

CROSSROADS

Rated #1 Best Web-Based Publication in the U.S. Air Force

Vol. 18, No. 37 September 27, 2013

Lajes Field, Azores, Portugal



FINAL EDITION

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

FY 2013



1241
SORTIES

12,215
LODGED



7,11 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

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Lajes news, info goes all-digital



U.S. Air Force A-10 Thunderbolt II aircraft depart Lajes Field during a coronet fighter movement. The "Crossroads" newsletter has typically used aircraft photographs on Page 1 of each edition. This is the final edition of the "Crossroads" after 54 years of Lajes newsletter production. The 65th Air Base Wing Public Affairs office has kept the final "Crossroads" true to typical form, by including a feature article and photographs, a leadership commentary and upcoming events. See Pages 3 and 4 for more. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory/Released)

Dental lab technician helps protect teeth, keep Airmen mission ready

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

Fall has begun. So has fall sports on Lajes.

Dental injuries are one type of injury sustained during participation in athletic sports. Therefore, sports mouthguards are a necessity. In fact, they are mandatory for active duty personnel participating in contact sports.

"Lajes is very active; we play a lot of sports out here," said Capt. Dannon Sutherland, 65th Medical Operations Squadron Clinical Operations flight chief. "It's mandatory for our active duty personnel to wear sports guards when they're playing contact sports, such as football and basketball, so every fall we get a huge influx of people wanting custom-made sports guards."

Staff Sgt. Lekaya Williams, 65th MDOS Dental Laboratory technician, is responsible for making all of these mouthguards. Since her arrival to Lajes, she has made more than 150 sports mouthguards within the past nine months.

"My job here at Lajes is to make sure that our people are deployable at any given moment," said Williams. "We do a lot of intramural sports here, so sports guards are big."

If a patient fills out a questionnaire and responds yes to whether they participate in contact sports, a dentist will ask if they have a mouthguard. If not, the dentist will take an impression of the patient's teeth and send to the dental lab technician to make a mouthguard.

"They bring the impression to me and I pour plaster stone into it to create a three-dimensional image of their teeth," said Williams. "It's a complete replica of the mouth that I use to make their sports guard."

It takes Williams approximately 25 minutes to create a brand new sports mouthguard from the time the dentist brings her the impression to the time she hands it to the patient.

"I pour the plaster stone into the impression and then let it sit for about 10 minutes," she said. "Once it gets hard,

For more on "Mouthguards" see page 5





You're good to go, right?

By Maj. Justin Walworth
65th Air Base Wing Chief of Safety

When the book "No Easy Day" was announced, I could not wait to get a copy. After all, the book tells the story of the mission to raid Osama bin Laden's compound, and much of my career had been shaped by the tragic events of September 11, 2001. One part of "No Easy Day" I found most interesting was the intense planning and practice that occurred prior to the highly-risky mission. This section's "readiness through preparation" theme really spoke to me as I reflected on my career. A few personal experiences taught me that you don't always have time to prepare and that being ready always is key.

On a weekend a few years ago, my flying squadron told me I would leave the following morning to pick up the U.S. Central Command vice commander, some staff members and other personnel from Washington D.C., and then take them to Tel Aviv, Israel. The group planned to make the trip from MacDill Air Force Base, Fla., through Andrews AFB, Md., and onto Israel in one day. We wondered why the officials needed to get to Israel so fast, but once aboard the aircraft, their answer was simply, "trouble is brewing in Egypt; just watch the news." The next day, Egypt's popular uprising began, leading to the overthrow of the Mubarak Regime. In this situation, we had little time for preparation, so as an aircrew, we relied on our readiness to make the mission happen.

More recently, last summer I deployed as one of two receiver-trained KC-135 Stratotanker refueling aircrews in support of Operation Enduring Freedom. One night as we were preparing to step to the jet, the special operations unit we were supporting called to tell us that our

mission would be to support a hostage rescue.

Four female civilians, including one British aid worker, were taken hostage and being held in Badakhshan Province in northeastern Afghanistan. Due to the location, air support was challenging. In the end, our aircrew was charged with getting one AC-130 into the area and keeping the AC-130 on station for as long as the mission required. We were prepared to "get low and slow, with the gunship and be ready to pull additional fuel down from another refueling aircraft if the mission goes long." Thankfully, the four hostages went home safe, and 11 kidnappers were killed as British and American Special Forces carried out a raid. For our part providing air support, we were glad to do our part to ensure that the mission went off as planned – once again with next to no time to prepare.



Last month, Chief of Staff of the Air Force, Gen. Mark Welsh released

"Global Vigilance, Global Reach, Global Power for America," a vision document outlining in plain English what the Air Force "brings to the fight" for the United States. One implicit expectation from the general included in this document is that the Air Force often executes our missions without extensive work-ups or dry runs; he implies that readiness is always expected. After all, the American people, and more specifically, military planners count on the Air Force being ready anytime world events require swift and decisive action. America trusts that we're ready.

I love to hear the phrase "train like you fight." With that training mentality, we set ourselves up for success. So as you train and focus on readiness, use that phrase as a daily reminder that all Airmen must be ready to execute the Air Force missions at a moment's notice. After all, each duty day has the potential to be "no easy day."



Maj. Justin Walworth, 65th Air Base Wing chief of safety, writes about personal experiences that have taught him the value of training and being ready at all times. Walworth is a KC-135 Stratotanker pilot and details his experiences flying air support missions over Afghanistan while supporting Operation Enduring Freedom. (Photo courtesy Maj. Justin Walworth)

Commander's Action Line
535-4240
abw.cc@us.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 abw.cc@us.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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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.

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"Crossroads" through the years

Feature

Final Edition



Clockwise from Top: May 21, 1960, U.S. President Dwight D. Eisenhower stopped at Lajes Field en route to Washington, D.C. from a visit to Portugal. Here, Eisenhower is pictured with the Headquarters Azores Air Zone Command commander Brig. Gen. Francisco Chagas.

March 24, 1979, Egyptian President Anwar Sadat visits Lajes Field en route to the U.S.

Dec. 1971, U.S. President Richard Nixon visits Lajes Field to participate in a summit with French President Georges Pompidou. In this photograph Nixon is with Portuguese Prime Minister Marcelo Caetano.

Nov. 2, 1995 edition of the "Crossroads." Tropical Storm Tanya, one of the worst tropical storms in Lajes Field history, with winds in excess of 140 miles per hour, ripped through Lajes causing more than \$3 million in damages.

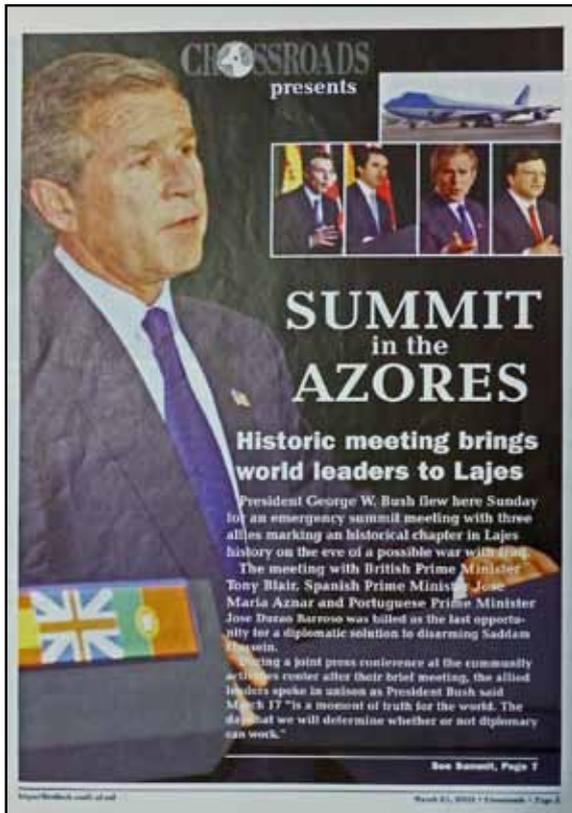




"Crossroads" through the years

Feature

Final Edition



Above: June 1990, a tanker task force arrived at Lajes Field to support Operation Desert Storm. The tanker task force stayed at Lajes for more than one month.

Left: March 16, 2003 edition of the "Crossroads." The "Atlantic Summit" occurred at Lajes Field when the Prime Ministers of Portugal, Spain and United Kingdom met with U.S. President George W. Bush, to discuss the Iraq War.

Recap: Lajes Field news, info going all-digital

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

This article was originally published online August 29, 2013 and in the August 30, 2013 edition of the "Crossroads" newsletter. The article is being re-printed here for sake of historical archiving, and to ensure that the Lajes Field community is aware of the change in public affairs operations.

Beginning Sept. 30, the 65th Air Base Wing Public Affairs office will suspend printing of the wing's newsletter, the Crossroads, in favor of all-digital news and information platforms for the wing.

Lajes' PA office will adopt all-digital operations, with the base's public website, Lajes Link, www.lajes.af.mil, becoming the messaging, news and information focal point.

The move is a cost-saving measure resulting from budgetary constraints across the Air Force, said Capt. Mark Graff, 65th ABW Public Affairs chief. Suspending printing of the Crossroads will save the wing approximately \$25,000 annually.

"As the Air Force operates amid fiscal challenges and budgetary constraints, Airmen are looking for cost-saving measures in all areas," Graff said. "We remain fully committed to meeting our mandate in informing the public and base community about Lajes Field operations. Fortunately, this change is a win-win for everyone; we're cutting costs, yet still informing our audiences."

Declining Crossroads readership numbers also led to the change in wing PA operations. Lajes officials studied readership patterns and tracked the amount of left-over copies weekly since November 2012. On average, 35 percent of the 650 Crossroads printed each week went untouched and subsequently, were recycled.

Aiming for increased readership, the PA office re-designed some Crossroads elements and altered delivery routes. However, attempts to stimulate readership yielded similar results.

The downturn in newsletter readership may be a sign of the times,

Graff noted, saying that many civilian print publications have faced similar challenges recently.

"Our statistics reinforced the hard-truth that many reputable print publications have discovered in recent years: audiences are increasingly turning to the internet for news and information," he said, mentioning a notable example, Newsweek magazine, which adopted all-digital operations this year.

"When you combine that fact with our mandate to remain effective and efficient with information, it's clear that the wing should focus its energy towards online content."

Though typically used to communicate with external audiences, increasing audience convergence make Air Force websites a valuable tool to reach Lajes Field personnel and their families, Graff said.

A robust social media presence on Facebook, YouTube and Flickr will continue bolstering the wing's communication with internal audiences as well.

"The Air Force continues to leverage social media at all levels because it's so effective," Graff said. "Social media affords the wing the ability to release information quickly, inform thousands of people at once and, most importantly, interact with our audience, which makes make the information actionable."

Ultimately, the move to all-digital PA operations is a change in method, not mission.

"PA remains an essential element of military operations at Lajes Field," Graff said. "What we will communicate will remain the same; how we communicate is being modified."

"We're proud of the heritage of Lajes Field public affairs and news operations. However, with the changing times, we must adapt to what audiences want and need as far as information goes," said Graff. "The decision to go away from a newspaper-based operation to all-digital operation was calculated and viewed from many angles. It was a tough decision, but ultimately, the right decision."



"Mouthguards" from page 1

I use my cast trimmer to flatten it into a horseshoe shape. Then I use another machine to heat up the plastic rubber material used to create the mouthguard so that it becomes really malleable. Once it's soft enough, I drop the material onto the cast and use my vacuum to suck it all the way down over the cast. Then I cut out the mouthguard and use my flamer to make sure the edges are smooth so it will not cut the patient's mouth. Finally, I polish it up, disinfect it, and then it's good to go."

Sports mouthguards offer that protective protection individuals need in contact activities as broken teeth and broken bones can cost a lot of time and money to fix. It also places Airmen in a nondeployable status.

"Sports guards are important because they protect our teeth and can protect the bones of our mouth in case we're hit," said Sutherland. "Every now and then we will have a case where someone does get hit, but if they weren't wearing a sports guard, the damage could have been a lot worse."

Williams said she enjoys watching Airmen play flag football. Sometimes when she remembers making the players' mouthguards upon seeing them in their mouths, it makes her smile. Her feelings of reward come from knowing her patients are satisfied with the products she has created for them.

"Sports guards aren't too complex but they have a big purpose," she said.

Williams, herself, learned the value of mouthguards at a young age. She recalls an incident in which she had a few injuries from playing basketball.

"When I was younger, I had my tooth pushed back a little," she said. "I was in eighth grade, and I wasn't going to wear a sports guard. I didn't really know anything about mouthguards. I figured you 'just play' because 'you



Staff Sgt. Lekaya Williams, 65th Medical Operations Squadron Dental Laboratory technician, is responsible for making sports mouthguards for Lajes Airmen. Mouthguards are mandatory for all active duty personnel who participate in contact sports, such as football and basketball. (U.S. Air Force photo by Staff Sgt. Angelique N. Smythe)

don't get hurt playing basketball.' But you do. You have to wear these if you want to protect your mouth."

As a dental laboratory technician, Williams is also responsible for making crowns, night guards and dentures for Lajes patients.

Earthquake Preparedness – Are You Ready?

By Staff Sgt. James Goeddey
65th Air Base Wing Public Affairs

Did you know that thousands of earthquakes happen every year? While most of these earthquakes do not affect us, there is the potential for Lajes Field to be affected.

Knowing what to expect and what to do during earthquakes are critical to your personal preparedness.

According to FEMA, an earthquake is ground shaking caused by a sudden movement of rock in the Earth's crust. This shaking can last from just a few seconds or for several minutes.

Fortunately, the shaking itself is not likely to harm a person, but the shaking can lead to other events such as landslides and building collapses, that could cause individual harm. In fact, most earthquake-related injuries result from collapsing walls, flying glass and falling objects. These injuries are most likely to occur when people are hit by flying objects when entering or exiting buildings.

So what can you do to mitigate the effects of an earthquake?

First, you need to understand that it is very possible that Lajes could experience an earthquake.

Secondly, protect yourself and your belongings before an earthquake by fastening shelves securely to walls, ensuring heavy items such as pictures and mirrors are not hung close to where people

sit, and choosing a safe place in your house (e.g., under a sturdy table or against an inside wall) where nothing can fall on you.

Lastly, you need to make sure you and your family know how to act during an earthquake. The simple guide below will show you what to do. It is advisable to display this information somewhere in your home for all to see.



An earthquake measuring 7.2 in the Richter Scale hit the islands of Terceira and S. Jorge, Jan. 1, 1980, causing heavy structural damages and 71 casualties. The city of Angra do Heroísmo was 80% destroyed and suffered most of the damage along with the villages on the Southwest side of the island. (U.S. Air Force photo)

During an Earthquake:

- Drop, cover and hold on; move only a few steps to a safe place
- Stay indoors until the shaking stops and it is safe to exit
- Do not use elevators
- Stay away from anything that could fall on you
- If outdoors, move to or stay in open areas; stay away from anything that could fall on you
- If in a vehicle, safely stop and remain in your vehicle; watch for downed trees and power lines

After an Earthquake:

- Provide first aid if properly trained
- Open cabinets cautiously as items may fall off of shelves
- Be aware that some earthquakes are actually "foreshocks"; a larger earthquake may follow
- After-shocks may occur after the earthquake causing additional damage

For more detailed earthquake preparedness actions, please contact your unit emergency management representative or the 65th Civil Engineer Squadron Emergency Management Flight at DSN 535-3150.

LAJES ON THE WEB



Lajes Field

6-5...
in the FIGHT!

"Lajes Link" - www.lajes.af.mil

The 65th ABW Events Calendar is online!
For a complete list of events, visit Lajes Link!

- Final Crossroads newsletter edition, September 27 (all news, info on Lajes Link)
- Monthly Promotion Ceremony, Sept. 30, 3pm in the CAC Ballroom
- Pink 5K Run (Cancer Awareness), Oct. 4. Showtime is 7:30am at the Fitness Center. POC: TSgt Carrie Holton, 535-4244.
- Pink Tie Gala, Nov. 2 at the TORC. Social hour begins at 6pm. Dinner begins at 7pm.
- MyPay ePledge allows military and civilian personnel to establish a Combined Federal Campaign allotment electronically within the CFC season (Sept. 1 through Dec. 15, 2013). POC: SSgt Cassandra Nutter, Financial Services, 535-2274.



Lajes Field, Azores

www.facebook.com/65abw.lajes

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



Lajes Field Photos

<http://www.flickr.com/photos/lajesfield/collections>

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

We post these photos on Flickr so Airmen, civilians and family can access them anywhere.

BULLFIGHT SCHEDULE



Remember: Airmen and families assigned to Lajes Field are not allowed to participate in bullfights. If you are viewing a bullfight, you must maintain a safe distance, be behind adequate barricades or located on/in a building. Contact Wing Safety at 535-6137 for more info.

- Friday, September 27: 5:30 p.m. Feteira
- Saturday, September 28: 5:30 p.m. Porto Judeu
- Monday, September 30: 5:30 p.m. São Carlos
- Wednesday, October 2: 5:30 p.m. Figueiras do Paim, Praia da Vitória
- Thursday, October 3: 5:30 p.m. Figueiras do Paim, Praia da Vitória
- Monday, October 7: 5:30 p.m. Vila das Lajes
- Tuesday, October 8: 5:30 p.m. Vila das Lajes

ASK ED

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

By Eduardo Lima, Community Relations Advisor



Flores and Corvo, Islands of Charm

The Island of Flores, located in the Western group of the Azores' islands along with the Island of Corvo, is the westernmost point of the Azores and Europe.

Its discovery date is not certain, although it's known it was after the seven other islands had been found. Initially named São Tomas or Santa Iria, the name was soon changed to Flores (flowers) due to the abundance of wild flowers that cover the island.

Located far from the other islands and with few export products, Flores was almost isolated for centuries, however, the isolation didn't prevent the island from being sacked by an English fleet in 1587, or by pirates from time to time.

Flores is undoubtedly the prettiest of the Azorean islands, featuring many natural wonders. In fact, Flores is the epitome of nature in all its exuberance, with deep valleys cut by streams, peaks and hills marking the horizon, hydrangea flowers winding across the hills and water cascading from the hilltops to journey toward the ocean.

Flores has seven small lagoons situated in volcanic basins, surrounded by flowers, contributing to a tranquil beauty. A curious geological wonder is the "Rocha dos Bordões," a majestic cliff formed by the solidification of basaltic rocks which resembles a pile of sticks together. Near the base and at sea level are sulfur pits filled with boiling sulfurous water.

The island's main town is Santa Cruz. Other attractive towns

are Lajes, Ponta Delgada, Fajãzinha, Fajã Grande, Lajedo and Cedros.

Like the other islands, Flores has an airfield and a seaport. These two infrastructures helped to bring much-desired development to the island and helped reduce the isolation.

The island is served by the regional airline SATA-Air Azores year-round. A ferryboat also goes to Flores during the summer months with irregular intervals.

From the island of Flores one can take a boat to visit the neighboring island of Corvo, the smallest Azorean island with a population of slightly more than 400 inhabitants.

Corvo was discovered at the same time as Flores, but settled at a later date. Today, as they have always done, the islanders live by farming and fishing in a self-reliant community. The island's only village, Vila Nova do Corvo, is the smallest Portuguese village featuring characteristic narrow streets and white stone houses.

Besides Vila Nova do Corvo, visitors can also enjoy the view of Caldeirão, the crater of an extinct volcano and the island's highest point. At the bottom of this 984-foot deep crater there are two small lakes with small islets that resemble a miniature of the Azorean archipelago.

Today, the island is served by a small port and airport, which can only accommodate small boats and small aircraft.

