



Force Protection



Current FPCON: Alpha
Threat Level: Low

"6-5...
IN THE FIGHT!"
CY 2010
(as of Sept. 12, 2010)



1,358
SORTIES

22,078
LODGED



5.02 million
FUEL ISSUED
(gallons)

Weekend Weather Forecast (Lajes Weather Flight)

Friday

Partly Cloudy
High 77
Low 64
Wind NW 12 mph



Saturday

Mostly Cloudy
High 75
Low 68
Wind N 14 mph



Sunday

Mostly Cloudy
High 75
Low 68
Wind NW 12 mph



US, Portuguese Airmen honor 9-11 ceremony at Lajes Field

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

Airmen of the 65th Air Base Wing were joined by their Portuguese counterparts during a solemn Sept. 11 ceremony held at Lajes Field to pay tribute to those who died in the Sept. 11, 2001, attacks.

American and Portuguese Airmen representing firefighters, law enforcement and emergency medical services, and various guests were part of the 9-11 Remembrance Day ceremony.

Portuguese Air Force's Maj. Gen. Manuel Rolo, Azores Air Zone commander, and Col. Jose Rivera, 65th ABW commander, presided over the ceremony, which was held at the Portuguese South Hanger.

"Today we get together at Lajes Field as Airmen... as Portuguese, American Airmen," said Colonel Rivera. "We get together to remember that particular day. We can't forget that day in 2001 when individuals from over 70 countries died in a matter of hours. Portuguese and American nationals alike share that same fate, and today we get together as Airmen."

After a moment of silence, a somber audience watched as the ceremony commenced with a video presentation showing the tragic incident of the 9-11 attacks.

After the presentation, a tribute was paid to honor all first responders. A firefighter, a medic and a policeman

exited their respective vehicles carrying the U.S. and Portuguese flags, and a black box with names of those that perished during the attacks.

The narrator, Capt. Justin Long, 65th Air Base Wing, directed the crowd's attention to how the United States' and Portuguese flags stood side by side, representing the contributions of both nations' representatives "always waiting to serve."

"Let us remember the beacons of light the first responders represented, police officers, firefighters and medical personnel who rushed to the aid of the bewildered nation that tearfully watched the unfolding of a tragic, historical event," Captain Long said, while Eduardo Lima translated. "We have called on both great nations to provide representa-

tives of some of these professions that are always there... always waiting to serve. We remember that when a nation needed heroes, they answered the call."

In his remarks, Col. Jose Rivera, 65th ABW commander, said that we have a duty to not forget that particular day and to honor the sacrifice of the people that died that day and since that particular day.

Our duty is to honor the sacrifice of our Airmen, Soldiers, Marines, Coastguardsmen and U.S. Civilians that have died in pursuit of this conflict, Colonel Rivera added.



(From left to right) Airman 1st Class Stephen Brasher, 65th Medical Group, Senior Airman Cori Rinehart, 65th Civil Engineer Squadron, and Portuguese Air Force Airman Simone Costa, salute the flags during the Sept. 11 ceremony held in the Portuguese Hanger, Sept. 10, 2010. (U. S. Air Force photo by Guido Melo)

Most Women Don't Need Yearly Pap Tests

By Maj. Dawn Black
65th Medical Operations Squadron

The Pap test examination is a screening test designed to identify abnormal cervical changes in women. The goal of this test is to detect these changes at a precancerous stage, during which time conservative treatments will likely result in a cure.

In December 2002, the American Cancer Society (ACS) published updated guidelines for cervical cancer

screening examinations. The American College of Obstetricians and Gynecologists (ACOG) came out with additional recommendations in November 2009. These updates were based on the most recent research findings. The following recommendations provide specific information regarding when and how often Pap test should be conducted.

One of the most significant changes is that ACOG now

To read more on "Pap test" see page 4



"Can't" never could do anything

By Lt. Col. Rod Bloker

65th Logistics Readiness Squadron

"Can't never could do anything." Have you ever heard that saying?

I am positive; I first heard the saying from my father when I was a young pup. After all, the older I get, the smarter my parents were. While I am sure my dad used this tidbit of wisdom to encourage me when I was frustrated or felt like quitting, I think there is a broader application for the phrase. Consider all the negative that comes from the use of the word "can't": It can stifle creativity; de-motivate subordinates, peers, and supervisors alike; block the attainment of reachable goals; and worse, it can become a divisive force among teammates.

While our Air Force Core Values of "Excellence In All We Do" and "Service Before Self" certainly resonate throughout our Air Force culture, I still witness an all too prevalent use of "can't." There are many reasons for this; it's often easier to say no; parochialism; lack of resources; perceived regulatory prohibitions; and even downright laziness. While there are some things that are illegal, immoral, or fattening, we can often prevent succumbing to a tendency to say "can't". Here are a few tips to help avoid the "can't" plague:

Embrace a teamwork attitude. Chances are, if someone is asking for your help or participation, they are on your team. Make their goals your goals and try to seek common attainment in support of the broader mission. After all, your enemy probably isn't asking for your help.

Walt Kelly said, "We have met the enemy, and he is us." Let's not fight each other, let's fight the bad guys.

Understand the intended effects. Often, we say "no" to a particular request because it is too specific and our AFIs or other guidance seem to prohibit a specific course of action. If you take the time to understand the desired end result, you will often find other courses of action available. Always offer alternatives.

Prioritize. Let's face it: we all have too much to do with too little time and too little resources. If someone requests our assistance, chances are it is going to cause more work for us. Everything is "hot," but not everything can be the number one priority at the same time. But, don't use "can't" as an excuse. Simply explain to your customer your limitations, offer a timeline for support and do your best to meet that timeline. If you must, refer your customer to someone you know can help, and then follow up to ensure they were successful.

Don't let lack of guidance stop the mission. Too often, personnel do not do something because it hasn't been done before or because it wasn't covered in an AFI or otherwise spoonfed in written guidance/agreements. Be a leader; make the right decisions; and do the right thing. Get the mission done first, and then go back and fix the "administrivia." Blaze a trail for others to follow.

Don't substitute compliance for common sense. Yes, compliance is mandatory. However, remember AFIs, policies, and other regu-

To read more on "Can't" see page 4

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

Commander, 65th Air Base Wing



The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.

The Public Affairs Office (Unit 7710, APO, AE 09720) is located in Bldg. T-100, Room 240.

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Editorial Staff

Col. Jose Rivera

Commander, 65th Air Base Wing

Capt. Naomi Evangelista

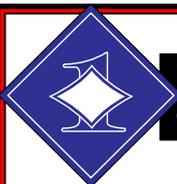
Chief, Public Affairs

Staff Sgt. Olufemi Owolabi

Editor

Mr. Eduardo Lima

Community Relations Adviser



SHIRT'S CORNER

You and Your Vehicle

By Master Sgt. Dominic Dumbra

65th Medical Group First Sergeant

As many of you are aware, we are guests here on Terceira Island. As such, it is important to understand some of the local rules regulating our actions here. One of the most frequent questions received deals with the vehicle checks our members experience when traveling in and out of the Portuguese-manned gates.

As vehicles enter and exit the base, the gate guards regularly stop vehicles to see if the vehicle and personnel are authorized. In order to simplify and speed up the gate checks, you need to have four items for your vehicle. The first item is a no brainer- license plates. Every car needs to have plates attached on both the front and rear bumper. Second, you need insurance. Your insurance needs to be in two forms; a window decal and the "green card". Third, you need the vehicle registration. This was the single sheet of paper you received from pass and registration when you went to get your plates. Last but certainly not least, you need a valid, current vehicle inspection. The inspection sticker needs to be on your windshield, and you must have the remainder of the form in the car.

To kill the rumor mill:

- EVERY "U" plated car needs to be inspected regardless of how new it is.
- EVERY "P" plated car needs a current base pass displayed on the windshield. These passes are issued at the AB4 Pass and ID section (adjacent to the main gate).

In closing, having the four items above will make the gate check smoother and everyone's life a little easier. Otherwise, expect to be ticketed and informed you cannot drive on the installation until it is corrected.

If you have further questions, the experts at Security Forces Pass and Registration can be reached at 535-3259.



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

Feature



Lajes members pose with former Chief Master Sgt. of the Air Force Robert Gaylor after Chief Gaylor signed a scroll which was later presented to General Brady during an Order of the Sword ceremony at Ramstein Air Base, Germany. (Courtesy photo)



(Left) Staff Sgt. Michael Clark, Lajes Field's transit alert technician, assists Staff Sgt. Albert Kirkey, 100th Aircraft Maintenance Squadron, with preflight inspection of the RAF Mildenhall KC-135 Stratotanker before the aircraft takes off from Lajes Field, Sept. 13, 2010. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)



Master Sgt. William Carter, health and wellness center nutrition program manager, instructs children and family members on healthy cooking techniques at Lajes Field Sept. 13, 2010. Lajes HAWC conducted the class as part of the Air Force 2010 fit family incentive. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)



Members of the School Advisory Council discuss concerns and solutions to school related issues such as the need for substitute teachers, teacher's aides and early enrollment, Sept. 13, 2010. The SAC will have their next meeting Oct. 27, 2010 at 3 p.m. To learn more about the program contact 535-3357. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)

LAJES AIRMEN OF THE WEEK



Name: Tony Bowman
Rank: TSgt
Unit: 65 LRS
Hometown: Cleveland, Ohio
Duty Title: NCOIC of Fuel Training and Support
Accomplishments: In addition to his regular duties as NCOIC of Fuel Training and Support, TSgt Bowman has eight additional duties, none of which are particularly "lightweight". He is our Fuels Flight Funds Manager, Equipment Custodian, Records Custodian, and TODO to name a few. Tony has also made time for self improvement, enrolling in both college and Course 14. He has also supported the base and community.

tion. Mr. Silveira is also LRS's Defense Travel System monitor where he instructs squadron personnel in travel action/orders preparation and has improved documentation errors by 25 percent.



Name: Antonio Silveira
Rank: LGS-09
Unit: 65 LRS
Hometown: Cabo da Praia
Duty Title: Resource Advisor
Accomplishments: Mr. Silveira is responsible for a \$1.3M Operations & Maintenance budget as well as \$1.4M in Supply Stock Fund. He maintains an exceptional fiscal control of 10 Government Purchase Card accounts worth \$800K achieving zero discrepancies during 65 CONS annual inspection.

Mr. Silveira is also LRS's Defense Travel System monitor where he instructs squadron personnel in travel action/orders preparation and has improved documentation errors by 25 percent.



Mark your calendar

NATIONAL KIDS DAY: On Sept. 24 from 3-6pm at the Youth Center, there will be a National Day for Kids celebration. This is a base-wide event, where kids of all ages are invited. There will be a parade, games, bouncy castle, face painting, dunking booth, prizes, (iPod giveaway) and food. Contact the youth center for more details.

RIISING 6 CAR WASH: The Rising 6 organization will be conducting a car wash on Oct. 9 from 0930-1530 in the commissary parking lot. If anyone is interested in taking charge of this fundraiser and forming a committee to plan it, please contact TSgt Michael English at 535 - 1151.

TRICARE ONLINE: As a reminder, TRICARE On-line (TOL) is always available as an option for appointment booking. All beneficiaries must register at www.tricareonline.com for an account. If you have any questions, please call 535-3261.

LAJES CGOC MEETING OCTOBER 5: The Lajes Company Grade Officer Council holds their meetings every first Tuesday of every month at 11:30 a.m. at the TORC. The next meeting is Tuesday, Oct. 5. All CGO's are invited to attend.

AFSA MEETINGS: Air Force Sergeants Association meetings are every fourth Friday of the month at 1530 in the TORC. Next meeting is Sept. 24. Contact MSgt Gutierrez at DSN 535-6140 if you have any questions.

NATIONAL PO/MIA RECOGNITION DAY: POW/MIA Recognition is scheduled today from 0900 - 1700 at Lajes Community Center Ballroom. See your First Sergeant to Signup.

2010 AIR FORCE BALL: The 2010 Air Force Ball will be Saturday, Sept. 18, 2010 in the TORC Ballroom @ 1830. Ticket sales are complete. The dress code for military members is Mess Dress or Semi-formal and formal attire for civilians. For more information, contact 535-3217.

SUBMIT YOUR CLAIM FOR RETROACTIVE STOP LOSS

TODAY! Airmen, veterans, and beneficiaries who were involuntarily extended under Stop Loss between Sept. 11, 2001 and Sept. 30, 2009 are eligible for Retroactive Stop Loss Special Pay (RSLSP). If your enlistment was involuntarily extended due to Stop Loss, and you have yet to file a claim for RSLSP, then the last day to file is Oct. 21. Go to www.afpc.randolph.af.mil/stoploss for links to the claim forms and instructions on how to file. Do it today and help spread the word to our Airmen and Veterans!

TIME TO VOTE! Being overseas we have to rely on the absentee ballot. Being where we are, in the middle of the Atlantic (literally), we all need to plan accordingly and give the mail a few extra days. Therefore, if you want your vote to count, first, go to www.fvap.gov and check out all the magnificent information available on the website, and if needed... Register. Once registered, you will have till noon on Oct. 20, to mail your vote from Lajes in order for it to reach its intended voting district for the upcoming General Election. When you get to the post office to mail off your vote, talk to a postal representative.

"Pap test", from page 1

recommends that women should have their first Pap test at age 21 and can be rescreened less frequently than previously recommended. Most women younger than 30 should have a Pap test once every two years instead of annually.

For most women aged 30 to 70, Pap tests may be done every 2-3 years as long the woman's previous 3 Pap tests were normal. It is important to discuss the frequency of Pap smear testing with your health care provider since there may be other factors that may guide the decision. However, women should still continue to have annual well woman exams. The ACS recommends an annual clinical breast exam and mammogram beginning at age 40.

For certain women, Pap testing may be discontinued. Women 70 years or older who have no abnormalities on their Pap tests within the past 10 years and have had 3 consecutively normal pap smears may choose to discontinue screening if they are at low-risk for cervical cancer. Similarly, women who have had a total hysterectomy (removal of both the uterus and the cervix) for non-cancerous reasons may no longer require this test. As with younger women, though, it is still important for these women to have regular check-ups with their provider.

These updated recommendations are based on the fact that cervical cancer is a very slow-growing disease, and that the likelihood of having an abnormal pap test within 2-3 years after multiple normal tests is very low.

Community

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Where is the closest bus stop?

PORTUGUESE: Onde é a paragem de autocarro mais próxima?

PRONUNCIATION: Onday ee uh pahrahzhaim de ottokarho miesh proseemah?

BULLFIGHT SCHEDULE

Saturday, Sept. 18	6:00 p.m.	Rua Santa Luzia
Saturday, Sept. 18	6:00 p.m.	Serretinha
Sunday, Sept. 19	6:00 p.m.	Amoreiras
Sunday, Sept. 19	6:00 p.m.	Biscoitos fishing port
Monday, Sept. 20	6:00 p.m.	Biscoitos
Tuesday, Sept. 21	6:00 p.m.	Pesqueiro, S. Bartolomeu
Tuesday, Sept. 22	6:00 p.m.	Porto Martins
Wednesday, Sept. 23	6:00 p.m.	Porto Martins



At the Movies

- 7 p.m. Friday - Ramona and Beezus (G)
- 7 p.m. Saturday - Salt (PG-13)
- 10 p.m. Saturday - Cyrus (R)
- 4 p.m. Sunday - Ramona and Beezus (G)
- 7 p.m. Sunday - Salt (PG-13)



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

This guideline change will decrease the risk of unnecessary medical procedures done based on temporary abnormalities that may occur after exposure to human papilloma virus (HPV). A woman's immune system is often capable of combating many of these abnormalities. Any persistent cervical changes can be identified at the woman's next regular screening. For more information on these recommendations, you can visit the ACS website at www.cancer.org.

There is a vaccine that is available to help prevent some strains of the HPV virus and may help protect you against cervical cancer. The American Academy of Pediatrics (AAP) recommends that girls 11 to 12 years of age be immunized with the vaccine. The AAP also recommends that all girls and women aged 13 - 26 years of age that have not been previously immunized receive the vaccine. The vaccine is a series of three injections over a 6 month period. The immunization is available at the 65th Medical Group Immunization Clinic. You may talk with your healthcare provider if you are interested in receiving the vaccine.

To schedule a Well Woman Exam at the 65th Medical Group, call 535-3261 or 295-57-3261. You may either schedule this examination with your primary care manager (PCM) or with the Women's Health Clinic. If you are unsure of when to schedule your next screening examination, you may ask your PCM for recommendations.

"Can't", from page 2

latory guidance were written by humans. If it doesn't make sense, challenge it. Talk to your supervisors. Elevate the issue. Seek waivers where appropriate. Don't blindly follow guidance you know doesn't make sense. Do your research, ask questions, and try to improve the guidance for everyone.

Refuse to fail. As a logistician, I have a bulldoggish determination to "make it happen." This trait is ingrained in my personality. If you give me a challenge, I will find a way to get it done. Yes, I take it personal; and referring back to the concept of adopting a teamwork attitude, if it's a goal for you, it's my goal too.

The bottom line is that "can't" is a negative word. Let's try to minimize its use and offer other alternatives to reach intended effects. Over the course of the next week, I challenge you to find the "can'ts" that arise in your day-to-day activities and turn them into "cans." Getter done!