



## Airman's Creed Pride

Senior Airman Jered Klodt, 65th Communications Squadron, puts final touches on the Airman's Creed mural he hand painted on the cable maintenance warehouse wall. Lajes is sponsoring an Airman's Creed Day Thursday. (Photo by Tech. Sgt. Jeremiah Erickson)

## Know before you go: Local club procedures vary

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

Experiencing a different nightlife culture is one highlight of being stationed overseas. However, there are some things Americans need to know before they go out.

Some clubs off base have a different system than Americans may be used to. In the United States, many clubs require a cover charge to get in. In some cases, hands are stamped to show that the charge has been paid. Typically, people purchase drinks at the bar with a pay-as-you-go format or on a tab.

On the other hand, on Terceira Island, some clubs give tickets to guests as they enter. Each time a patron goes to the bar for a drink, that ticket is marked. At the end of the night, similar to keeping a tab, guests pay their bill before they depart.

The ticket system has caused some valid concern for Lajes personnel. In some cases when people enter the club, they aren't get-

ting a ticket or lose their ticket during the course of the evening, explained Ryan Radunzel, 65th Security Forces Squadron investigator.

In lieu of a cover charge, some local clubs use the tickets which require a minimum drink purchase or patrons may be charged a set fee when departing, explained Senior Airman Taylor Marr. "If you buy three drinks or whatever the requirement is for each club, you don't get the charge," she said. In this case, individuals just pay for the cost of the drinks purchased at the bar.

Losing a ticket has cost Airmen anywhere from 25 to 200 Euro, depending on what the club fees are for lost tickets. These fees or charges are intended to prevent people from saying they lost a ticket as a way not to pay the bar tab. This can be costly for people who lose a ticket.

Club personnel may ask bartenders how many drinks an individual had — without a ticket it makes it difficult for an

Airman to dispute. Additionally, clubs may choose a set fee when a ticket is lost, which usually exceeds the drink purchase and works in favor of the club.

This is why it is important for people to obtain a ticket before they enter the club and keep close hold of it. Otherwise they could be charged these fees when they leave.

In the past there have also been people who go to clubs that don't receive tickets. In this case, they face the possibility of steep charges as well.

Signs are generally posted outside clubs that use tickets, however, they may not be in English.

Bottom line: Be sure you know the drink rules before going into a local Terceira club. Knowing the importance of receiving a ticket, and keeping close hold of that ticket while at the club can prevent club goers from having to pay excessive fees while they are visiting some clubs on Terceira and enjoying the local culture.



# Leader's philosophy: PT for life

**By Lt. Col. Brian Walker**  
65th ABW Safety Office

I don't believe in the saying, "you can't teach an old dog new tricks." I've been into sports and fitness my entire life but, over time, I've adapted my program based on better ideas and new realities (e.g. aging, injuries, etc.). Much of my present Physical Training habits came from a recent staff tour at U.S. Southern Command.

### SAGE ADVICE

I met with the Army Maj. Gen. Benjamin Mixon, Director of Operations, for a "welcome the new guy" office call shortly after arriving at USSOUTHCOM. General Mixon spent the vast majority of his time with me discussing PT and the importance of being in shape—not your ordinary Air Force welcome brief. Here's some of his advice, said in his gentlemanly southern drawl, "Brian, I don't care when you PT as long as you do PT ... I like to work out in the morning but I encourage you to find your own battle rhythm and stick with it ... I like to see folks around the office in their PT gear, that lets me know they're working out ... I'd consider it a personal embarrassment if one of my guys couldn't pass their Service's PT test." I have great respect for General Mixon and have incorporated his views into my own PT philosophy. Additionally, I indoctrinate my "new guys" with this same office PT policy.

### FINDING YOUR PT BATTLE RHYTHM

USSOUTHCOM is in a well-secured building located in a congested commercial zone in Miami. Going out to lunch was logistically time consuming and frowned upon in my division. Most of my peers would work out during the duty day, since the gym was inside the building, then come back to eat lunch in the office. A lunchtime workout became my "battle

rhythm" with three added benefits. First, working out daily became an ingrained habit pattern. Second, I would bring my lunch to work thus better controlling both the quality and quantity of food. Third, it's nice to "burn off" mid-day stress and go back to work in an enhanced mood since interagency staff work can be bureaucratically grueling. Admittedly, my PT battle rhythm has changed to 3-4 times a week at Lajes simply because of time constraints. But there's no guilt, PT is still a priority.

### DEFINITION OF PT MAY CHANGE

It's a fact of life that all human bodies will eventually fail. Unfortunately, I had back surgery from a lingering injury while at USSOUTHCOM. This changed my definition of PT from Physical Training to Physical Therapy. During rehabilitation I still remember my physical therapist reminding me that,



"it's important to continue on with the exercises I've shown you. Almost all my repeat customers are people that didn't make exercising a permanent priority." That resonated with me; I was

motivated to do my part to prevent another surgery and an early medical retirement. PT was no longer optional. If anyone is struggling with nagging injuries, I highly recommend you meet with our physical therapist or Health and Wellness Center and figure out a professionally approved fitness plan. This may require learning a new workout routine but, with commitment and time, you will see positive change.

One last bit of advice, when I least have time for PT (e.g. ultra busy day at the office) ... that is exactly when I need to PT the most. In fact, my lovely bride will boldly remind me, if I come home agitated, "you need to go work out." As usual, she's right.

**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. Your chain of command*



**Col. JL Briggs**

*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.*

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## Security Awareness

The Lajes community is reminded that personal security is an important responsibility. Use caution when leaving valuables out in plain view in a vehicle or residence.

Residents are also reminded to secure their homes and vehicles to reduce the risk of theft. To report suspicious activity, call 535-3222 or 295-57-3222 from off base.



## Good to Know

### 4-Way Intersection by LYP Changes

The 4-way stop intersection between the walking gate and family housing (by the LYP) will convert to a 2-way stop Feb. 1. Through traffic (East and Westbound) will not be required to stop.

### Tourist Passport Fee Change

A passport fee change will take effect Feb. 1. Age 16 and older: The passport application fee is \$75. The execution fee is \$25. Under Age 16: The passport application fee is \$52. The execution fee is \$30. The total is currently \$82. Anyone interested in obtaining a tourist passport, may e-mail [kathleen.dashnea@lajes.af.mil](mailto:kathleen.dashnea@lajes.af.mil) for application instructions and procedures. Normal processing time is 2-3 weeks.

### Register To Vote

Contact a Unit Voting Assistance Officer for details on registering to vote. For questions about legal residency or eligibility to vote, call the legal office at 535-3546. Download the Federal Post Card Application at: <http://www.fvap.gov/pubs/onlinefpcapdf>.

### Housing Fence Program

The "Self Help" fence program offers free fences to personnel residing in military family housing. Stop by Bldg. T-112 to sign up.

### BX Check Cashing

With a new system, the base exchange cashier cage will soon have the ability to clear checks in a matter of days vs. the weeks it would take for checks to be sent to the states and be cleared. This is important for individuals who have grown accustomed to checks taking time clear, also known as floating checks.

### Official Passport Photos

Photos for government passports are available by walk-in each Wednesday from 1:30 to 4:30 p.m. in Bldg. T-100, Rm. 240.

# TB: Awareness important

By Capt. Patricia Rohrbeck  
65th Medical Operations Squadron

Tuberculosis has been a major cause of deadly epidemics throughout history, but approximately a century ago, TB was not only brought under control, it was all but eradicated in industrialized countries, including the United States.

In the 1970s, however, TB started to make a comeback in the United States. While active TB disease is highly contagious, it is also a disease whose prevention and cure are relatively simple. The treatment for people who have TB consists of various antibiotics and must be continued for approximately 6 to 9 months so that all the TB bacteria in their bodies are eliminated. Almost all people who take their medications as directed are cured.

Tuberculosis is a slow-growing bacterial infection that is most often found in the lungs. The disease is spread from person-to-person when the germs from the lungs are released into the air through coughing or sneezing. Nearby people who have had prolonged and direct exposure to an individual with active TB disease may breathe in these bacteria and become infected. Being exposed to someone with TB disease doesn't mean you will become sick too. 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 and to prevent this from happening, they are often prescribed treatment such as Isoniazid.

People with TB disease, on the other hand, 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, such as coughing blood, fever and severe weight loss. Only people with active TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can cure TB disease.

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

The most common test to detect TB infection is the Mantoux tuberculin skin test. Only individuals who have active

TB disease can spread the germ, therefore, people who come in contact with a latent TB infected person don't need to be tested. For individuals who had contact with an active TB case, 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. If a health care worker determines that the individual has a positive reaction this does not mean the patient has active TB disease. If the patient does not show any symptoms and the lungs are healthy, the individual may have a latent TB infection or been previously exposed to the germ; once you have a positive TB skin test, you will always test positive. In order to prevent development of active TB disease, individuals may have to take medications, such as Isoniazid, daily for 9 months. A person with latent TB infection cannot spread germs to other people, so you do not need to be tested if you have spent time with someone with latent TB infection.

To help increase awareness, World TB Day is scheduled for March 24 each year, and is designed to build public awareness about tuberculosis disease. This year's World TB Day is about celebrating the lives and stories of people affected by TB and how each of us can make a difference and combat TB. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of *M. tuberculosis*, the bacteria that cause TB. At the time of Koch's announcement in Berlin, TB was raging through Europe and the Americas, causing the death of one out of every seven people.

World TB Day is just around the corner. Please use this opportunity to educate yourself on TB-related problems and solutions and support worldwide TB-control efforts. The Centers for Disease Control and Prevention and their partners, such as the World Health Organization are committed to eliminating TB throughout the world. For more information about TB and the World TB Day, please visit the WHO website at <http://www.emro.who.int/stb/Facts-AboutTB.htm> or the CDC website at <http://www.cdc.gov/tb/WorldTBDay/default.htm>.

For more information, call the public health office at 535-3464.



Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<p><b>9 a.m.</b> Check out the new Snack Avenue at the Shoppette</p> <p><b>10 a.m.</b> Girl Scout cookies on sale, commissary</p> <p><b>2 p.m.</b> Intermediate Excel, A&amp;FRC</p> <p><b>6:30 p.m.</b> Oriental Buffet, TORC</p> <p><b>7 p.m.</b> I Am Legend (PG-13)</p> <p><b>10 p.m.</b> The Golden Compass (PG-13)</p>	<p><b>10 a.m.</b> Thrift Store open for \$5 bag sale</p> <p><b>10 a.m.</b> Girl Scout Cookies on sale, commissary</p> <p><b>10 a.m. to 6:30 p.m.</b> Last day to shop at commissary until Wednesday due to Portuguese Holiday Tuesday</p> <p><b>7 p.m.</b> The Golden Compass</p> <p><b>10 p.m.</b> I Am Legend</p>	<p><b>9 a.m.</b> Evangelical Service</p> <p><b>9 a.m.</b> CCD</p> <p><b>10:30 a.m.</b> Mass</p> <p><b>10:30 a.m.</b> Sunday School</p> <p><b>11:40 a.m.</b> PS Prayer Group</p> <p><b>Noon,</b> Praise Service</p> <p><b>Noon to 4 p.m.</b> Pick up mail</p> <p><b>2 p.m.</b> I Am Legend</p> <p><b>7 p.m.</b> The Golden Compass</p>	<p><b>6:05 a.m.</b> Step aerobics</p> <p><b>6:30 a.m.</b> Oceanview serving breakfast</p> <p><b>7:30 a.m.</b> Spin</p> <p><b>11 a.m.</b> Chicken tender special, \$5.75, Oceanview</p> <p><b>10 a.m.</b> Thrift Store open</p> <p><b>2 p.m.</b> Smooth Move Seminar, A&amp;FRC</p> <p><b>5:20 p.m.</b> Body sculpting</p> <p><b>6 p.m.</b> Spin</p>	<p><b>Portuguese Holiday:</b> Commissary, BX, Shoppette and Library closed</p> <p><b>7:15 a.m.</b> Circuit Training</p> <p><b>10 a.m.</b> EDIS Playgroup, LYP</p> <p><b>11 a.m.</b> Pizza special w/ 4 drinks, \$11.75, Oceanview</p> <p><b>5:30 p.m.</b> Mongolian BBQ, TORC</p> <p><b>6 p.m.</b> AWANA, chapel</p>	<p><b>10:30 a.m.</b> Intermediate Access, A&amp;FRC</p> <p><b>5 p.m.</b> Family Night Bowling</p> <p>Rent-A-Lane \$7.50/hr lane \$1 shoe rental</p> <p><b>6 p.m.</b> \$ .35 wings at the TORC</p> <p><b>6:30 p.m.</b> Parenting Skills, A&amp;FRC</p> <p><b>8 p.m.</b> Atlanta Falcon Cheerleaders, TORC</p>	<p><b>7:15 a.m.</b> Circuit Training</p> <p><b>9:30 a.m.</b> MOPS, chapel</p> <p><b>11 a.m.</b> Fried Shrimp special, \$6.95, Oceanview</p> <p><b>Noon</b> CDC/ youth member programs PAB meeting, LYP Cafe.</p> <p><b>Noon</b> Arts &amp; Crafts open</p> <p><b>7 p.m.</b> The Golden Compass</p> <p><b>9 p.m.</b> Karaoke, and chili dog special, TORC</p>

### In the Community

**Comic Bullfight:** There will be a comic bullfight for children and adults in the Angra bullring 3 p.m. Sunday. The bullfight is organized by the Angra High School students as part of the Mardi Gras celebration on the island which kicks off Saturday and lasts until "Fat Tuesday" (Feb. 5). Tickets can be purchased at the door one hour before the show. For more information, call Ed Lima at 535-3413.

### Dining Facility 535-2256

**Super Bowl Midnight Meal:** Tradewinds will provide hot breakfast and a mini snack line from 11 p.m. to the end of game time. Oven fried bacon, sausage (links or patties), buffalo wings, French fries, mozzarella sticks, hash browns, fruit, pastries, pancakes with syrup/topping and assorted juices.

### NAF Jobs 535-5200/6582

**Community Activity Center:** Recreation Aid

**Child Development Center:** Program Assistant

### Thrift Store 535-4146

**Bag sale:** 10 a.m. to 2 p.m. Saturday. All you can fit into a shopping bag from the clearance room for only \$5. For details, call 535-4146.

**Volunteers:** The Thrift Store is looking for volunteers. Call 535-4146.

### Atlantic Island Kennels

**Self-Pet Wash:** 2 to 5 p.m. daily during February at the kennel. Keep the bathroom at home clean. Bathe pets using the kennel's tools, shampoo and drying equipment. To make an appointment, call 535-3855.

### Red Dress Gala

**Red Dress & Tie Gala:** 6 p.m. Feb. 15 at the TORC. Dress is semi-formal: red dress for women, red ties for men. The theme is Hollywood Red Carpet Affair: Informational dinner event accompanied by live entertainment, activities & door prizes to increase awareness of heart disease. Tickets \$20. For information, e-mail joann.palmer@lajes.af.mil.

### Outdoor Rec 535-3302

**Outdoor Rec Closure:** ODR is closed for a renovation project through Mar. 1. Selected resale paintball gear, camping and fishing tackle will be available at the Sports Zone Store in the fitness center. Sign ups for trips, tours, family fun events, golf membership cards and green fees will also be at the Sports Zone. Equipment rental will be available at the Arts & Crafts Center, Bldg. T-308.

### A&FRC 535-4138

**1, 2, 3 ... Magic Parenting Class:** 11 a.m. to 3 p.m. Feb. 9.

**Smooth Move Seminar:** 2 to 4 p.m. Feb. 11.

**Southeast Asian Cooking Class:** 6 p.m. Feb. 28, A&FRC kitchen.

**Intermediate Access:** 2 to 3:30 p.m. Feb. 21.

### Fitness Center 535-3889

**Power Lifting Competition:** 10 a.m. Feb. 23. Bench press, dead lift and squat. Male and female weight divisions starting at 105 lbs to 275+ lbs. Competitor meeting will be held 2 days prior to event. Register by Feb. 13.

**Sweetheart Family 5K Run:** 7:30 a.m. Feb. 15.

### TORC 535-3202

**Enlisted Lounge:** The Enlisted Lounge is closed for renovations. The Ballroom/Officer's lounge will be open to all personnel during the renovation.

**Bits & Bites Menu:** Available in the dining room or the lounge Tuesday through Saturday.

**Chili Dog Thursday:** Chili Dog for \$2.25 plus karaoke with DG "Scooby"

**Super Bowl Party:** 9 p.m. Sunday in the ballroom. Includes buffet until halftime. Bits & Bites menu will be available from halftime until the end of the game. There will be prizes and games throughout the evening. \$5 for members and \$15 for nonmembers.

**Valentine's Day Dinner:** Feb. 14. \$14.95 per person for buffet.

**Sunday Brunch** - 11 a.m. to 2 p.m. Feb. 17 and 24. \$15.95/adults; \$7.95/children from 7-12 years old.

### HAWC 535-3889

**Lajes HAWC Fitness Library:** The HAWC now has an up-to-date library of fitness DVD's for check out.

### 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.*

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For Sale: JVC 52" ILA chip HD-52G786 Bought 15 months ago, extended warranty, perfect condition. \$1000 contact Peter or Ako at 295-549-509 or 963-577-806

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For Sale: Electric Guitar, Fender Stratocaster + case, Sunburst color, 350 euros (new costs 650E) Call Claudia Santos at 969637545

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Nanny available: PCSing and Maura is great. Takes wonderful care of our 1 year old. Speaks great English. Available immediately. Call 295-549-599 for a reference. Maura's number is 964-729-073 to speak to her directly.