

# Atlantic Crossroads

Vol. 12, No. 7 • February 23, 2007 | Lajes Field, Azores, Portugal | Lajes In the Fight!

65 ABW ORI 2007



Lajes Is In The Fight!

ORI Countdown

24

### Tip of the Week

- Always keep safety at the forefront. Immediately cease operations to correct hazardous situations.

*Courtesy of  
65th ABW Inspections*

### Force Protection



Current FPCON: Alpha  
Threat Level: Low

### Weather Forecast

#### Today

Mostly cloudy  
Rain  
High 66  
Low 54



#### Saturday

Mostly cloudy  
Rain  
High 68  
Low 59



#### Sunday

Mostly cloudy  
High 66  
Low 57



*Courtesy of the  
65th OSS Weather Flight*



### FOE check

*José Raposo, 65th Air Base Wing Safety, conducts a foreign object elimination check prior to the entering the flightline. See article on page 4 about driving on the flightline at Lajes. (Photo by Staff Sgt. Marcus McDonald)*



# PERSPECTIVE

## The Air Force's most valuable resource

By Lt. Col. Daniel Liggins  
319th Communications Squadron

### GRAND FORKS AIR FORCE BASE, N.D.

— Transformation. Modernization. Force shaping. Lean reengineering. Recapitalizing the force.

If you're in today's Air Force, chances are you've heard one of these buzzwords that all allude to the myriad changes taking place across our service.

Multiple, radical changes are nothing new to the military. As a matter of fact, changes have been taking place since the Air Force was born in 1947.

Perhaps you've heard some form of the old adage, "If you don't like today's changes, just stick around long enough and we'll come full circle."

Fortunately, there is one thing that has remained constant: People are the Air Force's most valuable resource. You are the Air Force's most valuable resource.

Sure, there are days when we don't feel that way. Force shaping and reduction-in-force boards don't exactly make us feel invaluable. But the fact of the matter is, without you, the mission would never get accomplished.

True enough, technology has enabled us to perform a number of tasks with far fewer people than we needed in the past. It wasn't long ago that leave forms were filled out manually and every squadron had a leave monitor for tracking purposes. Today, LeaveWeb enables us to accomplish everything on line, individually.

Gone are the days when the squadron secretary typed up your temporary duty orders and you had to bug your resource advisor for a fund cite. Now it's all done electronically, through the Defense Travel System. And 10 years ago, who among us envisioned a "virtual" military personnel flight?

Although we've been able to streamline many

*"You make mission accomplishment possible. You are undoubtedly the Air Force's most valuable resource."*

**Colonel Liggins**

of our processes, it is still people who perform the mission.

Today's Airmen are the brightest, most talented to ever enter the military. No modernized piece of equipment can provide the ingenuity, innovativeness and flexibility of the human mind. Today, we have an unmanned aerial vehicle, but without the human controlling that aircraft, it would wander aimlessly and fail to achieve its desired objective.

Yes, we have information systems that can provide us with unimaginable quantities of data, but without a person analyzing these products, they would never become coherent, actionable information.

It is critical that military leaders maximize their Airmen's potential by fostering an environment of respect and trust. Part of this is ensuring our folks have the training and education necessary to perform their duties.

A piece of equipment may be able to flawlessly perform the same function over and over again, but only a person

has the ability to adapt and overcome ever-changing conditions on the battlefield. Never have these attributes been more important than in the continuing war on terrorism.

Machines and equipment are merely means to accomplish the mission, and it is leadership's responsibility to ensure our Airmen have the necessary resources to succeed. Force recapitalization is helping to provide our Airmen with the best, most modern equipment available.

But you are more than a means to an end. You make mission accomplishment possible. You are undoubtedly the Air Force's most valuable resource.



**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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- 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



## Tuberculosis: *An old threat still exists*

A single case of the tuberculosis disease was recently diagnosed in an employee at Lajes Field.

A coordinated investigation between the 65th Medical Group public health office and local health officials is underway.

For transmission to occur from one person to another, TB normally requires prolonged exposure and close contact with the infected individual.

Family members and sometimes co-workers may fall within these parameters. In regards to the recent case at Lajes Field, individuals that fit that criterion have been contacted and are undergoing testing to determine if they are infected.

If infection is detected, these individuals will be promptly referred to a physician and treated.

Although the prevalence of TB at Lajes Field and in the local community is considered low, it does exist and people can be unknowingly exposed.

At this time, there is no need for undue alarm or concern. However, incidents such as this underscore the importance of disease detection and prevention among both American and Portuguese populations.

The 65th Medical Group would like to take the opportunity to provide additional information on TB infection and disease.

The following paragraphs answer the typical questions that most people have regarding TB.

### What is TB?

Historically, evidence of TB in humans dates back to as early as 5000 B.C. after it was found in human remains by archaeologists, and it was mentioned in texts of Chinese literature around 4000 B.C.

TB is referenced in Biblical scripture as well as in the writings of early scholars Hippocrates and Aristotle.

In the 17th and 18th centuries, TB was called Consumption because of its "wasting away" effect on the human body in the latter stages of the untreated disease.

Tuberculosis is caused by a bacterium called *Mycobacterium tuberculosis*, which usually attacks the lungs.

TB is spread through the air from one person to another. The bacteria are put into the air when a person with active TB disease of the lungs or throat coughs or sneezes. People nearby may breathe in these bacteria and become infected.

People with active TB disease can be treated and cured if they seek medical help. Even better, people with latent TB infection can take medicine so that they will not develop active TB disease.

### A Person With Latent TB Infection

- Has no symptoms
- Does not feel sick
- Cannot spread TB to others
- Usually has a positive skin test
- Has a normal chest X-ray and sputum test

### A Person With Active TB Disease

- Has symptoms that may include: a bad cough that lasts 3 weeks or longer; pain in the chest; coughing up blood or sputum; weakness or fatigue; weight loss; no appetite; chills; fever; sweating at night
- May spread TB to others
- Usually has a positive skin test  
May have an abnormal chest X-ray, or positive sputum smear or culture

### What is the difference between latent TB infection and TB disease?

People with latent TB infection have TB germs in their bodies, but they are not sick because the germs are not active.

These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease.

People with TB disease are sick from TB germs that are active, meaning that they are multiplying and destroying tissue in their body. They usually have symptoms of TB disease.

People with TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can cure TB disease.

### What should I do if I have spent time with someone with the latent TB infection?

A person with latent TB infection cannot spread germs to other people.

You do not need to be tested if you have spent time with someone with latent TB infection. However, if you have spent time with someone with TB disease or someone with symptoms of TB, you should be tested.

### What should I do if I have been exposed to someone with the TB disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers.

### TB Info

#### For more details

- Call Staff Sgt. Clay Thompson or Staff Sgt. Crystal Goff, 65th MDG Public Health at 535-3464

If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

### How do you get tested for TB?

The most common test administered by the Air Force is the Mantoux tuberculin skin test; it is used to help detect TB infection.

The Mantoux tuberculin skin test is performed by injecting a small amount of fluid, called tuberculin, into the skin in the lower part of the arm.

A person given the tuberculin skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm.

### How to prevent active TB?

Persons with latent TB do not have any symptoms; they are only infected with bacteria. Such people may progress to the active disease.

To prevent such unfavorable development, Isoniazid (INH) should be taken daily for nine months. The purpose of the medication is to eradicate the bacteria.

It is very important that people who have latent TB finish the medicine, and take the drugs exactly as prescribed. If they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs and cause active disease.

The need for INH prophylactic treatment is determined by your doctor. (*Article courtesy of the 65th Medical Group*)



## Know the flightline rules

By José Soares

65th Operations Support Squadron

Lajes Field Instruction 13-1, *Flightline Drivers Familiarization Program*, establishes the responsibilities, requirements and procedures for the safe operation of motor vehicles on the flightline.

This instruction applies to all assigned personnel, attached or employed at Lajes Field, to include contractor personnel and visitors, with a need to drive on the flightline.

Motor vehicle operations on the flightline are necessary for Lajes to accomplish its mission. Operating vehicles on the flightline, however, also creates a clear and present a danger to aircraft and personnel.

Flightline driver's carelessness and/or disregard of safety standards are the two primary causes of aircraft/vehicle collisions.

All flightline driving personnel also have a responsibility for foreign object elimination (FOE) control, prior to entering the airfield.

Drivers must stop and inspect vehicle's tires and remove any potential foreign object material, as well as ensure all equipment carried in/on vehicles are properly stored and secured.

All flightline vehicle traffic will

drive within designated road markings whenever possible. Vehicles are prohibited from random travel across aprons/ramps. The use of the flightline for convenience or as a shortcut to any point that is accessible by roads is unacceptable.

Flightline driving safety is paramount to support the mission and violations will not be tolerated. Airfield management is the governing authority for flightline driving violations, and will determine the appropriate actions based upon the seriousness of the violation.

Key things to remember when operating a vehicle on the flightline:

- ❑ FOE checks are mandatory at all flightline entrances
- ❑ Driving diagonally across ramps/aprons is prohibited
- ❑ Adherence to speed limits is mandatory: Runways and taxiways – 15 mph (25 km/h); parking ramps/aprons – 10 mph (20 km/h); towing operations – 5 mph (10 km/h); access roads – 25 mph (40 km/h)

Prior to entering the flightline, ensure you are flightline authorized and have an AF Form 483 and a Portuguese Air Force competency card in your possession.

You can help keep everyone safe by complying with Lajes' established requirements and procedures for flightline driving.



### A Lajes Idol

Capt. Hollie Losee, 65th Civil Engineer Squadron, sings her version of "On a Night Like This" during last year's Lajes Idol/USAFE Idol competition. The captain won first place. Competition for Lajes Idol V/USAFE Idol III kicks off at 8 p.m. tonight in the Top of the Rock Club. (Photo by Senior Airman Tabitha Kuykendall)

## Fluoride helps keeps teeth strong, resistant to cavities

By Senior Airman Terah Murphy  
Lajes Dental Clinic

Fluoride is a naturally occurring mineral that is very beneficial to your oral health. When the proper dose of fluoride is exposed to your teeth, it helps to make them stronger and more resistant to cavities.

Fluoride is most beneficial in children when the adult teeth are still forming. However, high levels of fluoride will not prevent cavities any more than the preferred low-level exposure. In fact, too much fluoride may cause a brown and white speckled appearance in the developing adult teeth in children.

A low level dose in public water supply is the most common and most predictable way of delivering fluoride. Since fluoride is not present in the on-base water supply, and fluctuates in the off-base water supply, occasionally fluoride supplements are issued.

In the military, we come from all differ-

Info

#### For more details

- ❑ Call the dental clinic staff at 535-3261, option 2

ent areas of the world and children are exposed to different levels of fluoride depending on where they live.

The American Dental Association still recommends fluoride supplementation for high cavity-risk patients in areas that lack fluoridated water. Recent studies have shown that many foods and drinks are processed with fluoride-containing water.

Due to the possibility of over exposure to multiple sources of fluoride, we recommend fluoride supplementation be prescribed only on a case-by-case basis dependent in part on diet, risk for cavities, oral hygiene habits, and the child's age.

For most children, we recommend that they receive fluoride exposure from bottled water with fluoride added, which is avail-

able at the commissary and shopette.

You can also make your own fluoridated water by simply crushing a 1.1 mg sodium fluoride tablet, dissolving it in five liters of water. This method gives you the proper concentration of 0.1 parts per million of fluoride that is recommended by the ADA in drinking water. This water is safe to drink by all ages, and can be substituted for your normal drinking water.

Using toothpaste with fluoride is also highly recommended. Only a pea-sized amount of toothpaste spread out on the brush is necessary and children should be encouraged to spit it out as they brush. For older children who can rinse and spit (ages 8 and up), fluoride-containing mouth rinses are also available.

Normally, using the fluoridated toothpaste and water provide the best combination of multiple topical applications with low concentration fluoride throughout the day.



# COMMUNITY



## Hours of operation



❑ **Ocean Front BX:** 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday; and 10 a.m. to 7 p.m. Sunday

❑ **Flight View BX:** 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday, 10 a.m. to 5 p.m. Sunday

❑ **Shoppette:** 7:30 a.m. to 11 p.m. weekdays; 9 a.m. to 11 p.m. Saturday; noon to 8 p.m. Sunday

❑ **Military Clothing Sales Store:** 10 a.m. to 6 p.m. Tuesday through Saturday

❑ **Car Care Center:** 10 a.m. to 5 p.m. Sunday; 10 a.m. to 6 p.m. Monday through Saturday

❑ **Reel Time Theater:** Showings on Thursday, Friday, Saturday and Sunday

❑ **Beauty Shop:** 10 a.m. to 6 p.m. Tuesday through Saturday

❑ **Barber Shop:** 9:30 a.m. to 6 p.m. Tuesday through

Friday; 8:30 a.m. to 5 p.m. Saturday

❑ **New Car Sales:** 10 a.m. to 6 p.m. Monday through Wednesday; noon to 8 p.m. Thursday and Friday

❑ **AAFES Administration:** 8 a.m. to 6 p.m. weekdays

❑ **Ilha Rent-a-Car:** 9 a.m. to 6 p.m. Monday through Saturday

❑ **Vescovi Coffee Shop:** 7:30 a.m. to 3:30 p.m. Tuesday through Friday and 9 a.m. to 3 p.m. Saturday

❑ **Burger King:** 7 a.m. to 9 p.m. Monday through Thursday; 7 a.m. to 11 p.m. Friday and Saturday; 8 a.m. to 9 p.m. Sunday

**Holiday hours:** *The Ocean View BX, Flight View BX and Burger King are closed on Portuguese holidays. The shoppette opens from noon to 8 p.m., and the military clothing sales store opens from noon to 6 p.m. All facilities are open normal hours on U.S. holidays.*



## At the movies



### Today

**7 p.m. – Charlotte’s Web** starring Dakota Fanning and Oprah Winfrey. Fern is one of only two living beings who sees that Wilbur is a special animal as she raises him, the runt of the litter, into a terrific and radiant pig. As Wilbur moves into a new barn, he begins a second profound friendship with the most unlikely of creatures – a spider named Charlotte – and their bond inspires the animals around them to come together as a family. *Rating G (96 minutes).*

**10 p.m. – Code Name: The Cleaner** starring Cedric The Entertainer and Elizabeth Hurley. An

amnesiac janitor, who is duped into thinking he is an undercover agent, is subconsciously carrying a secret that can link the FBI with an arms scandal. *Rated PG-13 for sexual content, crude humor and violence (84 minutes).*

### Saturday

**7 p.m. – Night At The Museum** starring Ben Stiller and Carla Gugino. Good-hearted dreamer Larry Daley accepts what appears to be a menial job as a graveyard-shift security guard at a museum of natural history. During Larry’s watch, extraordinary things begin to occur: Mayans, Roman Gladiators, and cowboys emerge from their diorama to wage epic battles.

For advice, Larry turns to a wax figure of President Teddy Roosevelt, who helps our hero harness the bedlam, stop a nefarious plot, and save the museum. *Rated PG for mild action, language and rude humor (109 minutes).*

**10 p.m. – Code Name: The Cleaner**

### Sunday

**2 p.m. – Charlotte’s Web**  
**7 p.m. – Night At The Museum**

### Thursday

**7 p.m. – Night At The Museum**

❑ **Editor’s note:** *Call 535-3302 for updated information.*

## Jenny, the military spouse





# PLANNER

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to [news@lajes.af.mil](mailto:news@lajes.af.mil).

## Around Lajes

**Food recall:** The U.S. Food and Drug Administration has released a food recall on certain jars of Peter Pan Peanut Butter and Great Value Peanut Butter due to potential contamination with Salmonella bacteria. The affected jars of Peter Pan peanut butter have a product code located on the lid of the jar that begins with the number "2111". Call the 65th Medical Group Public Health office at 535-3464 for more details.

**Base inprocessing:** New arrivals to Lajes must inprocess at 10 a.m. Monday in the T-112 (MPF) basement. Call Airman 1st Class Tabatha Mchaffey at 535-5143 for more details.

**Road detour:** A section of the southbound road in front of the base theater will be closed for repair Thursday through March 9. Proper signs and barricades will be in place. Drivers are asked to use caution.

**Murder Mystery Dinner:** This event, put on by the Enlisted Spouses Club, is set for March 3 in the Top of the Rock Club ballroom. The social kicks off at 6 p.m., followed by the mystery dinner at 7 p.m. Call Rochelle Weaver at 295-549-720 for more details.

## Spiritual Fitness

**Protestant Women of the Chapel Mother/Daughter Tea Party,** 9 a.m. Saturday; **SUM dinner,** 5:30 p.m. Thursday.

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

## Education

**CCAF Spring degree completion deadline:** Today is the cutoff date to have all documentation sent to the Community College of the Air Force in order to graduate with the CCAF's April class. Call Maria Tristao-Rocha at 535-5291 for more details.

**MOAA Scholarship Program:** The Military Officers Association of America has officially opened its 2007 Base/Post Scholarship program and will be offering individual grants to 25

dependents of active duty personnel worldwide. For more information, go to [S:\MSS\65 MSS Education Flight\Scholarships](mailto:S:\MSS\65 MSS Education Flight\Scholarships). Call Mike Schendel at 535-1125 for more details.

**Free Portuguese class:** The Education Office will sponsor a conversational Portuguese class Monday through March 23. The class will meet from 11 a.m. to noon each weekday in Bldg. T-146. Students will receive a free Portuguese dictionary as well. To sign up or for more information, call Lucia Soares at 535-1115.

**AFA Spouses Scholarship:** The Air Force Association offers \$2,500 scholarships to spouses of Air Force active-duty, National Guard and Reserve personnel. Active-duty members are not eligible. A 3.5 cumulative GPA is required. The application deadline is April 30. Applications are available at the Education Center (T-146). Detailed information and an electronic copy of the application are located at <http://www.afa.org/ae/aid/spouse.asp>. Call Mike Schendel at 535-1125 for more details.

**OU deadlines/event:** Registration for summer courses begins at 1 p.m. Thursday. The deadline to apply for OU scholarships is March 2. Dr. George Miller will present "The Effects of Alcohol Abuse on Job and Family" at a noon Lunch and Learn March 8 in the auditorium of T-146. Contact Kate Etheredge at 535-3171 or [aplajes@ou.edu](mailto:aplajes@ou.edu) for more details.

**OU course:** Registration is open for "Planning Issues in Organizations," a three-hour on-site elective for the University of Oklahoma's Master of Human Relations degree program. The course dates are April 10-15. The last day to add/drop this course is March 12. For more information, call Kate Etheredge at 535-3171.

**ERAU Term IV classes:** Embry Riddle Aeronautical University Term IV classes begin at the end of March. Classes include *MGMT 420: Management of Production and Operations*, which will go toward an upper-level management elective for students pursuing the Management degree, or this class can be used as a professional development elective for the students pursuing the Aeronautics degree. *SFTY 409: Commercial Aviation*



**Falcon pride**  
Lajes third graders participate in clean-up day Feb. 15. (Photo by Adam Wagner)

*Safety*, will also be offered in Term IV. This course can be used as a professional development or upper level elective for either degree. Call Shannah McQuary at 535-3375 for more information.

to complete a survey for each child in school. The survey closes Feb. 28. Call the school at 535-6216 for more details.

## Jobs/Volunteer

**AAFES theater positions:** AAFES is now accepting applications for a theater supervisor and an intermittent base theater projectionist. Applications are available at AAFES stores, the theater, and the AAFES Human Resources Office in Bldg. T-800. Call 535-3634 or 535-3209 for more details.

## Lajes Schools

**DODEA survey:** Voice your concerns and/or satisfaction with programs offered at the Lajes American School by completing the 2007 Customer Satisfaction Survey at <http://www.dodea.edu/css/index.cfm>. Parents are asked

## 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 editor when items have been sold.

For sale: 2000 Nissan Sentra, 91K miles, automatic, new MP3/CD player, good condition, asking \$5,000. Inspection good through August 2008. Call 295-516-376.

Wanted: Donations of household items (i.e. kitchenware, towels, bedding, etc.) for a missionary and his wife moving to the island to serve the American and Portuguese communities. If you have questions or an item to donate, call Elizabeth at 295-57-9092, 96-312-2492 or e-mail [ers\\_slp@yahoo.com](mailto:ers_slp@yahoo.com).

For sale: AFN satellite dish and receiver with remote. Used for only two months. Retail \$458. Asking \$350 or best offer. Call 295-549-650.

Items for sale: 25" color TV w/ remote, \$75 OBO. Microwave, \$15. Tall office shelf, \$20. Computer desk, \$40. Side table w/ drawer, \$5. E-mail Ruby at [ruby.ferren@lajes.af.mil](mailto:ruby.ferren@lajes.af.mil) or after 5 p.m., call 295-549-759.

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

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

For sale: Dr. Brown's baby bottles. The best anti-colic/anti-spit-up bottles on the market. Patented design to help prevent colic and gas. I have ten 4 oz. bottles and inserts (used for two months), 12-8 oz. bottles and inserts (used for two weeks), 15 level two nipples, 19 level one nipples, 21 bottle tops, 21 travel disks, and six brand new cleaning brushes. Originally paid over \$150; will sell for \$45. Contact Merin at 295-549-824.

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.

PCSing to Eglin or Hurlburt? House for sale or rent. Two miles west of Hurlburt's main gate. Priced below appraisal. Large lot. Secluded. Sound side Hwy. 98. Enclosed swimming pool and lanai. 2,400 SF. 4 BR/2 BA/2C. Possible lease w/ option to buy. Call 535-3914, 967-034-617 (cell), or 295-516-084 (home) if interested.

Looking for automatic, 4-door vehicle in great condition. Must have been purchased from Portuguese market and not subject to duty tax. E-mail [azoresborn@yahoo.com](mailto:azoresborn@yahoo.com).

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



# SPORTS & FITNESS

Log workouts at <http://lajes.fitlinxx.com>



## Registration fee due today

The registration fee for Spring soccer is due to the youth center today.

The season, which is for ages 3-18, begins March 17.

Call Cheryl Karnes at 535-1197 for more details.



## Commander's Cup trophies

Way to go to the 65th Civil Engineer Squadron for winning the major units trophy and the 65th Operations Support Squadron for winning the minor units trophy for 2006.

## Intramural flag football

Congratulations to the 65th Communications Squadron for winning the 2007 intramural flag football championship.

The 729th Air Mobility Squadron was the runner-up.

## Intramural basketball

Way to go to SMACCS for garnering the intramural basketball championship for a second consecutive year.

The 65th Civil Engineer Squadron was this year's runner-up.

## Billiards league

A billiards league starts March 7. A coaches meeting is set for 10 a.m. Tuesday at the community center.

Call 535-2426 for more details.

## Intramural bowling standings

As of Feb. 15, the 65th Medical Group's #3 team was in first place, the 729th Air Mobility Squadron and the 65th Services Squadron's #2 team were tied for second, and the 65th Operations Support Squadron and the Office of Special Investigations were tied for third.

## Youth bowling league

From 3 to 5 p.m. Sundays through April 15 at the Hillside Lanes. For ages 5-18. Cost is a \$13 sanction fee or \$5 per week. Sign up at the front desk.

## Worldwide youth bowling

The Air Force Services Agency is sponsoring a worldwide youth bowling program, which allows youth bowlers to compete with other youth around the world. Awards will be mailed to the youth program for first, second and third place in each of the following categories Air Force-wide: ages 5-8, 9-11, 12-14 and 15-18.

Call Kimberly Spivey at 535-3273 to register or for more details.

## Judo, tumbling, gymnastics

Registration continues for the Lajes Youth Center's upcoming judo, tumbling and gymnastics lessons.

Judo classes will be from 5 to 6 p.m. Mondays and Wednesdays for ages 4-18 and from noon to 1 p.m. Tuesdays

and Thursdays for adults; the cost is \$35 per month.

Tumbling and gymnastics classes will be from 5 to 6 p.m. Wednesdays for ages 3-5; the cost is \$25 per month. Classes will be from 5 to 6 p.m. for ages 6-12 and from 6 to 7 p.m. Mondays and Thursdays; the cost is \$35 per month.

Call 535-3273 for more details.

## Basketball championships

The 2007 U.S. Air Forces in Europe Large Units Basketball Championships are scheduled for March 4-10 at RAF Lakenheath, United Kingdom.

Call Tony Baptista at 535-1290 for more information.

## Volleyball championships

The 3rd Allied Air Component Command Headquarters Ramstein Volleyball Championships are scheduled for March 19-22 at Ramstein Air Base, Germany.

For more details, call Tony Batista at 535-1290.

## Ultrabodies VIII

RAF Mildenhall holds this body-building competition at 6 p.m. June 23 at the Galaxy Club. Entry fee is \$40. Open to ID cardholders ages 18 and up.

Call 535-6126 for more details.

## Sports Shorts



# A healthy weight can equal a healthy you

By Capt. Lisa Tauai

Lajes Health and Wellness Center

Thirty percent of adults 20 years of age or older in the United States are considered obese; this statistic equates to 60 million people.

What is most disturbing is that the percentage of young people who are overweight has more than tripled since 1980. Currently, 9 million of our young people are considered overweight.

With these statistics on the rise, the risk of chronic health problems has skyrocketed.

Those who are considered overweight or obese face a much greater probability of suffering from high blood pressure, elevated cholesterol, Type 2 diabetes, heart disease, stroke, gallbladder disease, respiratory problems, arthritis and some cancers.

These risks can substantially be reduced when excess weight is lost.

Before covering basic guidelines on how to achieve a reasonable body weight, it is important to define what classifies an indi-

vidual as being overweight or obese.

An overweight individual has a Body Mass Index (BMI) of between 25 and 30.

If the BMI is greater than 30, the person is considered obese.

The BMI is a simple calculation factoring in weight and height and can be determined with the use of a BMI calculator that is easily accessible on multiple Web sites.

When adopting any specific diet and/or exercise program, achieving gradual weight loss should always be on the forefront.

Safe, gradual weight loss is defined as losing one to two pounds a week.

Multiple research studies have proven that gradual weight loss is not only safe, but is the best way to achieve long-term weight loss success.

Other studies have concluded that eating at least three meals a day can enhance the calorie-burning efficiency of our bodies resulting in weight loss.

The golden key to weight loss success really resides in a person's ability to posi-

Info

### For more details

Call the HAWC at 535-3889

tively change their lifestyle and eating behaviors consistently and in the long term. Meals and snacks should be pre-planned to prevent the temptation of eating out or buying from vending machines.

Taking time to actually chew the food can result in decreased portion sizes and earlier satiety.

These behaviors coupled with making healthier food choices will inevitably result in gradual weight loss if they are consistently practiced and abided by in the long-term.

The Health and Wellness Center has begun a monthly "New Beginnings" Weight Loss Support Group, which takes place the last Wednesday of every month at 3:30 p.m.

If you want to begin losing weight while building relationships with others who are trying to achieve the same goals, the "New Beginnings" Weight Loss Support Group is for you.



# COMMUNITY

## Lajes' best named at annual awards ceremony



**CAT I Portuguese Civilian Category**  
Nelson Pastor  
729th Air Mobility Squadron



**CAT II Portuguese Civilian Category**  
Goretti Borba  
65th Comptroller Squadron



**CAT I U.S. Civilian Category**  
Maria Van Liere  
65th Services Squadron



**CAT II U.S. Civilian Category**  
Donald Ehrman  
65th Services Squadron



**Airman Category**  
Airman 1st Class  
Jason Fowler  
65th Communications Squadron



**NCO Category**  
Tech. Sgt.  
Yuvonne Fischer  
65th Mission Support Squadron



**Senior NCO Category**  
Master Sgt.  
Christopher Thurlow  
65th Communications Squadron



**Company Grade Officer Category**  
Capt. Derec Hudson  
65th Medical Operations Squadron



**First Sergeant Category**  
Master Sgt. James Ritchie  
65th Logistics Readiness Squadron



**Honor Guard Airman**  
Airman 1st Class Daniel Carr  
65th Communications Squadron



**Honor Guard NCO**  
Tech. Sgt. Gregory Jones  
65th Medical Operations Squadron

