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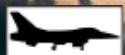


Vol. 18, No. 6 February 15, 2013

Lajes Field, Azores, Portugal

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

FY 2013



510
SORTIES

5,326
LODGED



2,9 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
Wind SW 14 - 23 mph
NNE 17 - 29 mph
HIGH 18C / 64F
LOW 15C / 59F

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

Partly Cloudy
Wind NE 14 - 23 mph
E 12 mph
HIGH 16C / 61F
LOW 11C / 52F

Lajes refuels Swedish aircraft



The 65th Operations Support Squadron transient alert performs "Follow Me" service to taxi a Swedish Air Force JAS-39 Gripen to a parking spot during their refueling mission at Lajes Field Feb 5. The aircraft were returning to home station in Ronneby, Sweden. (Photo by Lucas Silva)

Lajes ensures beautiful smiles with preventative dentistry

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

The 65th Medical Operations Squadron Dental Clinic works diligently to establish and maintain healthy teeth and gums for its patients by providing education and preventative dental services.

In honor of National Children's Dental Health Month in February, Dental Clinic professionals will visit off-base Portuguese schools as well as the Department of Defense Dependents School to teach students how to properly care for their teeth, brush and floss.

"We give out toothbrushes, toothpaste and floss to all the children," said Dr. (Capt.) Dannon Sutherland, 65th Medical Operations Squadron dentist. "We go to both the younger and older children, and we usually perform a little skit for them. Sometimes we think that because children are in their teens they know how to brush and floss, but not all of them do, so their oral hygiene suffers. We remind them that it's important because you don't get another set of teeth. Once they're gone, they're gone."

Children and adults are reminded to brush twice a day and floss at least once a day.

"You have to think of the area where your teeth touch," said Sutherland. "Your bristles can't get in there, so if you're not flossing, that area's never being cleaned. Adult cavities can eventually form if you're not flossing, so floss as much as you can."

Along with education, the Dental Clinic also provides preventative services.

Sports guards designed to prevent trauma to teeth and soft tissue of the oral cavity are offered. This is especially important for those who play contact sports and are required to wear mouth guards.

"In sports such as basketball and football, there is the potential for trauma to occur to the jaw and face," said Sutherland.

Mouth guards are important because trauma to a child's primary teeth can affect or cause issues to their permanent adult teeth as well.

"We make a ton of sports guards for children and active

To see more on "Dental" see page 3



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



Opening combat positions for women essential to diversity, future Air Force

By Don Branum

U.S. Air Force Academy Public Affairs

Defense Secretary Leon Panetta's Jan. 24 announcement he would lift restrictions on women in combat positions has stirred up quite a bit of discussion.

Anyone who wants a stronger U.S. military should welcome the lifting of combat restrictions and what that change means for readiness and diversity within the armed forces.

It's important to note a couple of key facts: First, women have been involved in combat since well before the Sept. 11, 2001, al-Qaida attacks. Second, Panetta has made clear he does not expect the services to change the physical requirements for demanding jobs such as Air Force pararescue, Navy SEALs, Army Green Berets or other special operations programs.

One name comes immediately to my mind when I think of women who have seen combat: 1st Lt. Roslyn Schulte, a 2006 Air Force Academy graduate who was killed in action while deployed to Afghanistan in May 2009.

Less recent names of note take a bit more digging, but they're not hard to find:

-- Retired Col. Martha McSally, a 1988 Academy graduate who flew in support of Operations Southern Watch and Enduring Freedom;

-- Lt. Col. Nicole Malachowski, a 1996 graduate who flew in support of Operations Iraqi Freedom and Enduring Freedom;

-- Lt. Col. Kim Campbell, a 1997 graduate who took part in air operations over Baghdad, Iraq, in April 2003.

While the physical requirements for pilots differ from those for many special operations career fields, flying in combat carries the significant risk of being shot down and either killed or captured.

More importantly, the strategy of asymmetrical warfare popular with the Taliban and al-Qaida doesn't recognize "combat roles" or front lines. Army Spc. Lori Piestewa, Army Spc. Shoshana Johnson and Army Pfc. Jessica Lynch were assigned to the Army Quartermaster Corps,

but that didn't stop Iraqi army forces from ambushing their convoy in March 2003. Johnson and Lynch were taken prisoner and later rescued, while Piestewa was killed.

Still, Panetta's decision isn't without controversy. On the Air Force's official website, "Brandon" from Miami writes, in part, "Men are naturally hardwired to protect women even if it is with our lives." Notwithstanding the fact that service members are trained to protect any of their fellow brothers or sisters in uniform, I've yet to see any scientific evidence to corroborate Brandon's assumption.

The decision could also help solve a long-term problem: the lack of diversity within the Pentagon's top ranks. According to a 2009 Defense Manpower Data Center statistics, fewer than 10 percent of general officers across the services are women, even though women made up 16 percent of the active-duty officer corps.

It took nearly 65 years from the day Esther Blake joined the Air Force until Gen. Janet Wolfenbarger (a 1980 Academy graduate) became the Air Force's first four-star general. A big stumbling block has traditionally been a lack of combat experience, but you can't get combat experience if you're not allowed to serve -- and lead -- in combat roles.

That wasn't fair to women, so Panetta fixed it.

As James Hill of Columbia, Tenn., wrote on the Air Force website, "As a 32-year veteran, all I have to say is, go for it. In my 79 years of life, I have learned that women can be tough as nails. I saw my son ... become a pararescueman, and I know his daughter is as tough as he is."

People are going to worry about unit cohesion anytime something happens to change a unit's composition. It was true for racial desegregation in 1948; it was true when Don't Ask, Don't Tell was repealed in 2011, and it's true now. People even get nervous about new unit commanders or permanent changes of station. It's easier to make up reasons for change-related anxiety than it is to admit you don't know what might happen. But if past experience is any indication, the armed forces will be just fine.

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.

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Lajes celebrates unity during African American Heritage Month

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

Team Lajes joined together for the 2013 African American History Month Luncheon Feb. 7 at the Top of the Rock Club.

The month's overall theme in celebration of African American history is "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington."

The March on Washington in 1963 was an important event in the history of civil rights movement. Of the 10 people who spoke during the march, Congressman John Lewis is the only one still alive.

"We asked Congressman Lewis to share some words with us about the march; he was more than happy to do so," said Senior Airman Jason Holmes, narrator of the event from the 65th Civil Engineer Squadron.

In a recorded video, Lewis began by extending his appreciation to all service members for everything they do in protecting and defending the United States of America.

"In 1963 - 50 years ago - I was one of the leaders of the March on Washington - one of the leaders standing up for racial equality," he said. "Many years earlier, I'd been involved in the sit-ins to end segregation and racial discrimination in places of public accommodation. We came to Washington to petition the government - to petition not just the President, but also the Congress, in support of a strong civil rights bill."

Lewis was the sixth individual to speak at the March on Washington. Dr. Martin Luther King, Jr., was the tenth.

"Out of the 10 people who spoke that day, I'm the only one still around - standing on the steps of the Lincoln Memorial where Dr. King said, 'I have a dream today,'" Lewis said. "Almost 50 years later, we have witnessed the election of an African American president, not just one time, but twice. The March on Washington changed America forever. We still have work to do... but we must never ever give up or give in, but keep the faith, and keep our eyes on the prize."

After Lewis' message to the audience, four Airmen performed a skit called "The Waiting Room," showing examples of different emotions or attitudes men had toward participating in the 1963 March on Washington, including fear and excitement.

Nate Morrison, 65th Force Support Squadron, then took to the stage singing "Lean on Me" by Bill Withers and entered into a poem he authored of the same title, "Lean on Me."

"In today's world we have created an independent environment to the point where people no longer rely upon each other," he explained. "Sometimes when life throws a curve ball, it can be devastating to be independent with a feeling of having no one to turn to. We can't lose sight of the 'village people' mentality we used to have. It still takes a village to raise our kids, which encourages us all to lean on each other."

Guest speaker, Col. John Oliver, 65th Mission Support Group commander, delivered a message based on the theme "Community: Coming together on one accord."

He painted several pictures for the audience of a married couple, a professional sports team, and a nation which had all been through struggles but their successes or unsuccessfulness depended upon their level of unity.

"There are some pretty big and pretty complicated pictures of marriages, great nations and social causes," he said. "Throughout all of those pictures, I'll tell you that they are lined with some blood, some suffering and some tombstones along the way. But they're also lined with some resiliency, some hope and a remnant. That remnant happens to be those folks who were able to get up and press on past that suffering. Folks were beaten and injured just for marching peacefully. I'd say if you asked those people if the unity or the struggle that they went through was worth it, in every case you'd get a resounding yes."

In closing, Oliver quoted the book of Ecclesiastics 4:9-12, which begins with "Two are better than one because they have a good reward for their labor," and ends with "A threefold cord is not easily broken."

As an example, he brought everyone's attention to the strength of the pieces of rope which bound the event programs on their tables.

"Unity is best because in unity there are results," he said. "There is rescue; there is comfort in companionship; there's safety; and there's strength."

The event ended with Neisha Rogers, president of the African American Heritage Committee, presenting a token of appreciation to Oliver for his words of inspiration.

To see more on "Luncheon" see page 5

"Dental" from page 1

duty personnel," said Sutherland. "Boil and bite sports guards can be picked up at the desk. We give those to a lot of children. These can be taken home and the instructions are easy to follow."

However, boil and bite sports guards may not cover all the individual's teeth.

To cover all the teeth uniformly, a custom sports guard is recommended. Active duty servicemembers usually get custom sports guards by visiting the Dental Clinic to get an impression of their mouth, then returning in a few days for a sports guard made specifically for their own teeth.

Another way individuals can protect their teeth is by being aware of the things they eat or drink. Oral cavities are increased by high sugar intake.

"Drink water or switch to diet beverages instead of drinking a lot of energy drinks or soda," said Sutherland. "Also, if you're going to drink it, don't sip drink it in one sitting. If you sip a lot of high sugary drinks, that's coating your teeth with sugar every time you sip. Eat a lot of low sugar products, such as vegetables and fruits which have natural sugar."

Sugar-free gum is also an option; the mechanical effects of chewing gum help rid the teeth of plaque. The Dental Clinic offers Xylitol sugar-free gum. Xylitol helps curb the amount of bacteria that causes cavities.

"We'll always have bacteria in our mouths; we can't get rid of that," said Sutherland.

However, one can decrease their chances of an oral infection by refraining from activities, such as smoking.

In regards to dentistry and smoking, nicotine is bad for the oral cavity as it constricts the blood vessels needed to fight off infection. People who smoke everyday increase their chances of having gingivitis and periodontal disease, which is an infection of the oral cavity that can cause bad breath, abscesses in gum tissue, bone loss and oral cancer.



Dr. (Capt.) Dannon Sutherland, 65th Medical Operations Squadron dentist, performs a routine checkup on a patient. The 65th MDOS Dental Clinic works diligently to establish and maintain healthy teeth and gums for its patients by providing education and preventative dental services. (U.S. Air Force photo by Staff Sgt. Erica Horner)

"Good oral health is essential to maintaining a beautiful smile and pain-free teeth and gums," said Sutherland. "Good oral health is also part of being mission-ready."

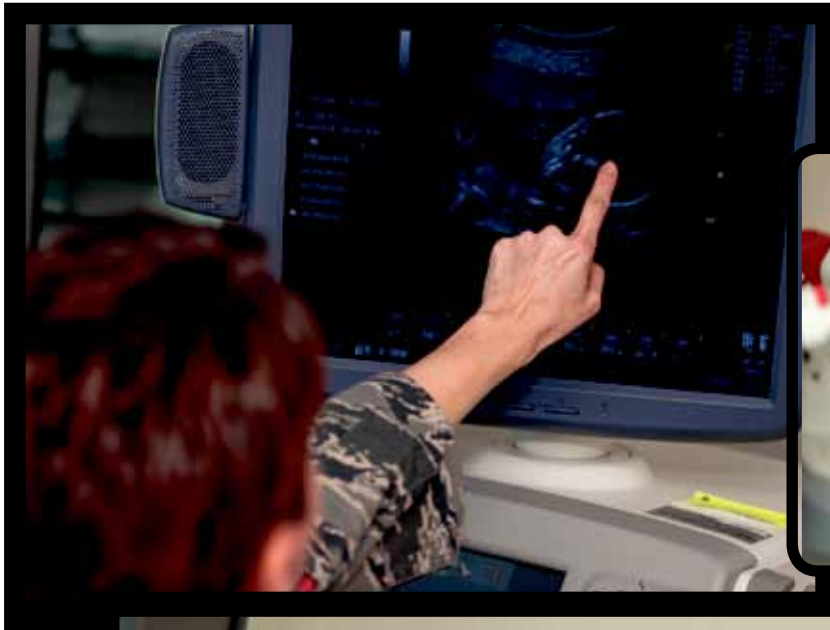
The 65th MDOS Dental Clinic is committed to providing quality treatment to its patients, resulting in beautiful, healthy smiles for Team Lajes.

For more information or to make an appointment, call 535-3261.



On the job: 65 MDOS Obstetrician

Feature



Tech. Sgt. Carrie Holton, 65th Medical Support Squadron ultrasound technician, points out the anatomy of the baby of Janet Miller and Tech. Sgt. Terrance Miller, 65th Operations Support Squadron, during an ultrasound Jan. 9.

An anomaly scan checks for structural abnormalities in the baby.

Holton uses a GE console to adjust, label and store images from the ultrasound scan.

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

(Photos by Lucas Silva)





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

Feature

African American Heritage Month: Coming together on one accord



Above: Congressman John Lewis speaks to Lajes Airmen in a recorded video to thank them for their service as well as provide words of encouragement during the African American Heritage Month Luncheon Feb. 7. Lewis is the only one of 10 leaders of the March on Washington in 1963 who is still alive today. (Photo by Lucas Silva)



Left: Nate Morrison, 65th Force Support Squadron, sings "Lean on Me" by Bill Withers then enters into a poem he authored of the same title, describing the importance of interdependence within a community during the African American Heritage Month Luncheon Feb. 7. (Photo by Lucas Silva)

Bottom left: (From left to right) Tech. Sgt. Dominique Bonapart, 65th Operations Support Squadron, Staff Sgt. John Rogers, 65th OSS, Staff Sgt. Khadir Truth, 65th Security Forces Squadron, and Staff Sgt. William Smith (not shown), 65th Communications Squadron, perform a skit called "The Waiting Room," showing examples of different emotions or attitudes men had toward participating in the 1963 March on Washington, including fear and excitement. (Photo by Lucas Silva)



Below: Neisha Rogers, president of the African American Heritage Committee, presents a token of appreciation to Col. John Oliver, 65th Mission Support Group commander, for his words of inspiration during the African American Heritage Month Luncheon Feb. 7. (Photo by Lucas Silva)



LAJES ON THE WEB



Lajes Field

6-5...
in the FIGHT!

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

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

**Annual Awards Banquet Feb. 22
"Spotlighting Excellence... Saluting Our Stars"**

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.



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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



Who discovered the Azores and how long has the archipelago been inhabited by the Portuguese?

The discovery of the Azores, according to Genoese maps of the 14th century, seems to have taken place between 1317 and 1339 by Portuguese and Genoese navigators in the service of the Portuguese kingdom.

This discovery seems, however, to have remained overlooked up to almost a century when the Portuguese navigator Diogo de Silves later claimed the discovery of the islands around 1427. The name Azores (Açores in Portuguese) probably comes from the Portuguese word "Açor" (goshawk), a big and powerful hawk that was sighted in great numbers by the navigators who first sighted the islands. Colonization of the island of Santa Maria began in 1439 and was followed by the colonization of the other islands.

The background of the first inhabitants is varied. While most came from the Portuguese mainland, others are descendants of the Flemish from Flanders who settled mainly on Terceira, Faial and Pico and from Brittany or Bretagne, a former province of northwest France, who came to the island of São Miguel.

Because of their important strategic location, the Azorean islands quickly became a port of call for ships sailing the Atlantic Ocean between Europe, Africa, India and the Americas. Christopher

Columbus stopped at the Island of Santa Maria in 1493 when returning from his maiden voyage to America.

How did Terceira Island get its name? This island was named Terceira, which means third, because supposedly it was the third island to be discovered by the Portuguese navigators.

Other historians, however, contend this assertion saying that Terceira received its name because it's the third island in terms of distance from mainland, Portugal, and not necessarily the third island to be sighted by the Portuguese.

Terceira Island was probably discovered between 1439 and 1450. The island and the city of Angra do Heroísmo in particular played an important role in the 15th and 16th centuries as a port of call for the galleons returning from the Americas, Africa and India loaded with treasures and other goods.

Terceira Island was also the last Portuguese territory to fall to the Spanish occupation of the Portuguese throne between 1580 and 1640, although for a short period of time. It was during the period of the occupation that the Fortress of São João Batista in Angra was built by the Spanish while they were here.