

Atlantic Crossroads

Vol. 12, No. 11 • March 23, 2007 | Lajes Field, Azores, Portugal | Lajes In the Fight!

Daylight Saving Time



- Daylight saving time will be observed Sunday.
- Don't forget to set your clocks ahead one hour before going to sleep Saturday night.

OPSEC

- Some of the Air Force's biggest operational security concerns are Web logs (blogs), wireless communication devices, Web-based e-mails and information posted on Web sites.

*Courtesy of
65th ABW Inspections*

Force Protection



*Current FPCON: Alpha
Threat Level: Low*

Weather Forecast

Saturday

Cloudy

High 63
Low 55



Sunday

Partly cloudy

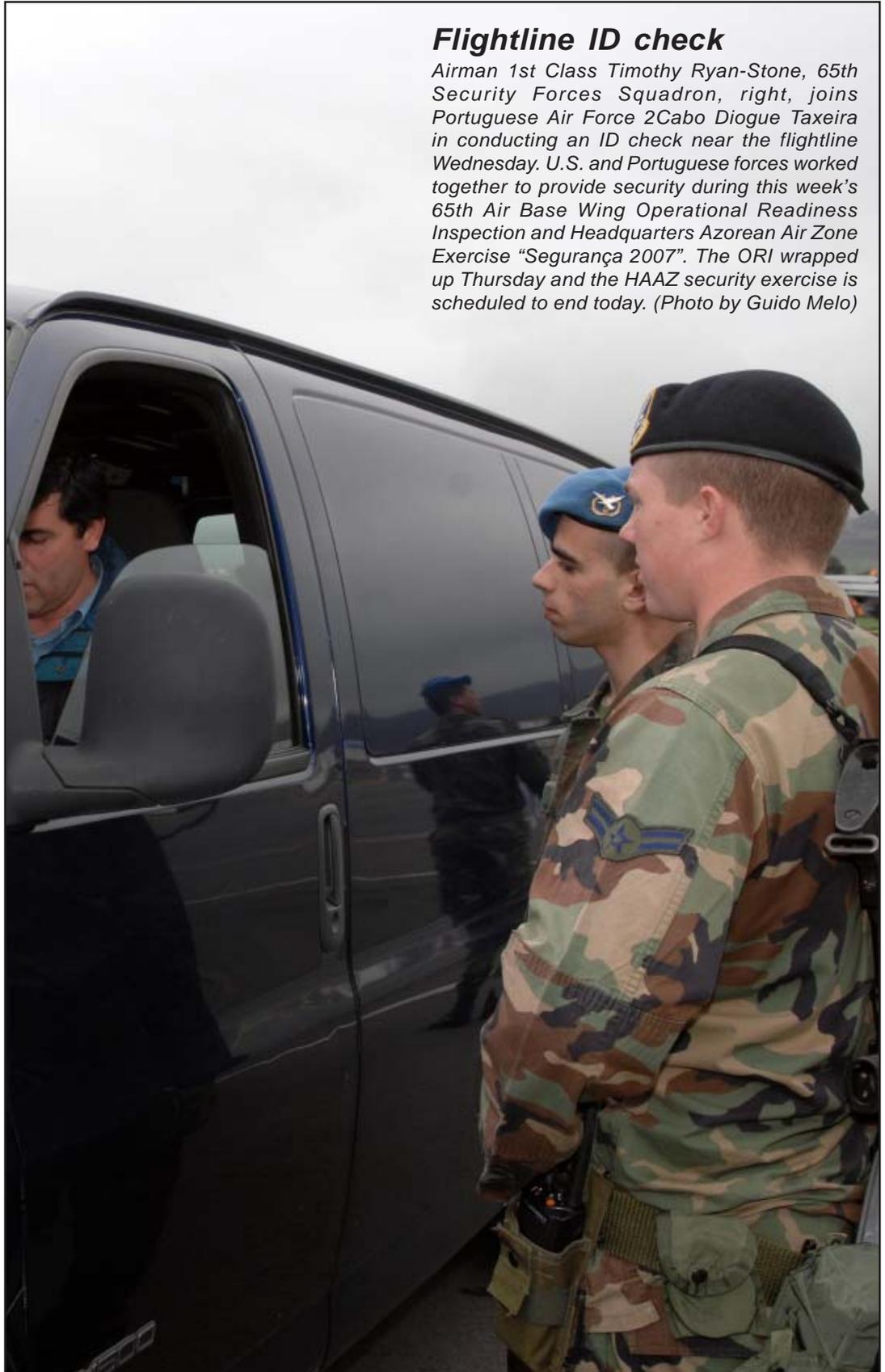
High 64
Low 57



*Courtesy of the
65th OSS Weather Flight*

Flightline ID check

Airman 1st Class Timothy Ryan-Stone, 65th Security Forces Squadron, right, joins Portuguese Air Force 2Cabo Diogue Taxeira in conducting an ID check near the flightline Wednesday. U.S. and Portuguese forces worked together to provide security during this week's 65th Air Base Wing Operational Readiness Inspection and Headquarters Azorean Air Zone Exercise "Segurança 2007". The ORI wrapped up Thursday and the HAAZ security exercise is scheduled to end today. (Photo by Guido Melo)





PERSPECTIVE

Daughters give view on true meaning of service

By (Ret.) Col. Scott Nielson
3rd Air Force

RAMSTEIN AIR BASE, Germany — I retired March 1 this year.

As part of the obligatory going-away dinner, Lt. Gen. Rod Bishop, 3rd Air Force commander, surprised us all with a letter from my daughters in which they expressed some pretty insightful ideas.

I think it's a powerful expression of family support that most families feel but might not have expressed.

I'd like to share it so that others in uniform might better appreciate the impact their service has on those around them.

"After 34 years of service with the Air Force, my dad is retiring. In his honor, his fellow Colonels and Generals got together to celebrate his distinguished career on his last night in Germany.

"My dad has told me many times how he has worried about the effects of his time with the Air Force on me and my sister. It certainly has had a significant effect, but not quite in the way he has thought.

"Through Gen Bishop, my sister and I presented a letter to Dad, to tell him what his 34 years have meant to us:

A Letter To Our Dad:

Though we weren't around when you first made your decision to join the Air Force, your decision impacted us forever thereafter.

In ways that we couldn't have understood as young children, we now see how we have been forever shaped by that one significant decision you made many years ago.

Had it not been for your service, we never would have known what it means to truly love your country at times in history when it may not be popular.

We never would have been so intensely conscious of the decisions of our nation's leaders.

As citizens, we never would have been as informed and may have fallen prey to the apathy that many of our generation's youth are known for.

We never would have known what it means to meet families or countrymen outside our own and to love them in the way that you love your own.

We never would have had the opportunity or

"While military services requires a tremendous sacrifice on the part of our families, it often enriches the lives of so many who are close to us."

(Ret.) Col. Scott Nielson

privilege to share in that common bond with countless other military family members.

We never would have understood the true meaning of American symbols. Our attention would not have been drawn to a half-staffed American flag, and we never would have felt the abundance of pride we do every time we hear the national anthem or see you in uniform.

We never would have known what it means to see a comrade fall and to experience the loss so deeply.

Our hearts would not have been touched to see a community rally in respect to honor those who made the ultimate sacrifice so that others may live.

We never would have understood that a true man shows both bravery and compassion in times of war.

We never would have seen the struggle you faced as you made the difficult decisions of whose nature we can only imagine.

We never would have learned that true leadership requires that a man make decisions that break his heart and steel his resolve at the same time.

Finally, we never would have known the true meaning of service. For, that, above all, is your greatest gift to us, among many great gifts you have given: a true lesson in love, sacrifice and commitment, taught by your example through these many years.

It is our hope and sincere prayer that we may one day teach our own children in the way that you have taught us."

With love, honor and gratitude,

Your daughters - Rebecca & Bethany Nielson

While military service requires a tremendous sacrifice on the part of our families, it often enriches the lives of so many who are close to us.

Every Airman in our service is living proof of this and I'm blessed to have served with them for the past 34 years.

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.

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.

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American Idol finalist launches Extreme Summer 2007

HQ USAFE SERVICES – SEMBACH AIR BASE, Germany – American Idol Season Four Finalist Anthony Fedorov will tour U.S. Air Forces in Europe bases in April promoting the kickoff of the annual USAFE Services Extreme Summer program.

Mr. Fedorov will also be a judge and perform at both the USAFE Youth and Teen Talent Contest April 13 and at the USAFE Idol Contest on April 14 both at Ramstein Air Base.

Mr. Fedorov is scheduled to visit Lajes April 19.

From a young boy who was never supposed to be able to speak, to a man with a golden voice – Anthony Fedorov has truly beaten all the odds.

Mr. Fedorov was born in the Ukraine in 1985 to a very musical family. His grandmother sang opera and, what can be called, Russian “country” music and his father plays guitar and accordion.

As a very young child he was stricken with a growth in his throat which needed removal. The doctors feared that removal



Anthony Fedorov is scheduled to visit Lajes Field April 19. (Photo courtesy of USAFE Services)

of the growth would result in his inability to ever speak. For a considerable time that was true. But, with the strength and caring of his family, Anthony overcame that hurdle however, the physical scar remains — as in the tracheotomy which is so clearly visible and frankly has

become one of Anthony trademarks.

At the age of 9, he moved with his family to the U.S.A. At that time, the only words he could say in English were ‘thank you,’ which he learned in school in Russia. By age 10 he was speaking fluent English and by age 14

Info

For more details

☐ Visit www.extremesummer.com.

he was singing in clubs and restaurants around his hometown of Philadelphia and within New York.

In 2005 as an American Idol Season Four contestant, Mr. Fedorov landed in the Top 4 with Carrie Underwood, Bo Bice and Vonzel Solomon before being voted off the popular television show.

Mr. Fedorov continues to tour and perform live. He is working on solo material with some of music’s most successful songwriters and he found time to co-star as a celebrity judge in the MTV networks original show ‘MTV’s Little Talent Show Triple Threat’ which aired on the network this fall.

He will continue his work as a celebrity judge when he comes to USAFE to help select the 2007 USAFE Idol at the contest finale taking place on April 14 at Ramstein.

Legal: Don't overlook 2006 federal excise tax refund credit

By Capt. Richard Freudenberg
65th Air Base Wing Legal

When it comes time to prepare and file your 2006 tax return, don't overlook the federal excise tax refund credit.

You claim the credit on line 71 of your form 1040. A similar line will be available if you file the short form 1040A.

If you have family or friends who no longer file a tax return and they have their own land phone in their home and have been paying a phone bill for years, make sure they know about this form 1040EZ-T.

What is this all about?

The federal excise tax has been charged to you on your phone bill for years.

It is an old tax that was assessed on your toll calls based on how far the call was being made and how much time you talked on that call.

When phone companies began to offer flat fee phone service, challenges to the excise tax ended up in federal courts in several districts of the country.

The challenges pointed out that flat fee/rate phone service had nothing to do with

Info

For more details, tax advice
☐ Call 535-1040

the distance and the length of the phone call. Therefore, the excise tax should/could not be assessed.

The IRS has now conceded this argument.

Phone companies have been given notice to stop assessing the federal excise tax as of Aug 30, 2006. You will most likely see the tax on your September cutoff statement, but it should not be on your October bill.

But the challengers of the old law also demanded restitution. So the IRS has announced that a one time credit will be available when you file your 2006 tax return. However, the IRS has established limits on how big a credit you can get.

If you file your return as a single person with just you as a dependent, you get to claim a \$30 credit on line 71 of your 1040. If you file with a child or a parent as your dependent, you claim \$40. If you file your

turn as a married couple with no children, you claim \$40. If you file as married with children, you claim \$50 if one child, \$60 if two children.

In all cases, the most you get to claim is \$60, unless you have all your phone bills from Feb 28, 2003 to July 31, 2006 (do not use any bills starting Aug 1, 2006.); then you can add up the actual tax as it appears on your bills and claim that amount.

If you have your actual phone bills and come up with an actual tax amount, you cannot use line 71 on your tax return. You have to complete a special form number 8913 and attach it to your tax return. Individuals using the special from 1040EZ-T will have to attach this form 8913 also.

This credit is a refundable credit. That means you get this money regardless of how your tax return works out.

If you would end up owing the IRS a balance, the refund will reduce that balance you owe. If you end up getting a refund, the credit will be added and you get a bigger refund.





In The Community

Holy Spirit Dinner: This event, sponsored by Terceira's Regional Songs and Dances Group, takes place at 7:30 p.m. March 31 in San Carlos, Angra. Tickets are on sale now. Cost is •12 for adults and •6 for children ages 6-10. Those 5 years old and under are admitted free of charge. The price also includes access to the festival pavilion. Participants can meet at the Main Gate at 6 p.m. March 31 to carpool. Call Francisco Rosa at 96-630-2479 for more details.

Around Lajes

Base In-processing: Base in-processing didn't take place this week due to the Operational Readiness Inspection. A mass base in-processing briefing is set for 10 a.m. Monday in the basement of Bldg. T-112 for everyone arriving on island this week. Call Airman 1st Class Tabatha Mahaffey at 535-5143 for more details.

AFAF breakfast: Takes place from 8 to 10 a.m. Wednesday in the chapel's fellowship room. All proceeds go to the Air Force Assistance Fund, which benefits Air Force services members and their families. Cost is \$3 for E-4s and below and \$5 for E-5s and above. The menu lineup will include waffle or pancakes, sausage or bacon, scones, quiche, blueberry muffins and fruit. Coffee and juice will be complimentary. To-go bags, which will include breakfast burritos and/or sandwiches, will be available on a limited basis. Call Staff Sgt. Frances Jordan at 535-4244 for more details.

Spiritual Fitness

SUM Dinner hosted by 729th Air Mobility Squadron, 5:30 p.m. Thursday; **Protestant Youth of the Chapel 30-hour famine and lock-in,** 6 p.m. March 30 until March. 31.

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

Women's retreat: The Prot-

estant 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

UMUC Term IV registration: The University of Maryland University College - Europe holds registration for Term IV through today. Also, the Learn & Earn textbook rebate offer is extended to students in Term 3. Call Johnny Bryant at 535-4187 for more details.

ERAU Term IV classes: Embry Riddle Aeronautical University Term IV class *MGMT 420: Management of Production and Operations*, is March 30 to April 5. The class dates for *SFTY 409: Commercial Aviation Safety*, is April 19-26. Registration for these classes is currently underway. Call Shannah McQuary at 535-3375 for more details.

University of Phoenix: The university offers the Master of Business Administration and several Master of Arts in Education programs to the Lajes community. Classes are only six weeks long and a degree can be completed in less than 24 months. No thesis or entrance exams are required. Contact Etleva Davis at 535-1970 or etleva.davis@phoenix.edu for more details.

CTC courses: Central Texas College offers the following vocational-technical courses in the upcoming term: *CDEC 1356: Emergent Literacy for Early Childhood*, March 26 through May 18; *CJSA 1342: Criminal Investigation*, March 28 through April 14; and *CJSA 1322: Introduction to Criminal Justice*, April 15-30. Term IV registration continues through today. Contact Anneke Cerri at 535-6722 or lajes@europe@ctcd.edu for more information.

Spouse Tuition Assistance Program deadline: The deadline to apply for Term V (summer term) STAP is April 27. Applications are available at the Education Center. Call Lucia Soares at 535-1115 for more details.

Jobs/Volunteer

Substitute teachers: Lajes American School is looking for substitute teachers. Applications are available at the school office. Visit the school office or call Michelle Rodrigo at 535-4151 for more details.

NAF jobs: The 65th Services Squadron has the following non-appropriated jobs available: club operations assistant at the Top of the Rock Club; recreation aid at the Community Activities Center; Child Development Program assistant at the Child Development Center; and School Age Program assistant at the Youth Center. Call Donna Costin at 535-5200 for more details or visit the Human Resources Office in Bldg. T-112.

Miscellaneous

Home Safe Program: Any U.S. Department of Defense employee, military member or civilian, can sign up for a Home Safe card with the Top 3 Association. If the member is out in town, run out of cash, and need a ride home, they can give the card to a taxi driver, who will drive them home at no cost. When the person turns the card into the driver, a Top 3 member will pick up the card the next day and pay for the ride. The person is then responsible for paying back the Top 3, and after that, they can

get the card back to use again. The fare covers Lajes Field, Vila Nova, Porto Martins, Lajes and Sao Sebastiao.

ESC meeting: The Enlisted Spouses Club's April general membership meeting is set for April 17 in the Top of the Rock Club. The social begins at 6:30 p.m. and the meeting begins at 7 p.m. The club will be stamping Mother's Day cards. E-mail Angie Dodge at angela.dodge@lajes.af.mil for more details.

Used car locator: The Airman & Family Readiness Center now 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 an increase of new families PCSing to Lajes needing a vehicle. Call Sandy Rocha at 535-4138 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.

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: 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.

Short-term/long-term babysitting in structured environment available weekdays from 8 a.m. to 5 p.m. Call Art or Debbie Nilsen at 295513-060.

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.

For sale: Toddler boys' fire truck bed w/ accessories. \$200. Includes "hydrant" night-stand and firetruck stepping stool, mattress and fire truck sheets and comforter. Computer desk, \$40. Both items in great condition. Call 964-179-379 or 965-353-365 if interested.

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

House for rent: Three-bedroom house on the main road going to Biscoitos 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.



729th AMS team supplies Team Lajes with food, mail



By Airman Caitlin Putman
Det. 6, Air Force News Agency

Lajes receives its food and mail courtesy of a team of 729th Air Mobility Squadron Airmen.

Staff Sgt. Eric Brooks, air transportation craftsman, and nine other 729th AMS Airmen are solely responsible for supplying Team Lajes with these items quickly and efficiently.

“Lajes Field is not like your normal home station,” Sergeant Brooks said aboard a 747 unloading a week of rations. “Our goal here is to have a turnover rate from aircraft to customer in one hour’s time as safe and as quickly as possible.”

The 729th AMS Airmen receive cargo from other bases around the world and ship household goods for people moving on to new assignments.

“I have a good sense of pride in doing our job” Sergeant Brooks explained. “I enjoy getting out here and getting dirty. I like pushing the pallets with my guys, and just feel good about my job at the end of the day.”

729th Air Mobility Squadron air transportation specialists tie down a load to a truck headed to the base commissary. These pallets traveled from Germany on a 747 to Lajes Field carrying goods for the Commissary, Burger King, and both Base Exchanges. (Photo by Airman Caitlin Putman)

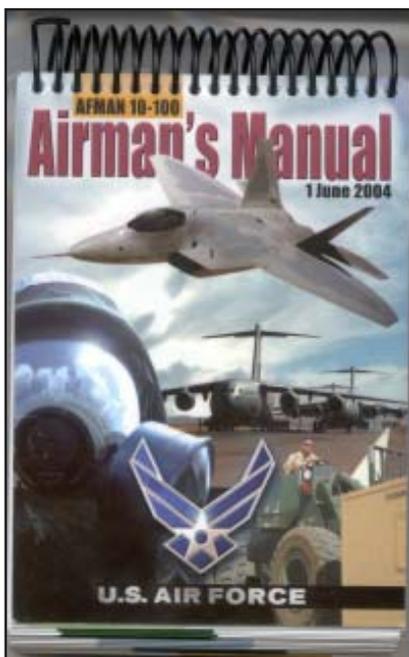
Airman’s Manual Fitness Challenge

For the past few weeks, the *Crossroads* has included an Airman’s Manual Fitness Challenge in preparation for Lajes Field’s first Operational Readiness Inspection.

Week 3’s winners were **Staff Sgt. Marcus Wells**, 65th Communications Squadron; **Staff Sgt. Joshua Franklin**, 65th Air Base Wing; **Tech. Sgt. Natalie Ishmael**, 65th Logistics Readiness Squadron; **Tech. Sgt. Derrick Luckey**, 65th Medical Support Squadron; and **Master Sgt. Richard Barnett**, 65th ABW. Congratulations!



The correct answers to the last week of competition are below.



1. You’re on a convoy and your team is ambushed. What are the six steps to take? *Take an alternate route; no tify UCC – give time, location and activity us ing SALUTE; speed up and drive out of the kill zone or halt convoy; dismount and return fire as a last resort; assemble and move out of the area; and assemble at a safe distance.*



2. What are the “Do’s” under the Law of Armed Conflict? *Use the amount of force required to complete your mission and counter hostile acts or hostile intent; fight those combatants who are declared hostile; and pull the trigger when required.*



3. What is the wash/wear life for an uncon taminated chemical protective overgarment (CPO)? *Six launderings or 45 days.*



COMMUNITY

Restaurants on the island offer variety of flavor



PRAIA DA VITÓRIA COUNTY



Restaurante O Pescador (*local/national cuisine*)
11, Rua Constâncio Cardoso, Praia ☎ 295-51-3495

Restaurante Ilha De Bruma (*local cuisine*)
Santa Luzia, Praia ☎ 295-54-3635

Restaurante Buzius (*Italian*)
Porto Martins (by swimming pool) ☎ 295-51-5555

Restaurante “Arriba” (*Mexican*)
11, Avenida Beira Mar, Praia ☎ 295-54-2499

Restaurante Xisa Mar (*local/national cuisine*)
39, Rua Alexandre Ramos ☎ 295-54-3611

Snack-Bar/Restaurante Zig-Zag (*buffet*)
3, Rua Duque de Palmela ☎ 295-512149

Restaurante Terminal (*local/national cuisine*)
Portuguese Terminal on base ☎ 295-513500

Restaurante Indiano “O Sitar” (*Indian*)
19E, Rua da Graça, Praia ☎ 295-54-2884

Restaurante Bela Vista (*local/national cuisine*)
30, Vale Farto (near Praia) ☎ 295-51-3424

Restaurante La Barca (*Italian*)
5, Constancio Cardoso, Praia ☎ 295-54-2808

Marcelino’s Bar/Steak House (*local/national*)
Rua C. Sieuve Meneses, Praia ☎ 295-54-2010

Restaurante Clube Oficiais-Praia (*local/national*)
Boavista, Praia ☎ 295-512169

Restaurante Porto dos Biscoitos (*local cuisine*)
Canada do Porto, Biscoitos ☎ 295-90-8228

Restaurante “La Traviata” (*Italian*)
(Biscoitos, in front of church) ☎ 295-98-9147

Restaurante Atlantis (*local cuisine*)
123, Biscoitos ☎ 295-908109

Restaurante Dakota (*local/national cuisine*)
Next to commercial airport ☎ 295-54-3957

Restaurante Alcatra (*local cuisine*)
Fonte do Bastardo ☎ 295-51-5707

Restaurante “Cantinho da Ilha” (*local cuisine*)
5, Estrada 25 Abril, Praia ☎ 295-5137



ANGRA DO HEROÍSMO COUNTY



Restaurante Beira Mar (*local/national cuisine*)
1, Rua São João, Angra ☎ 295-21-5188

Restaurante Chinaçor (*Chinese*)
26, Rua do Galo ☎ 295-21-7913

Marcelino’s Bar/Steak House (*local/national*)
49, Rua São João, Angra ☎ 295-215828

Restaurante Quinta do Martelo (*local/national*)
24, Cantinho, São Mateus ☎ 295-64-2842

Restaurante O Pátio (*local/national cuisine*)
Largo Prior do Crato, Angra ☎ 295-21-4244

Restaurante Os Moinhos (*local/national cuisine*)
Arrebalde, São Sebastião ☎ 295-904508

Restaurante “O Leme”
49, Rua do Galo, Angra ☎ 295-21-7910

Restaurante Boca Negra
Largo Santo António, Porto Judeu ☎ 295-90-5182

Restaurante Hotel Caracol (*local/national*)
Silveira ☎ 295-402600

Restaurante Aquaemotion (*national*)
Marina of Angra ☎ 295-21-5470

Restaurante “O Barrigada” (*local/traditional*)
Feteira ☎ 295-66-2655

Restaurante Quebra Mar (*Brazilian*)
2, Rua Arrifes, São Mateus ☎ 295-64-2110

Cervejaria Marisqueira Carolina do Aires (*local*)
35, Rua Carreira dos Cavalos ☎ 295-21-7929



Restaurante Casa Da Roda
64, Príncipe de Mónaco, Angra ☎ 295-20-6060

Adega Lusitânia (*local/national*)
63, Rua São Pedro, Angra ☎ 295-212301

Restaurante Dai Hou (*Chinese*)
18, Ladeira S. Francisco, Angra ☎ 295-216888

Restaurante Casa do Peixe (*local/national*)
Rua Gaspar Corte Real, Angra ☎ 295-21-7678

Restaurante – Snack Bar Rocha (*local/national*)
13, Porto Judeu ☎ 295-905185

Restaurante A Ilha (*local/national*)
Rua da Igreja, São Sebastião, ☎ 295-904166

Restaurante Caneta (*local*)
13, Altares ☎ 295-98-9162

Adega Regional São Mateus (*local/national*)
Largo da Igreja, São Mateus ☎ 295-64-2345

Restaurante Beira Mar São Mateus (*seafood*)
Canada Porto, São Mateus ☎ 295-642392

Restaurante Estrela do Mar (*Sea Star*)
Porto Judeu (next to soccer field) ☎ 295-90-5424

Restaurante “As Nossas Ilhas” (*local/national*)
Rua do Rego, Angra ☎ 295-21-6087

Restaurante Africana (*African food*)
Fair Grounds of Vinha Brava ☎ 295-21-8027

Restaurante Bom Garfo (*local/national*)
7, Rua São João, Angra ☎ 295-21-8530



COMMUNITY

- ☐ **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 5 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
- ☐ **Crossroads 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.

Hours

- 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 10 p.m. Friday; 8 a.m. to 10 p.m. 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.*



At the movies



Today

7 p.m. – Catch and Release

starring Jennifer Garner and Timothy Olyphant. After the sudden death of her fiancé, Gray Wheeler finds comfort in the company of his friends: lighthearted and comic Sam, hyper-responsible Dennis, and, oddly enough, his old childhood buddy Fritz, an irresponsible playboy whom she'd previously pegged as one of the least reliable people in the world. As secrets about her supposedly perfect fiancé emerge, Gray comes to see new sides of the man she thought she knew, and at the same time, finds herself drawn to the last man she ever expected to fall for. *Rated PG-*

13 for sexual content, language and drug use (111 minutes).

10 p.m. – Epic Movie

starring Kal Penn and Adam Campbell. In the spirit of "Scary Movie" and "Date Movie," a parody that spoofs recent mega-blockbusters. The comedy centers itself around four orphans who visit a chocolate factory and are transported to the wonderful land of Gnarnia. *Rated PG-13 for crude/sexual humor, language, comic violence (86 minutes).*

watched helplessly as her family was murdered by a pack of angry men for the secret they carried in their blood. She survived by running into the woods, and changing into something the hunters could never find – a wolf. *Rated PG-13 for violence/terror, sexuality, substance abuse (98 minutes).*

10 p.m. – Epic Movie

Sunday

2 p.m. – Catch and Release

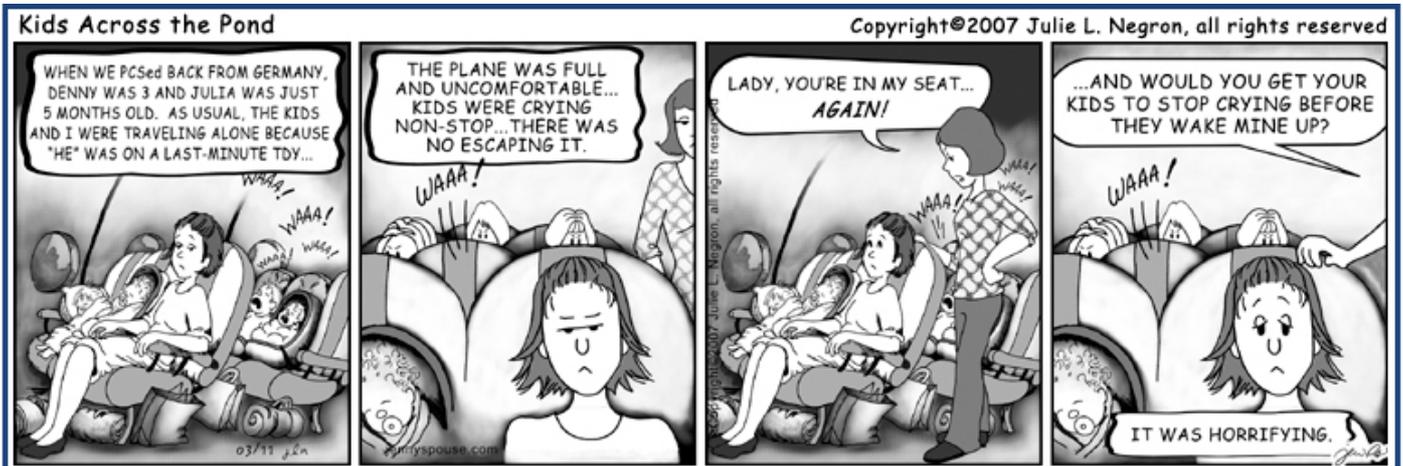
7 p.m. – Blood and Chocolate

Thursday

7 p.m. – Epic Movie

☐ **Editor's note:** *Call 535-3302 for updated information.*

Jenny, the military spouse





2007 billiards season

Billiards leagues begin at Lajes April 3. The entry deadline is Wednesday. No entries will be accepted thereafter.

A team meeting for all coaches and team captains is set for 10 a.m. Wednesday in the Community Activity Center.

Call Tony Batista at 535-1290 for more details.



Powerlifting championship

The U.S. Air Forces in Europe's 2007 Powerlifting Championship is set for April 21 at the Freedom Fitness Facility in Bamberg, Germany.

Events, which are open to U.S. ID card-holders, include men's and women's divisions. Participants may enter individually or as a team.

To pre-register, call DSN 469-9086/8890.

Visit www.mwr-europe.com for details and restrictions.

Sports Shorts



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.

Call Tony Batista at 535-6126 for more information.



Power prep

Guy Dashnea, 65th Security Forces Squadron, spots Devin Marsh, 65th Medical Operations Squadron, in the Chace Fitness Center March 14. Both will compete in the USAFE Powerlifting Competition April 21 in Bamberg, Germany. (Photo by Senior Airman Taylor Marr)

National Nutrition Month: *Totally fad free*

By Capt. Lisa Tauai

Lajes Health and Wellness Center

March is National Nutrition Month, which is sponsored by the American Dietetic Association.

This year's theme is "100 Percent Fad Free" and emphasizes many key messages for healthy living in 2007.

Some of these messages include developing an eating plan for life-long health, choosing food sensibly, learning how to spot food fads, and finding a balance between food and physical activity.

Eating plan

Develop an eating plan for life-long health by making smart choices from every food group.

A healthy eating plan should mirror the guidance found in the new food guide pyramid (www.mypyramid.gov).

The new food guide pyramid stresses the importance of consuming 4-7 ounces of whole grain breads and cereals, 1.5-3 cups of vegetables, 1-2 cups of fruits, 2-3 cups of low-fat or fat-free dairy products, 3-6 ounces of lean meats, and 4-6 teaspoons of heart-healthy fats and oils per day.

Sensible selections

Choose foods sensibly by looking at the big picture while choosing nutrient dense foods.

A single food choice does not make or break a healthy eating plan.

When portion sizes are controlled and foods are consumed in moderation, any food choice can be part of a healthy diet.

By choosing nutrient dense foods (foods with lower calorie content and higher nutrient density), maintaining an appropriate body weight be-

comes easier to achieve. Replacing high-calorie foods with fruits and vegetables is an excellent first step toward weight loss.

Food fads

Learn how to spot a food fad.

When something sounds too good to be true, it probably is. A food fad can be easily spotted if the product promises unreasonable or exaggerated results.

It's important to be very cautious of these products and to always speak to your physician before beginning a fad diet or taking any nutritional/dietary supplements.

Balance

Find your balance between food and physical activity.

Regular physical activity and a healthy diet are important to promote physical well-being.

Registered dietitians and exercise specialists are uniquely qualified to communicate current and emerging science-based nutrition and fitness information and are an instrumental part of developing an eating and exercise plan that is best suited for you.

