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Crossroads



Vol. 17, No. 25 June 22, 2012

Lajes Field, Azores, Portugal

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

 866
SORTIES

14,480
LODGED 

 4.3 M
gallons
FUEL ISSUED



**Don't drink
and drive
call
295 57 LADD**

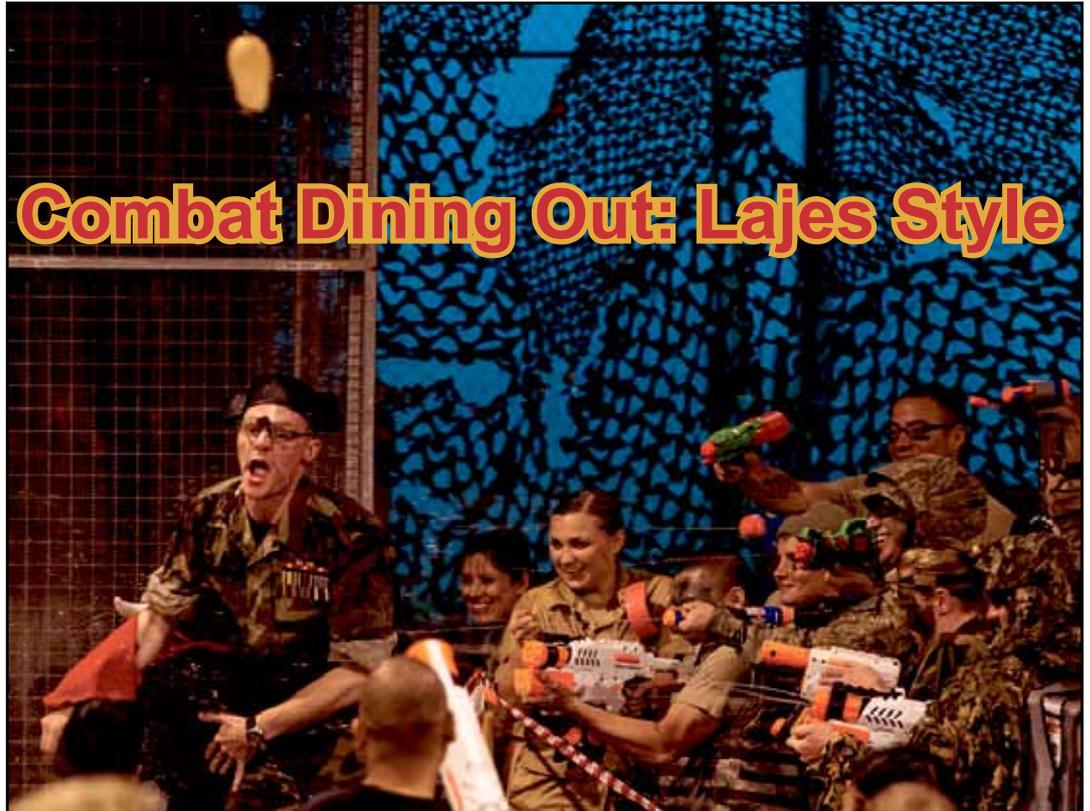
Medical Appointment:
Base: 535-3261
Off base: 295-573-261
Emergency:
Base: 911
Off base: 295-571-911



**Weekend
Weather
Forecast**

Saturday (a.m. / p.m.)
Mostly Cloudy
Wind SW 25 - 40mph
SW 20 - 35 mph
HIGH 25C / 77F
LOW 21C / 70F

Sunday (a.m. / p.m.)
Mostly Cloudy
Wind SW 20 - 35 mph
SW 20 - 35 mph
HIGH 26C / 79F
LOW 22C / 72F



Combat Dining Out: Lajes Style

Team Lajes members spray each other with water guns at a Combat Dining Out event here June 14. The Combat Dining Out affords members of all ranks a chance to enjoy a formal military event with a unique twist. (Photo by Lucas Silva)

By Staff Sgt. Angelique N. Smythe
65th Air Base Wing Public Affairs

Nearly 200 Team Lajes members participated in a Combat Dining Out here June 14.

The event themed, "No Bull But We Got Gas" allowed people of all ranks to join together for festivities at the exciting occasion.

Attendees were dressed in various combinations of combat uniforms and face paint while dangerously armed with tons of water balloons and water guns.

Unlike past dining outs which featured a guest speaker, Lajes Airmen honored the 65th Air Base Wing commander, Col. Jose Rivera, with humorous music, songs, dance and words of appreciation. The soon-to-be outgoing commander was also caught off guard several times as Airmen showered him with buckets full of water, all in good fun.

"The dining out was a memorable event," said Tech. Sgt. Kimberly Washington, 65th Contracting Flight. "I've never attended anything like it and I'm really glad I decided to go."

After some minor water balloon skirmishes, the mess was called to order. Following the traditional toasts, the rules of the mess were explained. Throughout the night,

several members received penalties that resulted in a run through an obstacle course, a visit to the grog bowl and water attacks from the members of the mess for violations of the rules of engagement.

"I enjoyed watching each squadron and flight pour drinks into the grog bowl," said Washington. "In turn, I noticed everyone at their tables studying the rules of engagement, fearful of being sent before the President of the dining out. It was also fun to watch water balloons and streams of water flying from across the room. Any attempt to avoid being caught in the crossfire was unsuccessful."

This night was about relaxing, building camaraderie and having fun, Washington said.

"The committee who put this event together did an awesome job," she added.

The event put on by the Wing Top III committee was led by Master Sgt. Greg Lee, 65th Medical Support Squadron.

"People have no idea the amount of work that goes into an event of this magnitude," Lee said. "I am really proud of the members of our dining out committee who feverishly dedicated their time over the last couple of months to make sure this night was successful. We're extremely happy that so many members of the Team Lajes community had a great time."



What's your attitude?

By Maj. Raymond Castro

65th Comptroller Flight commander

We are the best Air Force in the world not only because we have the best equipment and sophisticated toys in our inventory; but because we have people like you who decided to defend our country while living by a strict set of rules and core values that define our way of life and how we operate. That integrity, selflessness and excellence is what make us the greatest Air Force and gives us the awesome community we have here at Lajes.

If we are the most precious variable in the "goodness" equation, then we need to protect this asset by taking care of ourselves and our wingmen. Last week Tech. Sgt. Durrell Edwards from the Chapel wrote a great article on the importance of taking time to motivate other Airmen every day. But what about our own motivation? It all starts with attitude! Every morning when we wake up we are given a choice to pick our destiny for that day. We can choose our attitude, whether good or bad, which will reflect on the outcome of our performance and our daily lives. Why be sad or worried about problems in the past? Be happy and reflect on



the positive things in your life that have taken you to where you currently are. Highlight the positive attributes in your peers to spread your own "goodness" among others.

To quote Gen. Colin Powell: "perpetual optimism is a force multiplier." Our Air Force and nation need your optimism, positive attitude, intuition and dedication. With the current fiscal environment, we will continue to see some challenging years ahead. Even though we might need to tighten our belt and spend our money more wisely, we will rise to the challenge and emerge successful. Our nation has faced significant challenges in its short history. From the American Revolution and Civil War, to the Great

Depression and most recently, the Global War on Terror. Every time we are thrown into a difficult situation we conquer it and emerge victorious.

The key ingredient to the solution is "us." Please take care of yourself, be positive, work hard, spread the goodness, watch out for your wingmen and motivate them. In the end you'll be unstoppable; you'll have a great journey and an awesome life – all while contributing to a better community, a superior Air Force, and a great nation.

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

7 ways to reduce risk of sun damage

By Tech. Sgt. Durrell Edwards

65th Air Base Wing Chapel

The sun provides us with the benefits of Vitamin D production, warmth and a good mood. While we enjoy the wonderful solar benefits, it is important to use proven methods to reduce the risk of skin cancer.

According to the Centers for Disease Control, skin cancer is the most common type of cancer among Americans. More than two million people are diagnosed with skin cancer every year, which exceeds the combined amount of breast, prostate, lung and colon cancer. One-in-five Americans will develop skin cancer in their lifetime.

Things you can do to prevent skin cancer:

Find the shade -- Between the hours of 10 a.m. and 4 p.m., the ultraviolet rays of the sun are strongest, which means more damage to your skin can occur in a short amount of time. This leads to premature aging and wrinkling of the skin. Water, sand and even snow reflect up to 30 percent of ultraviolet rays, further increasing chance of sunburn.

Learn not to burn! -- "I burn first, and then I am able to tan." Repeated sunbathing escalates damage to your skin. Just one isolated sunburn significantly increases one's risk of developing skin cancer, especially in children. Keep newborns out of the sun!

Avoid sun tanning and tanning beds -- Ultraviolet light from tanning beds and the sun causes cancer and wrinkles the skin. The Skin Cancer Foundation reports that people who engage in indoor tanning are 74 percent more likely to get melanoma, a potentially fatal form of skin cancer.

Generously apply sunscreen -- Generously

apply a broad spectrum (UVA/UVB) product with an SPF of 15 or higher. For extended outdoor activity, use a water-resistant, sunscreen with an SPF of 30 or higher; reapply every two hours, and after swimming or sweating. Be sure to use one ounce to cover every bit exposed skin 20 minutes before going outside. This allows the sunscreen time to bind to the proteins of your skin, and give it the best possible defense.

Wear Protective Clothing -- In the summer sun, a wide-brimmed hat and sunglasses should be considered must-haves. The hat casts a shadow over the face and neck -- the most vulnerable areas to sun exposure. The sunglasses prevent damage to the eyes. Lack of sun protection is associated with increased incidence of cataracts. Wear long pants and long sleeves when possible. In today's market there is a wide variety of clothing options touting sun-blocking effects. Interesting fact: We've been taught to wear white and light colors for protection in the sun, but bleached fabrics offer the lowest level of protection because they lack UV absorbing pigment. Go for color!

Check the UV Index -- The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. Fact -- On June 12, 2012 at 2 p.m., the UV rating in Kaiserslautern was six, a moderate level despite a 74 percent cloud cover.

Examine your skin -- Do a head to toe visual exam every month and see your physician for a yearly professional exam if you have ever been diagnosed with skin cancer, or identified as someone who is at high risk for skin cancer.

For more information about sun safety and skin cancer prevention visit <http://www.skincancer.org>. Take the time to educate yourself and enjoy the summer.



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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Lajes family adopts Portuguese son

By Staff Sgt. Erica Horner
65th Air Base Wing Public Affairs

Most members stationed at Lajes Field will only be here for two years. However, Capt. Brandon Morgan, 65th Medical Operations Squadron Physical Medicine Flight commander, and his family will be here for a total of four years – all because of a little boy with orange glasses.

In December 2010, Amanda Morgan, Capt. Morgan's wife, accompanied her two children (Zachary, 12, and Samantha, 11) on a trip to a local orphanage to deliver Christmas gifts. While there, she fell in love with a Portuguese boy named Ruben, who wore bright orange glasses. After the visit, Amanda felt a strong desire to help these orphans in a more significant way.

Once Amanda returned home that evening, she told Morgan that it was time for them to adopt a child.

"Adoption is something we have discussed doing at some point in our lives, but we didn't really know when that time would be," said Morgan.

After speaking with the rest of their family about possibly adopting and a lot of thought and prayer, the Morgans decided that the time was right, so they contacted the base legal office.

"The process was different than we expected," said Morgan. "You don't just walk into an orphanage and say 'We would like that one.' It was more of a matching process. We had to create a profile that we thought would best fit into our family – age, gender, potential medical and developmental conditions – and then the social worker contacted us."

This is typically a lengthy process, but luckily, for the Morgans, they were contacted within a few weeks and met Ruben shortly after.

"We met him at the park for the first time. He didn't speak any English, but there was an immediate connection, especially with our other children," Morgan said.

The Morgan family continued meeting with Ruben for three consecutive days, arranging picnics at a local park. On the fourth

day, Ruben visited their home.

"That day he stayed at our house for two hours," Morgan said. "The next day he stayed for four hours. Then the following day, he came back and never left again."

On July 14, 2011, the Morgan's received custody from the court. On April 14, 2012, the Portuguese court rendered judgment that Ruben was officially a Morgan; just nine months after meeting him for the first time.



Capt. Brandon Morgan, 65th Medical Operations Squadron Physical Medicine Flight commander, his wife, Amanda, and their children recently welcomed an addition to their family -- an adopted 3-year-old Portuguese son, Ruben Miguel Mitchell Morgan (front and center). (Courtesy photos)

Even though the process seemed quicker and easier than most adoptions in Portugal, it didn't mean they wouldn't face any challenges.

"Instantly adding a 3-year-old to a family creates some stress as necessary adjustments are made within the family dynamic," said Morgan.

Still, all the family members agreed that Ruben was a perfect fit for their family.

"It is difficult to imagine what it would be like to go back to a life without him," Morgan said. "Ruben adjusted quickly to our family life mostly because of the relationship he developed with Zach, Sam, and especially Isabella. Isabella, 3, and Ruben are only 10 months apart, and are pretty much the same size, so we call them our little twins. They have become best friends and are very protective of each other."

Just recently, one of Ruben's new grandmothers sent him a wall hanging with a quote that perfectly

fits why he became a part of the Morgan family: "Adoption is when a baby grows in a mommy's heart instead of her tummy."

Since the Morgan family was treated as Portuguese residents during the adoption process, the U.S. required that Ruben be in their custody for two years overseas so they could apply for an immigrant visa. After extending their time on Lajes, and realizing that wasn't enough, Morgan applied for a humanitarian assignment.

"We have really enjoyed our time on the island," he said. "I feel that we have the best souvenir we could possibly ask for to help us remember our time here – Ruben Miguel Mitchell Morgan."

Lajes students earn Presidential Awards

The following Lajes/Elementary High School students received a certificate and a letter signed by President Barack Obama for exemplary students with a GPA of 3.5 or higher and whose standardized test scores (Terra Nova Tests given in March 2012) are in the 85th quarter. Awards were presented on June 13.

Presidential Silver Award

Dylan Goodson / Samantha Simmons / Zion Phillips / Yohei Sparks

Presidential Gold Award

Niclas Cotton / Taylor Erickson / Jayden Hawley / Samantha Morgan / Josiah Phillips
Emma Rowland / Hailee Borel / Jeremiah Harris / Ryan Lowry / Christopher Parr / Oscar Stumler
Kelcie Swede



Idols Tour coming to Lajes

By 1Lt. Mark Graff
65th Air Base Wing Public Affairs

On Sunday, July 1, at 7 p.m. the Armed Forces Entertainment Idols Tour will present a once-in-a-lifetime chance to see six of the former reality television contestants perform at Lajes Field. The concert is part of the AFE European/Mediterranean Tour.

The concert will be held at the Community Activities Center and admission is free. The Idols World Tour brings together some of America's most recognizable musical talent to create an unforgettable show that combines nearly every genre of music. So, there's something to suit everyone's musical tastes.

Lajes Field will be one of the first tour stops for the Idols and Tommy Brooks of the 65th Force Support Squadron says that is likely no coincidence.

"The AFE staff know that Lajes treats its visitors right, so they try to send as many groups as possible (to Lajes)," said Brooks. Brooks

added that high turnouts for these kinds of events typically lead to more concerts or performances.

"We encourage the Lajes Community to attend these special events. Attendance is a huge factor when AFE is considering bases for entertainment," said Brooks. "There are many people in the states willing to thank the military for the job they do, but we can also say 'thank you' by showing them our support."

The Idols tour will travel to 27 military installations throughout 12 countries – including Korea, Japan, Guam, Greece, Italy, Portugal, Turkey, Egypt, the United Kingdom, the Netherlands and locations in the Middle East – bringing entertainment to more than 30,000 troops and their families.

This is the second world tour designed by Armed Forces Entertainment to reach more service members and their families with high caliber entertainment appealing to a broader audience base.

For more information about the concert, please contact the 65th Force Support Squadron at 535-1320.

LAJES WARRIORS OF THE WEEK



Name: Edgardo Cadungog, Jr.
Rank: Staff Sergeant
Unit: 65th MDSS/Clinical Laboratory
Hometown: Manila, Philippines
Duty Title: Medical Laboratory Technician
Accomplishments: As a clinical laboratory technician, Cadungog provides comprehensive support to the 65th Medical Group clinic and 1,600 other beneficiaries. He performs a variety of clinical laboratory tests (routine

and emergent) that medical providers utilize to make clinical decisions for their patients. He also led the building acquisition and logistical transition to the new Lajes Homeland Defense Laboratory, which resulted in its activation 18 months ahead of schedule. Cadungog led and trained 31 members for the DoD Bone Marrow Drive. His efforts resulted in the 65th ABW enrolling 226 donors equaling 28 percent of the total eligible donors, which was number one in the Air Force. He is an active LADD volunteer, the vice president of the Rising VI and an active member of the Asian Pacific American Heritage organization. He was instrumental in planning and organizing the Grand Finale event. The approximately 170 attendee enjoyed the night of cultural show and Asian style buffet.



Name: Roselie Toste
Rank: LGS
Unit: 65th MDG/MDSS
Hometown: Ribeirinha, Terceira
Duty Title: Medical Logistics--Office Automation/Purchasing Agent
Accomplishments: Toste provides superior customer service to 42 internal medical supply accounts, supporting 1.6K TRICARE beneficiaries, who in-turn drive the mission of the Air Force's second largest fuel

depot. She is responsible for utilizing a \$3.8 million budget to procure medical supplies and equipment and performs meticulous follow-up on over 200 requisitions. Toste was also instrumental in mitigating shipping discrepancies which slashed customer wait times by 35 percent. Additionally, she manages the Personal Wireless Communication Systems and ESOMIS program for the Medical Group. Toste has been a dedicated employee at Lajes Field for over 9 years. She is a valued asset and a major contributor to the overall success of the 65th Medical Group. Her smile and positive attitude are highly contagious, which can be felt across the organization as she always brings out the best in those around her. She is a caring mother of two and is known for her sweet and bubbly personality.



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

Feature



Seventy-four Airmen were awarded Community College of the Air Force or other advanced academic degrees before a standing room only crowd at the Top of the Rock Club June 13. (Photo by Lucas Silva)



Lajes Team members buy popcorn and beverages while attending the premiere of the movie, "The Hunger Games" at the base theater June 15. A red carpet and golden globe trophy were on display giving the event the feel of a Hollywood movie premiere. (Photo by Lucas Silva)



Col. David "Bogey" Parr, 65th Air Base Wing vice commander, putts as his team looks on at Hole 2 at the Terceira golf course on June 7. The Lajes Spouses Club organized the tournament and raised more than \$2500 for the Lajes Scholarship Fund (Photo by Lucas Silva)



Tim Case, 65th Force Support Squadron, runs through an obstacle course during the Combat Dining Out June 14. (Photo by Guido Melo)



Col. John Oliver, 65th Mission Support Group commander speaks with reservists from the 419th Logistics Readiness Squadron during the monthly Single and Unaccompanied Members dinner sponsored by 65th Medical Group at the Wing Chapel June 18. The SUM dinner is hosted by a different organization each month. (Photo by Lucas Silva)



Mark your calendar

65th SFS change of command: The 65th Security Forces Squadron change of command will be June 27 at 10 a.m. at the Top of the Rock Patio Area. Maj. Lawrence Wyatt, Jr., will assume from Maj. Darren Stastny.



65th CPTS change of command: The 65th Comptroller Squadron change of command and redesignation ceremony will be June 27 at 1 p.m. at the Top of the Rock Club Warrior Park. Maj. Raymond Castro will relinquish command to Capt. Frank Skrypak.

Vacation Bible School: Vacation Bible School is scheduled for June 25 to 29 from 9 a.m. to noon for ages 3 through 12th grade. VBS is sponsored by the Lajes Field Chapel Protestant Community. For more information, call 535-4211.

Photography Exhibition: The Photography Exhibit Grand Opening will be at the Solid Rock Oasis June 29 at 11 a.m. The Exhibition will run through July 8, Tuesday through Saturday from 8 a.m. to 8 p.m. and on Sundays from noon to 5 p.m. This is sponsored by and hosted at the Solid Rock Oasis in Building T-307. For more information, call 535-4019.

Lajes Goodness Picnic: The Lajes Goodness Picnic will be on June 29 at the Top of the Rock Club Warrior Park from 3 to 6 p.m.

Veterinary appointments in June: The veterinary technician will be unavailable July 5 to Aug. 18, so please coordinate your pets' medical needs accordingly. If you require medical care during this time, you will need to see another veterinary on island. For more information, call the VTF at 535-3134.

Volunteers needed for Girl Scouts: The Lajes Field Girl Scouts is looking for volunteers in the following positions: Overseas Council Chair, Troop Leaders, and Board Positions. If you are interested, contact April Legere at april.legere@gmail.com.

Housing website: Visit www.Housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force Bases world-wide.

MDG Training every 2nd Tuesday: The 65th Medical Group clinic is closed for unit training every second Tuesday of the month. TRICARE Online (TOL) is always available as an option for appointment booking. All beneficiaries must register at www.tricareonline.com for an account. For more information, call 535-3261.

Phrase of the Week A LESSON IN PORTUGUESE



ENGLISH: What is the special of the day in this restaurant?

PORTUGUESE: Qual é o prato do dia hoje neste restaurante?

PRONUNCIATION: Kwal ehoh PRAHtoo doo DEEuh OHzhe NESHtuh restuhRONT?

BULLFIGHT SCHEDULE

Sunday, Jun 24: 1:00 p.m. Running of the bulls, Angra
Thursday, Jun 28: 6:00 p.m. Porto das Pipas (Angra Pier)
Friday, Jun 29: Noon Running of the bulls for children, Angra
Saturday, Jun 30: 6:30 p.m. Port of Porto Martins
Saturday, Jun 30: 6:00 p.m. Largo São Bento, Angra



Lajes Against Drunk Driving 295-57-LADD (5233)

Every year the Air Force loses great Airmen to drunk driving. Please help save a life and your career by calling Lajes Against Drunk Driving. LADD is a base program that provides free rides for individuals who've had too much to drink. LADD will be available between the hours of 9:30 p.m. to 4:30 a.m. every weekend.

The LADD program is available to all Lajes Airmen, so if you are the one who ends up needing a ride this or any weekend, call LADD. For more information, please contact your squadron representative.

ASK ED

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

By Eduardo Lima
Community Relations Advisor



Sanjoaninas Festival is June 22 to 30 in Angra do Heroísmo

The Sanjoaninas Festival will be celebrated June 22 to 30 in the city of Angra do Heroísmo. The festival highlights for June 22 to 25 were published last week. Below is the schedule for June 26 to 30:

26 June

6:30 p.m. – Arena bullfight in the Angra bullring - 8 p.m. – Concert by a local concert band (cathedral's churchyard)
9:30 p.m. – Parade: "Terceira, Azorean Capital of Sports" (main street) - 11 p.m. – Concert by Portuguese pop singer "Aurea" (Bailhão parking lot) - 11:30 p.m. – Concert by Brens Band (stage next to the marina)

27 June

11 a.m. - Arena bullfight for children and elderly (Angra bullring) - 8 p.m. – Concert by concert band from Porto Judeu (Bailhão parking lot)
11:30 p.m. – Concert by local Latin beat band "Contratempo" (stage next to the marina) - 1 p.m. – Music by local DJs. (stage next to the marina)

28 June

6:30 p.m. – Street Bullfight (Angra's pier) / 8 p.m. – Ball Dancing competition (Angra Sports pavilion) / 9 p.m. – Children's parade featuring the theme "The Magic of Traditional Stories" (main street) / 11 p.m. – Martial Arts demonstration (main square)
11:30 p.m. – Concert by Portuguese music band "Bandarra" (stage next to the marina)

29 June

10 a.m. – Traditional games (top of main street) / Noon- Running of the bulls for children (Rua São João) / 8:30 p.m. – Performance by a Mardi Gras dancing group (Bailhão parking lot) / 9:30 p.m. – Parade of marching bands (main street) / 11 p.m. – Kickboxing demonstration (main square) / 11:30 p.m. – Concert by "Nu Soul Family" ((Bailhão parking lot) / 30 June / 2 p.m. – Jet ski freestyle competition (Angra bay)
4 p.m. – Heavy Metal Festival featuring the local bands "Somnium" and "Eyes for the Blind" (Fanal) / 6 p.m. – Street bullfight (São Bento street) / 7:30 p.m. – Fashion show "Abracadabra" featuring the presence of Hello Kitty (main street) / 11 p.m. – Concert by Portuguese band "Blasted Mechanism" (Bailhão parking lot)