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Crossroads



Vol. 17, No. 20 May 18, 2012

Lajes Field, Azores, Portugal

Force Protection



Current FPCON: Alpha
Threat Level: Low

"6-5...
IN THE FIGHT!"
FY 2012



736
SORTIES

11,549
LODGED



3,77 M
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

Medical Appointment:

Base: 535-3261

Off base: 295-573-261

Emergency:

Base: 911

Off base: 295-571-911

Weekend Weather Forecast

(21st Operational Weather
Squadron)

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

Mostly Cloudy

Wind N 15 - 25 mph

NW 10 - 15 mph

HIGH 19C / 66F

LOW 14C / 57F

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

Partly Cloudy

Wind N 15 mph

NW 10 - 15 mph

HIGH 20C / 68F

LOW 15C / 59F



Col. Dave Parr, 65th Air Base Wing vice commander, thanks Team Lajes for doing an excellent job during the Environmental, Safety, and Occupational Health Compliance Assessment and Management Program (ESOHHCAMP). (Photo by Lucas Silva)

65th Air Base Wing passes ESOHHCAMP with flying colors

By Aisha Robins

65th Civil Engineer Squadron
Asset Management Flight

The results of Lajes' Environmental, Safety, and Occupational Health Compliance Assessment and Management Program, or ESOHCAMP, assessment were presented on May 11 to a standing room only audience.

A round of applause erupted when team leader Kevin Gabos, from the Air Force Center for Engineering and the Environment stated, "The 65th Civil Engineer Squadron Environmental Element is experienced and engaged with building strong programs that support the base mission, and protect the environment and human health."

Lajes' Environmental Management System, which is a base-wide program, "shows good performance and operationalizes environmental management." Overall, Lajes' EMS procedures were found to be defined and written in accordance with USAF EMS Implementation Guidance requirements. Existing procedures have gone through the required management review process as outlined in applicable EMS policy, guidance and installation EMS procedures.

The team identified a best practice, a standard of

excellence or achievement considered best in its class, for the integrated exercise to respond to a simulated massive fuel spill caused by mock earthquakes and mudslides. The outbrief described the 65th CES Environmental Element environmental operations and management as "brilliant, involving on and off-base responders."

All findings cited only problems that don't require immediate action and those that are administrative and require temporary or occasional correction of noncompliance with applicable policies. These are all issues the base had already identified and is actively working to correct with projects that are on the list to receive funding.

Mr. Gabos praised all assessed areas as "well managed," and singled out the Hazardous Waste program as providing "excellent, efficient support to the shops," and added that the programs to abate toxic waste "are in excellent condition and there are no findings." 65th CES Petroleum, Oils, and Lubricants shops "know and follow spill procedures."

In the words of Col. David Parr, 65th Air Base Wing vice commander, "Team Lajes demonstrated our passion for [environmental] compliance and taking care of this beautiful Azorean island."

Today's Fight—Airmen and Families—Host Nation Relationship—Future Challenges



Get Fit, Stay Fit, Go Cardio

By Chief Master Sgt. Robert Marquez
65th Communications Squadron
superintendent

Where do you go to reconnect and balance your life? For me, it's finding time for regular exercise. Some Air Force members like anaerobic training but I've always preferred the aerobic variety. I've been running distance for years. Running is where I go to sort out problems and find solutions. It's how I relieve stress, tension and recharge the battery. Running is great. It's inexpensive. All you really need is a good pair of shoes, shorts, a top and the open road. You can run anywhere and the more you train the better you get. Better yet, it's never too late to start! All you have to do is take the first step.

Running on a regular basis lowers your heart rate, reduces stress and lowers blood pressure. At a minimum try to run at least four times a week come rain or shine. If you're new to running, start slow and gradually build up. Don't worry about how far you run initially. Low mileage is good for starters. Your distance will increase and you'll run easier and faster as the weeks turn into months. With practice running teaches you how to control your breathing and makes you pay attention to what your body is telling you. When you listen to your body you'll know when it's time to cruise, speed up or throttle back the pace. My mantra is run easy, run smooth, and don't ever red line.

Aerobic exercise makes me feel positive.

Running makes me happy. This is the absolute truth. Regular aerobic exercise enhances psychological fitness by releasing endorphins in the brain and helps reduce symptoms of moderate depression. A recent National Health and Nutrition survey concluded physically active people were half as likely to be depressed. I like those odds. Additionally, exercise increases serotonin in the brain which researchers believe help keep your mood calm. I like positive, happy and calm.

Running also helps you control your body size and weight. It is a great way to increase your self-esteem and develop self-discipline. You look better, you feel better, your clothes fit better and you're more confident. Running improves quality of sleep, endurance, posture, circulation and reduces joint discomfort. It enhances coordination and balance and strengthens the immune system. Running is a game changer. The self-discipline it teaches you spills over into other areas of your life. For military members aerobic fitness supports the Air Force mission.

We're all familiar with the goal of the Air Force Fitness Program is to motivate all members to participate in a year-round physical conditioning program. Fitness increases productivity and decreases absenteeism and maintains increased readiness. My challenge to you is for you to change your mindset. The Air Force needs you to be fit but you need to be fit for yourself first and foremost. In the end, we have but one life to live. Physical fitness allows us to live it well.

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

Protect against fake antivirus malware

By Master Sgt. Melissa Cerda
65th Communications Squadron

What is a fake antivirus?

Fake antivirus is malicious software (malware) designed to steal information from unsuspecting users by mimicking legitimate security software. The malware makes numerous system modifications, making it extremely difficult to terminate unauthorized activities and remove the program. It also causes realistic, interactive security warnings to be displayed to the computer user.

How can my computer become infected with fake antivirus?

Criminals distribute this type of malware using search engines, emails, social networking sites,

internet advertisements and other malware. They leverage advanced social engineering methodologies and popular technologies to maximize number of infected computers.

How will I know if I am infected?

The presence of pop-ups displaying unusual security warnings and asking for credit card or personal information is the most obvious method of identifying a fake antivirus infection.



What can I do to protect myself?

- Be cautious when visiting web links or opening attachments from unknown senders.
- Keep software patched and updated.
- To purchase or renew software subscriptions, visit the vendor sites directly.
- Monitor your credit cards for unauthorized activity.



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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Got books? We do! 65th Medical Group launches "Reach Out and Read"

By Monique Fees and Arlene Labeste
65th Medical Operations Squadron

On April 28 the Educational Developmental Intervention Services and the 65th Medical Clinic kicked-off a new reading program called Reach Out and Read. As partners in bringing the program to Lajes, EDIS and Family Practice look forward to the impact that the program will have on the Lajes community.

ROR was first developed in 1989 at Boston City Hospital (now Boston Medical Center) by pediatricians and early childhood educators. The program was developed to promote early literacy and school readiness in young children. It builds on the unique relationship between parents and medical providers to develop critical early reading skills in children, beginning at six months of age.

The Reach Out & Read Model in Action

Doctors, nurse practitioners, and other medical professionals incorporate ROR's evidence-based model into regular pediatric checkups, by advising parents about the importance of reading aloud.

During these visits, children receive developmentally-appropriate books to take home to help build a home library and to promote reading at home. The program begins at the six-month checkup and continues through age 5. Furthermore, the waiting room of the medical clinic is transformed into a child-friendly, literacy-rich environment to promote reading and exposure to books.

The Challenge: Help Military Families Cope in Difficult Times

ROR represents a unique opportunity to support and strengthen military families with young children. It helps parents understand developmental stages, build routines which reassure children, and develop skills and knowledge that are essential for families being tested by multiple deployments, separation, and reintegration.

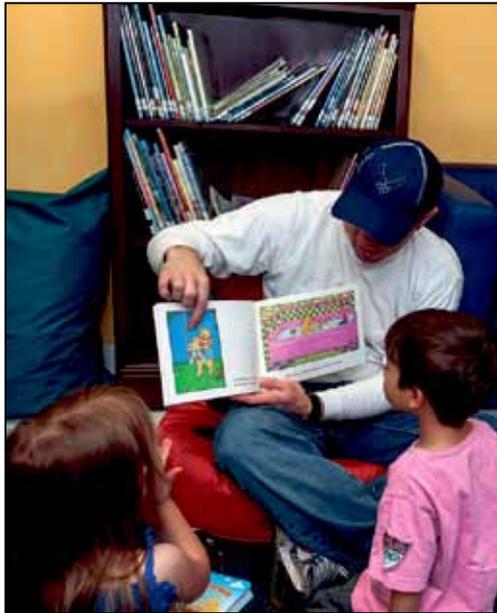
Reading aloud to children is a proven technique to help them cope with stress and anxiety, associated with difficult periods. Military families face unique challenges and deserve to have ROR as a standard part of the pediatric care provided to their young children.

Early language skills are essential for the healthy development of young children, and ROR is the standard for promoting these skills through a healthcare setting. Fourteen published research studies show this program to be a highly-effective school readiness strategy. The military healthcare system provides full and systematic primary care for the children of military families.

ROR has the potential to reach all these children, without building additional infrastructure, through a system parents already know and trust. The program sets the standard for military families by capitalizing on the goal of an enhanced patient-centered medical home which values the partnership between a doctor and patient. When a military provider talks to parents about the importance of early literacy, the message comes across loud and clear.

Fifty-five U.S. military bases around the world currently participate in ROR. More than 109,000 children of military families participate in the program annually. Over 200,000 new, developmentally-appropriate books are distributed to children on military bases yearly. More than 400 military healthcare providers currently participate in ROR and National Guard/Reserve families are served nationwide through civilian programs. At Lajes, more than 100 children will be impacted by the ROR program.

More than four million families are served annually by ROR and, as a result, those families read together more often. Children enter kindergarten better prepared to succeed, with larger vocabularies, stronger language skills, and a six-month developmental edge over their peers. ROR promotes early literacy and school readiness with a research-tested, evidence-based model that's proven to help children develop the language skills they will need to learn to read and succeed in school.



The 65th Medical Group has a new reading program called Reach Out and Read. (Photo by Lucas Silva)

"Can I Kiss You?"

By Capt. Roxanna Figueroa
65th Air Base Wing
Sexual Assault Response Coordinator

On May 11 the Sexual Assault Prevention and Response program sponsored the "Can I Kiss You?" program with Mike Domitrz, a leading authority on consent, healthy dating, and sexual assault awareness. This presentation was provided to Lajes Airmen as well as Middle School and High School students.

Domitrz provided a hilarious but hard-hitting presentation revealing a new and fun approach towards respect. Through his role-playing with audience members and his portrayal of intriguing characters on stage, Domitrz turned what is often labeled as a "silent" issue into an engaging and thought-provoking event. While most people simply "make their move" on a date, Domitrz showed Lajes Airmen why "asking first" makes all the difference!

Additionally, students were given the precise words and skills to ensure both partner's boundaries are respected at all times. Furthermore, students discovered how to appropriately intervene in potentially dangerous situations.

Through it all, we gained a greater level of admiration and respect for survivors of sexual assault while changing our outlook on dating and intimacy.



Mike Domitrz, from "The Date Safe Project," engages students in the "Can I Kiss You" presentation in the promotion of safe dating May 11. Domitrz spoke with Team Lajes servicemembers, high school and middle school students regarding tools for making smarter choices with partners. (Photo by Lucas Silva)



Spouse finds "SOCKS"cess at Lajes

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

For military spouses each permanent change of station means leaving their current job and looking for another one at their new location.

PSCing to remote places like Lajes Field in the Azores sounds like a dream come true, yet the search for spouses' employment can be a hardship due to the limited job opportunities. Yet one spouse is one of many who hasn't let the limited employment rate make him stagnate.

Gregory Campbell has taken the time to use an Air Force program called Spouse On-line Computer Knowledge and Skills to help educate and better himself and has completed 100 of the more than 270 courses offered.

"Education is something that can't be taken away from you, and SOCKS offers me not just an education on current programs but skills that I can use to aid in my future employments," said Campbell, a Lajes Spouse currently with the most SOCKS courses completed. "I have learned how to better utilize programs like Adobe Acrobat. Before I took the SOCKS Acrobat course I didn't even want to have the program, now that I understand all the features, I prefer it over other programs."

SOCKS is a USAFE-wide program that was introduced in 2007. The program offers courses that spouses can use on their employment resumes. Currently there are over 270 courses to choose from, including Microsoft programs such as Windows, digital photography, and much more.

"My wife signed me up, then told me that she enrolled me in SOCKS and I thought I had more laundry to do," said Campbell. "It wasn't until the spouse appreciation dinner, hosted by the Airman and Family Readiness Center, that I understood what the program was all about."

In January 2012, Gregory Campbell and four other SOCKS members were recognized by Col. Jose Rivera, 65th Air Base Wing

commander, for having the most SOCKS courses completed and making the program such a success at Lajes.

"I have taken all the SOCKS Microsoft courses, Photoshop and a few other courses," said Krista Brasher, who was recognized as Lajes third place SOCKS participant.

Krista Brasher is the spouse of Airman 1st Class Stephen Brasher, 65th Medical Operations Squadron, and is also a Key Spouse for the 65th MDOS.

"After taking the SOCKS excel course I was able to build a roster of the MDOS spouses that has a search engine that I can use to look for deployed members spouses," said Brasher. "I would have never even attempt to build such a program if it weren't for SOCKS."

In 2011, Lajes Field A&RFC broke USAFE records by leading with overall participation and course completion in SOCKS. Initially Lajes Field was granted only 55 enrollment slots, but A&RFC requested 80 slots. However, Lajes Field spouses exceeded that goal with over 125 spouses enrolled. Overall, the spouses have saved over \$98K in training.

"I tell everyone that the same SOCKS courses would cost anywhere from hundreds to thousands of dollars to take at a college is offered through the military for free," said Campbell.

"How can you beat free? With all the looks at budget cuts, this is one program that I would not want military spouses to lose. The program not only helps the one enrolled by enhancing their occupational skills set, but as long as spouses are using the program, we are doing our part by ensuring it is available for others spouses."

With the skills learned, Campbell helped develop an Army and Air Force Exchange Service theft prevention poster which enhanced base-wide awareness and protected \$3.5 million in AAFES merchandise.

"My goal is to have more than half of the courses available completed by the time my family and I PCS," he said.



Col. Jose Rivera, 65th Air Base Wing commander, recognizes Greg Campbell for his incredible "SOCKS"cess. (Photo by Lucas Silva)

LAJES WARRIORS OF THE WEEK



Name: Rachel Feliciano
Rank: Staff Sergeant
Unit: 65th Mission Support Group
Hometown: Bremerton, Wash.
Duty Title: Additional Duty Cell
Accomplishments: Sergeant Feliciano developed operational electronic file plans for four programs. As the security manager for 65 MSG, she in-processes and out-processes members in JPAS and verifies all of their clearances. She is also a Trusted

Agent for the Air Force Drug Testing Program. Sergeant Feliciano is one of the base's ODTAs for the Defense Travel System (DTS). She provides exemplary service throughout the 65 ABW by assisting customers with DTS orders and vouchers. With all this, Sergeant Feliciano still found the time to take two classes and finish her CCAF in Human Resources Management.



Name: Alan "Jason" Robinson
Rank: Technical Sergeant
Unit: 65th Mission Support Group
Hometown: Knightdale, N.C.
Duty Title: NCOIC, Executive Services Staff Administrative Assistant
Accomplishments: Sergeant Robinson is responsible for administration support for the wing's largest group. He performs technical and quality reviews for all awards, decorations, and evaluations in the

group, and he ensures compliance with wing and USAFE tasks. Additionally, Sergeant Robinson is responsible for the wing's Report of Survey program, where he oversees the investigation of lost or damaged government property. As the Emergency Operations Center administrator, he ensures the smooth function of the EOC and even created a training checklist for all new members, which was instrumental in the wing's ORI "Excellent" rating.



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

Feature



On May 14, the 65th Security Forces Squadron kicked off National Police Week at Lajes Field with the Amazing Race. Twenty-five participants took on a 5K course with multiple stations. The Amazing Race brought friendly competition between the units and awareness of the upcoming events for National Police Week. (Photo by Lucas Silva)



Major Hector Colon Team Lajes Chaplain prays at the Warrior Send-Off for Master Sgt. Wes Williams on May 9. (Photo by Lucas Silva)



Ms. Barb Felden, the Host Nation Advisor to the United States Air Forces in Europe commander, speaks with the acting commander of Headquarters Azores Air Zone, Col. Sergio Ferreira and Chief of Staff, Col. Eduardo Faria, while accompanied by the 65th Air Base Wing vice commander, Col. David Parr, during her visit to Lajes Field May 8 to 10. (Photo by Lucas Silva)



An F-16 Falcon stops at Lajes for a "gas and go" May 8. The aircraft is being returned to the U.S. Air Force by the Italian ministry of defense, which leased the fighters to provide an interim air defense capability between the retirement of the F-104 Starfighters and arrival of their Eurofighter Typhoon in 2001 under the Peace Caesar program. (Photo by Lucas Silva)



Mark your calendar

Annual School Carnival: Today is the Annual School Carnival from 5 to 8 p.m. There will be many fun activities, a D.J. and prizes. Keepsake wrist bands for \$10 will allow unlimited game access, or participants can pay \$.50 per game. Food booths, photo booths and pie in the face sold separately.



Armed Forces Kids Run: The Armed Forces Kids Run will be May 19 at 8 a.m. It will be a 2K for kids starting in front of the Youth Center and going through base housing. Free T-shirts to all participants. All ages are welcome. No fees. Sign up by May 18 at 6 p.m.

SUM Dinner: The Single and Unaccompanied Members Dinner will be May 21 from 5:30 p.m. to 7 p.m. in the base chapel. This month's dinner is hosted by the members of the 65th Operations Support Squadron and sponsored by the chapel.

Bowl-O-Rama: The Lajes Spouses Club is hosting Bowl-O-Rama fundraiser on May 22 from noon to 4 p.m. in the bowling center as part of their scholarship drive. The cost is \$10 per person. The teams are 4 person teams. Shoes are included. There will be prizes. To sign up, contact Ronald Salafia at 295-512-518.

Memorial Day 5K Relay: AFSA will be hosting a Memorial Day 5K relay run on May 23 at 7 a.m. Teams will sign up in teams of three. Members will switch out or "pass the baton" in front of the fire department, run the SFS loop, and switch out again coming back pass the fire department finishing back at the gym. The price will be \$15.00 per team prizes will be given to the first, second and third place teams. All funds raised will go to the Memorial Day Foundation and our scholarship fund. For more information contact Tech. Sgt. Floydzell Kimble at 535-2240.

Combat Dining Out: The Combat Dining Out will be June 14 at 5 p.m. in T-605. For more information please contact Staff Sgt. Edgardo Cadungog at 535-3685.

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: Are you hungry? I need something to eat.

PORTUGUESE: Está com fome? Necessito de alguma coisa para comer.

PRONUNCIATION: Ehshta com fohme? NesseSEetoooh al-GOOmah COYzah PARuh cohMEHR.

BULLFIGHT SCHEDULE



Saturday, May 19: 6:30 p.m. Canada do Rego, Biscoitos
Saturday, May 19: 6:30 p.m. Canada de Belém, Terra Chã
Saturday, May 19: 6:30 p.m. Poço da Areia, Praia da Vitória
Sunday, May 20: 6:30 p.m. Canada Nova, Santa Luzia, Angra
Monday, May 21: 6:30 p.m. Pico da Urze
Tuesday, May 22: 6:30 p.m. Espigão, Posto Santo
Saturday, May 26: 6:30 p.m. São Mateus

AFN Highlights:

You can see these AFN stories and more this week on AFN Atlantic on the following dates (All stories shown at these times: "News Update" at 1827 and 1857, and "Around the Air Force" at 1823.):

- May 21 - Jail & Bail (SFS Airmen raise money in memory of fallen defenders)
- May 23 - ESOHCAMP (Lajes shines during health & safety inspection)
- May 25 - Bullfights (Learn about street bullfighting season on Terceira)



ASK ED

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

By Eduardo Lima
Community Relations Advisor



Local festivals abound during summer

The warmer weather brings the festival season to the Azores in general and Terceira Island in particular. This is also the tourist season when thousands of Azorean immigrants return to the islands to celebrate with relatives and friends.

Most of the islands' festivals have cultural and religious origins, some dating back hundreds of years and continue to be religiously held annually.

Each town around the islands has its own festival, even the smallest towns, usually to honor their patron saints at a certain time of the year.

On Terceira Island, these summer festivals usually begin with a religious procession on Sunday afternoons. The evenings are usually preempted with concerts by rock bands, folklore groups or concert bands. These cultural events usually finish with the traditional street bullfights which are usually held in the number of two or three.

The Holy Ghost season is in full swing now and will officially end June 3, although there will be some sporadic celebrations throughout the summer as part of some town festivals.

Being Terceira is a party-going island, its people are already looking forward to the Sanjoaninas Festival, the largest cultural event on the island. This annual festival attracts thousands of tourists from the Azorean communities in the U.S. and Canada, mainland Portugal and the other Azorean islands.

Sanjoaninas takes place in the main streets and squares of Angra and it will feature parades, concerts, expositions, street and arena bullfights, sports activities, etc. This year's Sanjoaninas is scheduled for June 22 to 30.

The city of Praia will also host a similar festival, Aug. 3 to 11. Besides the parades, concerts and other cultural activities, the festival also features a bullfight on the beach and a food fair with several restaurants from various regions of Portugal, offering cuisine specialties to illustrate the gastronomy of their regions. This is an excellent opportunity for people to experience different dishes from different regions.

The Wine Festival usually happens the first or second weekend in September in the wine museum in the town of Biscoitos. During the Saturday's afternoon, people gather at the museum around 1 or 2 p.m. and parade down to the vineyards to pick the grapes. After picking the grapes, another parade forms heading back to the museum. Once there, participants are invited to stomp the grapes with their bare feet and taste the new wine and other season specialties.

Terceira Island's summer festival season ends every year in October with the Lajes town's festival being held during the first week of the month and the last bullfight on the 15th.

The Crossroads newspaper will publish a list of cultural events throughout the summer, especially the street bullfights and the Sanjoaninas and Praia Fest.