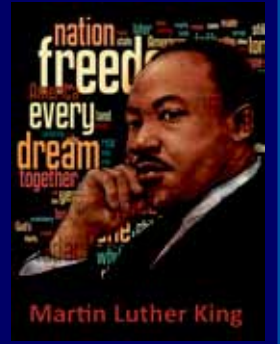


CROSSROADS

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Vol. 18, No. 2 January 18, 2012

Lajes Field, Azores, Portugal



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

FY 2013

 **376 SORTIES**

3,559 LODGED 

2,28 M gallons FUEL ISSUED 



Professional Airmen
Promoting a culture of mutual respect, trust & confidence

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
Wind NW 23 - 40 mph
SW 14 - 23 mph
HIGH 19C / 66F
LOW 14C / 57F

Sunday (a.m. / p.m.)
Mostly Cloudy
Wind WNW 17 - 29 mph
NW 14 - 23 mph
HIGH 16C / 61F
LOW 14C / 57F

Film screening helps Lajes recognize issues

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

The Invisible War, a compelling documentary in which women and men recount their past struggles of rape and sexual assaults within the military, is both disturbing and heartbreaking.

Although some argue the 90-minute film is quite one-sided, it brings to light a very serious problem not to be ignored.

"It's highly controversial due to the fact that it strongly criticizes the Department of Defense, commanders, the (Sexual Assault Prevention and Response) program, investigators and the criminal justice system," said 1st Lt. Erica Peat, 65th Air Base Wing Sexual Assault Response Coordinator. However, "this movie does a really great job of highlighting a very specific and serious problem we have not only in the military but within our society."



Lajes purchased The Invisible War with copyright benefits specifically for training purposes.

From Jan. 8 through 11, Peat hosted six sessions for all of Team Lajes to watch and discuss a series of screenings from the documentary.

"I want you to focus on the survivors and their stories," Peat said. "I want to challenge you to think about how you as first-line supervisors, leaders, Airmen... what we can do better to promote a culture that fosters mutual respect, mutual trust and confidence."

Changing attitudes and behaviors in the area of sexual assault prevention requires an open dialogue. Therefore, participants were highly encouraged to have an open mind and actively participate within their discussion groups.

"I think the biggest thing that's going to help our culture and environment is us – that's everyone from the airman basic to

To read more on "Airmen" see page 3

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



Setting a financial 'tone from the top'

By Maj. Frank T. Skrypak
65th Comptroller Flight commander

Setting a financial 'tone from the top' It has been said that no one can accurately predict where the U.S. military will need to respond next: the workload and requirements are uncertain. Nearly as unpredictable is the future of the nation's finances. With much talk of the fiscal cliff in the news recently, how quickly can the U.S. economy recover, and what will happen to the global economy?

After Social Security, Defense is the largest component of the nation's 2013 \$3.8 trillion budget, so Defense will always be influenced by the overall financial situation. The Secretary of Defense notes, "The most immediate threat to our ability to achieve our mission is fiscal uncertainty, not knowing what our budget will be, not knowing if our budget will be drastically cut, and not knowing whether the strategy that we've put in place can survive."

Even at base level, our ability to continue to execute our mission with excellence is directly related to how we manage our precious resources. While it is clear we will have fewer resources available in the future, it becomes absolutely paramount that we use those resources wisely without a penny to waste. We must develop warriors who help change our organization from a culture that values spending every dollar to one that values cost awareness and best value.

In other words, an overemphasis currently exists on securing funding versus managing funding. Moving forward, we're challenged by our government and our nation to better manage funding. Meeting that challenge starts with a mindset that the financial community calls a "Tone at the Top," characterized by a commitment towards openness, honesty, integrity and ethical behavior. Setting that tone is the catalyst of fiscal responsibility required at all levels of Air Force leadership, and is enforceable by every Airman.

When implemented successfully, we begin to ask how much we need rather than how much funding we can get. A culture of savings and restraint is built on the idea that reducing costs is a permanent, unwavering commitment, not a reaction to the latest financial crisis.

So, it might seem like hard work to implement and maintain a focused program on fiscal responsibility because many of us in the Air Force have never had to operate in an environment of real budget reductions. Those who have been through the experience must teach the future warriors how to navigate through this new set of challenges.

Additionally, each of us already has the tools required to make a difference. Those tools are our powers of observation and a willingness to question

the costs of the things we observe.

For example, needlessly duplicating what another unit, program or department buys doesn't have to be the default answer. Consider it your duty to question why things are needed, know your programs to understand the context of its cost, and entertain the notion that there might be a cost effective alternative. The goal is to maximize return on investment. Examples of fiscal responsibility are out there, from challenging AFIs to gain efficiencies in services to developing unit-level travel policies, we have the opportunity to step up and help ourselves.

As leaders at all levels move into the future with an increased national and Air Force-level focus on fiscal responsibility, know that professionals from the 65th Comptroller Flight are at your service. Our budget and financial management office is fully equipped and trained to help units manage and execute well-planned, effective and responsible budgets.

So, set the "tone at the top" of your organization and embrace the fiscal challenges and opportunities ahead of us as an Air Force. With the right mindset and plan in place, fiscal responsibility and flexibility can truly go hand-in-hand.



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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All photographs are Air Force photographs unless otherwise indicated.

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Pregnancy and your oral health

By Capt Dannon Sutherland
65th Medical Operations Squadron

The mouth is the gateway to the body, so it makes sense that a healthy oral environment can have a positive effect on overall health. It has long been known that poor oral health can increase someone's risk of developing heart disease, rheumatoid arthritis, and diabetes; but recent studies have shown that the expecting mother's oral health can have a serious impact on her pregnancy and the unborn child's oral health.

According to some studies, maternal gum disease can increase the risk of having a premature birth, pregnancy high blood pressure, and a low-birth weight of the child. Periodontitis is a chronic bacterial infection of the gum tissue and supporting bone that causes inflammation and can eventually lead to tooth loss.

The authors of one study speculate that this increase in adverse birth outcomes is due to the plaque bacteria originating from the mother's mouth which then is released into the bloodstream affecting the overall health of both mother and child. But on a positive note, similar studies have shown that expecting mothers who received treatment for their gum disease had a lower prevalence of these conditions than mothers who forego treatment.

Also, the mother's oral health can highly influence the chance of

their child developing cavities. Dental cavities happen due to the breakdown of the enamel from the acid-producing bacteria found in plaque. Cavity-causing bacteria are usually transferred to infants directly or indirectly by saliva. Women that have had multiple or existing cavities usually have more cavity-causing bacteria present in their mouths and can transfer those bacteria to their children.

While 28% of U.S. children suffer one or more cavities between the ages of 2-5, the chance of developing cavities is very preventable by good oral hygiene, regular dental visits, fluoride use/consumption, xylitol gum chewing, and a healthy sugar-reduced diet. Your dentist is able to advise on what course of action is best for you and your child.

Fortunately, most dental problems are preventable. It is important for women who are trying to become pregnant or are expecting to have regular dental check-ups to ensure there are no serious dental issues or concerns.

If you have any concerns regarding your oral health while you are pregnant, contact the dental clinic (535-3261/Option #2 or 295-57-3261/Option #2) to request an examination.

References:

Bogges, Kim A., Edelstein, Burton L. Oral health in Women During Preconception and Pregnancy: Implications for Birth Outcomes and Infant Oral Health. *Matern Child Health J* (2006) 10: S169-S174

"Airmen" from page 1

that seasoned chief," said Tech. Sgt. Edward Dieterle, 65th Force Support Squadron Manpower and Organization NCOIC. "It's not about relying on leadership to always be the bad guy and then make sure they're hammering people. It starts with us."

The Air Force has always had a zero tolerance policy for sexual assault.

In December 2012 the Chief of Staff of the Air Force summoned all wing commanders to Andrews AFB, Md., to discuss the issues and carry out a Health and Wellness Inspection at each base. Lajes participated in the inspection Dec. 5 and 6, 2012.

"We were glad to have someone come take a look at our wing," said Lt. Col. Zoya Lee-Zerkel, 65th Medical Support Squadron commander, who led the inspection effort along with Col. John Oliver, 65th Mission Support Group commander. "We know we're a healthy wing; there are very positive, good things here at Lajes, and we wanted that validated."

Dieterle served as part of the inspection team and visited several office spaces with a counterpart. One item they found was a joke that made them both laugh but still had to be documented as inappropriate for the workplace.

"It's nice to know my humor wasn't completely crude, but it was also a

location-based thing," he said. "It's nice to have that sanctity at work knowing that you're not going to be sexually harassed or assaulted, and there is nothing around to make you feel uncomfortable."

During the inspection, confiscated items included anything members deemed inappropriate, such as unprofessional magazines, music with explicit language, inappropriate words, pictures, cartoons, offensive jokes, and some older memorabilia and heritage items that may have had some off-color jokes or sexism.

"As human beings we need to take care of each other and treat everyone with dignity and respect," said Tech. Sgt. Maria Hudgeons, 65th Comptroller Flight Financial Services section chief. "We must continue to educate our Airmen on the Sexual Assault Prevention and Response program, and we need to reinforce having a professional work environment. We should be able to work in a place where we are all equally respected; there is no place for racism, sexism, etc. That is the reason the Health and Welfare inspection was performed – to reinforce those values."

The SAPR office will be showing a full screening of *The Invisible War* at the base theater Jan. 18 from 2 to 3:30 p.m. This event is open to everyone.

For more information or to contact the SARC, call the 24/7 Hotline: 535-7272 (SARC) or 966-677-266 or send an e-mail to SARC@lajes.af.mil.

LAJES WARRIORS OF THE WEEK

Name: Maria Hudgeons
Rank: Tech Sergeant
Unit: 65th Comptroller Flight
Hometown: Moscow, Russia
Duty Title: Chief, Financial Services
Accomplishments: TSgt Hudgeons is responsible for a myriad of programs and processes that affect every Airman at Lajes. She supervises the Customer Service counter as well as the processing of all documents relating to military, civilian and travel pay. She serves as the lead administrator for the Defense Travel System and the Government Travel Card. In addition to her primary duties, TSgt Hudgeons is the Unit Training Manager for all Wing Staff Agencies. She was recently recognized by the USAFE Comptroller as a "Top Performer". In her spare time she enjoys spending time with her family.



Name: Jose Pereira
Rank: LGS-07
Unit: 65th Comptroller Flight
Hometown: Porto Judeu, Terceira
Duty Title: Cashier
Accomplishments: Sr Pereira has dedicated almost 39 year to civil service and exemplifies funds management. As the only cashier for CPTF he disburses civilian payroll for 615 Portuguese employees twice a month. He also collects and exchanges funds for PenFed, AAFES, DECA and NAF agencies. During the recent quarterly cash count he was recognized for 100% accountability of all monetary instruments and was lauded by the auditor as "extremely knowledgeable and a true team player". When Jose isn't working he likes to exercise and watch futbol.



Behind the scenes: Radiology

Feature



The Diagnostic Imaging Department provides the highest quality of care and professionalism to Lajes Airmen for the continued success of the Air Force mission.

Before he begins the process, Senior Airman Nicholas Russ, 65th Medical Support Squadron X-ray technician, informs his patient, Staff Sgt. Giovanni Fiorito, 65th Medical Support Squadron Pharmacy Supply NCOIC, of the X-ray procedures Jan. 9.

He then positions the X-ray tube and adjusts the radiology equipment to produce a high quality image.

Finally, Russ reviews the X-ray images then digitally transmits them to the 31st Medical Group at Aviano AB, Italy, for diagnosis.

(Photos by Lucas Silva)



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

Feature



Tech. Sgt. Dominique Bonapart is joined by his wife, Lanetria, as wing leadership presents him with a STEP promotion to technical sergeant Jan. 11. Bonapart is pictured with Lt. Col. Shawn Cotton, 65th Operations Support Squadron commander, Senior Master Sgt. James Mull, 65th OSS superintendent, and Master Sgt. Christopher Riffle, 65th OSS first sergeant. (U.S. Air Force photo by Tech. Sgt. Chenzira Mallory)



Above: Sr. Marco Melo and Sr. Berto Lima, 65th Civil Engineer Squadron painters, blackout a line on the flight line. Proper airfield lining ensures Lajes' airfield remains viable for aircraft landings. Right: Sr. Marco Melo, 65th Civil Engineer Squadron painter, carefully aligns the painter's tape to ensure accuracy when painting a door frame at the Pentagon Federal Credit Union. This is part of an enhancement effort to improve the interior of the facility. (Photo by Guido Melo)



Sr. Jose Fernando, 65th Civil Engineer Squadron painter, paints at the Pentagon Federal Credit Union. This is part of an enhancement effort to improve the interior of the facility. (Photo by Guido Melo)



LAJES ON THE WEB



Lajes Field

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

Here are some of the latest web highlights from the 65th Air Base Wing on 'Lajes Link'

"AF officials reschedule MilPDS Upgrade"

"4th Quarter Award Winners for 2012"

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!



Lajes Field Photos

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.



AFN LAJES Radio 96.1FM

- The Morning Wake Up Call: 0600-1000
- The Double D MidDay Show: 1200-1300
- The Afternoon Drive: 1400-1800

Request Line: 535-3121 or 295-57-3121

ASK ED

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

By Eduardo Lima, Community Relations Advisor



The meaning behind "Friends Day"

There are two days of the year here when that may actually happen. They are called "Dia de Amigos" (day of male friends) and "Dia das Amigas" (day of female friends) and are celebrated on the fourth and third Thursday before Mardi Gras respectively on all Azorean islands.

On those two Thursdays, either at lunch or dinner time, thousands of male and female friends reserve a table at a restaurant and get together for a fun time and a good meal. In the most recent years, it has become a custom for the party-goers to end a night of fun in the local night clubs or bars where the management puts on special shows with female or male dancers.

This genuinely Azorean tradition is an occasion to start celebrating the Mardi Gras season and at the same time foster the friendship with old friends or even make new friends.

This fairly recent celebration every year has gained more and more followers and enthusiasm, but an interesting and curious fact prevails, which is the separation of genres, that is to say, the males celebrate on one week while the females celebrate on the

following week. Perhaps this is due to the fact that each genre will feel more relaxed and comfortable to converse without restrictions.

This year's "Day of Amigos" took place yesterday, while the "Day of Amigas" will happen Thursday, Jan. 24. So, if you are planning to go out to a local restaurant on those two days, your best bet is to make reservations in advance.

As mentioned before, this Azorean tradition takes place before Carnival or Mardi Gras, as it is known in the United States. This year's Carnival events will be celebrated on Terceira Island Feb. 8-12 and will include performances by dancing groups called "danças de Carnaval" in all the towns' community centers and theaters, masquerade balls in bars and night clubs, and a comic bullfight organized by the Angra High School students which will take place in the Angra bullring.

This very Azorean celebration will be addressed again in the Crossroads newspaper in a more detailed article the week before Carnival takes place.