who knows? We arrive wherever the currents and tides take us. But it doesn't have to be that way. You see, the boat we're in has a rudder! It can steer

us to the shore of success. That rudder is CHOICE. If we use it, we can steer to our goals.

I'd like to offer you the following steps to help maximize the power of your CHOICES and the positive consequences:

1. **Be aware of your choices.** This is not as easy as you think. Why? Because most of the time our "boat" (mind) is on autopilot, we act automatically. We act by force of habit. If it's a good habit, that's great, as there is one less decision to make. But if it is a bad habit, our boat moves away from the shore of success and heads for the rocks. Imagine not being aware of that! To avoid such danger, force yourself to become aware of your choices.

2. **Analyze your choices.** Once you become aware of making a decision, ask yourself, "Will this choice help me to succeed or hold me back?"

3. **Make your choice.** After realizing whether the choice is helpful or harmful to you, your family or your unit, make a decision that results in the best possible outcome.

4. **Act on your choice.** Decisions without action are worthless, for they are mere pipe dreams, not plans. As American humorist, Arnold H. Glasow wrote, "Ideas not coupled with action never become bigger than the brain cells they occupied."

5. **Multiply your choices.** One choice is no choice and two choices may pose a dilemma. However, three or more alternatives offer flexibility and provide you with the option of making the best possible choice.

As an Airman, you owe it to your nation, your unit, and your wingman to make choices that produce positive results. As I look ahead at the challenges facing the 65th Air Base Wing between now and the UCI in September, I think this is a perfect time to remind everyone about the power and the importance of making choices that produce positive results. So, the next time you hear someone use the "death and taxes" phrase, please remember my high school teacher, Mr. Traicoff's words and remember that YOU have the POWER of CHOICE.



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.

Submissions can be e-mailed to news@lajes.af.mil or faxed to 535-6326 and are due the Thursday, a week prior to the publication date. For more

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All photographs are Air Force photographs unless otherwise indicated.

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Action Line: Concern about family fun runs

Question: I have seen flyers in the fitness center which promote family and spouse fun runs once a month. I think that it very exciting since I work out at the fitness center. However, I am wondering why the hours for doing the family fun runs are not at a time when families or children can participate? The advertised hour for the runs usually begin at 7:30 a.m. or 7:45 a.m. and that is usually the time children are going off to school. Spouses, then, are not able to participate since home tasks require their assistance.

Since the family fun runs are once a month activities, would it be possible to make them at a time where spouses and/or children could attend and participate? A suggestion could be a lunch time run or starting the run later in the morning after children are at school. This would not only benefit active duty military members but would promote the healthy and fit family concept, something this base is well known for leading Air Force wide.



Col. JL Briggs

Thank you for reading this and I will be anxious to see what changes can be made to involve spouses in healthy lifestyle changes too.

Response: Thank you for taking the time to let me know how 65th Services Squadron can serve you better.

As for your first question as to, "why the hours for doing the family fun runs are not at a time when families or children can participate?"

We have scheduled the "5K fun runs" to maximize participation by coinciding with the majority of unit PT sessions on base. Almost all units have a PT session scheduled for Friday morning, starting between 7:15 a.m. and 7:45 a.m. Additionally, we adjust the hours depending on the season to minimize, as much as we can, running in the dark. Runs in the morning also help from a safety standpoint because the commercial traffic on base does not normally pick up until after 9 a.m. We started advertising the runs as "family runs" because previous customers informed us that family members did not feel

comfortable participating in a "Base 5K Run", and these runs were and are open for anyone on base to enjoy.

In response to your second question about, "scheduling them at a time where spouses and/or children could attend and participate?"

The answer is yes. The Fitness Center has plans to start Family Fun Runs beginning in April. Currently, the Fitness Center staff is looking at the third or fourth Saturday in April to maximize family participation. I would ask you to keep an eye out for the details on the Commander's Access Channel and in the Crossroads.

Col. JL Briggs
Commander, 65th Air Base Wing

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. 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.

--- Lajes Salutes ---

□ Way to go to Team Lajes' promotees for February: **To Senior Airman: Artem Kamalov**, 65th Security Forces Squadron; **David Spivey**, 65th Communications Squadron; and **Ryan Witherspoon**, 65th SFS. **To Staff Sergeant: Derico Hood**, 65th Civil Engineer Squadron; and **Donovan Leistner**, 65th CS. **To Technical Sergeant: Lynetta Jackson**, 65th CS; and **Michael Sierra**, 65th CES. **To Senior Master Sergeant: George Richey**, 65th Logistics Readiness Squadron.

□ Kudos to **Airman 1st Class Jeremy Garner**, 65th Medical Support Squadron, who was presented the Sharp Award in the Airman category for February. **Staff Sgt. Ryan Hiney**, 65th LRS, was selected in the NCO category for February.

□ Congratulations to the 2007 USAFE Level Award Winners from the 65th Medical Group: **Maj. Jesse Richardson**, Field Grade Physical Therapist of the Year; **Master Sgt. Shane Warye**, CMSgt Harvey A. Cain Diet Therapy SNCO of the Year; **Master Sgt. Lita Beard**, Expeditionary Medical Operations SNCO of the Year; **Tech. Sgt. Sandra Nunes**, NCO Pharmacy Technician of the Year; **Senior Airman James Hewell**, Dental Airman of the year. Additionally, the **Lajes Dental Clinic** was recognized as the Small Dental Clinic of the Year; and the **Lab** was the Laboratory Team Cat II of the Year.



Maj. Peter Pollock, 65th Mission Support Squadron, Douglas McClain, 729th Air Mobility Wing, and Maj. Jeffrey Ferguson, 65th Air Base Wing Legal Office, pose with their new rank as they celebrate by cutting a cake. Four Lajes majors were selected for promotion to lieutenant colonel. Not pictured is Anthony Lomelin, 65th Contracting Squadron. (Courtesy photo)



Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
5:30 p.m. Build Your Own Pasta meal, TORC 6 p.m. ALS Graduation 6 p.m. The Passion Christ, chapel - movies and crafts for children in the annex 7 p.m. Teen Night Out, LYP 7 p.m. The Bucket List (PG-13) 10 p.m. 27 Dresses (PG-13)	10 a.m. Post Office open until 2 p.m. 10 a.m. Big Bunny Walk - meet at CDC and walk to CAC 11 a.m. Egg Hunt, CAC Noon Library closed for renovations until further notice 7 p.m. Mad Money (PG-13) 10 p.m. The Bucket List (PG-13)	9 a.m. Evangelical Service 9 a.m. CCD 10:30 a.m. Mass 10:30 a.m. Sunday School Noon , Praise Service 2 p.m. 27 Dresses (PG-13) 7 p.m. Mad Money (PG-13) 9 p.m. St. Patrick's Day bowling, wear green to bowl 2 hours for \$5, \$1 shoes	10 a.m. Thrift Store open - drop off donations from Spring cleaning 4 p.m. St. Patrick's Day Blarney Stone Contest winner announced, CAC. 5:20 p.m. Body Sculpting, CFC 6 p.m. Spin Class 7 p.m. Catholic Lent Penance Service, chapel	10 a.m. EDIS Playgroup, LYP 11 a.m. Pizza special w/ 4 drinks, \$11.75, Oceanview 1 to 4:30 p.m. Seamstress available, CAC 2:45 p.m. PTO meeting, school cafeteria 5:30 p.m. Cake decorating 5:30 p.m. Mongolian BBQ, TORC 6 p.m. AWANA, chapel	10 a.m. Thrift Store open for business and donations 10 a.m. Auto Hobby shop open today until 9:30 p.m. 5 p.m. Family Night Bowling 5:30 p.m. Cake decorating - two day course begins Tuesday, Arts & Crafts 6 p.m. \$.35 wings at the TORC	9:30 a.m. Mothers of Preschoolers meeting, chapel 5:30 p.m. Decoupage Easter Eggs, Arts & Crafts 7 p.m. The Bucket List (PG-13) 8 p.m. Ladies Night, Female member drink specials, TORC 9 p.m. Karaoke, and chili dog special, TORC

Post Office Closure/Move

The Post Office will be closed from Mar. 26-29 to move to a temporary location in Bldg. T-630. The temporary facility will open for business on Mar. 30. All services currently available will still be performed in the new location. Customers should be prepared for reduced space and limited parking. For details, contact 1st Lt. Kalli Ritter at kalli.ritter@lajes.af.mil or 295-57-4260 or 535-4260.

Youth Programs 535-3273

LYP Spring Camp, Castles, Spells, & Wishing Wells: For Lajes School Age Program children, Apr. 4-11. Kindergarten to 12 years of age. Tours of the Realm for the week include: Monday, Fairytale Family Feud; Tuesday, Movie & Popcorn: The Sword and Stone; Wednesday, Luncheon in the Forest (Duck Pond) and Scavenger Hunt by the sea (Biscoitos); Thursday, Knocking Down the Pins, 1 to 3 p.m.; Friday, The Lady of Shalott by SAP. Parents are encouraged to join in any time and accompany children on special activities or field trips. Please reserve slots in advance. Spring Camp paperwork can be picked up at the LYP Office. When registering, bring a copy of your LES (and spouse's pay stub, if applicable) to determine fee category. Children may attend for full week camp or may register for individual days.

USAFE 2008 Youth/Teen Talent Contest: Looking for talented individuals, age groups: 6-18 years old for talent contest spring break week Apr. 7 - 11. Deadline for signups will be Apr. 1. Workshops will be held from 1 to 3 p.m. Apr. 8-10. Rehearsal will be 1 to 4 p.m. Apr. 11. Additional Rehearsal will be scheduled as needed. Final Show will be 3 p.m. Apr. 12. Volunteers are needed to conduct workshops. Experience in: various dance styles, theatrical, musical or Instrumental talent would be helpful. These workshops will prepare participants for the final show. Sign up forms can be picked up at the Youth Center. For details, call Melinda Forgit, 535-3273.

TORC 535-3202

Easter Brunch: 10 a.m. to 2 p.m. Mar. 23. Omelet and waffle station, broiled salmon w/ shrimp sauce, fried chicken, Alcatra, glazed ham w/carver, roast turkey w/carver, mixed vegetables, rice w/ raisins, mashed potatoes and gravy, rolls and butter. Lemonade, orange juice and coffee included in price. Cost is \$13.95 for members, \$15.95 for nonmembers. Children 7-12 are \$7.95. There will be an Egg Hunt for children only. Age groups are: ages 2-8 from 10:30-10:45 a.m. and ages 9-12 from 11 to 11:15 a.m.

Build Your Own Pasta: 5:30 p.m. Fridays at the TORC. \$12.95 for adults, \$6.95 children 7 to 12.

Member's Only Texas Hold 'Em: 7 p.m. Mar. 22. Sign up begins at 6:30 p.m.

BINGO: 7:15 p.m. Mar. 26. Ticket sales begin at 6:30 p.m.

Sunday Brunch: Every Sunday at the TORC. Cost is \$13.95 for members, \$15.95 for nonmembers. Children 7-12 are \$7.95.

Lajes Idol Auditions

Lajes Idol Auditions: Progressive style contest using the TORC Karaoke Nights with DJ "Scooby."
 Contest rules: Sign ups will be taken up to 15 minutes prior to the qualifying show. Thursday - Qualifier: 8 p.m., top four contestants advance to final; Mar. 27 - Lajes Idols: 7:30 pm, final eight contestants. Prizes awarded for 1st, 2nd and 3rd place. For more information on rules of engagement, call Marco Rocha at 535-5216.

AAFES Job Opening

AAFES is now accepting applications for an intermittent exchange safety and security assistant. Experience in protection of property, maintenance of order, enforcement of laws and related work is preferred. Applicants must be able to work a flexible schedule. Click on www.aafes.com and scroll down to AAFES employment to apply. For more information, call human resources office, Bldg. T-800, 535-3634.

Thrift Store 535-4146

Volunteers: The Thrift Store is looking for volunteers. They are open 10 a.m. to 2 p.m. Monday, Wednesday and Friday.

A&FRC 535-4138

Beginner Publisher: 10:30 a.m. to noon, Thursday and again 2 to 3:30 p.m. Mar. 27.
Intermediate Publisher: 10:30 a.m. to noon, Mar. 21.

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 when items have been sold. Lajes personnel may also post ads at Lajesads.com. This site is not affiliated with the Crossroads.

Vacation Housing: Retired USAF spouse/mother, 52, and two daughters, 27 and 17, seeking housing arrangements for 5 to 10 days early August 2008. Praia or Lajes, maybe during Praia-Fest? I want to show my older daughter where she was born. Perhaps we could housesit/petsit while you vacation back in the states. Will try to stay at TLF but want backup plans, naturally, if they are full when we arrive. This is a once in a lifetime trip for my daughters. Please e-mail: mstar2@msn.com.

For Sale: 1994 Honda Shadow Spirit 1100, 25K miles, very good condition, New tires, New battery, 35 - 40 mpg, two tone paint \$3,500 obo. Call 295-549-204

Wanted: Donations needed 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 or call 295-549-206. Thank you for your support.