# Roundup

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Serving the Reese Community Since 1948

### Turkey Sh

Air Training Command's Second Annual Operations-Maintenance Warrior exercise "Turkey Shoot" '86 is set for Wednesday through June 8 at Randolph AFB, Texas. Reese's Turkey Shoot project officer, Lt. Col. William M. Drennan, assistant deputy commander for operations said of the teams; "We're excited about going down to Randolph. Of course, we're always looking to win. We train to win. And, we're peaking at the right time, so we're prepared for this competition.'

The maintenance teams will arrive on Wednesday followed by the aircrews and aircraft on Thursday. A full day of competition is set for June 6 while the awards ceremony will be held on June 7. All teams will depart for their home base on June 8.

In all, seven flying training wings including Reese will compete in the exercise. They are 14th FTW, Columbus AFB, Miss., 47th FTW, Laughlin AFB, Texas, 323rd FTW, Mather AFB, Calif., 80th FTW, Sheppard AFB, Texas, 71st FTW, Vance AFB, Okla., 82nd FTW, Williams AFB, Ariz. The host 12th FTW will run the program but will not be a part of the competition.

Making up the aircrews from Reese are T-38 instructor pilots Maj. Randy Nierstheimer, Capts. Dan Potkulski, Aggie Stedman, Jake Jacobson, 54th Flying Training Squadron; 1st Lts. Greg Hurley, Mike Hepler and Greg Dullum also of the 54th.

ing Training Squadron in the T-37 aircraft will be instructor pilots Capts. Brent Yamauchi, Bob Barker and Tom Skillman and 1st Lts. David Solomon and John Briody. Out of the 64th Student Squadron will be T-37 instructor pilots Capts. Ted C. Knowles and Mark Hurley.

Responsible for the maintenance on the T-38 aircraft will be MSgt. Patrick M. Krepps and personnel consisting of dedicated crew chiefs SSgt. John H. Schmitt and Chris-

Representing the 35th Fly-tian W. Pelletier and assistant crew chiefs A1Cs Eric C. Vaughn and Angela M. Schmidt, all assigned to the 64th Organizational Maintenance Squadron.

> Making up the T-37 maintenance team will be 2nd Lt. Michael A. Kaut, maintenance supervisor, SSgts. Michael A. Giles and Glenn S. Alford, dedicated crew chiefs as well as SrA. Kal M. Claver and A1C Samuel D. Hook, assistance crew chiefs, also of 64th

Engine specialist team

members include SSgt. Kirk P. Schneider on the T-37 crew while SSgt. Fred D. Winchester III is responsible for the T-38 aircraft. Both are assigned to the 64th Field Maintenance Squadron.

The aircrews will be judged on arrival, low level and composite flying sorties as well as an aircraft pre-flight evaluation. Professional demeanor will also be scored throughout the competition to include interaction between the instructor pilots and crew chiefs as well as personal appearance and compliance with AFR 35-10 standards.

Maintenance personnel will also test their skills in preflight competition, pre-flight follow-up and aircraft launch procedures, refueling techniques as well as aircraft cleanliness, proper aircraft markings, and effective use of hand signals.

The engine specialists will also be scored on the removal and installation of T-37/T-38 engines and communication and navigational tasks.



(Standing L to R) Col. Chuck Edwards, deputy commander for Operations and Col. Ramon Broerman, deputy commander for Maintenance, poses with T-38 team members (standing L to R) Capt. Jake Jacobson, Capt. Dan Potkulski, 1st Lt. Greg Hurley, 1st Lt. Greg Dullum, Capt. Aggie Stedman, Maj. Randy Nierstheimer. (Kneeling L to R) SSgt. Fred D. Winchester III, SSgt. Christian W. Pelletier, Sgt. John H. Schmitt, A1C Eric C. Vaughn and MSgt. Patrick M. Krepps. (not pictured is 1st Lt. Mike Hepler).



(Standing L to R) Col. Chuck Edwards, deputy commander for Operations and Col. Ramon Broerman, deputy commander for Maintenance, poses with T-37 team members (standing L to R) Capt. Tom Skillman, Capt. Mark Hurley, Capt. Bob Barker, Capt. Ted Knowles, Capt. Brent Yamauchi, 1st Lt. John Briody and 1st Lt. David Solomon. (Kneeling L to R) SSgt. Michael A. Giles, 2nd Lt. Mike Kaut, A1C Samuel D. Hook, SrA. Kal M. Claver, SSgt. Glenn S. Alford and SSgt. Kirk P. Schneider.

### luation Awards

REESE AFB, Texas-Thirty-three students completed a year of pilot training and earned the right to wear the coveted wings of an Air Force pilot. Two of the graduates are members of the Portuguese Air Force, the remainder are U.S. Air Force Officers.

The graduates of class 86-05 received their silver wings and "aeronautical pilot" ratings from the guest speaker, Maj. General Charles R. Hamm, vice commander, Air Training Command, Randolph Air Force Base, Texas.

Seven of the students, Second Lieutenants Stephen F. Amisano, Gary W. Love, Daniel C. Nugteren, Gregory H. Johnson, Jeff D. Junge-

mann, Jean N. Vite and Marc. D. Wagner will remain at Reese as T-38 or T-37 instructor pilots for future classes.

The outstanding graduates of the class were presented awards by Colonel Charles R. Edwards, Deputy Commander for operations, 64th Flying Training Wing.

Captain Lester O. Grady, Jr. was awarded the ATC Commander's Trophy, Flying Training Awards, Academic Training Award, Leadership Award and the Distinguished Graduate award. Capt. Grady is the first to receive all five of the graduation awards in two years and the third person to receive all the awards in five years.

Second Lieutenant Mark E. Brown received a Flying Training Award, Second Lieutenant Evan G. Roelofs received an Academic Training Award as well as the Distinguished Graduate award. First Lieutenant Kevin Stancik received a Leadership award and Second Lieutenant Jon E. Cameron was also awarded a Distinguished Graduate award.

#### Master Sergeant selectees named

Thirty two Reese technical sergeants were notified May 22 of their selection for promotion to master sergeant. The 64th Field Maintenance Squadron heads the list with nine selectees in Robert L. Hempel, Lawrence McDermett, Raymond R. Moore, Ricardo Vasquez, Sammie C. Vickers, Michael J. Blevins, Ivan L. Cole, Kerry G. Shafer and Herman E. Workman.

The 64th Supply Squadron followed with seven selectees. They include Rickie O. Covalt, Garry L. Dixon, Harry E. Love Jr., John F. Mangan, Virginia McDowell, Timm A. Everett and James B. Wil-

Out of the 64th Civil Engineering Squadron were Michael J. Bedell, William J. Demko Jr., Ronnie W. Goodman, Joseph McCallum and Richard Whitehead.

1958th Information System Squadron selectees include Richard L. Byler, Warren L. Finch, Tom S. Jones, and Stephen J. Will.

From USAF Hospital-Reese were Joseph L. Horton and Jerry D. Smith while 64th Organizational Maintenance Squaron also had two selections in James W. Stewart and Albert J. Thomas.

Three other squadrons had one selection each. They were Cliffordean Washington, 3500th Mission Support Squadron, John R. Crawford. 64th Security Police Squadron and Loise C. McClure, 3500th Services Squadron.



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### AsISeeIt

By Col. James McIntyre Wing Commander 64th Flying Training Wing Reese AFB, Texas



USAF Photo

Col. James McIntyre

It's Sunday now, 25 May 86, and before I leave for the week-long MODEL INSTALLATION PRO-GRAM Conference in Atlanta, let me pass on a few brief words. Otherwise, I'll miss Bill Tynan's Roundup

#### Reese Wins Recognition One More Time

Last week we were evaluated again! This time by Hq USAF Civil Engineering and Services Management Evaluation Team (CESMET). The expressed purpose of the 10-man team, headed by Colonel Ben Ginnetti, Hq AF/LEE, was to evaluate the teamwork and interaction between CE and Services and all the supporting functions; e.g., comptroller, contracting, supply, personnel, and transportation.

Reese shined once again! From base appearance and basic services, to vehicle care and maintenance, Reese is leading the way. I hear Col- someone is making sure the onel Griffith was smiling through the entire outbrief-we must have done well. The team called Reese "one of the best looking bases in the Air Force. A real showplace." Everyone of you had something to do with that. The civil engineers can work, Kevin. be especially proud.

Col. Ginnetti told me that the team passes out special AF-level cer- areas which impressed the CESMET tificates of outstanding achievement to about one outfit out of every three bases they visit. Folks, we got inspected - the standards were profour at Reese alone, a first for their team, but no real surprise to our team. I'd like to brag a little about the awards:

\* Capt. Dave Bernacki, SSgt. Marie Jackson and our Reese Honor Guard were recognized for their usual superb performance during a mock funeral ceremony. The inspector said he's only seen one other team that was better-the Air Force Honor Guard at Bolling AFB in Washington, D.C. Can't beat that!

\* MSgt. Mike Custy, SSgt. Roy Hemminger and everyone in the OMS dorm took honors for the outstanding appearance of Dorm 220. Col. Ginnetti said during the outbrief that there is a dorm at Patrick AFB that he always used as a model for the Air Force standard of excellence. He told us that "Reese's OMS dorm is now the Air Force standard."

\* The CESMET team couldn't say enough about Reese's family housing-some of the best looking and best maintained they'd seen to date, especially considering the age of the buildings. I salute all who live in base housing-you obviously take pride in your homes, and it shows. They thought Mr. Ron Crain and his consuming way of accomplishing a Family Housing staff provided 'superior" service to their

customers - no surprise for those of us who live there.

\* When a base looks this good, necessary materials are on hand to do it right. A1C Kevin Renner, a 'real pro" in CE's Material Control Section, received a CESMET certificate for doing just that. He really knows his job. Keep up the good

Regretably, I don't have the space here to list ALL the people and team-there were a bunch. I honestly feel sorry for the next base to be bably just bumped up a couple not-

#### **A Model Installation**

I've been impresed with the ideas some of our folks continue to come up with to improve the efficiency of our operation and reduce red tape. Consider Fire Chief Bob Hitch's point: he noted that ATC fire protection branches are evaluated by separate agencies annualy on the very same Halon firefighting procedures - an expensive redundancy, he feels. Well, if approved by ATC, this MIP will save Reese approximately \$6,000 annually. Another proposal by TSgt. Ron Henyan-and already approved by Hq USAFallows personnel to screen and remove certain documents from the Unit Personnel Records Group when reenlistment and separation actions occur. This eliminates delays in processing separations and reenlistments, and will save Reese more than \$3,400 in the first year alone.

Do you ever find yourself saying, "Wow, why didn't I think of that!"? I'll bet you can recall something you've recently complained about an overly expensive procedure maybe, or a burdensome, timetask. Think back to it, and then MIP IT! You'll help make the Air Force a better place to live and work, and you might even make some money on the side!

We've got new people coming on board every day who bring good ideas and a fresh look with them. I've asked all commanders and supervisors to re-brief what the MIP Program is all about and encourage new ideas.

This past week in Atlanta will undoubtedly provide a lot of news on a MIP "graduate" program, the next logical step being to expand the benefits of the MIP to all bases. To me, it's great to be on the point of the spear, leading the way in this program, as in all others.

#### MCI

Reese is one community that always pulls together to meet all challenges. As world events shift and wane, it has become increasingly clear to all of us that our READINESS posture is more important today than ever, particularly in the areas of MOBILITY, ANTI-TERRORISM, and protecting our own people and resources. It takes hard work and a lot of dedication. I just read Lt. Col. Dane Morvant's BEET report for the practice MCI we conducted from 9 to 14 May, and I continue to be encouraged by the excellent job all you people do. Read my article last week-those top performers I mentioned deserve another round of applause.

#### **Turkey Shoot**

Next week our chosen best enter the operations and maintenance competition at Randolph. I know the whole Reese family wishes the team well. I've been encouraged watching our crew prepare - working together-to represent the 64th. I know they've set the highest goals for themselves - to win! They'll give it their best shot. AS I SEE IT, that's what it's all about.

#### MIP graduate program

Hullender, former Comman- logical extension of the exder of the 64th Flying Train- tremely successful Model Ining Wing, was recently ap- stallation Program. Our partipointed to a panel overseeing the Model Installation Graduate Program by Deputy Secretary of Defense William H. Taft IV. The program builds on the success of the Model Installation Program, of which Reese AFB has been a participant for over two years, according to General Donald J. McCullough, the Reese Model Installation Program Project Officer. "The new graduate program is a concerted, high-level effort to further increase management authority to give commanders more freedom to run their bases, Colonel McCullough said.

The major points of the graduate program are: Increase efforts to push authority and responsibility down to lower organizational levels; allow commanders to buy goods, services, and even buildings, from the least expensive source to encourage more source competition; and provide incentive for commanders to save money.

Colonel McCullough views

Brigadier General John R. the graduate program as "a cipation in the Model Installation Program shows there are many regulations inhibiting the work force from doing the job the smartest way. Under the graduate program, other bases should benefit from innovative thinking that has developed from the current program."

The Deputy Secretary of Defense has also directed that a unified installation budget be tested at one or two bases in each service. This budget would be free from predetermined subdivisions for various purposes such as equipment procurement, building repair and construction. Mr. Taft has indicated that he would like the commanders of these test bases to have the greatest flexibility that can be provided them within the law to use money wisely.

Colonel McCullough indicated that he has high hopes that Reese AFB will be selected as one of the Air Force bases to test this program. This decision should be announced in the near future.

By 2nd Lt. Ronald Taylor 64 Supply Squadron

It has been said that opportunity, like success, comes from people, not places.

How often do we become obsessed with the negative aspects of our environment? We anticipate the next assignment with a rejuvenated spirit; and yet several months, or even weeks, later we begin to sing the praises for our previous home.

It seems, no matter where we find ourselves, we're unhappy. Americans as a whole are restless. That's great when used constructively. We strive for success and achievement, but choose to ignore the requisite toil and patience necessary to attain the loftier goals. We've all grown soft. We expect life's rewards to come easily - without sacrifice. Andrew Carnegie once stated: "Anything in life worth having is worth working for." We should accept the challenge to seek happiness in the proper perspective. Let your joy come from the heart, not the abundance of stimulating entertainment around you. The glitter of man's creations wears thin so quickleaving only a void, lest you hold within the regenerative there, produces its own. Good

powers of a self-actualized mental attitude.

One of the deepest urges in human nature is to feel important. Without dignity our mental anguish quickly engulfs the spirit, and then begins to attack the body. You'll feel weak and disinterested in the people and events around you. Loss of dignity and selfesteem can be a roller coaster ride to doom. Build yourself through small successes, leading to larger ones. Set realistic goals and achieve them. Get off your butt and experience life. Don't wait for the "starting gun," it sounded the day you were born.

I once wrote in this paper that a person should strive to do his job better than anyone else. I still hold to that. The crucial elements of dignity and value in life can be attained through a clear conscious—the intuitive knowledge that you are a vital part of the U.S. Air Force, and to your co-

workers, friends, and family: Much of what I've written entails a proper mental mindset. The significance of right thinking cannot be over emphasized. James Allen said it best: "Every thought seed sown or allowed to fall into the mind, and to take root

thoughts bears good fruit, bad thoughts bad fruit."

You have the choice to create a Heaven or a Hell, but don't whine to me of your dissatisfaction in the status quo-the opportunities for happiness are too abundant.

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.Col. James McIntyre Wing Commander . . Chief of Public Affairs Amn. Greg Spraggins Editor .. A1C Robin Reams Staff Writer NCOIC ...... TSgt. Cliffordean Washington

#### Commander's column

### **The Sound of Freedom**



Col. Charles R. Edwards, USAF **Deputy Commander for Operations** 

On April 14, 1986, 57 Air Force aircraft were involved in an attack on Libyan terrorist targets. The operation was a total success! General Gabriel wrote, "the command and control coordination was the best I've ever seen - our people made the operation a success." This truly was the ultimate "Sound of Freedom"-"Jet Noise!"

On occasion I get complaints about the "jet noise" from Reese personnel wondering why we start flying so early or why we fly into the early morning hours-perhaps an irritant and inconvenience to some but a necessity to the strength and well-being of our national security. Let me try to explain.

We take our proclaimed freedom as a "matter of fact". A very special but sad story concluded this past week as Yelena Bonner returned to her husband Andrei Sakharov and their life in Soviet exile after receiving medical treatment in the United States. She wrote a "letter to America" which was published by the Associated Press-I hope you all saw it. She talked about how hard it was to return to a life without freedom. She further stated, "It will be

myself to a policeman at my door, to being openly followed on the street, to a life in which hidden cameras and microphones are trained on us." Are we taking our freedom too highly - think about it!

My mother immigrated to the United States and as a result I grew up knowing nearly as much about the Scandinavian heritage as my own. We spoke Danish more frequently than English and I grew up with a good appreciation for democracy versus socialism. Often my mother would question the democratic philosophy, particularly her belief in socialized medicine, only to have my father explain very proudly and carefully the benefits of "freedom of choice". My dad was an oldfashioned, very proud American. After I joined the Air Force, my parents would visit us often and sometimes spend entire days just watching the hard once again to accustom Air Force aircraft take-off

and land-never tiring of their love of the "Sound of Freedom". You know-when I stop and think about it I don't see many people just watching aircraft come and go anymore, especially compared to such countries as Japan or England-it seems to be a sport with them. The privilege to agree or disagree with the politics of the free world is yours, but whatever your conviction you cannot deny that "jet noise" is the modern day "Sound of Freedom."

Here at Reese we train pilots 365 days a year, for as many as twenty-four hours a day to ensure this freedom remains intact. The day we graduate one class, another class is on board to take their place-never a break-it is the way of our profession. It is continuous-this "jet noise." We do not apologize for the noise of our jets-just ask that you understand the "Sound of Freedom"!

### Kudos

...Maj. Cliff Hardison, 2nd Lt. Valerie Maleche, SMSgt. Michael Derringer, MSgt. Frank Berg, MSgt. James Montgomery, SSgt. Jim Bourns, SSgt. Mike Boyle, SSgt. Jerry Miracle, TSgt. Michael Burns and Sgt. Jeanne Burns for their involvement with the Special Olympics Athletic Meet held at Estacado High School recently-from Mrs. Annie Margaret Clark, Treasurer, Texas Special Olympics, Area

...2nd Lt. Robert Cooper and 2nd Lt. James Fairchild for a courteous and knowledgable tour given to members of the Amarillo Chapter of the Experimental Aircraft Association-from Mr. Bob Sloger, EAA Chapter 267 member.

...SrA. Stephen Eck and A1C Roy Rivera for their outstanding contribution to the Team Spirit '86 exercises, as part of ATC's Engineering and Services Mobility force, held in the Republic of Korea-from Maj. Gen. Charles R. Hamm, vice commander, Hq ATC.

... Capt. Mike Stansbury and 1st Lt. Todd Harrison for their role as project officers for the recent TAC day held at Reese AFB-from Col. Samuel E. Porter, Director, Social Actions, Deputy Chief of Staff, Personnel, Hq TAC.

...1st Lt. Robert D. McManaway, AFA wing project officer, for helping Reese achieve 192 percent of its goal during the recent Air Force Assistance Fund campaign-from Gen. Andrew P. Iosue, commander, Air Training Com-

...2nd Lt. Mark Bucko for an interesting and informative tour of Reese-from Cynthia A. Villis, Ph.D., Texas Tech University.

...Capt. William Jackson, Capt. Brian Dobbert, and 2nd Lt. "Huey" Harris for their presentation to Reese-bound cadets during UPT day at the USAF Academy-from Brig. Gen. Marcus A. Anderson, Commandant of Cadets,

... Capt. Ted Minkinow, Capt. Dave Plant, and Capt. standing accomplishments in the ACE program at Grand Forks AFB, N.D.-from Col. John T. Jaeckle, commander, 319th Bombardment Wing.

### Have I got a deal for you!

by 2nd Lt. Kenneth Yaphe and 2nd Lt. Bert Coleman Legal Office

There's a knock on your door. You open it to find a smiling gentleman with one hand stuffed with pamphlets and the other outstretched to greet you. He introduces himself as a qualified representative of some group or organization which you have undoubtedly never heard of and rather forcibly makes his way into your home. The next hour is filled with explanations and descriptions of devices and services which are guaranteed to elevate the quality of modern man's life.

You are taken aback and wonder how you have survived this long without this incredible innovation. Then you ask, "How much?" Without hesitation he quotes an unbelievable price and then assures you that since you are

a preferred customer he can offer you a special deal-if you buy today.

Panic-stricken, you sign the contract and your check before the deal is lost forever and the smiling man is sent on his way with his pamphlets, the contract and your money.

If you're one of the lucky few who actually receives what he expected, then happiness is yours and this story has a pleasant ending. However, many individuals have not been so lucky and have found themselves with a service with which they have no use or with a contraption which doesn't seem to work as well as it did when Mr. Smiles made his visit. You take out your contract and a feeling of defeat overwhelms you. What can you do?

There are two types of people in West Texas, those who

ger's office. You follow him on

door salesmen and those who may begin his service (or acwill. From magazine subscriptions to complex computerized buying services, you are bound to be approached by a salesman. A few helpful hints should prevent this meeting from becoming a nightmare.

First, ask yourself if you really need what is being offered. Don't let this stranger convince you that your lifestyle can be improved by his method. If you should be interested in the product, do not rush into any contracts. Any "good deals" available today will probably be available tomorrow. Attain a copy of the contract and review it with your legal assistance officer. Follow up by calling the Better Business Bureau or asking others who might have already dealt with similar of-

However, if you should find days for the seller to cancel. sign anything.

have encountered door-to- In some instances, the seller tual construction on your property) prior to the three days expiring. Does this mean that you are stuck with the contract? No. The rule still applies regardless of what the seller may claim. In addition, the seller is obligated to return you property to the original condition it was in before he started his work. One should note, however, that this applies only to contracts signed in the home. Consumers who sign contracts in the seller's place of business have neither the luxury of cancelling within three days nor the entitlement of a refund under this particular

The most important point to remember is not to rush into any contract that will bind you into paying any unnecessary costs. As Attorney that you have signed a con- General Jim Mattox says, "If Jeff Stevens for their outtract in haste and wish to it sounds too good to be true. withdraw, you may be able to it probably is." So bring the benefit from the Home Solici- contract into your legal tation Act, which allows three assistance officer before you

DALLAS-You enter the store trying to act as nonchalant as possible, your hands are cold and sweaty, your eyes dart from side to side. Finally, you make your way to the aisle, pick up a piece of merchandise, look around and decide the coast is clear. You walk to another aisle looking in every possible direction to see if anyone notices you. Then, you head for the door. No one is behind you as you walk faster. You pass the ID stand and smile at the ID checker. You are now in the mall and almost to the exit. You give a sigh of relief, open the door and step outside looking for your car.

Suddenly, a voice behind you says, "Excuse me." You say, "Who me?" The man asks to see you ID card. Your stomach does flip flops and you find it hard to breathe. He tells you that he believes you have some merchandise you didn't pay for and asks you to accompany him to the mana-

the longest walk of your life, it seems everyone is staring at you. In the manager's office you are seated while the detective calls the Military Police. You bow your head and want to cry. You hope the police will never arrive. Your mind races-"If only I hadn't done it!" as you wait. Finally, the police arrive and question you. You ask, "What is going to happen to me?" They don't answer. You then surrender the merchandise and you are advised of your rights. You leave the store-but you are not alone. You have a Military Police escort. People stop to look at you and you wish you were invisible. You are placed in the back seat of a patrol car. At the Police Headquarters an enormous amount of paperwork is accomplished. It seems like an eternity. Then you are released to later appear in court.

Does shoplifting really pay?

Careline I've lived on base for a year and a half but not once have I seen a Security Policeman using a radar gun to clock speeders. Both my neighbors and I are concerned about the safety of the children in our neighborhood with these speeding cars. We would like to see the SPs write more tickets for this offense. our Security Police Chief.

I've passed your concerns on to Capt. Danny Thomas,

Incidently, the SP's Selective Traffic Enforcement Program targets high risks areas-known speeding areas.

nerd within the regenerative—there, produces its own. Good

SPs should issue more tickets dar on a random basis. It's a matter of using limited resources in the best manner.

Calls like yours help alert the SPs to potential problem areas. The best thing to do if you observe a traffic violation, however, is to call the SP desk sergeant at Ext. 3332. Try to give a license number and description of the car, too.

No reprint in The Roundup

An article in the May 16th issue of The Roundup gave the wrong address for one of the homes of the week. I called The Roundup and asked them to reprint the article toor sast of has have an Shift supervisors also use ra- but they refused. I would like

to get the article reprinted and to know whose fault it was that the address was wrong?

One of the members of The Roundup staff transposed the wrong street name when writing the homes of the week article-our apologies - we continue to fight the "typo war." As a standard journalistic practice, articles with a mistake are not reprinted unless they libel or injure a person's character. In this case, the article correctly gave credit to the people who did the hard work required to get their quarters up to the top notch "Homes of the Week" standards.

### lews briefs

#### Weight loss program set

An eight week weight loss program emphasizing behavior modification, balanced diet. an exercise will star Wednesday, 4:30 p.m., in the Hospital Dining Room. The classes will meet one hour each week for eight weeks. Any active duty member, retiree, or dependent may enroll. Contact 1st Lt. Vicki Stewart, Ext. 3407, or 1st Lt. Janet McPheeters. Ext. 3341 for more informa-

#### Recruiting school training open

NCOs in the grade of SSgt. over four years TAFMS to MSgt. under 16 years TAFMS interested in learning more about Air Force Recruiting School can get details by attending one of the general briefings which will be given Monday in the Base Chapel, Bldg. 900, Rooms 13 and 14. Briefings can be attended at 8:30 a.m. or 1 p.m. Spouses are encouraged to attend in order to fulfill interview requirements for NCOs who decide to apply.

#### Vacation Bible School planned

Registrations for Vacation Bible School-VBS-are now being taken. VBS will be held from June 9-13, 9-11:30 a.m.

#### **Prep Course** graduates

Preparatory Course Class 86-6 holds graduation June 6 during a luncheon ceremony at the Enlisted Open Mess. The serving line opens at 10:45 a.m. followed by the graduation ceremony at 11:30 a.m.

Guest speaker will be SMSgt. James A. Bowen, superintendent, Consolidated Base Personnel Office while TSgt. Diana Brzozowski-Reynoso, NCO Prep Course Manager, serves as mistress of ceremonies. Commanders, first sergeant and supervisors are invited to attend.

#### College summer schedule set

More than 40 courses will be offered this summer with South Plains College, with both 11-week and five-week formats available. Classes begin Monday and schedules are available at the Education Center, Building 920, Room

#### **Aviation Maintenance** Program expands

The Education Center's newest program with Houston Community College will offer at least six courses during the summer term, Monday August 22. The program offers classes in all areas of Aviation Maintenance Technology or Aviation management. Additionally, all classes are fully transferable to South Plains College for elective credit, and to the Community College of the Air Force for those holding avia-Noncommissioned Officers tion-related Air Force Specialty Codes.

Classes in General Aeronautics, Airframe Systems, and Powerplant Theory will begin on June 2.

Registration is now in progress. Further information can be obtained from the Houston Community College representative at Ext. 3087. or from the Education Center, Bldg. 920, CBPO, Room 139, Ext. 3634.

#### Recruiting work is available

RANDOLPH AFB, Texas-Interesting, challenging, and rewarding work as a recruiter is available to Air Force

"There are current and projected vacancies for NCOs as Air Force Recruiters across the nation," according to CMSgt. Donald J. Haygood, Chief of the recruit-the-recruiter team for recruiting service assignments.

Applicants from all Air Force specialities are eligible, even though they may be frozen for an overseas assignment. The freeze status waiver enables career-committed NCOs who have more than four years total active federal military service to apply. They should also be in good health, have outstanding performance reports, and have six months time on station prior to applying for recruiting duty. For more information, contact Base Career Advisor, Ext. 3168.

### Metro Tower

#### JACK C. LOONEY Attorney at Law

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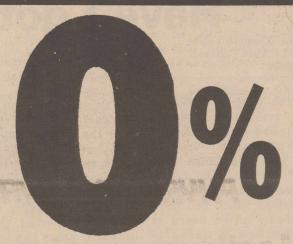
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| 'BAYOU' 4-WHEELER  |         |   |              |     |                |           |          |
| '85 KLT 160<br>3-WHEELER   | \$1,199 | - | \$179        | =   | \$1,020        | 12 mo. @  | \$ 85    |
|  | \$1,799 | - | \$299        | =   | \$1,500        | 15 mo. @  | \$100    |
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| '85 KLR 600<br>ELECTRIC START  | \$2,499 | - | \$339        | =   | \$2,160        | 18. mo. @ | \$120    |
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### **News briefs**

#### Auction, white elephant sale today

The Noncommissioned Officers Academy Graduates Association holds a sealed bid auction/white elephant sale today at the Enlisted Open Mess. Bids for items will be accepted from 10:00 a.m. until 6:00 p.m.

#### Hours given

The Education Center is open daily from 7 a.m. to 4:45 p.m. All administrative and counseling services are available during these times, including the lunch hour. For more information, stop by Bldg. 920, Room 139, or call Ext. 3634.

#### Cars for sale

Personnel wishing to park their cars on base and advertise them for sale will park them on the far west end of the BX parking lot. For more information, contact Ext. 3332.

#### Personnel needed to retrain

The Base Management Engineering Team is seeking qualified Senior Enlisted Personnel to retrain into the manpower management career field.

Personnel in the grade of E-8 or E-8 selectees are prime candidates.

This job is one of the few in the Air Force which gives the enlisted technician the responsibility of making major decisions that impact how Air Force manpower resources will be used. In this environment, the technician's career is limited only by his or her own creativity.

Applicants selected for retraining into this field will attend an eight-week course at Keesler AFB, Miss. Interested persons should contact 1st Lt. Frank Kelly or TSgt. Michael Shafer, Ext. 3713.

#### Enhancement program registration starts

The Logistics Civilian Career Enhancement Program-LCCEP-open season registration starts Sunday through July 31.

All GS-11 through GM-14 civilians in logistics related gram. Additionally, civilians in the GS-7 through GS-10.

Transportation field are eli-The LCCEP program offers ing and training opportunities Larry Kennedy at Ext. 3821.

in addition to having approximately 2,400 positions Air Force wide in the program.

Increased mobility enhances your opportunities, but conversely, be sure to only register in the areas you are willing to move into for the grade level you indicate. Registrants already in the program should take this opportunity to review their career brief and geographic availability status. Contact your local LC-CEP monitor in the Civilian Personnel Office, Ext. 3804, for further information.

#### Special offered

A Poor Boy Special will be held at the Base Picnic Area Saturday 3 p.m. There will be country and western music during the special.

#### Membership drive in process

American Federation of Govenment Employees, Local 1810 is holding a membership drive now through July 10. functions are encouraged to The first 10 members to reregister in the LCCEp pro- cruit five new members-not retirees - each will recive two roundtrip airline tickets to Las Vegas, Nevada absolutely gible to be registrants only. free, plus four nights free lodging while you are there. educational, career broaden- For more information call

#### Summer camp physicals given

Monday through Wednesday, USAF Hospital-Reese offers routine summer camp physicals for military dependents. Appointments are available from 1-4 p.m. each day and can be made by calling 885-3245. Immunization records and any additional forms required by the camp should be brought in at appointment time.

#### Soviet military power publication available

The Public Affairs Office has a limited number of copies of the 1986 edition of the DoD's popular publication Soviet Military Power available for interested readers.

If you would like a copy, please come by the Public Affairs Office in room 307, Bldg. 800 to pick one up. They will be available on a first come basis. A limited number of copies of the 1985 edition of Soviet Military Power are also available under the same conditions.

#### OWC hail and farewell

The Reese Officers' Wives' Club invites all Officers' to a Hail and Farewell coffee at

10:00 a.m. Thursday at the Officers' club. MWR chief, Mr. Hugh Beam will speak on services and facilities offered by MWR. Reservations are not required and there is no charge.

#### Civil engineers honor retirees

Smokey Nugent and Ed Goodgion who worked in the planning section and the paint shop, respectively, are retiring today after half a century of combined years. The 64th Civil Engineering Squadron will honor them today beginning at noon at the picnic grounds.

#### Free car wash tomorrow

The Reese Honor Guard hosts a free car wash tomorrow, 10 a.m. -4 p.m. in the Base Exchange parking lot. The Honor Guard hopes to raise money by taking donations and having people sponsor Honor Guard members. Persons wishing to sponsor a member are asked to call Ext. 3615.

#### Company grade officers awards luncheon set

All Reese officers are encouraged and invited to at-Continued



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### News briefs

Continued

tend the CGOC combined awards/monthly luncheon Wednesday at 11:30 a.m. at the Officers' Club. Col. James McIntyre will announce the Support Company Grade Officer and Instructor Pilot of the Quarter. Cost is \$5.50 and reservations can be made by calling 1st. Lt. Linda McMillian, Ext. 3898/3740.

#### Library has something for all ages

The Base Library has a collection of watercolors on display by Siva Chambers, local artist and wife of Dr. (retired, USAF) Clinton Chambers. The watercolors will be on display through June 15.

The Exercycle contest is ended this week. Watch for the announcement of the prize winner.

The children's Fit For Freedom coloring contest winners have been chosen. In the preschool category-Amber Kiley won a T-shirt and decal from the Arts and Crafts shop; grades 1-2-Christine DoRego, T-shirt, and Joy Acker, a record; grades 3-5-Jenny DoRego, a T-shirt and Mikki Budenbender, a tape.

Registration for the summer reading club, "Celebrate Texas" begins today through June 6. The first meeting will be Wednesday at 12:30 p.m., and will continue each week on Wednesdays through July

Preschool storyhours will be Wednesday mornings only, 10-11 a.m. All readers through grades five can sign up for stories, crafts and a field trip luring this special summer eading club.

#### Did you know...

• The 7th Bombardment Wing, Carswell Air Force Base, Texas, was the first SAC wing to be employed in Southeast Asia operations. The wing received the Daedalian Maintenance Trophy in a presentation April 30, 1966 at Kelly Air Force Base, Texas.

#### Officers Pool open for swimmers

Due to necessary repairs, the enlisted pool is not yet open. The officers pool is available for use by all Reese personnel until the enlisted pool is ready for use. Officers pool hours are: weekdays from 1 a.m. to 7 p.m. and weekends from 11 a.m. to 7 p.m. The cost of individual Ext. 3783.

summer swimming is \$8.50 and family summer swimming is \$20. Lap swimming, weekends only is from 11 a.m. to 1

Daily fee for the pool is: Authorized personnel, 75 cents, guests, \$1. One guest per day per authorized person is allowed. Patches will be sold at the Physical Fitness Center.

#### **EWC** membership drive

The Enlisted Wives Club sponsors a membership drive throughout the month of June. According to TSgt. Diana Brzozowski-Reynoso, EWC publicity chairman, "We need your ideas and suggestions. We recently elected new officers and with new people, come new ideas and

TIME TO QUIT!

perceptions of duties and responsibilities.

Persons wanting more information about the club are asked to call TSgt. Brzozowski-Reynoso at Ext. 3635 or the club president, Jackie Rausch at Ext. 3512. Next meeting of the EWC will be on June 30 at 7:30 p.m. in the Open Mess.

Reese 885-3273 ATC 487-4460



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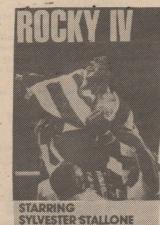
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#### **Prep School Graduates**

cialist assigned to 64th Supply men First Class Roy A. Ri-Squadron earned the John L. Levitow honor graduate award in graduation of Class 86-5, NCO Preparatory Course. SrA. James O. Pressley received honors May 22 in cere- J. Cole. monies held at the Enlisted Open Mess. SrA. Pressley ates were Airmen First Class works in the travel section of Accounting and Finance.

Distinguished Graduate ho-Bossard, who works in the academic branch, 64th Student Squadron and A1C Dale A. Montz of 3500th Mission Support Squadron. A1C Montz is a personnel specialist in the Consolidated Base Personnel

The other graduates infrey J. Davis, David A. Rauer, Ronald W. Doerr, Michael G. com, 64th Field Maintenance Squadron.

Also, Senior Airmen Clarence Mathis, Anthony A. Wilkerson, Michael J. Zellefrow as well as Pressley, 64th Supply Squadron. From the 64th Organizational Maintenance to broaden one's self as well Squadron were Senior Air- as career." Chief Zoebisch men Michael T. Taylor, Rodrick B. Bolick and Kevin A. Klinger.

graduates in Senior Airmen this year.

A Financial Services Spe- Joseph P. Peterson and Airvera Jr., and David M. Elmore. From USAF Hospital-Reese were SrA. William J. Wilde and Airmen First Class Mason L. Emmsley and Britt

Rounding out the gradu-Leonard D. Jones and Kenneth L. Gray, 1958th Information Systems Squadron as nors went to SrA. Allen R. well as Bossard, 64th Student Squadron and Montz, 3500th

> Guest speaker for the ceremonies was CMSgt. Gerald A. Zoebisch, chief of maintenance, 1958th ISS. His subject was "How To Become A Chief Master Sergeant."

According to TSgt. Diana clude Senior Airmen Geof- Brzozowski, NCO Prep Course Manager, Chief Zoebisch talked about "setting goals, ac-Neff, and A1C Kevin L. Ba- cepting and volunteering for overseas assignments, and seeking educational accomplishments both PME and formal education. He also emphasized getting involved, seeking opportunities to speak to groups and constantly trying soon heads for Operation Bootstrap at Texas Tech University and rotates to 64th Civil Engineering saw Osan AB, Korea in August of

#### Weather

By TSgt. Mark J. Campbell Det 11, 24WS

The rain came, then it went away. This was the situation for the most part at Reese during last week. A cold front passed through the area as forecasted on Friday and brought some of the wet stuff into the area. Along with it came winds and cooler temperatures. The total amount of rainfall that was received was .85 inches and the winds once again peaked out at 40 knots. The temperatures dropped down an average of

20 degrees making it feel like it was spring time all over again. During the week, the area has been plagued by an upper level low pressure center that is located in Oklahoma. The low pressure could not move very far in any direction due to the lack of upper air support from the jet stream. The jet has been very unorganized during the week and this is why the conditions of cloudy skies and cooler temperatures has remained through the week. The low pressure center is now moving to the west-northwest because of the direction of the upper level winds and the direction of the coldest air. Low pressure centers move in the direction of the coldest air and that is one way of forecasting their movement. The result of the low pressure

moving to the west is the possibility of moisture being circulated from the gulf into the area. This will increase the chance of thunderstorms in the area today and tomorrow. The storms will be scattered but there is a good chance today that one might move into the Reese area. The temperature today will be in the mid seventies and the winds will be from the southeast and gusty at times in the afternoon hours. On tomorrow the chance will decrease

the temperatures will be the same as they were today. Sunday, there will be more sun and the temperature will climb into the 80s with little chance of thunderstorms. Through the early part of next week the atmosphere will be drying and the area will begin to get back into the seasonal 90s. We, at the weather station, hopethat this article is providing you with a better understanding of the weather in your area. If there is any way that we can furfor the thunderstorms and ther this please give us a call.

Three Coronado High School seniors have been named winners of \$750 scholarships awarded by the Reese Officers' Wives' Club.

Dawn McGraw, Jennifer Layman and Sharon Byrd were chosen not only for their academic grade point averages, but also for their extracurricular activities and recommendations from teachers and counselors.

Dawn, daughter of Chaplain (Lt. Col.) and Mrs. William McGraw, Jr. plans to attend Texas Tech. majoring in art. She is a member of the National Honor society and is a staff artist and writer on her school paper. She placed second in a congressional art contest on Guam and has had art exhibited at the Insular Art Gallery in Agana, Guam.

Jennifer, daughter of Lt. Col. and Mrs. Byron Layman, wants to major in music at either Texas Tech, or De Pauw University. She's been active in both church and school choirs, drama and a ballet company. She's also been an honor student for 4 years and is currently a member of Dillard's Teen Board.

Sharon, daughter of retired MSgt. and Mrs. Leon C. Byrd, plans to major in microbiology at Texas Tech. She hopes to pursue a career in medicine. In addition to holding an after school job, Sharon has been active in band and the science club and is also on the

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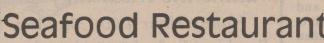
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### **U.S. Savings Bonds**

KELLY AFB, Texas (AFNS)-Using the payroll deduction to buy series EE Savings Bonds is an easy way to save money.

Capt. David K. Cannon, Air Force service information and news center, signed up to buy bonds through payroll deduction. The accounting and finance office takes the money out of each payday.

In the beginning, any investment or savings program takes away from spendable income, he said. "When I started buying Savings Bonds," he said, "I was a first Lieutenant and the \$50 a month hurt.

Pretty soon my wife, Jan and I didn't even count on that money and we learned to live on what showed up on the leave and earnings statement.

"We have never had to cash in a bond. But if for some unforseeable reason we need that cash, there's no penalty. We may not get the full amount," he said, "But it will be somewhere between the

purchase price and face value."

Captain Cannon and his wife started buying bonds when their first child was born. "When a bond came in we put it in the safety deposit box. When the kids start college, each one will have about \$15,000," he said.

He really has no idea how much his children's bonds are worth right now. He said that at face value they literally have thousands of dollars. "It's a chunk of money," he ad-

"We buy the savings bonds for several reasons. First, the payoff is good. Fifty dollars nw will be worth \$100 in a few years. Second, it's a risk-free investment.'

Captain Cannon said he and Jan have other investments one a high-risk mutual fund. It fluctuates a great deal from day to day. "With savings bonds, I know the kids will have none when they are ready to go to school. It's safe," he said.

The Cannons are consider-

ing buying bonds as part of their retirement program, too. "One of our goals is to be able to retire and not immediately have to go to work to maintain the standard of living we had before retirement," said Captain Cannon.

"We have been evaluating the different kinds of investments and think that Savings Bonds will help us reach our goals, certainly not as the only investment program, but part of it."

Captain Cannon feels that by buying Savings Bondslike the slogan - he is taking stock in America. He said it's not necessarily a payback, but it helps the country. "In a way I feel I do owe the country and the government something for what they've done for me since I've been wearing a uniform.

Patriotism, however, was not an overriding concern in the decision to buy Savings Bonds, Captain Cannon said. "We bought them for the ease and safety of the investment."

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Friday, May 30—Disco with D.B. Saturday, May 31—Music with D.B.

Monday, June 2—Ladies Night Bashful Bob Tuesday, June 3-Rock -n- Roll

Wednesday, June 4—Trivia or Variety Music Thursday, June 5—Country Western Music

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### If you're

...about developments in life sciences research: The objectives of the medical and life sciences program are to improve combat casualty care, prevent diseases and injuries that would impact on military capabilities, maintain and enhance combat effectiveness, and increase human safety in military systems.

How you will eat while in the field is being studied. During the past year, a field study was conducted on the use and nutritional value of new rations and the suitability of a new combat field feeding system.

In the medical area, the program included human testing of an anti-malarial vaccine and the development of an improved system of care for Air Force casualties contaminated with chemcial agents.

Personnel equipment improvements are also being developed. Cold weather uniforms for helicopter pilots and new anti-gravity devices for fighter pilots are two examples of personnel support items developed to better accomplish the combat mission.



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### Be aware of stress and your health

By Capt. John J. Acker Clinical Social Worker

Several techniques have emerged in recent years which can help in developing your ability to cope with stress. Professional counseling is one valuable resource to reducing stress. There are those who have been trained to handle stressors; they are financial consultants, career advisors, marriage and family counselors, all of which are skilled in a particular area and able to provide alternatives and direction. They also emphasize your personal worth and dignity as you evalute these alternatives for coping with stressful circumstances.

Relaxation Training, Biofeedback and Autohypnosis are other means of coping with high stress levels. Each of these approaches focuses

### ROTC program outlined

By 1st Lt. Paul Whitney Wing ATP Project Officer

Reese AFB is sponsoring 19 Air Force Reserve Officers Training Corps cadets for the Advanced Training Program this summer. There will be approximately three cadets per session, with six two-week sessions ranging from Monday to Aug. 30.

The primary purpose of this program is to provide a practical and realistic view of the Air Force to upper-class cadets who will soon become commissioned officers. The experience the cadets gain will form the foundation upon which they may base future decisions regarding Air Force careers. The cadets are to be assigned to young, junior officers so they will become familiar with the duties and responsibilities which will be encountered on active duty,

Legally, a cadet ranks between a Chief Master Sergeant and a Warrant Officer. They are addressed as 'cadet', and afforded the rights and privileges of a junior officer. A cadet does not require a salute and has no command authority over anyone in the service except another cadet.

The cadets will visit various work centers throughout the base to gain a better understanding of the Air Force mission.

Anyone interested in providing an input to this program can contact 1st Lt. Paul Whitney, Ext. 3689.

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Running and other forms of exercise have also been shown to be effective at stress reduction, if they are done routinely and for periods not to exceed physical limitations. Exercise serves as a means of absorbing nervous energy converting it into power to drive the body, then when exhaustion takes place a natural period of rest sets in wherein stress is allowed to escape.

These are just a few helps in stress reduction. There is more advice to come in future articles.

If you are interested in the Stress Reduction Program please contact SSgt. Phil Lohman at Ext. 3739.



(USAF Photo by Amn. Greg Spraggins)

Capt. John Acker (left) explains relaxation procedures to SSgt. Phillip Lohman (center) and MSgt. John Tice.

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### **Drugs Set Him Free**

By A1C Michael A. Fanelli 63rd Military Airlift Wing Public Affairs Norton AFB, Calif.

He felt on top of the world when he did drugs. Then one day his world crumbled-he was caught - he was arrested.

Now, in retrospect, this airman tells how drugs eventually led to the end of his military career.

"My initial contact with drugs was back in high school when I experimented with marijuana," the airman said. "When I came to Norton, my roommate re-introduced me to drugs.'

Being the new kid in the dorm, he didn't want to make enemies by reporting his drugusing roommate.

"I was aware that it was my Air Force obligation to report him, but didn't because of pressure I felt and because I was trying to make friends." he said. "Now I realize there were many options available to me for changing the circumstances. After a while, my roommate, who smoked marijuana in our dorm room, offered me some and because I felt peer pressure from him, I accepted."

Shortly after, his roommate, who was eventually discharged from the Air Force because of a drug-use conviction, introduced him to the use of co-

"My roommate came into our room one day with one of his civilian friends and asked if I wanted to try some cocaine. I guess I wasn't afraid to try it; cocaine was something I'd heard plenty about," he said. "But that's what

By 1st Lt. Marcia Johnson

Chief, Accounting and Finance

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drugs do to you. They make you graduate to the next level.

"Cocaine felt pretty good to me. It enlightened my emotions and made me feel as if I was on top of the world," said the airman. "It became very addictive."

"After my roommate was discharged, I got to know other people in the dorm and civilians from whom I could buy drugs easily," he said.

'After a while, I got to know people well enough to where I could go into their house or apartment to buy marijuana instead of purchasing it on the street.

'We knew the way the system works though-if one person gets caught, usually the whole bunch would be caught. But, we didn't care. We were too wrapped up in drugs to think about the consequences. Drugs make you very irresponsible that way.

"We strove to become friends with a drug user who happened to live off base. If they did, we would ask them if we could come over to their place to party. We told them we would supply the party materials for use of the facilities.'

This lifestyle continued until one day the airman's first sergeant told him an agent from the Office of Special Investigations wanted to speak with him.

"As soon as he mentioned OSI, I knew right then everything had come to an end. I sweated uncontrollably as everything just flashed before my eyes. I thought of my parents, my whole future; I had just received orders for an overseas assignment.

"I just didn't know I was going to be put through the ringer like I was. Just that very second when my first sergeant told me about the OSI-that feeling, at that moment, wasn't worth all the "good times" I'd had. I now realize that. I didn't know it at the time, but the OSI had made controlled cocaine buys from me."

The airman's maximum possible sentence was for more than 100 years in prison because of the drugs he'd experimented with, possessed and distributed.

"If I had to do it all over again, I would definitely do things differently. I would have reported my roommate to the proper authorities and explained the situation. I know this is an old story, but I never believed this could happen to me.

"Right now, all I have to look forward to is several vears of hard labor confinement, my reduction to airman basic, a Bad Conduct discharge and forfeiture of all pay. It's not much to look forward to. It's scary to think what lies ahead after I get out of prison. How do I explain the last several years of my life to possible employers and my parents, who don't know at this point.

"I'm under 25 years old and have nothing to show for my years in the service-I spent most of my earnings on drugs. I wish I could erase the last several years of my drug-involved life from the history books, but I can't. It just wasn't worth it. (Courtesy of the Norton Globetrotter)

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#### What do you know about drugs

- 1. Which of the following poses the greatest health hazard to most people in the United States? **cigarettes** heroin \_\_\_ caffeine odelne
- 2. The most commonly abused drug in the United States is: marijuana alcohol
- 3. Which age group has the highest percentage of drug abusers?
- 26 and older 12-17 18-25
- 4. Most drug users make their first contact with illicit drugs: through "pushers" accidentally
- 5. Which of the following pose(s) the highest immediate risk to users?
  - marijuana alcohol

through their friends

occaine

U LSD Inhalants

heroin

- 6. The majority of abusers of inhalants (compounds found among common household products) are:
  - young women young men the elderly children
  - 7. Marijuana stays in the body this long after smoking:
    - one hour up to a month 12 hours
  - 8. The use of drugs during pregnancy: should be limited to tobacco and caffeine
  - may be harmful to the unborn child should cease at 26 weeks
- 9. Marijuana is especially harmful today
- younger children are using it
- lt is much stronger lt could affect physical and mental develop
- all of the above
- 10. The most unpredictable drug on the
- street today is: \_ heroin

☐ PCP

a cocaine

#### Answers to Drug Questions

1. Cigarettes. There are more than 50 million cigarette smokers in the United States. It is estimated that 300,000 deaths each year are related to tobacco use. Some of the long-term effects of smoking are emphysema, chronic bronchitis, heart disease and cancer of the lungs, mouth, larynx and esophagus. Women who smoke during pregnancy run the risk of having babies that weigh less or of losing their babies through stillbirth or death after birth. Therefore, the health risks associated with tobacco are exceptionally high.

2. Alcohol. It is estimated that about 10 million people in the United States are dependent on alcohol. About two-thirds of all adults are occasional drinkers of wine, beer or some other alcoholic beverage. About half of all junior high school students have tried some type of alcoholic

3. 18-25. A recent national drug survey found that among the three major age groups surveyed (12-17, 18-25, and 26 and older), drug use was most prevalent

among young adults, ages 18-25. 4. Through their friends. Wanting to be accepted by friends is a strong pressure that can influence many people to experiment with drugs.

5. Inhalants. These compounds are found among common household products. Sniffing these substances can result in immediate death. Irregular heartbeat and interference with breathing can cause suffocation. This can happen the first time or

any time a person uses these substances. 6. Children. Inhalant abuse is rising among children between the ages of 12 and 17. These substances are readily available in houshold products, often aerosol sprays. Inexpensive and available aerosol products can cause irregular heartbeats, breathing problems and sudden

7. Up to a month. The major active ingredient in marijuana is tetrahydrocannabinol ITHC). Scientists have discovered THC accumulates in the fatty tissues of cells and mately four weeks for the body to rid itself of THC.

8. May be harmful to the child. Pregnant women should be careful about taking any drug, even aspirin, without consulting a physician. Research has shown that heavy drinking can harm the fetus. Babies born of narcotic-dependent and barbiturate-dependent mothers are often born drug dependent and must receive special care.

9. All of these. In 1975, marijuana street samples rarely exceeded 1 percent THC (tetrahydrocannabinol) content; today, marijuana samples containing 5 percent are common. Sinsemilla, a cultivated form of marijuana that is becoming more readily available in this country, may contain as much as 7 percent THC. The more THC, the greater the physical and mental effects, and the greater the possibility of health problems

Research shows that marijuana use can interfere with thinking, reading comprehension and verbal and arithmetic skills. Young people need to learn how to make decisions, to handle success and to cope with failures. Drug abuse can prevent them from growing up to become mature, responsible people

Research also shows that many young people in the 12-17 age group started smoking marijuana in junior high school. There is a strong relationship between regular marijuana use and use of hallucinogens, uppers, downers and heroin.

This does not prove that marijuana use causes use of other drugs, but suggests that the earlier a person uses marijuana, and the heavier the use, the more likely it is that the person will use stronger drugs five years later

10. Phencyclidine (PCP). This illicit drug can produce unpredictable, erratic and violent behavior in users. These actions can be directed at themselves or at others

and in some cases, have led to serious injuries and death. Drowning, burns, falls from high places and automobile accicents have also been reported. Since the drug is usually manufactured illegally, users cannot be certain of its purity.

(Source: National Clearinghouse for Drug Abuse Information, U.S. Department of Health and Human Ser-



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### **Getting to Sleep**

By Capt. John J. Acker, USAF Clinical Social Worker

"To sleep, per chance to dream," said Hamlet. To many of us sleep is a restful state wherein we can escape within our mind in an effort to revitalize and refresh ourselves. We often take sleep for granted, assuming it will happen the moment we decide to put an end to the day's activity. But, what of those who ; are engaged in a continuing struggle of attempting to get to sleep?

One in ten people are said to experience frequent episodes of insomnia, 15% of us have had mild sleep disturbances. There are three basic types of insomnia: 1) Onset Disturbance-a patient has difficulty getting to sleep within a 30 minute period (75% of insomniacs experience this symptom), 2) Early Morning Awakening-a patient awakes early and cannot complete a 6½ hour sleep cycle, 3) Frequent Awakening-a patient wakes at least four times during the night accumulating thirty minutes or more of wakefulness, or sleeps so lightly as to eliminate the possibility of getting proper rest. Most insomniacs experience a combination of these symptoms and few experience all three. There are also those who require less sleep than others, thus sleep cycles need to be individually assessed. 25% of the population will at one time or another seek outside help in an effort to sleep. Most often the help sought will be over the counter remedies or physician prescribed medications.

Some sleep inducing medication has been shown to be quite effective with those experiencing temporary sleep disturbance. Most of these medications, however, become ineffective with prolonged use. The body develops a tolerance to the medication in approximately 2 weeks and in effect increases the likelihood of further incidence of sleep disturbance. Many sleep inducing medications deny Rapid Eye Movement (REM) Sleep. This is a period of deep sleep. Without this period a person may get the proper amount of sleep, but never obtain the benefits of the restful depth required. There is also a side effect of 'REM Rebound', which is sometimes experienced as medication use is stopped. nightmares and restlessness serve to encourage patients

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to come back for more medication, which serves only to engage the cycle of insomnia.

Over 7 million dollars a year is spent on over-thecounter remedies for sleep disturbance. They are much less effective in producing sleep and serve only by inducing a state of drowsiness. The active ingredient is usually an antihystamine, some containing scopolamine in very small dosages. There are some side effects of dry mouth, eye pressure, blurred vision, and difficulty in urinating that may be experienced with prolonged usage. They are by no means a solution for insomnia.

Finding a solution to insomnia often demands an examination of the multiple factors in sleep disturbance to insure the proper direction of treatment. The first step is getting a good physical examination, second, providing an indepth social history, third, collecting data on the nature of the sleep disturbance, and fourth, making a food diary. A holistic medical approach needs to focus on the physiological, social, psychological and nutritional implications which are resulting in the insomnia. Once a clear definition of the difficulty can be made the treatment course can be set in motion. It is often found that their are multiple factors promoting insomnia which will require multiple forms of intervention. A teamlike approach between your physician and other health professionals is the preferred method in cases like this.

There are many alternattives to pharmacology and the use of drugs to produce sleep. Nutritional Guidance, Behavioral Guidance, Progressive Relaxation, Autogenic Relaxation, Biofeedback, Autohypnosis, Stimulous Control Training, Psychotherapy, Exercise Programs, Yoga, Transcendental Meditation, all of which have been clinically proven to have impact insome cases of sleep disturbance. Sleep is a natural process, and the inhibitors of sleep need to be identified and arrested. The person experiencing insomnia has to be willing to pursue the problem, and avoid seeking only for a quick solution, which in the end could well cause escalation of sleep disturbance. Let's let everyone find the rest they need, and have a 'good night'.

For further questions on This is where a few nights of sleep disturbance call 3739 and ask for SSgt. Phillip Loh-

man or Capt. John Acker. Mixing them can kill YOU!



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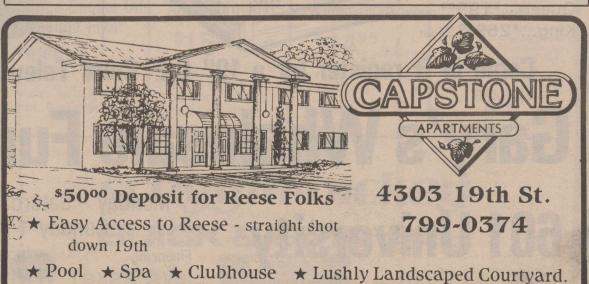
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### lips on moving

By TSgt. Robert Carpenter NCOIC, Passenger and **Household Goods** 

From now until late fall is the peak military moving season. Headache inducing moves can be rendered painless by proper planning and a visit to your local Base Traffic Management Office at least 30 days in advance or as soon as you receive your orders.

Moving should be a planned project with plenty of time and thought given for many pre-move details. A family meeting should be conducted to discuss and plan the numerous details such as: who can be available for the pick up dates of household goods; what the weight of household goods are; what items can be sold or discarded; which items need to be packed first and which need to be packed last.

It is important to stay within your authorized weight allowances to avoid a very expensive situation. An estimate of 1,000 pounds per room to include bathrooms, attics, garages, plus major appliances can be used to determine your estimated weight. Any indication of excess weight should be brought to the attention of the TMO Counselor and an alternative may be given to alleviate the situation before it occurs.

Good news for junior enlisted members with less than two years service. As of Feb. 24 the weight limits increased: single members are now allowed 1,500 pounds while

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those with dependents may ship up to 5,000 pounds. These new entitlement standards apply only to CONUS, with overseas commands establishing various limits depending on the country.

After all pre-move planning and work has been done, expect excellent service from the mover. If this is not provided, take the time to accurately fill out the quality control report provided to you after your move. This report helps to determine which carriers are performing accepapproved carriers.

### Are you a computer criminal?

Crime Prevention

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You had personal business that required information to be typed and printed, and you felt like there would be no harm if you used the Government computer. This is a computer criminal. People who unintentionally use the computer to do their personal business, and may later lead to higher criminal acts involving the Government computer. Computer crime is tably and which ones need to unauthorized access to, use, be removed from the list of modification, destruction, or disclosure of information in

Government computers.

There seems to be an agreement, however, that most professional computer-related crimes directly involve acts that the law has already defined as criminal, such as theft of money, services, or property; invasion of privacy; extortion; and sabotage. Professional computer crime focuses on federal computers, banks and financial institu-

COMPUTER CRIME IN ACTION: Most abuse cases involve use of computer time for outside business or entertainment. According to the Management Improvement, Saenz, ext. 3615.

most perpetrators are in nonsupervisory positions which administer computer programs. In general they are young, good employees with an average of 5 years employment with the agency which allows them to develop a thorough knowledge of computer operations. As you are all aware, a lot of people who work with computers at Reese, fit in this type of category. Most are good employees and at times may use their work computer for personal use.

THINK ABOUT IT before you get involved in a criminal act. Is it worth it? For further DoD Council on Integrity and information, contact A1C

The facility of the Week is shared by buildings 250 and 246. The grounds of both facilities are kept manicured by the Supply Squadron's Weekly grounds maintenance crews who have time and again set a standard of pride in the outstanding appearance of these facilities. Building 246, currently the Resource Management Squadron Section was acquired by the Supply Squadron in October 1985. Since that time the World War II vintage facility has undergone continuous upgrading to include installation of new carpet, a new paint job and relandscaping the exterior of the building.



Weekly grounds maintenance crews for buildings 250 and 246. Bottom row: Amn. Alfredo Gonzalez, SrA. Jose Garcia and SSgt. Bruce Darlington. Top row: Col. John C. Griffith, TSgt. Roy Harris, A1C William Floyd and SMSgt. James Grimmett.

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#### COMSEC—How aware are you?

MSgt. Michael T. Galvin 1958ISS, Base COMSEC Officer

Communications Security awareness testing was provided to 10 percent of the Reese AFB populace during January-March of this year. The overall average score of 78 percent was less than desirable. Therefore, the Base COMSEC Officer will again be testing a randomly selected percentage of people during May and June. Test questions will be extracted from the following briefing material. We strongly suggest this information be made available to all personnel.

All assigned personnel (airmen, NCOs, officers and civilians) are responsible for knowing and practicing good COMSEC. In order to provide the required protection to information we have knowledge of, we must first know what information is classified, sensitive or of possible intelligence value. Each base and unit is responsible for developing Essential Elements of Friendly Information (EEFIs).

EEFIs are bits and pieces of information concerning a plan project or activity which, if acquired by hostile interests or other unauthorized persons, could jeopardize the successful execution of an operation. These are usually pre-pared in a list format and can be both classified or unclassified. Likewise, infomation requiring protection and information of possible intelligence value can be either classified or unclassified.

situation.

type of information requires tions. protection, let's see how we go about protecting the classified, unclassified and sensitive information that we have been entrusted with.

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· Cryptosecurity: providing and properly using technically sound approved cryptographic systems.

· Physical security: using all physical measures necessary to safeguard classified material and information from access by unauthorized persons. Some common physical security measures include proper handling and storage, complete destruction when necessary, proper clearance and training of personnel, safe combination changes, armed sentries and patrols, accurate accounting for all material, transporting of material as prescribed by directives, and immediate reporting of loss or compromise, which is the disclosure of classified information to persons not authorized access thereto.

• Transmission security: all measures designed to protect transmissions from interception and exploitation. These include COMSEC equipment, authorized mail, voice call signs and frequency changing.

• Emission security: measures taken to deny unauthorized persons information which may have been derived from intercept and analysis of Trained intelligence experts compromising emanations can easily put together pieces from cryptographic equipof unclassified information to ment and telecommunications form a very clear picture of a systems. TEMPEST is the ununit's response to a certain classified term which refers to investigations and studies Now that we know what of these compromising emana-

> We know that COMSEC is the responsibility of all personnel. We know that we all have individual responsibilities for protecting classified

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and sensitive information. Still, violations happen and the majority of these COM-SEC violations occur when people discuss classified or sensitive information on their insecure office telephones. One of the more common incidents you may be familiar with is the changing of defense conditions (DEFCON). This information is classified SECRET. Suppose you need to communicate this change to a higher headquarters. There is no secure voice facility here at Reese, so you must use an alternate approved method, such as AUTODIN, to transmit this classified information. Other approved methods, such as messenger or registered mail, may be slower, but are secure.

COMSEC monitoring is conducted on official DOD telephone systems to determine the amount of classified information of intelligence value being discussed over unprotected telephone systems, to advise commanders of actual or possible security violations and to reduce the value of telephone communications as a source of hostile exploitation. As stated on the DD Form 2056 affixed to your telephone, use of official DD telephones constitutes consent to COMSEC telephone monitoring.

Use the information in this briefing to improve your COMSEC awareness and practices. Help provide the necessary security to our operations and communications by always staying COM-SEC aware.

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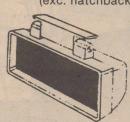
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# SPORTS

### Soccer Tournament

Reese will be hosting the 1986 Central District Soccer

#### **Bowling results**

HOSP A-First place FMS A-Second place 35 FTS-Third place Supply A-Fourth place Resource Man.-Fifth place 35 MSS-Sixth place

#### **Trophy Points**

Commander's Trophy points standing (as of May 26, 1986)

| Division | I |
|----------|---|
| 770      |   |
| 662      |   |

| I MID  | 110 |
|--------|-----|
| RM     | 662 |
| OMS    | 485 |
| HOSP   | 495 |
| STURON | 470 |
|        |     |

DMC

| D          | ivision II |
|------------|------------|
| MSS        | 710        |
| CES        | 565        |
| 35 FTS     | 555 -      |
| ISS/WEA    | 430        |
| 54 FTS     | 415        |
| SPS/OSI/F  | TD 222*    |
| *Excluding | Bowling    |

#### **Golf Schedule**

#### Thursday:

| 12:00 | FMS vs. 54 FTS      |
|-------|---------------------|
| 12:16 | SPS vs. STURON #3   |
| 12:32 | CES vs. ISS         |
| 12:48 | STURON #2 vs. HOSP  |
| 1:04  | OMS vs. MSS         |
| 1:20  | STURON #1 vs. RM #2 |
|       |                     |

#### **Tennis Tournament**

The Physical Fitness Center will be hosting a tennis tournament on June 14 and 15, 1986. Winners will advance to Lackland AFB, June 26 through 30, for the ATC tennis championship tournament. The Divisions are: 4 open, Jr Vet, 2 women and 2 seniors. Sign up no later than June 10, 1986.



Tournament Saturday through Monday. Teams participating are: Goodfellow AFB, TX, Sheppard AFB, TX, Lackland AFB, TX, Laughlin AFB, TX, and of course the defending champions, Reese. Reese has captured the Soccer tournament three years in a row. All games will be played on the soccer field on base. The winner will advance to Randolph AFB, TX, for the 1986 ATC Championship Tournament June 4 through June 6.

Game times are as follows:

3-3

4-3

0-6

0-7

6-0

1-3

American League

HOSP

OMS B

**35 FTS** 

ISS

**FMS** 

CES

#### Saturday:

|           | y Ceremonies at |
|-----------|-----------------|
| 8:30 a.m. |                 |
| Game I    | 9:00            |
| Game II   | 11:00           |
| Game III  | 4:30            |
| Game IV   | 6:30            |
| Sunday:   |                 |
| Game V    | 9:00            |
| Game VI   | 11:00           |
| Game VII  | 4:30            |
| Game VIII | 6:30            |
| Monday:   |                 |
| Game IX   | 9:00            |
| Game X    | 11:00           |

#### **Intramural Softball**

| las of          | May 22, 1986) | RM     | 6  |
|-----------------|---------------|--------|----|
|                 |               | OMS A  | 6. |
| National League |               | SPS    | 2  |
| MSS             | 5-2           | 54 FTS | 9  |
| STURON          | 6-1           |        |    |

The Reese Men's and Women's varsity softball team will be hosting Goodfellow AFB, this Saturday and Sunday. Game times both days will be noon and 3:00 p.m. for the men and 1:30 p.m. and 4:00 p.m. for the women.



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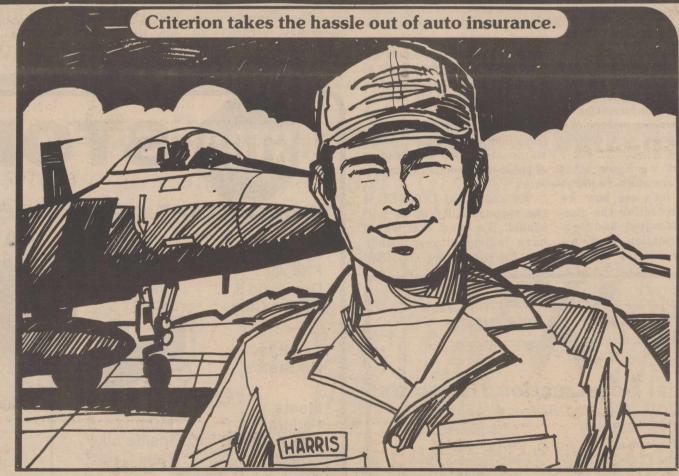
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4 PLEX, 2 bedroom apartment, South of Loop. Fireplace, appliances, washer/dryer connections, central air, 5 years old. Bayless, Atkins, Monterey, \$325, ask about free rent. John Nelson Realtors.

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to the Public Affairs Office, Room 307, Bldg. 800 by noon Tuesday for publication in Friday's paper. Classified ads for residences or personal profit may be called to the publisher of The Roundup, Word Publications at 763-4551. There is a small charge for those ads. (Every effort will be made to run all free ads received on time. Free ads are run on a 'space available' basis and are **not guaranteed** to run.)

BABY SITTING in my home. Newborn and up. Small fenced in back yard. Nice Christian home.

DESPERATE!! Moving PCS, MUST SELL home. 3-2-2, 11/2 years, ceiling fans, 5704 88th, \$75,000. Will pay \$3,000 closing on new loan. Open 1-5 Saturday and Sunday. 794-8136.

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5 FAMILY GARAGE SALE. Infants, children and adult clothing. Household items, home crafts, misc. 106 George (In Reese Village) Friday 30th & Saturday 31st. Open 8:30.

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FOR RENT: 1 bedroom house. 21/2 miles south of Reese. Call 885-2282.

#### **QUALITY PROPERTY** FOR RENT

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2503 63rd, 3-1-1, nice carpet, air conditioned, washer/dryer connections, large fenced yard. Parsons, Atkins, Monterey. \$425.

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