



Fuel spill response

(Left) Vitor Berbereia and Bill Tagerson instruct their crew on how to contain an oil spill using a yellow boom during an annual fuel spill response training exercise in Praia Bay Tuesday. (Below, from left) Alvaro Silva, Dinis Jose, and Tome Carvalho stretch out the boom. This week-long training aimed at ensuring U.S. and Portuguese response personnel are proficient at both inland and marine disaster prevention practices continues through today. (Photos by Senior Airman Taylor Marr)



Mishap Stats



Last Reportable Mishap: June 21

FY '07 Total: 4

DUI/DWI Stats

Last DUI/DWI: May 6
FY '07 Total: 3



Need a ride?
Call 964-955-992
Saves in FY '07: 30

Team Lajes' new running track opens

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

Team Lajes can now begin jogging on the new running track.

Staff Sgt. Angelo Ballesteros, Chace Fitness Center fitness specialist, said the track currently cannot be used for official physical fitness tests.

"The track is not prepared for the official test yet," he said. "Also, the grass inside the track is not fully grown so we ask that people use the area by the playground during warm-up and cool-down exercises."

Injury prevention is among the benefits of using the quarter-mile/400-meter track.

"The track's rubberized surface should help people avoid chronic knee injuries common when running on hard surfaces," said Ricky Baptista,



Lajes Fitness Program manager. "With fewer injuries, Team Lajes will be more Fit to Fight."

Mr. Baptista said the new running track itself will not put people in better shape.

"Proper training, conscious effort, safe practices and consistency will put you on the right track to better health," he explained.

Maj. Travis Leighton, 65th Civil Engineer Squadron's Engineering Flight chief, gave a glimpse into the track's near and distant future.

"This will soon be Lajes' official PT test site and eventually a multi-purpose sports field," he explained. "If we get money in the years to come, we plan to provide soccer/football goals and additional stadium lights as well as a field house."

Units can reserve the track for 30-minute increments between 6 and 9 a.m. weekdays for unit physical training sessions by calling the Chace Fitness Center staff at 535-6126.

Weather Forecast

Saturday

Mostly cloudy

High 82
Low 64



Sunday

Cloudy

High 81
Low 63



Courtesy of the
65th OSS Weather Flight



Deployment 101: The little things

By Capt. Shilo Weir

368th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA — About three weeks into any deployment is when I really start to miss my husband and children; my heart begins to ache for home.

Each of us cope with separation in different ways and look for joy in the little things around us. I rejoice in the little things to keep my spirits up and I find that many of those around me do the same.

When the sun lays to rest and the temperature drops to 90 degrees, I sit outside under the blanket of night, close my eyes and imagine I am back on my little island in the Atlantic with the cool breeze on my face and a song in my head. These little things make it feel like home.

Mail takes on new meaning with little pieces of friendship and love sent from the four corners to let us know we are in the hearts and minds of those who care for us. Love notes from my 6-year-old delivering joy across the great divide, these little things make it feel like home.

Beef: It's not just what's for dinner

By Tech. Sgt. William Patrick

65th Communications Squadron

At Lajes, we tend to take POV safety for granted. We don't have freeways, rush-hour traffic, train crossings, or snow and ice to worry about. But before you get too complacent, think about a unique hazard we have on Terceira: Betsy.

If you've spent any amount of time on this island, this picture should look very familiar. Roads are not just for cars around here. The law permits farmers to move herds of up to 15 cows at a time on the road during daylight hours. This would not be a problem if the cows were able to read the laws.

All they know is that they are accustomed to being on the road, so when they get out of their field that's where they like to hang out. Sometimes they will stand alone, but sometimes they will form groups of 20 or 30 and have a big cow-party on the highway.

The size of the herd doesn't really matter though because a car moving at high speed doesn't get along any better with one cow than it does with 30. This is where your common sense and good judgment come into the picture.

You may have also noticed those quaint lava rock walls that neatly divide up the countryside and obstruct your view around many corners. As a driver, scraping your car

My favorite comforter on my bed still carries the scent of my family and covers me each evening in a blanket of warmth so that I can dream of days to come. In the dead of night my mind finds thoughts of my little girls laughing, these little things make it feel like home.

Each day brings new friendships and memories with our surrogate families that strengthen bonds we will carry on for a lifetime to come. The laughter and caring, these little things make it feel like home

The little things bring me closer to home and help me get through each day. The little things keep my head clear and help me remember how lucky I am.

I revel in knowing that my children are enjoying the freedoms won by those who came before us. I hold solace in knowing that the children of these nations we defend, and their children to come, will one day know the freedoms my children are afforded.

Our time here seems far from ending but we can all take a moment, look around and find the joy in the little things that will carry us closer to home.

along one of these walls would be very similar to running a cheese grater over your paint. As a cow, scraping your rear end along one of these walls would be a very satisfying way to scratch an itch. Cows, however, may not notice that their 500-pound frame has knocked some of the rocks loose and strewn them across the road. As a driver, it's guaranteed you will notice this, but hopefully you'll do it before one of those rocks is lodged in your transmission. Watch out for loose rocks.

Remember that ridiculous red light that you had to install under your rear bumper when you got here? There's a good reason for that thing, and it's not so you can aim it forward and make the underside of your vehicle glow like a show car. When you have to stop in the road to wait for a cow or maneuver around rocks and it's raining or foggy, turn your light on. You've already had one surprise and you don't need another one from the car coming up behind you. In case that does happen, make sure your headrest is at the appropriate level. It's there to prevent whiplash.

Terceira is a beautiful island worth driving around. Doing a few simple things like paying attention, wearing your seatbelt, and checking your speed can help ensure you're able to do it more than once. Be safe out there: keep the beef on your plate and off your hood.



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. Submissions can be e-mailed to news@lajes.af.mil and are due a week prior to the publication date.

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. All photographs are Air Force photographs unless otherwise indicated.

Editorial Staff

Col. JL Briggs

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

Good To Know

Paralegal career field

The paralegal career field offers Airmen a challenging and meaningful job that allows for working independence, personal growth and performance in a variety of tasks.

See article at www.lajes.af.mil or call Master Sgt. Carla Thornton at 535-2398 for more details.

Hero Salute

Anheuser-Busch is honoring the men and women of the U.S. Armed Forces and their families.

Throughout 2007, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission.

For more information, visit www.herosalute.com/cavatx/index.html.

Sure Start applications

Sure Start is a high quality full-time pre-school program for children who turn age 4 by Oct. 31. There is no cost for students enrolled in this program. It is reserved for children of enlisted members who meet established criteria. Drop by the school and review the application to see if your child might qualify.

Fall enrollment

Start your degree this fall and leave the island with your Master's in Human Relations.

The broad-based, 36-credit hour degree can be completed in 16-24 months. Registration has begun. Onsite classes are "Research in Human Relations," a core course, and the electives "Racial Diversity" and "Family Systems and Reconstruction." Online courses are also available.

E-mail Kate Etheredge at aplajes@ou.edu for details.

At-A-Glance magazine

See what the 65th Services Squadron has going on in their latest "At A Glance" magazine at <http://www.lajes-services.com/magazine/magazine.pdf>.



Tops In Blue 2007

Senior Airman Jonathan Hayden (above) and Staff Sgt. Daniel Rutherford (right) lead vocals during a *Tops In Blue* performance Saturday. *Tops In Blue* visited Lajes on their first of six performances at European installations over the next two weeks. (Photos by Tech. Sgt. Edgar Barbosa)



Dental clinic discusses teeth whitening

By Senior Airman Elias Lopez
Lajes Dental Clinic

Teeth whitening procedures and products are becoming more popular, more affordable and easier to do.

Over-the-counter American Dental Association-approved toothpastes or bleaching strips are a good way to remove many of the topical stains that darken the appearance of teeth and are safe when used as directed.

For more difficult or deeper stains, dentists can offer other options to patients, but an examination must be completed to ensure patients fully understand treatment risks, benefits and limitations before beginning treatment.

Those interested in treatment provided by the Lajes Dental Clinic must meet certain criteria:

- ❑ Patients must be over 18 and either be active duty or an active-duty family member.

- ❑ Patients must have also completed all phases of disease control and be without cavities or gum disease.

- ❑ Those who use any tobacco products are not eligible for treatment due to the fact that the procedure has a potential increase of cancer risk and recurrent staining following the procedure.

Info

For more information

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

As it is an aesthetic procedure, teeth whitening is only recommended when there is a valid need for it; i.e., stained or discolored teeth whose appearance may be improved with treatment.

Teeth that have already been bleached and are currently within the lightest ranges of normal are unlikely to qualify for further treatment.

Topical teeth whiteners are not effective on all types of staining, and will generally have a greater effect on light colored stains than heavy and dark stains.

Bleaching is also not recommended on teeth with crowns, veneers or tooth colored fillings. The bleaching material will have little or no effect on these materials and can result in a mixture of shades within the tooth.

Internal tooth whitening is an option for teeth that have had root canal treatments. It is completed in the clinic during a series of appointments.

Bottom line, teeth whitening services are offered in the Lajes Dental Clinic but an evaluation by the dentist must be made before any treatment can begin.



Movie Schedule

Today, 7 p.m. – Pirates of the Caribbean: At World's End (PG-13, 165 minutes); **10 p.m.** – Mr. Brooks (R, 119 minutes)

Saturday, 7 p.m. – Gracie (PG-13, 97 minutes); **10 p.m.** – Pirates of the Caribbean: At World's End

Sunday, 2 p.m. – Pirates of the Caribbean: At World's End; **7 p.m.** – Gracie

Thursday, 7 p.m. – Pirates of the Caribbean: At World's End

Synopsis: Visit www.aafes.com/ems

In The Community

Bullfights: 6:30 p.m. today, Terreiro, Porto Judeu; 9 p.m. Saturday, arena bullfight, Angra; 6:30 p.m. Saturday, Belo Jardim, Casa da Ribeira; 6:30 p.m. Ribeirinha; 6:30 p.m. Sunday, Bairro Joaquim Alves; 6:30 p.m. Sunday, Ribeira da Agualva, Vila Nova; 6:30 p.m. Sunday, Largo Santo Antonio, Porto Judeu; 6:30 p.m. Sunday, Ribeirinha; 6:30 p.m. Tuesday, Largo da Fonte São Sebastião; and 6:30 p.m. Wednesday, Largo da Fonte São Sebastião.

Praia Fest 2007: Aug. 3-12 in Praia.

Around Lajes

HCAC meeting: The Health Care Advisory Council meets at 1:30 p.m. Wednesday in the Bldg. T-416 Conference Room (main clinic). Meeting open to Lajes community.

New Beginnings: This weight loss support group meets at 3:30 p.m. Wednesday in the Health and Wellness Center.

POC: Angie Erickson, 295-549-528

Sponsorship training: 10 to 11 a.m. July 27 in the Airman & Family Readiness Center.

POC: A&FRC, 535-4138

Spiritual Fitness

Men's Spiritual Leadership Training/Breakfast, 8 a.m. Saturday; **Family Camp,** Monday through July 28; **SUM Dinner,** 5:30 p.m. Thursday.

POC: Chapel, 535-4211

Lajes Facilities

Clinic delayed opening, closures: The medical clinic will not open until 10:40 a.m. Monday due to an exercise. It will also be closed Wednesday morning and will not open until 1 p.m. The clinic will also close beginning at 2 p.m. Thursday for the 65th Medical Group Change of Command Ceremony.

Women's Health Clinic closure: The Women's Health Clinic is closed through July 29. Anyone needing immediate/urgent care

should make an appointment with Family Practice by calling the appointment line.

Jobs/Volunteer

Cub Scout volunteers: Lajes Cub Scout Pack 1605 needs volunteer leaders, including: a secretary, pack committee members, Den leaders, an event coordinator, etc. Volunteers do not have to be a scout leader or have a son in the program.

POC: René Arnold, wmrene@msn.com,

Soccer coaches and referees: The Lajes Youth Program is looking for people interested in coaching or being referees for the fall soccer season. Coach training begins July 30; referee training is Aug. 6.

POC: Cheryl Karnes, 535-1197

PFCU job: Pentagon Federal Credit Union has a job opening for a branch service representative. DEROS must be after February 2009. Apply at Bldg. T-202 or call 295-513-221.

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

Miscellaneous

Pool tournaments: The Community Activity Center has three upcoming 9-ball pool tournaments with awards given to first place in each. 3 p.m. Saturday – Ladies only, race to 5, double elimination; 2 p.m. Sunday – Teens only, race to 5, single elimination; 2 p.m. July 29 – Open for all, race to 5, single elimination.

POC: Tech. Sgt. Caldwell, 535-7665

Soccer registration: The Lajes Youth Program's Fall Soccer League registration is underway for children 3-18.

POC: Cheryl Karnes, 535-1197

Wing Recognition Ceremony: The August Wing Recognition Ceremony will be at 4 p.m. Aug. 3 in the TORC Ballroom.

Limited VTF services: The Veterinary Treatment Facility will not see patients Aug. 6-31. The VTF will not be able to fill any prescriptions during that time. The VTF will continue to be open for retail sales.

Combat Dining In: People are encouraged to find or purchase their "weapon of choice" (water gun, etc.) and for this event scheduled for 6 p.m. Aug. 10 in the 65th LRS Compound.

Senior NCO Induction Ceremony: Set for 7 p.m. Aug. 24 in the TORC.

Build-A-Boat Challenge: 3 to 6 p.m. Aug. 31 at the base pool. Sign up at the Community Activity Center by Aug. 17.

New inspection service: The Services Island Garage offers this service, which includes preparing your vehicle for inspection and taking it to the inspection center in Cabo da Praia.

POC: Joe, 535-3174 or 966-302-627



Volunteers needed

Jamie Shipman sorts items in the Thrift Shop. The shop depends on volunteers to remain open from 10 a.m. to 2 p.m. Mondays, Wednesdays and Fridays. The shop is located in Bldg. T-125. Consignments or donations are also accepted during this time. (Photo by Barbara Langmaid)

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: 1991 Toyota Corolla. Asking \$1,000. Inspection good through September. Standard, 4 door, sunroof, power locks and windows, and CD player. Available after Aug 2. Call Lis at 963-168-163 for a test drive.

Amazing nanny/housekeeper: Maria Meneses has been part of our family for two years. She is wonderful with children and home. She is kind, caring, prompt and reliable. Call her at 295-513341 or cell 96-314-0950 to schedule an interview.

For sale: 2004 Chevrolet Cavalier. 12,200 miles, silver, auto, a/c, CD player. Asking \$8,000. Call David at 295-549-680 or 535-1486.

For sale: 1991 Opel Vectra. Inspection good until September 2008. CD/radio, 4 cylinder, 5 speed, power windows, new tires, new muffler, fresh oil/filter, dependable. Asking \$1,500. Call 295-542-341.

For sale: 1994 Buick Regal, Automatic, 98,100 miles. Inspection sticker good until August 2008. In good running condition. \$2,000 OBO. Ready for pick up July 3. Call 535-3017 or 962-074-273.

For sale: Graco Pack n' Play- Brand new, light green, collapsible for travel. Comes with nature sounds music will play MP3s, bassinet, carrying case, and vanilla colored fuzzy bear mobile. Originally \$120. Asking \$70. Call Jenny at 295-549-811.

Looking for a great nanny? Laura has been with our family for more than 2 years and we highly recommend her! Call Susan at 535-6794 or 295-549-822.

For sale: Silver 2005 Chevy Cavalier. Only 30,500 miles. 2.2 liter, 4 cylinder, automatic transmission. Power locks and windows. \$9,000 OBO. Inspection good through September 2009. Call Dave at 963 800 604 or 969 239 307.

For sale: 1995 Clio Renault. Asking \$1,800 OBO. Manual transmission. Runs great. Inspection good through 2009. Call Ken at 918-583-276 or 295-549-722.

Nanny available: We are looking for a new family for our dependable and experienced nanny, Maria. Call Heidi at 295-549-630 or Maria at 295-543-279.

For sale: InStep double jog stroller in exc. condition. Only used a few times. \$75. Call 295-549-819 if interested.