



## Force Protection



Current FPCON: Alpha  
Threat Level: Low

**"6-5...  
IN THE FIGHT!"**  
CY 2010  
(as of Sept. 19, 2010)

**1,358  
SORTIES**

**22,078  
LODGED**

**5.15 million  
FUEL ISSUED  
(gallons)**

### Weekend Weather Forecast (Lajes Weather Flight)

Friday (a.m. / p.m.)

Mostly Cloudy / Partly Cloudy  
Wind VRB 6 mph / VRB  
6 mph  
High 72  
Low 64

Saturday (a.m. / p.m.)

Mostly Cloudy / Rainshowers  
Wind SW 4 mph / 18 mph  
High 74  
Low 64

Sunday (a.m. / p.m.)

Part Cloudy / Mostly Cloudy  
Wind NW 12 mph / NW  
12 mph  
High 76  
Low 62

# Historical A-10s stop at Lajes

By Tech. Sgt. Chyrece Campbell  
65th Air Base Wing Public Affairs

Eighteen A-10 Thunderbolts from the 75th Fighter Squadron landed and stayed overnight at Lajes Field making it the largest A-10 to the AOR this year from Lajes.

The 75th Fighter Squadron is part of the famous Flying Tigers, which was a unit that comprised of the American Volunteer Group from the World War II. The squadron, stationed at Moody Air Force Base, Ga., received recognition on Feb. 24, 2009, when the A-10 Thunderbolt unit surpassed 10,000 combat flight hours in a single deployment rotation.

"It is a great honor to recover this unit with its rich fighting history," said Tech. Sgt. Michael Morin, transient alert coronet liaison, said.

"Providing services for aircraft units at Lajes Field has given me a new insight of what units are doing around the

Air Force and helps me to see the 'Big Picture'," Sergeant Morin added.

The A-10s parked on the ramp and the 65th Operation Support Squadron not only serviced the aircraft but the 65th OSS members greeted the crews. The Proud Bulls from the 65th OSS also provided a much appreciated burger burn on the A-10 crew's behalf.



Members of the 65th Operations Support Squadron's transient alert review documentation from the A-10's regulations and technical orders to ensure that the aircraft is serviced and post-flight procedures are followed at Lajes Field Sept. 17, 2010. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)

"It is always an awesome experience to come to Lajes because we are treated as if we are being welcomed home," Lt. Col. Derek Oaks, 75th FS commander, said.

"Lajes Air Base is one of the best (remain overnight) stays."

The transient alert members process about 90 aircraft a month and

are a vital contributor to the operation of Lajes Field airpower support.

This deployment marks the unit's second six-month tour with a 50 percent increase of aircraft in the theater since Sept. 11, 2001.

## Information awareness starts with users

By United States Air Forces in Europe  
Public Affairs

The U.S. Air Forces in Europe Information Assurance Awareness Campaign, Sept. 1 to Oct. 31, will focus on educating servicemembers and their families on how they can safeguard not only their government systems, but personal ones, too.

"The end result of this campaign is a more secure operating environment for our information and our people at home and at work," said Terrance Winn, USAFE Communications Directorate cyber surety manager.

Imagine your home computer getting hacked. What would you do?

In 2009, a Department of Defense-sanctioned team was tasked with hacking in to USAFE computer systems. The team succeeded. They cracked the passwords for 66 administrator accounts and found 373 accounts dormant. They were also able to find 333 files with passwords, to

include 13 secure network user names and passwords.

When the team finished its mission, they had compromised more than 62,000 USAFE accounts.

If you don't think this couldn't affect you at home – think again. The team used tools readily available on the Internet.

"If they can do that (crack passwords) here, think of what can happen at home," said Tech. Sgt. Philip Maize, USAFE Communication Directorate certification accreditation manager.

The damage to a personal computer system may not be as widespread as what can happen to a government system, but it can happen.

Password security, social media/networking and Web-mail threats, online shopping safety, e-mail scams, password protection, free home use anti-virus, default password and phishing will be highlighted during the annual

To read more on "Information" see page 4



# Third Air Force vice commander at Lajes

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

Lajes Airmen hosted the 3rd Air Force Vice Commander, Maj. Gen. Mark R. Zamzow, as he arrived in the Azores, Portugal, Sept. 17 for a three-day visit to see the Airmen of Team Lajes, carrying out the mission every day.

The visit was General Zamzow's first to Lajes after becoming the vice commander of 3rd AF in March 2009. The general was at Lajes as a guest speaker at the Air Force Ball held at the Top of the Rock Club Sept. 18 to commemorate the 63rd birthday of the Air Force.

During his visit, General Zamzow met and spoke with Portuguese Air Force Maj. Gen. Manuel Rolo, Azores Air Zone commander, and he also had an opportunity to be briefed and personally survey the progress of the runway repair project at Lajes.

The general shared a few thoughts and comments about the Lajes mission and how well it continues to support crew members and aircraft transiting across the Atlantic on their way to/from the CENTCOM AOR.

Before departing, General Zamzow shook hands and talked with Airmen and let them



(Right) Portuguese Air Force Maj. Gen. Manuel Rolo, Azores Air Zone commander, welcomes Maj. Gen. Mark R. Zamzow, 3rd Air Force vice commander, during General Zamzow's visit to see the men and women of Team Lajes Sept. 17. General Zamzow was at Lajes as a guest speaker at the Air Force Ball held at the Top of the Rock Club Sept. 18 to commemorate the 63rd birthday of the Air Force. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)

know leadership at the 3rd Air Force appreciates the hard work and everything they do every day at Lajes to ensure the mission is a success.

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

## Flu season is here

By Staff Sgt. Albertina Walker  
65th Medical Operations Squadron

As the sun and heat changes to rain and wind and the kids go back to school, another season arrives. Not autumn but that of Flu season. Typically, the flu season starts in the early fall and runs until mid-spring. Although people can get the Flu at anytime of the year, there is a higher incidence of Flu during the fall and winter months. This last Flu season introduced us to a new flu bug, H1N1, what most people know as "Swine Flu".

The Flu and the H1N1 are respiratory illnesses caused by influenza viruses. Both viruses are more serious than a common cold. The symptoms of influenza will usually start with a sudden high fever associated with a sore throat or cough. Other symptoms include headache, runny nose, chills, and/or severe



Col. Jose Rivera, 65th Air Base Wing commander, gets a flu shot. (U. S. Air Force photo by Mr. Guido Melo)

muscle aches.

In contrast, the symptoms of a common cold include a runny or stuffy nose, sneezing, minor throat irritation, mild fever, and/or nasal discharge. The flu tends to make your whole body ache, whereas the common cold usually affects only the nose and throat. Strep, a common cause of sore throats, will also give someone a fever and sore throat but does not cause a cough or body aches.

Each year influenza affects all age groups, with an estimated 20% of kids getting the Flu every year versus only 5% of adults. The highest risk of complications occur in children 2 years or younger; adults 65 years or older; and persons with certain medical conditions, such as chronic heart, lung, kidney, or liver diseases. Individuals with weakened immune systems or women who are pregnant are also considered high risk for complications from contracting the Flu.

For patients with the Flu, the health care providers at the 65th Medical Group recommend plenty of rest, fluids, and over-the-counter medications to ease the patient's particular symptoms. To prevent the spread of influenza, patients with the Flu should also avoid contact with other people until their fever has resolved. Antibiotics are ineffective at killing viruses, so only time and symptom control can help.

Here are five simple steps that can help prevent illness during the Cold and Flu season.

- Get a Flu Vaccination: The best way to

To read more on "Flu" see page 4



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



Congressman Devin Nunez of California poses for a photo with 65th Air Base Wing members during a visit to Capitol Hill Sept. 16. During the visit Congressman Devin Nunez discusses with Team Lajes members about his support to the mission and Airmen at Lajes. (courtesy photo)



More than 250 Team Lajes members attend the Tops in Blue performance at the Portuguese Hangar, Sept. 14, 2010. (U. S. Air Force photo by Tech. Sgt. Chyrece Campbell)



Senior Airman Yamil Gonzales, OLA President, and Mrs. April Lege-re, 65th Air Base Wing commander's spouse, cut the ribbon for the official kick off of Hispanic Heritage Month opening ceremony at the Top of the Rock Club Sept. 15, 2010. (U. S. Air Force photo by Mr. Guido Melo)

## ROAD REPAIR

As part of routine maintenance for Quality of Life we have a project to repair several portions of base roads. The project will be done by phases, (one lane at a time); therefore traffic will be conditioned to one lane. Please note that proper coordination will be done with the contractor in order for none of this work to affect emergency responses.

- "Contractors Road" (road past the new Fire Department towards SFS and 800 area)  
Performance Period: from 21 Sept. to 6 Oct. 2010.
- Intersection near T-416 & T-308  
Performance Period: from 28 Sept. to 28 Oct. 2010.
- T202 Parking Lot (Credit Union)  
Performance Period: from 23 Sept. to 28 Oct. 2010.

## LAJES AIRMEN OF THE WEEK



**Name:** Nicole Allums Ball  
**Rank:** SSgt.  
**Unit:** 65 MDSS  
**Hometown:** Minden, Louisiana  
**Duty Title:** NCOIC, Outpatient Records  
**Accomplishments:** Manages 1.6K outpatient medical records. She is the first person you will see when you check in at the 65 MDG front desk, the friendly voice when you call for an appointment, and also recently ensured immediate response was provided to a critical patient. She is the MDG AF Ball ticket sales POC and secured the highest unit ticket sales in the wing. She was the co-chair for the 2010 Medical Service Corps and 4A Appreciation Week including a DV visit with the MSC Corps Chief, MSC Corps Director, and three AF functional career field managers.



**Name:** Thomas McKendrick  
**Unit:** 65 MDSS  
**Hometown:** Windor, Georgia  
**Duty Title:** Contract Pharmacist  
**Accomplishments:** Ensures accuracy of all pharmaceutical products prepared or processed for approximately 12,000 pharmacy prescriptions annually and counsels patients regarding appropriate use of medications. Mr. McKendrick has recently provided expert testimony for 65 ABW legal proceedings and is now working on a new initiative to partner with the Health and Wellness Center to conduct monthly classes to educate Airmen and families on proper use and benefits of over-the-counter medications, herbal products, vitamins and minerals.



## Mark your calendar



**LATIN FOOD DEMO:** A Latin food demonstration is scheduled at the chapel clinic Sept. 24 from noon to 1 p.m. For more information, please call Nicole Barber-White at 535-3546, or SSgt Natividad at 535-1246.

**(SUM) DINNER HOSTED BY OLA:** A SUM dinner hosted by the Organization of Latin Americans is

scheduled for 5:30 p.m. Sept. 30 at the chapel. For more information, call (Ch Capt) Dominic Vitaliano at 535-4211.

**OCTOBER PROMOTION CEREMONY:** The Team Lajes Monthly Promotion Ceremony for October is scheduled for Thursday, 30 September 10 at 1500 in the TORC Ballroom. All are invited to attend and join in congratulating Lajes' newest promotees. Please forward any questions or concerns to the ceremony POC, MSgt Megan Giachetta at 535-1075.

**RISING VI CAR WASH:** The Rising 6 organization will be conducting a car wash on Oct. 9 from 9:30 a.m. - 3:30 p.m. 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 ASAP so he can get the ball rolling.

**LAJES FIELD AIRMAN MINISTRY CENTER** will have a grand opening on Friday, Oct. 15, 2010 at 3 p.m. in the Community Activity Center building (T-307). There will be music, finger foods, cake and soft drinks. Everybody is welcome!

**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 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.

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### "Information", from page 1

campaign.

The campaign emphasizes user education. It's important because information revolves around everything the user does. This information is in the technology being used, and people are consumed by it.

"The IA campaign is set up to provide continued education to Air Force personnel and their families on the value of information assurance and information protection to safeguard our Air Force information assets," Sergeant Maize said. "We are expanding this to the families this year, because the Air Force assets are in our homes. So, educating the family on how to protect their personal information and computers at home helps provide an extra layer of protection for our Air Force systems."

The work tasks people perform from home range from working on enlistment and officer performance reports to awards and then accessing Webmail to attach and send work to a government system. This also includes anyone who works from home, burns their items to CD and then brings it into work.

With the opening of social networking sites on government workstations, there is an increased potential for malicious threats to attach to these workstations.

"We don't know who plays games on the more popular sites and inadvertently downloading viruses on a home system. When (someone) decides to attach and send the EPR he's worked on from home, every key stroke he puts in is being captured by whoever attached the Trojan (horse)," said Mr. Winn. "The safety and security of those home machines is just as important as the safety and security of our NIPR network stations. It should be one and the same."

Taking that extra step to help protect information and who has the need to know is key in daily communication, Sergeant Maize said.

"Users must ensure they're monitoring and being aware of what they're

## Phrase of the Week A LESSON IN PORTUGUESE



**ENGLISH:** What time does the restaurant open? The restaurant opens at six o'clock.

**PORTUGUESE:** A que horas abre o restaurante? O restaurante abre às seis horas.

**PRONUNCIATION:** Ah kay orash ahbre oo resturahnt? Oo resturahnt ahbre ahs saysh orash.

## BULLRUN SCHEDULE



Saturday, Sept. 25	5:00 p.m.	Rua dos Boiões, Biscoitos
Saturday, Sept. 25	5:00 p.m.	Canada do Serra, Porto Martins
Sunday, Sept. 26	4:30 p.m.	Port of Biscoitos
Sunday, Sept. 26	5:00 p.m.	Porto Martins
Monday, Sept. 27	5:00 p.m.	São Carlos
Wednesday, Sept. 29	5:00 p.m.	Firgueiras do Paim, Praia
Thursday, Sept. 30	5:00 p.m.	Firgueiras do Paim, Praia

## At the Movies



**7 p.m. Friday** - 1900 Cats and Dogs: The Revenge of Kitty Galore (PG)

**7 p.m. Saturday** - 1900 Charlie St. Cloud (PG-13)

**4 p.m. Sunday** - 1600 Cats and Dogs: The Revenge of Kitty Galore (PG)

**7 p.m. Sunday** - 1900 Charlie St. Cloud (PG-13)

sending out and what's going through from (them) to the world," said Sergeant Maize. "As technology increases, people must keep reminding themselves to check and double check before they hit the send button at work and at home."

Home use anti-virus software is available to help protect the machines as much as possible.

"We can't direct the security of the personal machines, but we can provide the tools to help ensure they have the best security posture available," said Mr. Winn. "It's a risk we take by allowing OWA to connect into the network from home."

Servicemembers can access <https://infosec.navy.mil/av/index.jsp> from home or work if they have a CAC card and reader to download free anti-virus software for use on their personal computers.

(Editor's note: Tech. Sgt. Francesca Popp, U.S. Air Forces in Europe Public Affairs, contributed to this story.)

### "Flu", from page 2

prevent the Flu is by getting vaccinated each year.

■ **Use Good Hand Hygiene Techniques:** Wash your hands frequently with warm water and soap for at least 20 seconds or use a hand sanitizer.

■ **Promote Environmental Health:** Clean your work area with disinfectant.

■ **Ensure Healthy Habits:** Rest, stay active, manage stress, drink fluids, and eat nutritious foods.

■ **Don't smoke:** This leaves the body without its best defense against Cold and Flu.

This year, the Lajes Field 2010-2011 Influenza Campaign is scheduled to begin in mid-to late September and will continue until May 2011. This year's vaccine will already include an H1N1 component, so people will not need to get a separate shot to cover H1N1. As the vaccine arrives, the 65th Medical Group will begin administering these vaccines to all military, family member, DoD civilians and other beneficiaries according to their risk. Additional information regarding the vaccine's arrival will be widely advertised and disseminated as it becomes available. Please call the Public Health office at 535-3464 (on base) or 295-573-464 (off base) or the Immunization Clinic at 535-3584 (on base) 295-573-584 (off base) for more information.