

Rated #2 Best Web-Based Publication
in the Air Force for 2011

www.lajes.af.mil

Crossroads



Vol. 17, No. 10 March 9, 2012

Lajes Field, Azores, Portugal

Force Protection



Current FPCON: Alpha
Threat Level: Low

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

 481
SORTIES

8,312
LODGED 

 2,4 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.)
Partly Cloudy / Mostly Cloudy
Wind SW 15 / 20 mph
S 15 / 20 mph
HIGH 15C / 59F
LOW 14C / 57F

Sunday (a.m. / p.m.)
Partly Cloudy / Sunny
Wind SW 15 / 59 mph
SW 15 / 57 mph
HIGH 15C / 64F
LOW 14C / 57F

Lajes members pay it forward



Master Sgts. Lana and Jason Miller with their two sons, Cody (11) and Tyler (16), Terceira, August, 2011. The Air Force Assistance Fund helped the Millers during a difficult time when they were young airmen. (Courtesy photo)

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

Imagine standing in a Neonatal Intensive Care Unit and watching your 3-month-old baby boy take his last breath. Not only are you now mourning the loss of your child, but you're faced with covering the cost of \$7,000 in funeral arrangements.

Unfortunately, this was a reality for Master Sgts. Jason and Lana Miller in August 1994. At the time, they were both airman first class newlyweds with a combined salary of about \$1,800 a month before taxes. They were faced with having to pick out a coffin suitable enough to rest their first born; with a selection ranging from \$3,000 and up, their spirits diminished even more.

Jason Miller had to gather what strength he had left to figure out a way to provide for his family.

"My supervisor and first sergeant told me about going to the Air Force Aid Fund to get a low-interest loan," said Jason. "So I went."

Jason went to talk to the AFAF representative at the Family Support Center. He explained his situation to the representative and brought in bills and income statements.

"I remember bringing in the funeral estimate after

Lana and I had agreed on all the arrangements, and the AFAF rep cut me a check to cover that amount, and told me it was a grant," said Jason.

A grant? The Millers were not expecting a grant. They thought it was going to be a no-interest loan at best.

"I don't know what we would have done if it wasn't for that money," Lana Miller said. "It was enough dealing with the death of my baby, Christian, and all the medical bills--the AFAF grant was a blessing," she said.

Within those four months, their new lives as expecting newlyweds without any financial discrepancies, became debt-laden, with the loss of a child. It was a hard time for the Millers, but their Air Force family helped them through it.

Every year since, the Millers have given to the AFAF, and tell others to support the cause as well. Despite their support to AFAF, it wasn't until a few weeks ago that Lana decided to give details of how AFAF helped her specifically.

"I support the cause every year," said Lana, "yet I still have my moments where it's hard to tell the details of how they helped me."

To read more on "pay it forward" see page 4



Air Force expands drug testing program to include prescription drugs

By Jon Stock

Air Force Surgeon General Public Affairs

The Air Force and other military services will expand their drug testing to include testing for commonly abused prescription drugs beginning May 1, 2012.

On Jan. 31, 2012, the Secretary of Defense gave a 90-day advance notice of the drug testing expansion which aims to counter the nation's growing epidemic and encourage those abusing prescription medications to seek treatment before official testing begins.



"Abuse of prescription

drugs is the fastest growing drug problem in the United States, and unfortunately, this trend is reflected in the military services," said Maj. Gen. Thomas W. Travis, Deputy Air Force Surgeon General. "While pain medications are highly effective in alleviating suffering from injuries, they are dangerous and potentially addictive when used outside medical supervision."

Taking controlled medications in a manner other than how they were prescribed poses a risk to the person's health and safety and can put others at risk as well.

Prescription medications should be taken only for the purposes for which they were prescribed and at the dose and frequency prescribed. Additionally, Airmen are reminded never to take a medication prescribed to someone else.

"Members who need help discontinuing use of these drugs are encouraged to seek care at a military treatment facility immediately," said Maj. Gen. Travis.

The policy being addressed is not new to Air Force personnel. In accordance with Air Force guidance and existing law, the

knowing use of any prescription or over-the-counter medications in a manner contrary to their intended medical purpose or in excess of the prescribed dosage may have negative health consequences and may also violate the Uniform Code of Military Justice.

AFI 44-121, Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program provides limited protections under certain circumstances for voluntary disclosure of

To read more on "drug testing" see page 4

Commander's Action Line

535-4240

65abw.actionline@lajes.af.mil

The Commander's Action Line is your link to the commander for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option — but when that's not the answer, call or e-mail the Commander's Action Line at 535-4240 or 65abw.actionline@lajes.af.mil.



Col. Jose Rivera

Col. Jose Rivera
Commander, 65th Air Base Wing

Know your political rights

By Master Sgt. Adrienne Cohen

65th Air Base Wing Judge Advocate

As Americans we all have the right to vote; however, as military members and civilian federal employees, we must remember we have additional responsibilities and are bound to certain rules and regulations regarding the process.

Service members may:

- Register, vote and express opinions on political candidates and issues, but not as a representative of the U.S. armed forces
- Attend partisan or nonpartisan political meetings, rallies or conventions as a spectator and not in uniform
- Join a political club and attend meetings as a spectator
- Display bumper stickers on a personally owned vehicle or wear campaign buttons on civilian clothes
- Write a letter to the editor regarding public issues (but cannot promote a partisan political cause or candidate)
- Make a political contribution to an organization supporting a particular candidate (but cannot contribute to the candidate personally)

Civilian employees may:

- Be candidates for public office in nonpartisan elections
- Register and vote as they choose
- Assist in voter registration drives

- Express opinions about candidates and issues
- Contribute money to political organizations
- Attend political fundraising functions
- Attend and be active at political rallies and meetings
- Sign nominating petitions
- Campaign for or against referendum questions, constitutional amendments and municipal ordinances

Service members may not:

- Participate in partisan political campaigns, (except as a spectator) or make public speeches related to such activity
- Solicit votes or contributions for a particular candidate or issue
- Use official government authority or influence to interfere with or affect the outcome of an election
- Publish articles or opinions promoting or discouraging partisan political issues or candidates
- Run for or hold civil office
- Take an active role in partisan political activity, including: serve in an official capacity; advocate in media; conduct opinion polls or other clerical duties during a campaign; march in a parade; actively promote fundraisers
- Join and be an active member of a political party or club
- Campaign for or against candidates in

To read more on "rights" 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.

Submissions can be e-mailed to 65abw.pa@lajes.af.mil or faxed to 535-6326 and are due the Thursday prior to the required publication date. Call 535-6161 for more details.

This Air Force funded newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

All photographs are Air Force photographs unless otherwise indicated.

Editorial Staff

- Col. Jose Rivera**
Commander, 65th Air Base Wing
- 1st Lt. Mara Title**
Editor in Chief
- Staff Sgt. Angelique Smythe**
Editor
- Mr. Eduardo Lima**
Community Relations Adviser
- Mr. Manuel Martins**
Layout Designer



NASA Support Crew of the WB-57F high altitude research aircraft conduct post-flight checks after landing at Lajes Field, Mar. 5, 2012. (Photo by Lucas Silva)

Lead firefighter retires after 43 years of service

A brief biography

Sr. José A. Rocha became an LGS-4 apprentice firefighter Nov. 1, 1975. Throughout the years, Rocha completed all the International Fire Service Accreditation Congress certifications required for his position, namely, Fire Inspector I, Fire Instructor I, Fire Officer I, Hazardous Materials Operations, Driver/Operator Pumper, Fire Fighter I, Fire Fighter II, Emergency Response to Terrorism, First Aid First Responder and Cardiac Pulmonary Resuscitation. He also received several personal awards: Performance awards in 1994, 1999, 2000, 2003, and 2011 and Time Off Awards in 2001, 2002, 2003 and 2007. Rocha also received an Act of Heroism award for saving a patient's life at the Dining Facility, by applying the Heimlich maneuver on a patient who was choking.

Rocha helped the Fire Emergency Services win the coveted CMSgt Ralph E. Sanborn Award in 2003. Additionally, he helped garner four "Excellent" ratings during AETC Operational Readiness Inspections in 2007, a Unit Compliance Inspection in 2008 a Limited Unit Compliance Inspection in 2010 and the first ever combined ORI/LCI in 2011. Rocha responded to numerous natural disasters including the 1980 earthquake that devastated much of the island of Terceira and the 2010 Terceira Island floods. He supported world leaders, including the President of the United States during the 2003 Atlantic Summit, providing Fire Protection for all facilities and aircraft. Although a leader, Rocha was always a key team player and vital contributor to the overall success of Lajes Fire and Emergency Services. On his retirement, after 43 years of civil service, the Lajes Fire and Emergency Services and the 65th ABW want to say thank you to Sr. Rocha for all of your dedicated work.

Contributed by Agostinho Simões, Deputy Fire Chief



The Lajes Fire Department Chief, Senior Master Sgt. Robert Stuart, presents Sr. Jose A. Rocha with a gift of appreciation during his retirement ceremony at the Lajes Field Fire Department, Feb. 24, 2012. Among his many accolades, Rocha received an Act of Heroism award for saving a patient's life by performing the Heimlich maneuver at the dining facility, Mar. 5, 2005. (Photo by Lucas Silva)



"pay it forward" from page 1

"When my wife called me and said she'd agreed to tell our story, I was so proud of her for being strong," said Jason.

AFAF helped the Millers in a way that has prodded them to "pay it forward", in other words, to give back to the charity that helped them

"drug testing" from page 2

prior drug use or possession to unit commanders, first sergeants, a substance abuse evaluator, or a military medical professional. Once an Airman has been ordered to provide a urine sample as part of the drug testing program, any disclosure is not considered to be voluntary.

"There are no changes to procedures that will directly affect drug testing collection sites and military members who are selected for testing," said Lt. Col. Mark Oordt, Chief, Alcohol and Drug Abuse Prevention and Treatment and Drug Demand Reduction. "The changes will occur at the Drug Testing Labs where the standard panel of substances each specimen is tested for will be expanded."

The scope of the problem

- The Centers for Disease Control report 52 million Americans age 12+ y/o had used prescription meds non-medically in 2009, with 7 million Americans having done so routinely.

- Prescription medications appear to be replacing marijuana as the top "gateway drug." Six of the top 10 abused substances among high school seniors are prescription drugs; 20% of high school students have taken prescription medications without a prescription.

- Military data also suggests increases in prescription drug misuse. The DoD Health Behaviors Survey shows self reported misuse of pain meds for non-medical purposes by Service Members (all Services)

during a tragic time in their lives.

Even though Christian was born 13 weeks premature, and never got to come home to his crib, AFAF aided in giving him a place to rest his head, and his parents some solace when they had nowhere else to turn.

increased from 2% in 2002 to 7% in 2005 to 17% in 2008.

How to dispose of prescription drugs

"Patients are encouraged to dispose of prescribed medications once they are no longer needed for their prescribed purpose," said Lt. Col. Oordt. "The Drug Enforcement Administration (DEA) prohibits pharmacies from taking back controlled substances. However, the Services collaborate with law enforcement agencies in the DEA drug take back days which occur several times each year in most communities."

For more information on drug take back days visit <http://www.dea.gov/divisions/cead/cead.htm>

The Food and Drug Administration also offers guidance on disposal of prescription drugs before consumers throw them in the garbage.

- Take the medication out of their original containers and mix them with an undesirable substance, such as coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.

- Put medications in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

- Visit the following site for more information on how to properly dispose of medications: <http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm107163.pdf>

"rights" from page 2

partisan elections

- Make campaign speeches for candidates in partisan elections
- Distribute campaign literature in partisan elections
- Hold office in political clubs or parties, including serving as a delegate to a convention

Civilian employees may not:

- Use their official authority or influence to interfere with an election
- Solicit, accept or receive political contributions, unless both individuals are members of the same federal labor organization or employee organization, and the one solicited is not a subordinate employee
- Knowingly solicit or discourage the political activity of any person

who has business before the agency

- Engage in political activity while on duty
- Engage in political activity in any government office
- Engage in political activity while wearing an official uniform
- Engage in political activity while using a government vehicle
- Be candidates for public office in partisan elections
- Wear political buttons on duty

Above are a few guidelines established under 5 U.S.C. 7321, "The Hatch Act," DODD 1344.10, and AFI 51-902, Political Activities by Members of the U.S. Air Force. If you would like additional information, please contact the 65 ABW/JA Legal Office at 535-3546, or stop in for our "Political Activities Handout By Members of the USAF."

LAJES WARRIORS OF THE WEEK



Name: Jose Sousa
Rank: LGS-06
Unit: Base Exchange
Hometown: Serreta, Terceira
Duty Title: Supervisory Retail Operations Specialist
Accomplishments: Jose Sousa has been taking care of Lajes Field's customers for the last 14 years, with tenure as retail manager at both the Shoppette and Main Store. This breadth of experience keeps

him involved in all aspects of retail, including reordering, stocking, merchandising, delivering and accounting, as well as working internal security controls and assisting with information technology issues. His willingness to help wherever needed was a key factor keeping everything in operating order, thus increasing sales by 2 percent and profitability by 53 percent. These improvements are major contributors to the Morale Welfare and Recreation dividend and continued service on the island.



Name: Filomena Meneses
Rank: LGS-04
Unit: Exchange
Hometown: Lajes, Terceira
Duty Title: Sales Store Clerk/Reorder
Accomplishments: Filomena Meneses provides extraordinary care overseeing the reorder and stocking of the Health and Beauty sections at the Lajes Exchange. Sales in this area exceeded \$1.3 million in Fiscal Year 2011 and accounted for 15 per-

cent of the total Main Store sales. That's more than the sales from the electronics department (including camera, computer, software, DVD, televisions, memory, etc.). Think about this the next time you compare the price of a tube of toothpaste to a large screen plasma TV. If you have questions about product recalls, due-ins, substitute items and merchandise availability, then Filomena is the go-to person.



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

Feature



Lajes Airmen were recognized during the Monthly Promotion Ceremony at the Lajes Community Activity Center, Feb. 29, 2012. "It's just one outstanding milestone in a long, hard, and rewarding career," said (third from left) Staff Sgt. Nathaniel Johnson, 65th Communications Squadron, on his achievement. (Photo by Lucas Silva)



(Left) Staff Sgt. Rachel Feliciano receives (right) Maj. Darren Stastny's donation to the Air Force Assistance Fund during the base kick-off at Café Bean, Mar. 2, 2012. The Lajes AFAF campaign has raised \$1,080 thus far, including proceeds from March Mustache Madness sign-ups. (Photo by Tech. Sgt. Chyrece Campbell)



(Right) Lt. Col. Loren Graham, 729th Air Mobility Squadron commander, bids farewell to Staff Sgt. James Purdon, along with his wife and daughter, prior to his deployment departure at the Warrior Send-Off Ceremony, Lajes Field, Mar. 1, 2012. (Photo by Guido Melo)

2011 USAFE AWARD

65th Comptroller Squadron



(Right) Col. Dave Parr, 65th Air Base Wing vice commander, congratulates (left) Airman 1st Class Sarah Brooks, on becoming the United States Air Forces in Europe Financial Management and Comptroller Airman of the Quarter, Oct. – Dec., 2011, during a wing staff meeting, Feb. 21, 2012. (Photo by Tech. Sgt. Chyrece Campbell)



Mark your calendar

SENIOR MASTER SERGEANT PROMOTION PARTY:

The Lajes Field Top III invites all "A"irmen to join them in recognizing the newest senior master sergeant selectees in the TORC Ballroom on Friday, March 9 at 3 p.m. Come and congratulate these selectees on their achievement as they enter the top 2% of the enlisted force. The selectees will be providing the food and beverages for the event.



LOCAL ART EXHIBITION BY LAJES SPOUSE:

An art exhibition entitled, "Momentary Visual Autobiography Mixed Media Works," including 22 works on canvas, 15 digital images and a wall of over 50 sets of visual journal pages will be presented by Carly Swenson, wife of Tech. Sgt. Casey McKinney, 65th Logistics Readiness Squadron, at the Praia da Vitoria Youth Academy (Academia de Juventude e das Artes da Ilha Terceira), next to the Ramo Grande auditorium, Saturday, Mar. 10 from 8:30 p.m. to approximately 10 p.m.

UMUC EUROPE SPRING SESSION: University of Maryland University College Europe announces registration for Spring 2012 Session 2. Registration for undergraduate and graduate on-site and online courses is open now through Mar. 18. Classes start Mar. 19 throughout Europe and the Middle East. To view the complete schedule, visit www.ed.umuc.edu/schedule.

65th LRS SAINT PATRICK'S DAY 5K RUN: The LRS will be conducting a 5K run on Monday, Mar. 12 at 8 a.m. starting at the Praia Marina. If you would like to see somebody in a special Leprechaun outfit, you can cast your vote (25 cents per vote, or 5 votes for \$1) by contacting Tech. Sgt. Craig Grant, 535-4291. All of the proceeds will go towards the Air Force Assistance Fund.

WOMEN'S HISTORY MONTH LUNCHEON: The Women's History Month Luncheon, featuring guest speaker Brig. Gen. Stayce D. Harris, Mobilization Assistant to the Commander, U.S. Africa Command, the Pentagon, Washington, DC., will take place at 11:30 a.m., Friday, Mar. 30, in the TORC Ballroom. The deadline to purchase tickets through your squadron POCs is Mar. 26.

OTHER WOMEN'S HISTORY MONTH EVENTS:

--Girls Development Seminar - Mar. 13 from 6:30-7:30 p.m. in Building T-416 (Medical Clinic); contact Maj. Emily Eschbacher, 535-5177, to register. This seminar is recommended for mothers and daughters (age 10-18) to attend together, but open to everyone. Topics include physical and emotional development.

--Movie Night...twice! Mar. 17 ("Bridesmaids") and 24 ("The Holiday"), both at 7 p.m. at Warrior Park

--Children's Reading Hour at the base library - Mar. 22, at 3 p.m.

--Lunchtime volunteer opportunity to read to kids at the school - daily

Phrase of the Week
A LESSON IN PORTUGUESE



ENGLISH: Do you have a business card?
PORTUGUESE: Tem um cartão de visita?
PRONUNCIATION: Tehm oohm car-tau day vísa?

1503 AM
AFN THE BULL



AFN LAJES
ISLAND 96

CH. 40 (ON-BASE CABLE)
 CH. 7 (OFF-BASE SATELLITE) & 96.1 FM

GIRLS DEVELOPMENT SEMINAR: Recommended for mothers and daughters (age 10-18) to attend together but open to everyone. Topics include physical and emotional development. Mar 13, 6-7:30 pm T-416 Medical Clinic. Contact Maj. Eschbacher at 535-5177.

ST. PATRICK'S DAY 5K FUN RUN!



SEARCH 157th MILITARY POST IN PRAIA (TTU) 0900

CATCH THE LEPRECHAUN; WIN A PRIZE; SUPPORT THE AFAF

CONTACT MSGT CARDONA (535-6337) OR TSGT GRANT (535-4291) FOR DETAILS

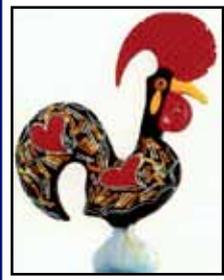



ASK ED

A column that looks at the culture and history of the Azores.
 By Eduardo Lima
 Community Relations Advisor



The legend behind the ceramic Portuguese rooster explained!



The Portuguese rooster, or "Galo de Barcelos," commonly known among the Portuguese people, is a symbol of honesty, integrity, trust and honor and also recognized as an unofficial symbol of the country.

Its legend is so old no one knows exactly how it started, besides there being several versions of the legend.

However, the most common version tells that a crime had been committed in the Portuguese town of Barcelos, and a pilgrim from Galicia was passing through the town on his way to Santiago de Compostela in Spain and was accused of the crime.

The man didn't have a way to prove his innocence and was condemned to death by hanging by a local judge. As a last request before he was hung, he asked to appear in front of the judge one more time to declare his innocence once again. His request was granted and he was brought before the judge who was dining with some friends.

The pilgrim once again declared his innocence and in the presence of the judge's guests he pointed to a roasted rooster on the table and said: "As sure as I'm innocent, so will that rooster crow!"

The judge didn't believe him and ordered his immediate execution. But when the man was about to die in the gibbet, the dead rooster stood up on the table and crowed.

The pilgrim was immediately set free and went his way in peace. Some years later he returned to the town of Barcelos and built a monument in honor of São Tiago and the Virgin Mary.