

CROSSROADS

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Vol. 18, No. 10 March 15, 2013

Lajes Field, Azores, Portugal

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

FY 2013

LODGED

622

SORTIES



3,69 M
gallons

FUEL ISSUED

Popular Numbers

Medical Appointment:

Base: 535-3261

Off base: 295-573-261

Base Alt: 535-1089

Off base Alt: 295-571-089

Emergency:

Base: 911

Off base: 295-571-911

Lajes Against Drunk Driving:

Fri & Sat: 295-57-5233

Sexual Assault Response Coordinator:

24/7: 535-7272

Off base: 966-677-266

Weekend Weather Forecast

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

Mostly Cloudy / Partly Cloudy

Wind SSE 9 mph

NE 17 - 29 mph

HIGH 17C / 62F

LOW 14C / 57F

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

Mostly Cloudy / Partly Cloudy

Wind NE 29 - 40 mph

NE 29 - 40 mph

HIGH 15C / 59F

LOW 12C / 53-F



Maj. Anthony Caruso, 65th Medical Support Squadron Laboratory Services officer in charge, views a hematology slide differential under a microscope. Senior Airman Devon de Castrique, 65th Medical Operations Squadron Bioenvironmental Engineering technician, performs a fit test of the 3M Model 7300 mask. This week, Lajes honors its Biomedical Sciences Corps career fields: physical therapy, optometry, clinical psychology, clinical social work, bioenvironmental engineering, public health, pharmacy and biomedical laboratory. (Photos by Guido Melo)

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

For the first time in history, March 11 to 15 celebrates the Air Force Medical Service's Biomedical Sciences Corps Appreciation Week.

The Air Force Medical Service inaugural event, which is expected to become an annual celebration, coincides with the date when the BSC was officially formed, nearly 50 years ago on March 15, 1965.

The Air Force Medical Service officer components consists of the BSC, Dental Corps, Medical Corps, Medical Service Corps and Nurse Corps. BSC is the third largest and most diversified of the five.

It consists of 17 career fields, eight of which are represented at Lajes.

"I think it's really special that we get recognized for what our officers and technicians do," said Capt. Melissa Peters, 65th Medical Operations Squadron Public Health Flight commander. "We make up a lot of career fields, they're all different and we all serve our own purpose."

The BSC's mission is to enhance Air Force mission effectiveness by providing world-class customer service and scientific expertise, resulting in peak force performance, productivity and health beneficiary population.

"We have a number of programs that we run here that are really important to keeping our population safe and healthy," said Peters. "That's Public Health's job - preventing premature death, disease and disability. We inspect public food facilities. We have our communicable disease program to monitor and track any diseases on base and in the local area. We

Honoring Lajes' Biomedical Sciences Corps



have our force health management program which consists of the deployment medicine section and occupational health. We also do preventative health assessment which includes annual physicals."

Maj. Anthony Caruso, 65th Medical Support Squadron Laboratory Services officer-in-charge, said he's very happy about this first inaugural BSC Appreciation Week.

"I'm very proud of our laboratory and our laboratory staff members," he said. "Without the laboratory, medical providers are only guessing what's going on with a patient. The laboratory either confirms or denies what providers may think the problem is."

Once a patient's issue is diagnosed, they may need medication in order to become better. The pharmacy dispenses the necessary medicine to each patient.

"We make sure the right patient gets the right drug at the right dose in the right quantity," said Capt. Pedro Colon, 65th MDSS Pharmacy Flight commander. "We're that final verification to make sure the patient is going to get something that's going to be therapeutically beneficial and safe."

If a patient needs psychological treatment, counseling for alcoholism, help with resolving family or relationship issues, etc., the Mental Health clinic offers these services as a helping agency as well as offers educational briefings when requested.

"Our job is to give you the resiliency, coping skills or education you need to be able to continue doing your job," said Staff Sgt. Merri Fain, 65th MDOS Alcohol and Drug Abuse Prevention and Treatment NCOIC. "We don't want to take you out of the fight. We want to give you those skills to handle whatever it is you're going through and continue to succeed in the military."

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



USAFE-AFAFRICA/CC talks sequestration

By Gen. Philip M. Breedlove
Commander USAFE-AFAFRICA

As you know, budget cuts went into effect March 1. Across the command we took action to help manage the impact and to prepare for a worst-case scenario. We are in the process of cutting non-mission critical travel, base maintenance contracts, and facility projects, and we are anticipating steep cuts to our flying hour program. Other potential cuts are almost certain to affect you and our mission.

While I can't predict the course our nation's leaders will take, I can tell you what we are doing in USAFE-AFAFRICA.

We will continue to support the warfighter by providing responsive, decisive airpower and ready Airmen to U.S. European Command, U.S. Africa Command, and other global operations. To the best of our ability, we will remain responsive to the combatant commanders' operational requirements, but as cuts to training and flying hours take hold, we will certainly have a diminished capacity to respond to the unknown in the future.

As you know, mission, Airmen and families are my priorities. Taking care of you and our Air Force family is critical to successful mission accomplishment. I am doing everything possible to protect programs that sustain our Airmen and our families in this overseas community. I cannot promise the same level of service you had on Feb. 28,

but I can promise you commanders at every level are making informed choices among difficult options.

Wing commanders most certainly have you in mind during this time of fiscal reduction. They have been given broad guidelines and authorities, which they are using to manage issues at our wings. Commanders are assessing how to best balance people-mission priorities and are attacking the problems. I trust them, and wherever possible, I plan to keep decision making at the wing level, closest to you, and the mission and services that are being cut.

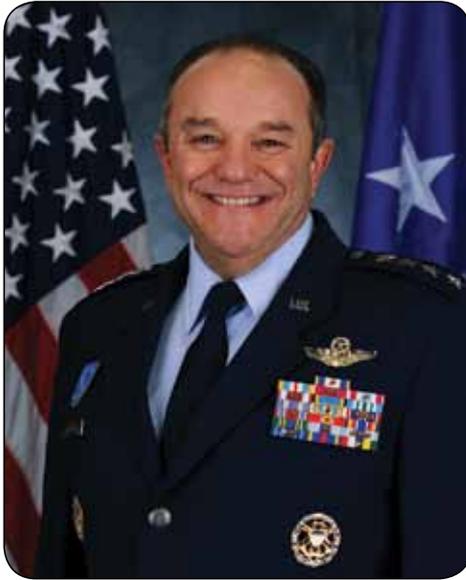
I have confidence you will work with your local leadership and continue to find ways to save money. Do you see wasteful steps in your shop processes? Tell someone. Every dollar counts.

Finally, I would ask you all to keep in your thoughts the nearly 2,000 civilian Airmen facing a potential furlough. Words cannot adequately express how important

our USAFE-AFAFRICA civilian teammates are to our collective success. If this option is executed, it will most certainly have a devastating impact on our people and mission.

In closing, let me just say sequestration is a big deal, and so are you. You work hard and are extremely good at what you do. Be proud of that - I am! In the end, I am confident our USAFE-AFAFRICA team

will continue to shine, as we have throughout our 70-year history. Thank you for your service and for your sacrifice as we move forward together.



"Mission, Airmen and families are my priorities. Taking care of you and our Air Force family is critical to successful mission accomplishment. I am doing everything possible to protect programs that sustain our Airmen and our families in this overseas community."



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. Chris Bargery

Col. Chris Bargery
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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Mental health professional cares for Lajes children

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

At Lajes, one key mission includes taking care of Airmen and families.

One individual charged with taking care of both big and little Airmen on the installation is Dr. Tiffany M. Prather, a licensed clinical psychologist who specializes in children and adolescents.

Prather works in the 65th Medical Operations Squadron Mental Health clinic and is a contractor with MedPro Technologies, LLC.

Her job is to help Lajes children and their parents develop appropriate strategies and coping mechanisms in response to some of life's challenges.

"Dr. Prather is pivotal in ensuring the children of Lajes are mentally healthy and developing appropriate coping skills," said Maj. Emily Mayfield, 65th MDOS Mental Health Flight commander. "When a child is struggling, this can have an impact on the family unit and lead to increased stress in the caretakers. Dr. Prather's work with the children of Lajes ensures not only a healthy child, but also a healthy parent unit, who can better carry out the Lajes mission."

Prather, whose hometown is Milwaukee, Wis., began her career with a major in Education from the University of Wisconsin-Whitewater and was employed as a special education teacher for several years. After returning to school to complete a master's degree in school psychology, she worked as a school psychologist from 1994 to 2009. Thereafter, she became licensed as a clinical psychologist. Prather also has additional licenses as a clinical substance abuse counselor and an independent clinical supervisor. She served as a mental health provider in the Pacific Air Forces until she moved to Lajes in 2011.

"Being a teacher on a Monday morning, you would see most kids come back from the weekend, and as you're trying to start your lesson, you know you've got all this curriculum to cover, but they come in with a lot of issues," she said. "I was in a public urban setting, so I would see a lot of issues. I didn't feel like we could move on until I saw where they were emotionally as well as with their mental capacity, so that led me into school psychology. Then, as a school psychologist, I wanted to broaden my medical skills, and I'm motivated by serving others and being an encourager, so that led me into working on the clinical side."

For approximately four years, before her arrival in August 2011, Prather said Lajes did not have an on base psychologist for their little Airmen, and these children would instead receive referrals to visit off base clinics.

The problem with that was "you're looking at a whole set of different cultural issues," she explained. "Sometimes the standards were different, such as the age at which teenagers can drink, smoke or have relationships."

As a provider, it is important to understand how certain challenges impact military children. Prather was hired to fulfill this need at Lajes

and to assist active duty mental health providers in serving the military families within the community.

"There are many challenges unique to military children," Prather said. "Military members and their families often experience frequent relocations, transitions, and deployments."

Her role as a clinical psychologist supplements some of the already existing services that support families, such as those offered by the Airmen and Family Readiness Center.

"Dr. Prather's role at Lajes is vital because of the remoteness of the 65th Air Base Wing," said Lt. Col. Kenny Harryman, 65th MDOS commander. "She is a very caring individual and professional who works hard to take care of Lajes Airmen both big and little."

Prather not only focuses on children and adolescents from ages two and up, but parents as well.

"I don't look at the children being so much the only targeted patient," she said. "The family is really the targeted patient. That parent offers more than what they would ever realize to that child's life and development. A lot of times they already know what to do; it's just a matter of having a neutral person come in to work with them."

Sometimes families may face developmental issues or issues of children going through adolescent periods.

Other cases include grief or adjustment issues. In the case of military families, Prather seeks to assist spouses or service members

in working with children who are having problems adjusting to deployments, transitions or reintegration.

"Sometimes the parents just want education on ways to be more proactive in parenting," said Prather. "And sometimes there are co-parenting issues where a child may be in the middle of a divorce situation."

For those with developmental issues, she may teach skill building, such as how to build better social skills, how to develop anger

management skills, how to make friends at new bases, or how to solve problems in relationship issues.

"I think military children are a lot more resilient than we give them credit for," Prather said. "A lot of it is because we have some great things in place to create these resilient children. We foster resiliency through quality resources, ongoing support and valued educational experiences such as those that we have here at Lajes. I could not accomplish my role as a clinical psychologist who specializes in children without the team efforts of wing leadership, medical group professionals, the Mental Health clinic and supporting base agencies."

Anyone needing to set up an appointment with a Mental Health professional may call 535-5177.

Additional online resources on military children include Military One Source, Military Child Education Coalition, Defense Centers of Excellence, American Psychological Association and National Association of School Psychologists.



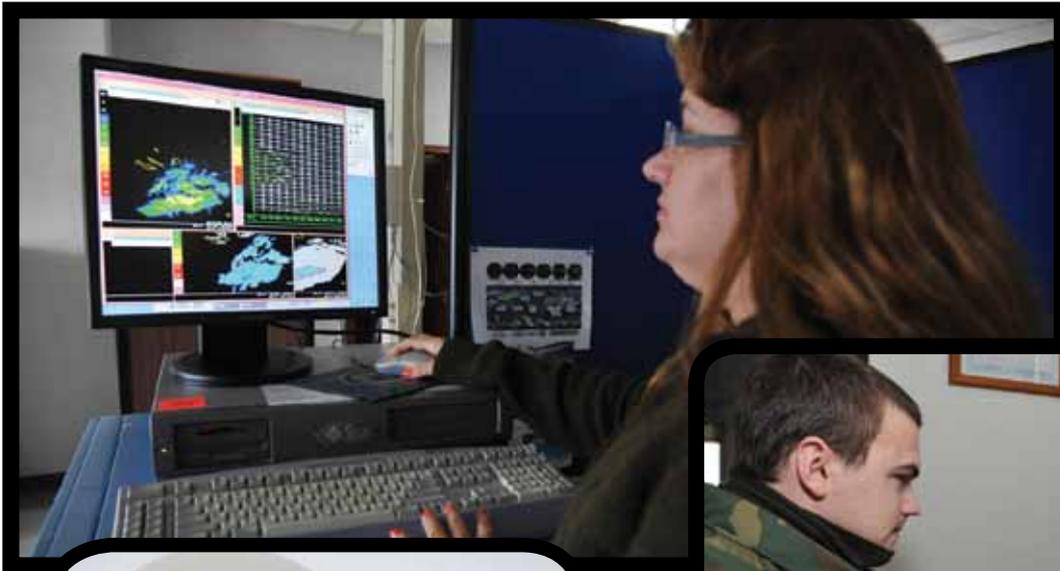
Dr. Tiffany M. Prather, 65th Medical Operations Squadron contracted licensed clinical psychologist who specializes in children and adolescents, ensures the mental health of Lajes children. (Photo by Lucas Silva)

"There are many challenges unique to military children," Prather said. "Military members and their families often experience frequent relocations, transitions, and deployments."



On the job: Lajes Weather Station

Feature



The 65th Operations Support Squadron Weather Flight is part of the central Atlantic's premier, full spectrum weather station jointly operated by Portuguese Air Force and U.S. Air Force personnel. They provide mission briefings regarding sea states, terrain induced weather, migrating weather systems and ionospheric or related space weather products to a host of different customers across NATO and U.S. Government agencies. They provide the equipment used to launch weather balloons, filling a nearly 2000 mile data gap in the central Atlantic.

In these photos Airman Rui Reis, a Portuguese Air Force weather observer, launches a weather balloon to gather data that is used by global weather forecast models to produce everything from daily forecasts to long-range climate studies.

Maria Cavaco, 65th OSS weather forecaster, checks the weather radar to provide a weather briefing to 1st Lt. Nicolas Dilmore, a Mississippi Air National Guard C-130 pilot, at Lajes Field March 12.

The 65th OSS Weather Flight prides itself in being able to forecast accurately for a very difficult forecast region.

(Photos by Guido Melo)





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

Feature



Lauzelino Dias, 65th Logistics Readiness Squadron Refueling unit operator, and Corporal Francois Lagassé, a maintenance crew NCOIC from the 436th Squadron / 8th Wing Trenton Group, connect a servicing hose to a Canadian Air Force C-130J March 8. (Photo by Lucas Silva)



Lauzelino Dias, 65th Logistics Readiness Squadron Refueling unit operator, along with Staff Sgt. Kenneth Thomas, 65th Logistics Readiness Squadron Fuels Preventive Maintenance NCOIC, inspect the moosehead seals on an R-12 refueler during preventative maintenance inspections March 8. (Photo by Lucas Silva)



Lauzelino Dias, 65th Logistics Readiness Squadron Refueling unit operator, and Corporal Francois Lagassé, a maintenance crew NCOIC from the 436th Squadron / 8th Wing Trenton Group, pull a servicing hose to a Canadian Air Force C-130J March 8. (Photo by Lucas Silva)



Lauzelino Dias, 65th Logistics Readiness Squadron Refueling unit operator, stows the fuel hose after completing the aircraft refueling March 8. (Photo by Lucas Silva)

Air Force suspends military tuition assistance

By Staff Sgt. David Salanitri
Air Force Public Affairs Agency

In the wake of sequestration, the Air Force officially suspended military tuition assistance March 11.

Secretary of the Air Force Michael Donley announced the Air Force has officially suspended military TA for the remainder of fiscal 2013.

The program will continue to be evaluated to determine the way ahead in fiscal 2014.

The Defense Department's comptroller issued guidance to all of the services to "consider significant reductions in funding new tuition assistance applicants, effective immediately and for the duration of the current fiscal situation," said Navy Cmdr. Leslie Hull-Ryde,

a Pentagon spokeswoman. The Army and Marine Corps canceled their TA programs March 8.

Effective March 11, Airmen are not permitted to submit new requests for TA. Airmen currently enrolled in, or approved for future courses, are not affected and are allowed to complete those courses.

"Believe me, this was a tough decision because our Air Force truly values education," said Chief Master Sgt. of the Air Force James Cody. "We're still looking at the impacts for fiscal year 14 and will do our best to have TA reinstated, although we'll likely need to review the eligibility requirements to ensure sustainability."

Airmen with concerns or questions should contact the Education Center at T-146 or call 535-3355. For the full text of this story, visit www.lajes.af.mil and find the story in the AF Headlines section.

LAJES ON THE WEB



Lajes Field 6-5...
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"Lajes Link" - www.lajes.af.mil

The Air Force Assistance Fund campaign kicks off March 22. Points of contact are Capt. Pedro Colon and Master Sgt. Jennifer Bjorkman.

Got a question? Need detailed information? There's a tab for that!

Lajes Link has 7 newly redesigned tabs that take you directly to information that you need and want. Check them out today!



See the latest Lajes Field videos online! Call Public Affairs at 535-3467 for video support.




Lajes Field, Azores
www.facebook.com/65abw.lajes

Lajes Field is one of the most popular Facebook pages in USAFE, with more than 4,200 fans!

Each day, we're interacting with you, answering your questions, sharing your content and bringing you the latest news and command information from the 65th ABW.

'Like' Lajes Field, Azores for the latest news stories, photos, videos and weather updates!



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www.flickr.com/photos/lajesfield/collections

Looking for photographs from the latest promotion ceremony or Warrior Welcome?

Find us on Flickr to see all of the photos you've been looking for and more!

We're posting event photographs online so that Airmen, civilians and family members can access the photos anywhere.



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ASK ED

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

By Eduardo Lima, Community Relations Advisor



Most Renowned Continental Army soldier supposedly a native of Terceira Island



Most residents of the town of Porto Judeu, on Terceira Island, probably haven't heard the name Peter Francisco or know he was a native of their town.

According to the U.S. Military History magazine and the Wikipedia online encyclopedia, Peter Francisco was one of the most remarkable American Revolution War heroes who fought in General Washington's Continental Army.

Also, according to researcher John E. Manahan, Peter Francisco, as he was called by the British colonists who found him in the docks of City Point in Virginia in 1765, was supposedly abducted by corsairs from his home village of Porto Judeu on Terceira Island and taken to America.

He was estimated to be 5 years old at the time he was found and spoke a foreign language, what might have been Portuguese, and kept repeating "Pedro Francisco."

He was later taken by Judge Anthony Winston as servant and remained with his family until the beginning of the American Revolution. At the age of 16, Francisco joined the George Washington's Continental Army in 1777. He fought for the first

time in the Battle of Brandywine near Philadelphia, where he and his regiment helped General Washington save his army from the hands of the British.

Francisco was wounded in his leg during the fighting, the first of many wounds he suffered throughout his military career. He participated in many battles under different commands and due to his huge size, strength and uncommon bravery was known as the "Virginian Giant" or the "Virginian Hercules."

George Washington was later cited saying that without Peter Francisco he "would have lost two crucial battles, perhaps the war, and with it freedom. Peter Francisco was truly a one-man army."

After the British acknowledged the American independence and with the end of hostilities, Francisco acquired an education and reentered civilian life. He married three times, became prosperous, purchased property and raised children.

Francisco was appointed Sergeant-at-arms of the Virginia State in 1825 and died in 1831 at the age of 70. He was buried in Richmond's Shockoe Cemetery with military honors, where his tombstone describes him as "A soldier of revolutionary Fame."

The state of Virginia has named March 15 as Peter Francisco Day in his honor.