



## Force Protection



Current FPCON: Alpha  
Threat Level: Low

**"6-5...  
IN THE FIGHT!"  
FY 2011**

**8  
SORTIES**

**244  
LODGED**

**21K  
gallons  
FUEL ISSUED**

In a real-world  
emergency, call the  
Public Affairs Straight  
Talk Line, **535-3542**.

Don't drink and drive; call  
LADD: 295 57 LADD

**Appointment:**  
Base: 535-3261  
Off base: 295-573-261  
**Emergency:**  
Base: 911  
Off base: 295-571-911

**Weekend  
Weather Forecast  
(Lajes Weather Flight)**

**Saturday (a.m. / p.m.)**  
Mostly Cloudy  
Wind SE 10 - 15 mph  
SE 10 - 15 mph  
High 73F / Low 68F

**Sunday (a.m. / p.m.)**  
Partly Cloudy  
Wind SE 10 - 15 mph  
SE 10 - 15 mph  
High 75F / Low 66F

## Airmen and Portuguese partner to streamline base Pass, ID process



Col. Eduardo Faria, Chief of Staff, Headquarters Azores Air Zone, addresses American and Portuguese Airmen during a ceremony commemorating the opening of the new joint Pass And ID center at the main gate. Operation at the joint Pass and ID center began Aug. 30. The new center will enable the base to process base pass requests, and vehicle licensing and registration for all U.S. customers in a timely manner. (Photo by Lucas Silva)

By Staff Sgt. Olufemi Owolabi  
65th Air Base Wing Public Affairs

Lajes has unveiled a new concept, which will help reduce waiting time when processing base passes and identification at the main gate. The 65th Security Forces partnered Aug. 30 with their Portuguese air force police counterparts to operate a joint Pass and Registration Center at the main gate.

The new Pass and ID initiative will enable the base to process all U.S. licensing and vehicle registration, as well as base pass requests for visiting family and friends, in a timely manner.

One of the first American security forces servicemembers to work in the joint center, Airman 1st Class Taylor Gathman-McLeod, said "everything is much simpler with the new center."

Before the joint center was formed, new members arriving at Lajes or purchasing a vehicle had to go to the security forces facility to complete their registration paperwork. Also, to request a base pass for visiting family members who do not have a military ID card, a stamped document had to be sent to the political affairs office

through the 65th SFS.

"With this new workstation, we have eliminated the middle man. If anyone has any issues or questions that needed to be answered by either the Portuguese or American personnel, we are both here in a one-stop shop for all our customers."

There are three main units in the Pass and ID center the temporary base passes section, the permanent base passes and permanent vehicle authorization section, and the traffic citations record section.

According to Portuguese air force Primeiro Sargento (technical sergeant equivalent) Patrícia Paixão, Chief of Identification and Control Section (SIC), the base Pass and ID is also responsible for issuing temporary passes and controlling the arrival of other nations' passengers via Portuguese military aircraft and terminal.

"The assignment of the U.S. military member to the SIC made things a lot easier, because the U.S. servicemember handles all temporary base passes for U.S. family members and guests, retired military residing on Terceira Island and those on vacation," said Paixão.

To read more on "Pass & ID" see page 4

### Traveling with TRICARE Prime

If an emergency occurs, call 911 or go to the nearest hospital emergency room. You should notify your PCM within 24 hours. Prior authorization is not required for emergency care.

You must call TRICARE for approval before you receive nonemergency care. You must call International SOS for approval at 011-44-20-8762-8133 or State Side 1-877-451-8659.

Traveling with TRICARE Prime flyers can be obtained from Mr. Steve Palmer at the TRICARE Service Center building T-416 Room 15, or by going on line at [www.tricare.mil](http://www.tricare.mil).



# Energy awareness

By Ms. Aisha Robins  
65th Civil Engineer Squadron

When we, the men and women of the U. S. Air Force, deploy into harm's way, we do so because we have chosen to be on the front line to defend our nation "...against all enemies, foreign and domestic..." We can think of active-duty military members as a limited natural resource. They're irreplaceable. They are precious to family and friends, and intrinsic to the durability of our American way of life. Families and the civilians who keep the home fires burning are their support system.

In the same way, the resources that sustain us are irreplaceable, and they are precious, and intrinsic to life. Do we remember that we're a mutual support system, or do we take them for granted? Do we limit how much water we

use for washing cars and watering lawns? Do we turn off lights, adjust thermostats, and wash clothes in cold water to use less electricity?

Do we maintain our cars, and limit how much we let them idle, to reduce the pollutants they release into the atmosphere? Yes, these actions seem pretty small in the grand scheme of things. After all, what difference will one light bulb make, right?

Here's the deal: it's not the light bulb you're changing; it's the way you think about the resources you use.

If you have children, it's also making them aware of the importance of being good stewards of all that is irreplaceable, precious, and intrinsic to living on this planet.

We can all be on active duty when it comes to our environment, and protect it "...against all enemies, foreign and domestic..."

## Meet the 729th AMS Commander Lt Col Loren Graham

I grew up in a small town outside of San Antonio, Texas, where most of my friend's parents were retired Air Force. I admired the experiences that they enjoyed and the way of life that their parent's Air Force service afforded them. Additionally, my dad and most of my dad's brothers served in the military. Picking the Air Force as a career just seemed to be the right fit.

I commissioned through ROTC, at the University of Texas at San Antonio

**Previous base/assignment-** I came to Lajes from the Office of the Under Secretary of the Air Force, Office of Business Transformation at the Pentagon. Specifically, I facilitated the execution of leader and practitioner AF5021 training.

**Hometown -** Helotes, Texas

**Immediate family members –** My wife: Christine, daughter: Katie, and son: Hayden-

**Things to know about the 729th AMS -** The 729th AMS is an Air Mobility Command unit and does not belong to USAF. Our group headquarters is in Rota, Spain and our wing headquarters is in Ramstein, Germany. Our wing's span of control reaches from Lajes to Manas and from Thumrait to Mildenhall.

**Some highlights of my AF career -** Without a doubt, being selected to command, taking command and executing command are the greatest highlights of my career. It is an honor and a privilege to lead such a fine organization as the "Might Fine, 729!" and doing it here at Lajes is icing on the cake. Another highlight and honor was my three years with the Joint POW/MIA Accounting Command where I led five teams in the search for fallen U.S. servicemembers.

**How would you say Lajes differs from other bases you've been assigned to?** The biggest difference between Lajes and other bases that I've been assigned is the welcome, aka..."the Lajes goodness." By far, the warmest welcome that I've encountered in my 15 years and seven PCS/assignments. We were welcomed with a full kitchen, a warm bed for all of my family and most importantly friends for my kids to bond with right after the amazing reception at the passenger terminal. Wow!

**What's one piece of advice you could give to young Airmen?** Learn now how to assess your strengths and weaknesses. We all have both. If PT is your weakness, work on it. If you are already a PT stud, pass your knowledge to those who can benefit from it. But no matter what you do, if you love what you do, you will energize those around you. Don't be afraid to take audacious steps to challenge yourself and prove to those around you that you are genuine.

**Are there any particular quotes you live by?** Nope...maybe one, "How about them Cowboys!"



### Commander's Action Line

535-4240

65abw.actionline@lajes.af.mil

*The Commander's Action Line is your link to the commander 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 — but when that's not the answer, call or e-mail the Commander's Action Line at 535-4240 or 65abw.actionline@lajes.af.mil.*



Col. Jose Rivera

**Col. Jose Rivera**  
Commander, 65th Air Base Wing



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# Looking good ain't free

**By Tech. Sgt. Ron Moton**  
65th Medical Operations Squadron

The journey to becoming fit and trim isn't easy. It takes dedication and hard work. Although most people don't enjoy regular exercise, it's a great way to improve one's appearance. In fact, many people say they feel healthier after losing weight, but I say, "Looking good ain't free."

Although looking good and staying fit are not a task that is easy to achieve, it's certainly worth the extra effort. Believe it or not, having a balanced lifestyle, exercising and eating right are the keys to a healthy lifestyle, which ultimately leads to a more fulfilling and meaningful life.

Studies have shown that most Americans are overweight. Like most, I never worked out because I didn't choose to incorporate exercise into my daily schedule—yet I loved to eat. After getting into trouble for my excessive weight gain, my commander decided to give me two weeks to conform to standards. Unfortunately, I did every unhealthy trick in the book to achieve the goal. I starved myself, I drank a jar of prune juice (which changed my life), and took dietary supplements. The best thing about that experience was my supervisor allowed me to go to the gym twice a day. Even though I eventually met the standards, I continued working out.

While I still didn't really understand the concept of a "healthy lifestyle," I continued to work out at the gym on a regular basis. Eventually, I started asking questions to people who looked the way I wanted to look. I looked for every possible shortcut exercise that would give me the results I was looking for—Looking good. However, at the time I didn't realize there weren't any shortcuts to looking good. I remember asking a certain bodybuilder the secret to "getting big and buffed." He looked at me and asked, "Do you really want to know the secret?" I said yes. Then he responded saying, "The secret is there is no secret; you just have to keep coming to the gym."

I remember how disappointed and anticlimactic the bodybuilder's response made me feel because I wanted to look good, but not work

hard to meet this goal. I wanted to take the easy way out.

After years of working out, I could see that the bodybuilder's advice was true, and although I was strong, I still had not achieved my goal. Looking good for me didn't come until about three years ago while I was deployed when I was in Germany. The process was so simple that it caught me off-guard. It started when I introduced myself as "the sexiest shift leader in the Contingency Staging Facility." I wasn't even serious, but I said it all the time, and one day I noticed other people saying it too. The more I heard my co-workers say, "Tech. Sgt. Moton is the sexiest shift leader in the CASF," the more I started believing it. As a result, I began exuding more confidence. As my confidence and self-esteem improved, I became more positive about my physical image and started seeing myself as others saw me. I continued to believe I was truly looking good, which reinforced what some now call "my delusion." After that, no one could make me believe I wasn't looking good.

Staying fit is a mindset and not just physical appearance alone. It's about incorporating a balanced lifestyle, which includes a mental and emotional well being. It's eating healthy and exercising. It involves a healthy spiritual life. It requires healthy relationships with family, friends and co-workers. If not, this can lead to stress, and no one is "fit" if they are always stressed out. I would be remiss if I failed to mention that staying fit comes in all shapes and sizes, but you have to believe it or you'll never project it.

Most of my friends don't realize that I come from a background of terribly low self-esteem and low self-worth. I struggled with that most of my life until I started saying great things about myself, which turned everything around for me.

The principle is reciprocal: "I'm looking good because I say I am, and I say I am because I'm looking good."

Bottom line, it's up to you and if you want to stay fit and look good, you can, but do it the healthy way. Is it easy? No, but it is possible. Just as the famous quote says, "If you believe it, you can achieve it," but remember, "looking good ain't free."

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## Suicide Prevention: one man's story

**Capt Emily Eschbacher,**  
65th Medical Operations Squadron

Despite the cliché, it is rare that I, as a psychologist, have a patient lie down in my office. However, a few years ago, I was faced with just such a predicament. I was meeting with a patient named Mike\* who was brought to my office in extreme distress. Within five minutes of walking through my door, he was about ready to pass out due to a panic attack. In order to ensure he didn't, I asked him to lie on the floor and put his legs up on a chair so that we could talk. What was the big problem? Well, about fifteen minutes before arriving at my office, Mike had called the clinic to say that he was getting an escort and coming over because he had a plan to kill himself and, if he didn't come at that moment, he was probably going to go home and follow through on his plan.

There are a few patients who will always stand out in my mind, and Mike is one. Mike did all the right things that day. Fortunately, we'd be working together for a while before this fateful day, so I was well aware that he had been experiencing thoughts of suicide. In fact, Mike is like many people who are facing a great deal of stress – he sometimes had the notion that perhaps others would be better without him here. The good thing is Mike recognized this thought wasn't true and that, in contemplating suicide, he was considering an action that was permanent and irreversible. Mike and I had the agreement that if his thoughts of suicide ever increased or if he ever developed a plan he would tell someone. On that day, Mike stuck to this agreement despite his vulnerable state, and he told a co-worker that he was seriously contemplating taking his life.

Due to the severity of his ideation and the acuity of his symptoms, Mike agreed to hospitalization. Despite his concerns that people would see him as weak, he received a tremendous outpouring of support from his unit. His Top Secret clearance remained untouched because

he demonstrated good judgment and reliability in his willingness to keep people informed of his status and decision to seek assistance with his difficulties. With a lot of hard work and treatment, Mike's mood, situation, and outlook improved drastically. Ultimately, Mike retired from active duty. A few months later I received a call. Mike had phoned to let me know that he was doing well. He was continuing to get therapy through a civilian provider, and he was continuing to improve. He reported that he was employed as a civilian working for the Air Force in the same work center he was in while on active duty.

Fortunately, the outcome in this case was good. However, across the Air Force this has not always been the case. The number of suicides in the Air Force continues to rise despite the multitude of helping agencies and resources established to offer assistance. Many of the Air Force members who committed suicide did so before asking for help. They took action before giving their friends, co-workers, leadership, and neighbors the opportunity to offer support. The common sentiment from those left behind after a suicide is they wished they could have been given the opportunity to help. They wished the victim would have let them know what was going on so they could step in and offer aid. They regret they didn't get the opportunity to help.

As I said before, Mike did everything right. Although he was suffering, he asked for help. Once apprised of the need, his unit, friends, and co-workers gave him the support he needed to overcome his difficulties. If you ever find yourself in a difficult, dark place feeling like there's no hope, please keep this in mind. Just ask. Tell someone you need help. Don't stay quiet. You need not suffer in silence. You are not alone. Give us – your friend, co-workers, supervisors – the opportunity to help. If you find it difficult to be strong for yourself, let us be your strength.

**\*Name was changed to protect privacy.**



"Pass & ID" from page 1

The U.S. personnel also help with registering U.S. owned vehicles. To register a U.S. owned vehicle, members need to take a copy of their international insurance to the center with their shipping documents.

"The insurance shows us that the vehicle could be operated in Portugal, while with the shipping documents, we verify that the VIN (vehicle identification number) matches the customer's insurance," said Gathman-McLeod. "Last but not least, we must see the customer's Portuguese driving license, which allows us to see that the member is able to operate a vehicle."

Apart from streamlining processes for the security forces team, the new initiative is also a way to bolster bilateral relations between Airmen and their

host nation's forces.

The joint Pass and ID is a "win-win" situation for both teams, Gathman-McLeod said.

"By having both sides sitting here we are able to help each other if a problem occurs," said Gathman-McLeod. "I am here to help the Portuguese air force with American customers when there is a language barrier, and they are here to assist me with anything I need, especially when there is a high priority objective that needs to get accomplished. In my opinion, this partnership is one of the best things that have come to Lajes."

The Pass and ID hours are Monday to Friday from 8 to 11:45 a.m. and 1 to 3:35 p.m. The center is closed on all Portuguese holidays. Call 535-4786 or 535-3259 for more information.

## Personal Property Regionalization at Lajes

Effective Oct. 1, 2011, Lajes Field regionalized under the Joint Personal Property Shipping Office - Northeast (JPPSO-NE). Lajes Field is the U.S. Air Forces in Europe's first location to transfer administrative personal property functions to a regionalized office.

What is regionalization? In the last 10 years, the Air Force has regionalized the "back office" household goods movement functions at all Continental U.S. TMOs to existing regional JPPSO's with great success. This allows the Air Force base-level TMO to focus on providing quality face-to-face customer support. This process is transparent to customers by aligning redundant financial and administrative operations under the JPPSO. Customer service functions are improved under the regionalization concept.

Representatives from JPPSO-NE conducted a second and final visit to Lajes Field from Sept. 21-24. Senior leadership office calls, meetings with base agencies and the local moving companies occurred. Their initial site visit occurred in May this year.

Additionally, JPPSO-NE provided enhanced customer-service training to 65th Logistics Readiness personnel. The training was tailored to support the improved customer service functions that regionalization provides.

The regionalization concept will provide the capability to serve Team Lajes even better!

For valuable moving information, visit [www.move.mil](http://www.move.mil) or contact TMO at 535-5168.



A WB-57 lands at Lajes Field, Azores, Sept. 9 for refueling operation. The WB-57 has been flying research missions with the NASA Johnson Space Center (JSC) in Houston, Texas, since the early 1960s, and continues to be an asset to the scientific community. There are only two NASA WB-57s, named NASA 926 and NASA 928, still flying in the world today. (Photo by Lucas Silva)

## LAJES WARRIORS OF THE WEEK



**Name:** Andrea Mosly  
**Rank:** Staff Sergeant  
**Unit:** 65th Force Support Squadron  
**Hometown:** San Diego, Calif.  
**Duty Title:** Force Management Technician  
**Accomplishments:** Sergeant Mosly truly represents the Air Force core values. Since arriving from Spangdahlem Air Base, she has excelled in her duties. She works in the Force Management

Office in the Military Personnel Flight and manages the base-wide evaluation and Unfavorable Information File programs. She was recognized by the U.S. Air Force in Europe's Inspector General's team as an exceptional performer during the LCI for the management of her programs. Her contributions directly led to the 65 FSS receiving an "Excellent" rating during the ORI/LCI.



**Name:** Catia Sebastiao  
**Rank:** LGS-05  
**Unit:** 65th Force Support Squadron  
**Hometown:** Biscoitos, Terceira  
**Duty Title:** Human Resources Assistant  
**Accomplishments:** Catia is a true professional. She is constantly praised for her customer-focused attitude. She works in customer service at the Military Personnel Section and serves as the passport agent representative.

She in-processes all new arrivals to Lajes Field. Her outstanding efforts greatly aided the 65th FSS "Excellent" rating during the Operational Readiness Inspection and Limited Compliance Inspection.



# "6-5...IN THE FIGHT!"

Feature



(Left to right) Senior Airman Daric O'Neill, 65th Logistics Readiness Squadron, and Staff Sgt. Thomas Lee, 65th Medical Operations Squadron, listens as Lt. Col. Gwendolyn Johnson, 65th MDOS, talks about their return from deployment to Lajes during a "Warrior Welcome" held at Lajes Field, Azores, Sept. 28, 2011. (Photo by Tech. Sgt. Chyrece Campbell)



Members of the 65th Air Base Wing Honor Guard pay tribute to the "Eternal Flame" at a POW/MIA ceremony on Sept. 29, 2011 at Lajes Field, Azores. The Eternal Flame signifies honor to those who served and gave the most sacred sacrifice. The POW/MIA ceremony was hosted at the Base Chapel followed by a motorcycle tribute ride around the island of Terceira. (Photo by Staff Sgt. Erica Horner)



Team Lajes members lead participants in the annual Breast Cancer Awareness Walk through the streets of Praia Oct. 1, 2011. More than 60 members participated in the event to support breast cancer awareness. (Photo by Tech. Sgt. Chyrece Campbell)



Members of the Lajes Field Girl Scouts Troop donate a washer and dryer, canned foods and clothing items to a local orphanage Oct. 1, 2011. Girl Scouts is a youth organization for girls to help teach values such as honesty, fairness, courage, compassion, character, sisterhood, confidence, and citizenship through activities including camping, community service, learning first aid, and earning badges by acquiring other practical skills. (Photo by Staff Sgt. Erica Horner)



Second Lt. Erica Dal Lago and Tech. Sgt. Ruby Corpuz, 65th Force Support Squadron members, paddle their cardboard-built boat to the finish line during the "Build-a-Boat" race at Lajes Field's base pool Sept. 30, 2011. The chapel team out-raced last year's winner, 65th FSS team, for the first place during this year's annual Build-a-Boat competition. (Photo by Tech. Sgt. Chyrece Campbell)



## Mark your calendar

**SNCO INDUCTION CEREMONY:** A SNCO Induction ceremony is scheduled for Oct. 7, 2011 at the TORC Main Ballroom

Time: 6 p.m. – Social

7 p.m. – Ceremony

Guest Speaker: CMSgt SaRita Lathan,

Dress: Mess Dress or Semi Formal

Civilians: Suit and Tie

**OCTOBER FLEA MARKET POSTPONED:** The next Community Center's Flea Market will take place November. The November Flea Market is scheduled for Nov. 19. Please, sign up now or call 535-5216.

**SUNDAY NIGHT FOOTBALL:** The Sunday Night Football is back at the Top of the Rock Club again. It is open from 5 to 10 p.m.

**CE HAUNTED HOUSE:**

CE is hosting a haunted house in Building T-415 from 28-30 October. The hours of operation are from 1800 to 2300.



### CANCER AWARENESS 2011

14 Oct. 3 p.m. – Bowl for the Cure

21-22 Oct. 7 p.m. – Midnight Walk for Cancer

22 Oct. 7:30 a.m. – Pancake Breakfast

29 Oct. 10 p.m. – Angra Walk (City Center Area)

For more information about the October Cancer Awareness Praia walk, contact the following POCs: Fatima Almeida (535-6843) and Ana Lemos (535-3615). The POCs for the Midnight Walk are Amy Ennis and 1st Lt Beth Phillips. There will be an additional event held in November to support cancer awareness. Details will be announced at a later date.

### BULLFIGHT SCHEDULE

Saturday, Oct. 8: 5:00 p.m. Porto Judeu

Saturday, Oct. 8: 5:00 p.m. Ladeira de Santa Rita

Sunday, Oct. 9: 5:00 p.m. Rua do Coxo, Fontinhas

Friday, Oct. 14: 5:00 p.m. Canada São Pedro, Ribeirinha



## Feature

### Phrase of the Week A LESSON IN PORTUGUESE



**ENGLISH:** Where is good area to go camping?

**PORTUGUESE:** Onde é um bom lugar para acampar?

**PRONUNCIATION:** Un-day oom boom loogar parah ah-kampahr?

### At the Movies



7 p.m. Friday - Rise of the Planet of the Apes

7 p.m. Saturday - Final Destination 5

4 p.m. Sunday - Rise of the Planet of the Apes

7 p.m. Sunday - Final Destination 5



#### Rise of the Planet of the Apes:

An origin story set in present day San Francisco, where man's own experiments with genetic engineering lead to the development of intelligence in apes and the onset of a war for supremacy. Rated PG-13, 105 Minutes.



**Final Destination 5:** A group of co-workers on a corporate retreat escape the collapse of a suspension bridge because of a fellow worker's premonition of the disaster, and then are hunted by an invisible force that seems to be Death itself, coming to collect it due. Rated PG-13, 86 Minutes.

Movie times and schedule are subject to change. Call 535-4100 for the latest update.



## ASK ED

A column that looks at the culture and history of the Azores.

By Eduardo Lima

Community Relations Advisor



### An unexpected stop to the Azores

As members of the 65th Air Base Wing prepare to celebrate Columbus Day next Monday (Oct. 10), I would like to share with you a very interesting fact for you to ponder- you may have sailed the same waters as Christopher Columbus!

After Christopher Columbus and his crew finally found what they believed to be India, but in reality were some islands in the Caribbean Sea, the Niña ship, with Columbus in command, and the Pinta ship began their homeward voyage in January 1493.

While sailing in the Atlantic, the two ships were forced to split due to a storm. The storm drove the Niña and Columbus to the southernmost part of the Azores, Santa Maria, where it is believed that Columbus and his crew arrived at in Feb. 15, 1493, while the Pinta found its way to Spain.

It had never actually been Columbus' intent to visit the Azores. He had carefully avoided all the Portuguese islands but his ship and crew had suffered so much hardship on their voyage back to Spain that he decided to take a chance with hopes of obtaining supplies and getting his crew some much needed rest.

To add to that, the Portuguese chroniclers of the period say that Columbus and his crew stopped on Santa Maria to fulfill a vow the crew had made on the high seas during the storm, promising to attend Mass at the nearest church of Our Lady on the first land they should encounter. In fact there's a small chapel located in the village of Anjos, on the northeast side of Santa Maria, where supposedly some of Columbus' men prayed and attended mass. There is also a statue of Columbus in that village commemorating the 500th anniversary of his stop on the island.

According to Silvio A. Bedini's Christopher Columbus Encyclopedia, a small group of Columbus men were attending mass when they were taken prisoners by a group of local villagers under the orders of the island's captain, João de Castanheira. It is also believed that there were some attempts to capture Columbus, but Columbus successfully evaded the presumable captors, sailing around the islands of Santa Maria and São Miguel for five days, awaiting the release of his men. The island's captain finally decided to release the rest of Niña's crew, admitting he had failed to capture Columbus. The Niña was then able to sail again, sailing into another storm a few days later before finally reaching Spanish soil.

Although it's believed Columbus stopped at the island of Santa Maria, there is, however, no historical evidence that Columbus actually disembarked the ship and set foot in the Azores.