

# The Roundup

Friday, July 4, 1986

VOLUME XXXVIII

NUMBER 26

20 Pages Lubbock, Texas 79408

Serving the Reese Community Since 1948

## IN CONGRESS, JULY 4, 1776.

### The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience bath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object, evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for public good. He has forbidden his Governors to pass laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the Legislative powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the meantime exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people, and eat out their substance.

He has kept among us in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation: For quartering large bodies of armed troops among us: For protecting them, by a mock Trial, from punishment for any Murders which they should commit on the Inhabitants of these States: For cutting off our Trade with all parts of the world: For imposing Taxes on us without our Consent: For depriving us in many cases, of the benefits of Trial by Jury: For transporting us beyond Seas to be tried for pretended offences: For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies: For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments: For suspending our own Legislatures and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of His Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to complete the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions. In every stage of these Oppressions we have Petitioned for Redress in the most humble terms. Our repeated Petitions have been answered only by repeated injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people. Nor have We been wanting in attention to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

WE, THEREFORE, the Representatives of the UNITED STATES of AMERICA, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be, FREE AND INDEPENDENT STATES; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which INDEPENDENT States may of right do. AND for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.

*John Hancock*

<i>John Adams</i>	<i>Samuel Adams</i>	<i>John Jay</i>	<i>John Dickinson</i>	<i>Richard Stockton</i>	<i>John Witherspoon</i>
<i>Benjamin Franklin</i>	<i>Thomas Jefferson</i>	<i>George Wythe</i>	<i>Patrick Henry</i>	<i>Elbridge Gerry</i>	<i>James Wilson</i>
<i>Robert R. Livingston</i>	<i>John Hancock</i>	<i>John Adams</i>	<i>Samuel Adams</i>	<i>John Jay</i>	<i>John Dickinson</i>
<i>Benjamin Franklin</i>	<i>Thomas Jefferson</i>	<i>George Wythe</i>	<i>Patrick Henry</i>	<i>Elbridge Gerry</i>	<i>James Wilson</i>
<i>Robert R. Livingston</i>	<i>John Hancock</i>	<i>John Adams</i>	<i>Samuel Adams</i>	<i>John Jay</i>	<i>John Dickinson</i>

# As I See It...

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

## June—A Milestone Month

Well, June 1986 ended with a flurry of activity on Monday, the 30th, including a change of command and reception for our new Base Commander, and an appropriately "royal" send-off for the departing Griffith family by Air Base Group's finest. One had to be impressed by the parade of ABG vehicles, big and small, manned by SP, MWR and CE, and by the many ABG and other Reese well-wishers who lined the boulevard bidding bon voyage to Laughlin's soon-to-be new Wing Commander as he and Jean drove out our main gate and headed south—no doubt deeply appreciating one more dose of Reese spirit, a thing they had a lot to do with while here. The "parade" send-off was the brainstorm of Pat Coggins. Thanks, Pat.

Then, within an hour, our new Base Commander was tested—with an explosion of a tar-roofing contractor's pickup and resulting fire outside Hangar 70. While he and his Initial Response Force were taking care of that problem, the command radio, "the brick," got the new DO's attention with word of a FIRE WARNING LIGHT in a T-37, forcing an emergency landing at Terry County Airport. Late afternoon thunderstorms were moving this way from the west, complicating the matter. A few hours into their new positions, and both Col. Chuck Edwards and Col. (selectee) Bill Drennan were, shall we say, hard at work. It's important to note that both situations ended well. The beat goes on.

Then came the storms. A late afternoon gusher. June 1986 thus ended the wettest month for Reese ever, a total of 6.89 inches. Unfortunately for the "EAGLES," the annual Colonel's & Chief's softball game had to be called due to weather before the heavy favorites going in, my team, could overcome the early inning advantage of the Chiefs. CMSgt. Wittich would probably tell the story somewhat differently. At any rate, while the colonels got outsourced, the real winners in this ball game are still the kids in "CAMP BLUE YONDER." Thanks to the CGOC's 1st Lts. Linda McMillian and Scott Steckel in particular. Ticket sales for this worthwhile charity raised \$390.

Yes, the 30th capped-off a milestone month in our annals—tremendous achievement and success for the Reese team, even without counting the BEST WING AWARD at Turkey Shoot '86 which our folks



Col. James McIntyre

USAF Photo

brought back from Randolph. I have never seen the Reese pride shine brighter. What's neat is to know that folks around here never let past successes lull them into complacency. July is upon us. It's good to know the Reese community is focusing hard on the challenges ahead. An EXCELLENT MCI, for example.

## Out and About

As many of you know, CMSgt. Gene Richardson, the Senior Enlisted Advisor, has been on leave. In his absence I've very much appreciated CMSgts. Joe Dykes, Clyde Herring and Harry Salyer rotating through, helping me out for a few days each. It gave me the opportunity to learn from them, and to get out and about with three of our key chiefs, gaining from their insights. Thanks, chiefs. One thing is on the roll already, based on a discussion with India Flight Chief, MSgt. Paul Neumann, about his need for improved storage, and lighted work areas near the OMS line shacks. Col. Broerman's OMS has already completed a prototype—Hotel Flight—totally self-help. It was a pleasure to see the new work done by SSgt. Frank Mack and Sgt. John Like.

Self-help success stories are very obvious around Reese, one of the key ingredients to our winning attitude. You are a group of folks anxious to make things better tomorrow than they are today, and always ready to pitch-in to make things happen. When I visit your areas, I very much appreciate seeing the latest success stories. I visited MSgt. Ken Russell, Flight Chief for Fox Flight, and his troops who were putting the finishing touches on a complete interior renovation, including ceiling, light fixtures, re-painted walls, etc. Tremendous talent, proudly used to make working conditions better. I noticed that "Big Al's" folks in the Info Systems Squadron are working on a privacy fence along side their facility. And a lot of work continues around the dorms, Security Police, and Supply. Take a look at the JAG office. Sparky's raiders have all pitched in to reshape and rehab the whole layout for better customer service. Such owner-affected changes DO make a big difference in how we feel about ourselves and our mission. When I see it, out and about, its an indicator...one that makes me proud.

## Independence Day

The Fourth of July is upon us—a very special one for America as Lady Liberty stands tall with renewed vigor. It's a time of reflection—of how lucky we are to be a part of the greatest free nation on earth. A time to feel good about ourselves and the critical role we at Reese play in maintaining that freedom. It's also a time for family and friends, for picnics, and just plain celebrating. Get in on the act here at Reese in Friday's FREEDOM FEST '86. It's sure to be a super affair—hope to see you there.

Along with any busy weekend come the hazards of overdoing it. Too much of anything—horseplay, drinking, or driving—can be disastrous. I urge each of you to used discretion and common sense. Have fun, but do it smartly, and do it SAFELY.

# Careline

The CARE Line is prepared by Col. James McIntyre, 64th Flying-Training Wing commander, on a weekly basis. All information provided to the CARE Line will be held in strict confidence. Callers are urged to give their name and duty telephone number so that a personal reply may be made; however, neither are mandatory. Callers should use the CARE Line only after all possible means to air their views or complaints through the chain of command have been exhausted. The CARE Line number is 885-(Ext.) 3273.

## Fireworks concern

Last week's Roundup carried an article on the dangers of fireworks. Six pages later you have an ad for fireworks for sale. I think someone should monitor the Roundup better to pre-

vent a contradiction like this from happening again!

Thanks for your call but there's no contradiction. Many things legally advertised can be dangerously misused—like liquor and motorcycles and we cannot discriminate against firms who want to advertise legal products. If you'd read the entire article, it went on to say that it's "illegal to discharge...explosives on Government Property without written permission from the Base Commander." The article also explained the other coordination required to ensure an organized fireworks display is done properly and safely. Read the article again—it's a good one!

## Child safety concerns

During the big storm last week some siding was ripped from our house. It left a three foot wide hole with jagged edges on the side of the house and large pieces of siding with nails sticking out scattered on the yard. A housing maintenance representative visited on Wednesday, but left the siding in the yard. My husband contacted the maintenance supervisor the following day and the siding in the yard was picked up immediately.

However, it's now six days later and the hole on the side of the house is still there. As the mother of three small children, I'm concerned that

this safety hazard is just the thing to attract the curiosity of young children. Can we do something about this safety problem?

We sure can! Our housing maintenance folks should have repaired the hole more quickly. The problem is now fixed and our maintenance personnel have been instructed to be particularly responsive to repairs which are considered safety hazards.

# The Roundup

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Editorial content is edited, prepared, and provided by the Public Affairs Office of the 64th FTW, Reese Air Force Base, Texas.

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## Kudos to...

Sgt. Marie Jackson, SrA. Kevin Lewis, A1C Mike Roberto, and Amn. Javier Cruz for the outstanding color guard they provided during the Anton Texas Sesquicentennial Day Parade. The four of them added quite the "special touch" to Anton's "special day"—from Mayor Louis Boothe, Anton, TX.

MSgt. Billy Shields and Sgt. Mark Diels for being selected by Headquarters ATC to represent ATC in the Air Force-Wide Base Career Advisor of the year competition. Their outstanding "customer oriented" approach to their job won them this honor. Good luck.

## A Day To Remember

On July the 4th we celebrate,  
A most important day;  
For at this time we commemorate,  
The day we broke away.

Against the English tyranny,  
We did make a valiant stand;  
Though in number we weren't many,  
In spirit we were grand.

We stood to let the world know,  
We'd all be free or die;  
And to the world we did show,  
On our word you could rely.

Though our blood did freely spill,  
And our lives were on the line;  
The tyrant we did kill,  
And our freedom did define.

So on this Independence Day,  
Raise your banner high;  
Remember those who had to pay,  
To make free—you and I.

By SSgt. Raymond W. Courville

# Soar with the Eagles!



Chaplain Bill McGraw

by Chaplain, Lt. Col. Bill McGraw

Did you ever hear the story of the Eagle that thought it was a chicken? The eagle was captured while very young. Restraints were placed on it so that it could not fly. The eagle roamed in the barnyard with the chickens, pecking and scratching at the ground. This bird that once soared high in the heavens seemed satisfied to live like a chicken.

One day it was decided that the restraints be loosened so the eagle could fly. At first the eagle continued to wander

around scratching and pecking as before. Then the eagle was placed on a high stone wall. For the first time in months, the eagle saw the grand expanse of the blue sky and the glowing sun. Then it spread its wings and with a leap soared off into a tremendous spiral flight, up and up and up. At last it was acting like an eagle again.

You may be saying, "Chaplain, it is a good story but how does it relate to me?" Maybe it doesn't. But then again it

may have something very important to say to you. It is alright to act like a chicken if you are a chicken.

I am convinced that there are people here at Reese who act as if restraints are placed on them. They may be doing what they are doing very well. However they may be performing at a level far less than they are capable of. Herein lies the tragedy. To be content with performance less than your ability is always a tragedy.

Maybe it is time for you to

free yourself of the restraints (failure to study, habits which limit physical, mental, or emotional health, which hold you back. Now is the time to be what you were created to be.

Someone said, "It is hard to fly with the eagles by day if you hoot with the owls by night." The choice is yours.

Decide now to be all that you can be. Soar off into the wild blue yonder today. You will enjoy the flight and feel really good about yourself.

## ENERGY—Not Only a Military Concern

by 1st Lt. Joe Martin  
Base Energy Conservation  
Manager

Many of you have probably wondered occasionally why the Air Force places such high importance on energy conservation and efficiency efforts when the civilian community seems to completely disregard it. I recently discovered that this is not the case at all and I'd like to share this with you to dispel what sometimes "seems to be."

Last month I was invited to join the Energy Sub-committee of the Lubbock Chamber of Commerce. I was delighted to find that the civilian world is equally concerned about this issue. I found myself representing Reese AFB in a working group of people, each doing whatever they could to enhance the energy efficiency of their offices, shops, warehouses, and vehicles. As members of the sub-committee, we

all shared one basic problem: public awareness and furthermore, understanding of the problem and the means to combat it.

The sub-committee is planning a display booth for the South Plains Fair this fall in an attempt to increase this understanding throughout the local area. We not only plan to identify some causes of energy inefficiency, but also to show how to correct

them. Detailed literature, caulking and weatherstripping demonstrations, and computer analysis of homes is currently being planned.

We're hoping it will be educational, interesting, and practical.

In the meantime, take a look around both your home and work area. When you see something in need of repair, or spot a way to fight energy

inefficiency, ACT ON IT! Fix it or report it. Tell your boss, building manager, or commander. Keep our costly air conditioning inside where it belongs. Our Reese electric bill for May was \$173,000. The first step in CE action is YOUR action.

Energy efficiency is a concern of all people, not just the military, but we have the system to let us LEAD THE WAY. See you at the fair!

## New Air Force leaders send holiday message

WASHINGTON (AFNS)—The Air Force's two new key officials have issued a joint Independence Day message to military members.

Edward C. "Pete" Aldridge, Secretary of the Air Force,

and Gen. Larry Welch, Chief of Staff, wrote:

"On this July Fourth, America celebrates 210 years of freedom and independence. This year we also celebrate the centennial of the Statue of

Liberty, whose torch stands as a symbol of hope and freedom for oppressed people throughout the world.

"Since 1776, when our forefathers declared that 'These United Colonies are, and of

right ought to be, free and independent states,' Americans have fought and died to ensure freedom for our nation and its' people.

"This year, as we gather with families and friends, it's

fitting that we recognize our military men and women, past and present, for their sacrifices and dedication. We wish each of you a happy and safe holiday."

## Celebrate the Fourth

by Gen. Andrew P. Iosue  
Commander,  
Air Training Command

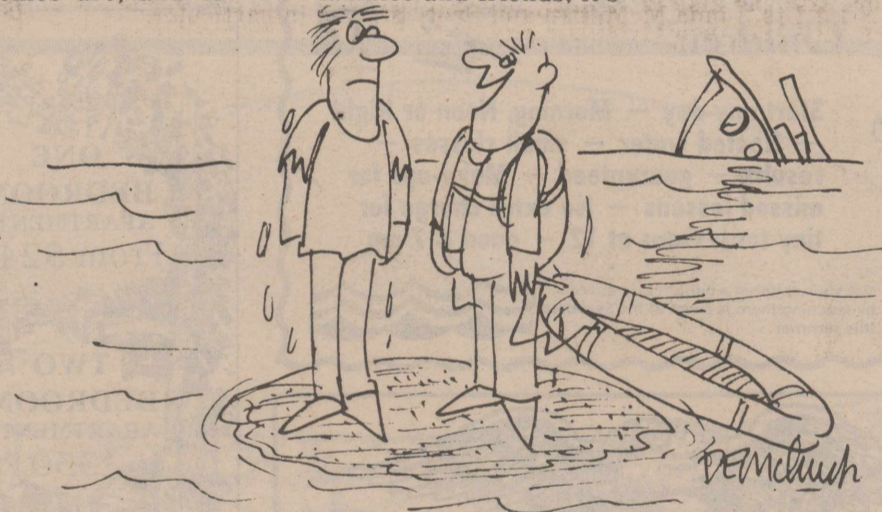
The Fourth of July is special to this country...it's a time to remember our debts to the founding fathers and marvel at the courage and foresight they possessed in framing our Constitution. It's also a time to rededicate ourselves to what that Constitution stands for.

This year's Independence Day is a dual celebration: rejoicing in our freedom...and reopening the national sym-

bol which epitomizes that independence—the Statue of Liberty.

Our "lady" is a beacon of hope for millions of people throughout the world...and we in the military must be prepared to defend that beacon at all costs. Her light must never waver. Because of men and women like you, I know that won't happen!

Celebrate the Fourth...enjoy the fun, friends and special events that you have planned...and most of all, come back safe after the holiday.



"Chief Petty Officer Klotsky...my old nemesis! We meet again. But this time, the advantage is mine!"

### Fourth of July Message From the President

The Independence Day we celebrate this year is special. This July 4th, in New York Harbor, we will rededicate a refurbished Statue of Liberty — that grand and glorious symbol of liberty and hope — which for the last hundred years has greeted millions of immigrants. She has welcomed them to a new land and a new life, where the darkness of privation and oppression gave way to the sunlight of opportunity and liberty — the freedom to speak and write and worship and achieve.

As we celebrate this two hundred and tenth anniversary of our Founding Fathers' Declaration of Independence, we are reminded once again that it is the gallant men and women of our Armed Forces who have maintained and sustained the liberty we prize, a liberty that generations of patriots have won for us with their courage and sacrifices. Because of your dedication and commitment to defend America against all its enemies, we still enjoy those precious rights, and the Statue of Liberty remains a beacon of hope for people throughout the world who yearn for freedom.

On this special Fourth of July, I am especially proud to serve our nation as Commander In Chief of such splendid forces. Nancy and I salute you and join all of our fellow Americans in wishing you and your families, here and abroad, a safe and happy Independence Day.

*Ronald Reagan*

Ronald Reagan

### Fourth of July Message From the Secretary of Defense

Today our nation celebrates its two-hundred-and-tenth birthday. Our Founding Fathers pledged their lives, their fortunes and their sacred honor in pursuit of liberty and justice. They put their signatures on the Declaration of Independence in defiance of a King. In a similar fashion, the men and women who today serve in our Armed Forces pledge to support the continuing pursuit of liberty and justice in defiance of despots who would, if given the chance, destroy the political, religious and individual freedoms Americans have enjoyed since that first Independence Day of 1776.

As we celebrate across our nation, from our refurbished Statue of Liberty in New York Harbor, to the Golden Gate in San Francisco, to Diamond Head in Hawaii, and to the snowy peaks of Alaska, we know that it is only through your courage and your commitment to the same spirit of independence that flourished within our Founding Fathers, that we have the opportunity to observe this great day in American history every year. I am confident that we will be able to continue to celebrate our nation's independence for untold years to come because of your service in the cause of liberty, freedom, and justice for all.

For that we are most grateful to all of you.

*Caspar W. Weinberger*

Caspar W. Weinberger

# June promotions

The following is the list of June promotions to the ranks as indicated:

**SMSgt.**—Donald L. Wilson, 64th Civil Engineering Squadron.

**MSgt.**—Jed J. Schatz, 1958th Information Systems Squadron.

**TSgt.**—James A. Codd and Andre O. Rice, 64th Organizational Maintenance Squadron; and Peggy S. Smith, 64th Field Maintenance Squadron.

**SSgt.**—Gary R. Donegan and Jay A. Toney, 64th OMS; Martin E. Foley and David H. Gallivan Jr., 64th FMS; John R. Bazemore and Charles C. Hewitt, 64th CES; Dale S. Cunningham, 64th Supply Squadron and Elliot Chambliss, USAF Hospital-Reese.

**SrA.**—Charles R. Arick, Gerald F. Canfield, William P. Crawford and Ronald D. Jarvis, 64th FMS; Mason L. Emmsley and James E. Olden,

USAF Hospital-Reese; John L. Goodwin, 64th Supply Squadron, Michael S. Kennedy, 64th OMS, Jon K. Stevens, 3500th Mission Support Squadron and Thomas M. Walgrave, 64th CES.

**AIC**—Mark C. Adams, Delvin F. Bader, Darrell E. Cumpston, Christopher J. Ellis, Alvin Flores, James B. Harvey, John W. Luke, and Joseph G. Pavlik, 64th OMS; Rodger W. Brown, Derek D. Davis, Peter

J. O'Connor, Rance M. Standridge, Eddie O. Steward and Victoria E. Williams, 64th FMS; Randall J. Mose, and Mary E. Williams, 64th CES; Wendel C. Bowen, 64th Student Squadron, Gregory A. Spraggins, 3500th MSS and Jennifer L. Williams, 64th Security Police Squadron.

**Amn.**—Anthony C. Briggs, Alex H. McCoy Jr., and Jeffrey D. Ritchie, 64th FMS; Tony Chatman, Carolyn A.

O'Meara and Timothy M. Patterson, 64th SPS; Bryan L. Childs, Leonard Gonzales, Timothy W. Hadsell, Sean E. Hohman, Kenneth D. Kilpatrick, Zoltan Kocis, Aaron P. Lamb, Charles D. Livingston, Scott M. Mallory, Eric P. Sax, Michael J. Sweeney and Gary L. Taylor, 64th OMS; Patrick C. Dees, Robert M. Miller Jr., and Dennis L. Ryder Jr., 64th CES; and Kristie J. Ferrell, USAF Hospital-Reese.

## Congress approves retirement changes

WASHINGTON (AFNS)—After two years of study and debate, Congress has approved legislation changing the military retirement system for people who enter on Aug. 1 or later. Those now on active duty or already retired are not affected.

In order to encourage longer service, the new retirement system initially reduced retired pay for those who retire before reaching 30 years' service but adjusts retired pay at age 62. That early reduction is one percentage point off the current retire-

ment rate for each year before 30 years' service.

For instance, people who retire under the new system after 20 years' military service will initially draw 40 percent of their high-three average basic pay, compared to 50 percent now. That means a 10 percent penalty for retiring 10 years before reaching 30 years' service. At age 62, retired pay will be recomputed to what it would have been without the penalty.

Under the new system, future military retirees will receive annual cost of living ad-

justments one percent below the inflation rate as measured by the consumer price index. Presently, retirees are entitled to COLA raises equal to inflation.

However, the new system also provides for a one-time COLA "Catch-up." At age 62, future military retirees will have their retired pay adjusted to what it would have been, assuming full COLA raises all along. After that one-time catch-up adjustment, their COLA raises will resume at one percent below the inflation rate.

Along with everyone presently on active duty or retired, people in the delayed enlistment program or in service academies before Aug. 1 are not affected. Reserve Officer Training Corps scholarship cadets and ROTC non-scholarship cadets in two-year programs or on the last two years of a four-year program also are not affected.

Prior service enlistees who return to active duty after Aug. 1 will be eligible to retire under the current system if they initially entered service before Aug. 1.


Although the Air Force opposed any change to military retirement, the changes mandated by Congress preserve the basic structure of the system and protect those who typically are no longer actively employed in a second career beyond age 62. Moreover, despite these changes, the military retirement system remains competitive with the best private sector plans by offering immediate retired pay after 20 years of service, relatively high multipliers, adjustment for inflation, and no member contributions.

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# News briefs

## Property lost and found

The Security Police Investigation Section has the following lost and abandoned property: two small purses, two sets of keys, one set of female's hair curlers and one men's wristwatch. If any of this property is yours, call Ext. 3999.

## Activities Scheduled

The Library will host a one-hour workshop outlining tips on preparing your personal resume Wednesday, 2:30-3:30 p.m. Dr. Ben Findley will conduct the session in the Conference Room of the Base Library, Bldg. 15. An overview of basic do's and don'ts and various approaches to making your individual experience marketable will be presented. Admission is free, but due to limited seating, please call to register before Tuesday Ext. 3344.

Dr. Findley has personnel experience with several major corporations, is the author of books and articles on personnel matters, and serves as an Air Force Reserve Major. He is currently Chairman and Associate Professor in the Division of Business at Amarillo College.

## Problem Drivers Control Program

The Problem Drivers Control Program is now in effect. This program is designed to identify those personnel who

display a negative driving behavior pattern. The main goal is to protect our number one resource priority here at Reese. Active duty military members, DoD civilians and military dependents are subject to be cited by any officer or senior NCO for on-base or off-base traffic infractions. Authorized personnel observing a traffic violation are encouraged to report the infraction to the Law Enforcement Desk Sergeant, Ext. 3333.

## Photo update

Officers meeting promotion boards through 1986 are not required to update their official photo to reflect wear of the Air Force Overseas Ribbon until January 1987.

## Program scheduled

Fresh Start, a program to help those smokers who wish to quit smoking, will begin Tuesday and Thursday, July 15 and 17 for one hour sessions from 5-6 p.m. The sessions will be held in the Primary Care Clinic, USAF Hospital-Reese. Participants may include active duty, active duty dependents, retirees and retirees dependents. To sign up, call Ext. 3285.

## Policy change

Air University has issued major policy changes for the 1986 seminar. Captains with a date of rank before 1984 and six years commissioned service may enroll in the seminar and the required prerequisite courses concurrently. Tests for those courses must be taken by Oct. 24, course 32, and Jan. 16, course 33.

Individuals who have completed course 30A will be given credit for both courses, 32 and 33, and may enroll in the 1986 seminar.

For more information, stop by the Education Center, Bldg. 920, Room 139.

## Management course offered

All managers and supervisors are urged to attend a course in conflict management, Thursday, Bldg. 920, Room 130A from 1-3 p.m. Dr. Ben Findley, chairman and associate professor of Amarillo College Business Division, will gear the seminar towards the nature and sources of conflict with adjustive reactions, methods for resolving interpersonal conflict, and techniques for effectively resolving organizational conflicts. Each supervisor should make a concentrated effort to attend as the civilian appraisal cycle and performance evaluation pressures escalate. As seating is limited, please call Ext. 3803 to confirm your attendance.

Wednesday, 8-11 a.m., Bldg.

920, Room 130A, all supervisors and managers must attend contract labor agreement training.

## Lose weight, not life

Some Texas weight control clinics have been directly appealing to military service members to promote weight reduction with a product called MINT CAL.

The active ingredient in MINT CAL is 2-4 Dinitrophenol—DNP. DNP is used as a pesticide and a dog wormer. The Food and Drug Administration has not approved DNP for use in humans. The product interferes with the cell's ability to use food to produce energy. It produces an increase in metabolic rate and heat production and is highly toxic to man.

Persons using MINT CAL are urged to discontinue using it immediately. The Hospital offers weight loss classes which are safe and aimed at long-term weight control.

## Volunteers receive awards

Five Family Services volunteers received service awards at the June meeting.

Kathy Winney, coordinator, received her 750-hour guard. Dorothy Jones, welcoming chairman, was given a 500-hour guard. Loan Locker Chairman Lynnette Mad-

wick was awarded a 250-hour guard, and Lana Kaut was given a 100-hour guard. Office Chairman Susan Hein received a pin and uniform for 50 hours of service.

## Holiday closings

All AAFES facilities will be closed July 4, with the exception of the Shoppette. The Shoppette hours of operation for July 4 are noon to 6 p.m.

## Discount tickets available

Discount Wet 'n Wild tickets are available at the Mathis Recreation Center Tour and Travel Office. Tickets are \$8.50. Tickets must be purchased Monday-Friday, 10 a.m. to 6 p.m. The Tour and Travel Office is closed Saturdays, Sundays and Holidays. For more information, call Ext. 3787.

## Summer camp seeks volunteers

Camp Blue Yonder, an annual Reese event, is seeking counselors. The purpose of the camp is to give underprivileged youths between the ages of 9-11 a chance to enjoy a summer camp that they otherwise would not be able to experience. The girls camp will be Aug. 4-8, while the boys camp is Aug. 11-15. If selected to be a counselor, you will be given permissive TDY during the camp. Contact TSgt. Joe McDowell, Ext. 3334, or SrA. Dave Miller, Ext. 3876 for more information.

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PG

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About Last Night

R

1:05 - 3:05 - 5:05 - 7:30 - 9:40

Ruthless People

R

1:00 - 3:00 - 5:00 - 7:40 - 9:30

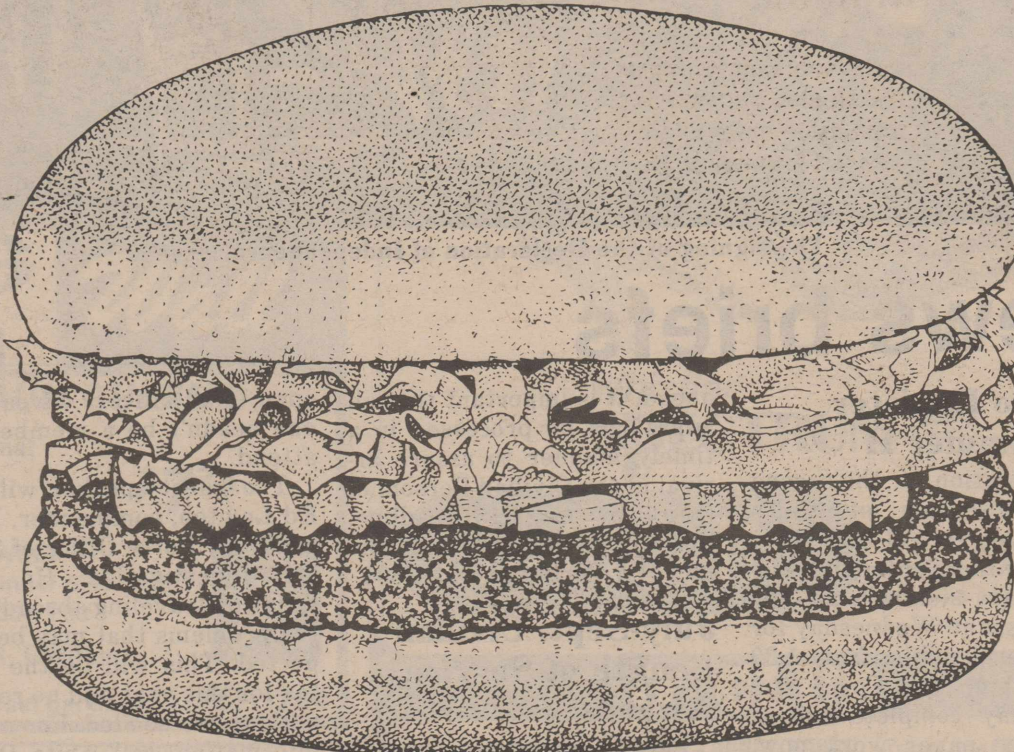
TOP GUN

PG

1:15 - 3:15 - 5:15 - 7:30 - 9:45

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Ruthless People  
Top Gun  
Rocky Horror



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# Independence didn't happen in a day

Commentary by Nancy Ragan

KELLY AFB (AFNS)—What do the dates June 7, July 2, July 4, July 8, July 15 and Aug. 2 have in common? Here are some clues: Declaration, fireworks, picnics, parades, second continental congress, unanimous, John Hancock.

The Declaration of Independence, of course, ties these dates together.

On June 7, 1776, Richard Henry Lee of Virginia, one of the signers of the Declaration of Independence, declared, "These United Colonies are, and of right ought to be, free and independent states."

John Adams, also one of the signers, said, "I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival.

"It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations, from one end of this continent to the other," but, he was talking about July 2. On that day, delegates from 12 colonies passed Lee's resolution.

When the people of Philadelphia learned of the declaration on July 8, they celebrated in the streets with bells ringing.

The Declaration of Independence begins. "In congress, July 4, 1776. The unanimous declaration of the thirteen United States of America..." In fact, the word unanimous really couldn't be used until July 15, when the New York delegation approved the declaration.

It wasn't until Aug. 2, 1776, that the Declaration of Independence was signed by the majority of its 56 signers. Thomas McKean of Delaware didn't sign it until sometime in 1781.

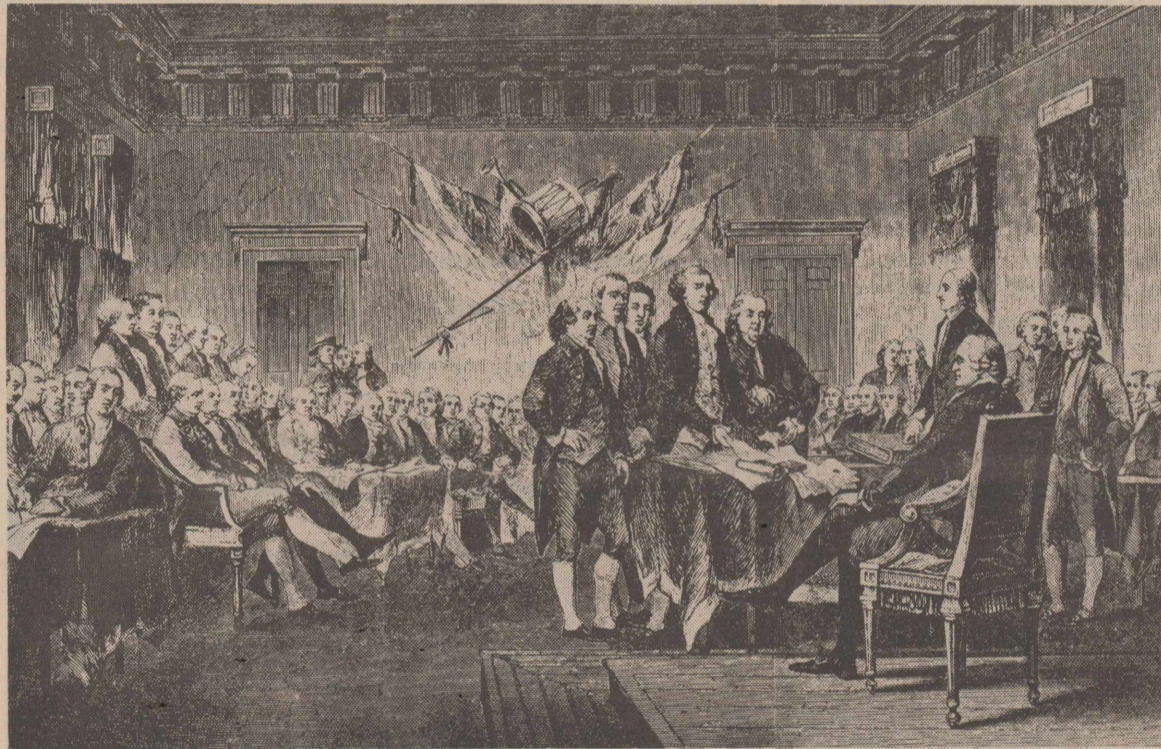
The split between America and Britain was a long time coming. Between 1763 and 1775, the British parliament passed a series of acts that angered the colonists. Space and time set the colonies further apart from Britain.

According to John Adams, "The revolution was effected before the war commenced. The revolution was in the minds and hearts of the people." War exploded in the colonies on April 19, 1775.

Thomas Paine, an American leader in the revolution, said, "These are times that try men's souls...tyranny, like hell, is not easily conquered, yet we have this consolation with us, that the harder the conflict, the more glorious the triumph."

It was a glorious triumph. The declaration and the revolutionary war gave birth to the United States of America and set it free from the European colonial system. And because of the brave actions of these men who wanted to live and work in a free and independent state, we have our current form of government. Our political system stands as an example of a nation created by a people, free, and governed by those people. But how can we ensure that we maintain this government? One way is by exercising our right to vote. And that doesn't just mean the national elections—but the city, country and state elections. Another way is to let this country's leaders know what we like or don't like.

Remember, this is a free country. Let's keep it that way.



The signing of the Declaration of Independence.

## News briefs

### SPC to Register for Summer II

Registration for the second summer session of South Plains College will be held at the Education Center, Tuesday, for military members and dependents, and Wednesday for the general public from 1:30 to 6:00 p.m. Air Force students may complete tuition assistance paper work now. The term will operate from Wednesday to August 14, 1986. Contact the Center for further information, Bldg. Ext. 3634.

### Civilian Performance Evaluations and Ratings

The annual closeout for General Schedule Employees performance ratings was June 30. By this time supervisors should have completed the rating in draft and forwarded to the reviewing official—next level supervisors—These ratings are very important and affect the career of each employee in the areas of promotion consideration, training and cash awards. With the pending MCI just

ahead, it is important that all appraisals be processed in a timely manner to assure arrival in the Civilian Personnel Office by Aug. 15 deadline. For further information contact Hal Corbin at Ext. 3804.

### July-Sept. Civilian Length of Service Awards

Length of Service Awards for twenty and ten years of service will be presented to the following personnel at appropriate ceremonies by the 64th Flying Training Wing Commander, and Deputy Commander, 64 Civil Engineering Squadron.

Twenty Year Awards—Steven A. Allsup, Nita B. Graves, Patricia F. Coggins, and James L. Hall.

Ten Year Awards: Mark A. Williams, Donald E. Brown, Jr., Vincent R. Williams and Roger R. Rockafellow.

### Officers wives club hosts hail, farewell

The Reese Officers Wives Club hosts a hail and farewell tea Thursday, 10 a.m. at the officers open mess. The tea is

open to all officers wives and one needn't be a member to attend.

The guest speaker will be Ed Lawton, commander, Det. 1025, Air Force Office of Special Investigation. He will speak on traveling abroad and the problems that may be expected. This will be the last tea for this year and no reservations are needed. For more information, call Anita Dodd at 885-2362.

### Exchange service station without mechanic

The Base Exchange service station will not have a certified mechanic on duty beginning Monday through July 21. General automotive services and repairs normally offered will still be available during this time.

### Blood Drive set

USAF Hospital-Reese conducts its next blood drive Tuesday, 11:30 a.m.-2:30 p.m. at Mathis Recreation Center. All blood types are needed. For more information call Capt. Larry Johansen, Ext. 3723.

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# Fighting the constant battle of the bulge

by Judy Critton  
Family News

The moment Greg announced he was dieting his waistline compliantly dropped an inch: He was adjusting his belt by the end of the sentence.

When I, however, decided to be his battle-of-the-bulge comrade, I could feel my fat cells fortifying for a long, hard fight.

Counting cross stitch and typing are not exactly Jane Fonda's Workout, but I thought I was doing OK. I'm not sure if it was the soulvaki, Kielbase, pizza, Aunt Judy's shrimp salad or the nightly gorge of deep-fried chicken wings, but when we came back from leave it appeared our bathroom scale was broken.

The new, carefully calibrated scale coldly informed us that our discarded friend had been quite kind.

Years of reading diet articles made it clear that safe, sensible weight loss would involve a carefully planned, calorie-counting menu and purging the house of high calorie snacks.

That Guinness-proportion junk food feast has been the best part of dieting so far. My conscience salved by the noble task of removing this calorie-laden poison from further temptation, I added three pounds to my goal that night.

Although his consumption was exponential to mine, Greg's body refused to absorb a single calorie.

The man who could consume an entire box of Cap'n Crunch as a morning appetizer magically became quite content with a half-grapefruit meal. I, on the other hand, craved everything forbidden and began to gnaw on the upholstery.

By the third day, dinner conversation was impossible. The growling of my stomach had intensified to a Stephen King movie soundtrack.

Fortunately, it doesn't take long to finish off one lean patty and cottage cheese. At night we just turned the television to full volume.

Greg is pretending not to notice, but I caught him looking for "Exercism" in the yellow pages. I have gotten a little moody.

The worst part is the weigh-ins. When he'd lost nine pounds, the needle still refused to budge for me and I had to remind myself that Jessie needs him.

The only thing that keeps

me going is the secret fantasy of force-feeding him Black Forest Cake in his sleep.

He isn't very awake when

he leaves the house at sunrise. If you happen to notice chocolate crumbs on his face, please don't say anything.



## Battle of the bulge

*Don't touch that cake!  
Put down that fudge;  
If you hope to win,  
The Battle of the Bulge.*

*All that pasta and ice cream,  
They are so good to the taste;  
But we also understand,  
These are things that go to waist.*

*You will look and feel good,  
In better health you will remain;  
If you restrict your daily intake,  
Of fat foods that make you gain.*

*It's the only battle known,  
Where you have to lose to win;  
But your victory will be sweeter,  
Than all the sweets have ever been.*

By SSgt. Raymond W. Courville

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<p><b>MONDAY-FRIDAY</b> Lunch, 1100-1300 Dinner, Thur &amp; Fri, 1800-2100 Casual Bar Open, 1600</p>	<p><b>WEEKENDS</b> Casual Bar Open, 1200 til closing</p>
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### THIS WEEK'S SPECIAL EVENTS

**Every Monday Is Ladies Night!**

**Friday, July 4**—Celebration on Patio at 2100 Country & Western with Bashful Bob

**Saturday, July 5**—Man with a Thousand Voices

**Monday, July 7**—Ladies Night with the Shadow

**Tuesday, July 8**—Rock -n- Roll with the Shadow

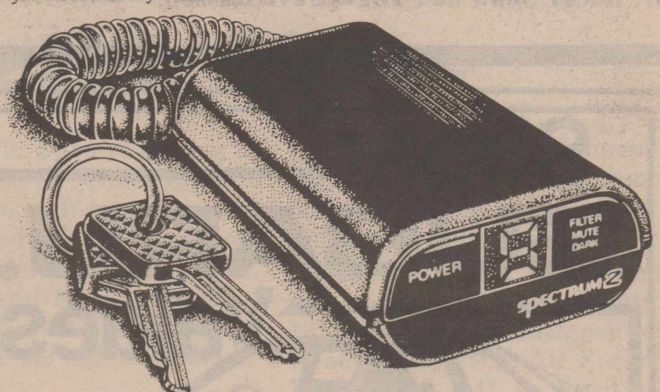
**Wednesday, July 9**—All You Can Eat Seafood Platter \$8.95

**Thursday, July 10**—Watch for Nightly Menu Specials

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<p><b>FRI JULY 4</b> Closed</p>	<p><b>TUES JULY 8</b> Fried Shrimp \$5.25</p>
<p><b>SAT JULY 5</b> Reserved For Special Events</p>	<p><b>WED JULY 9</b> Beef Brisket \$4.95/All You Can Eat</p>
<p><b>MON JULY 7</b> Call Big Bird For Food To Go X-4564</p>	<p><b>THURS JULY 10</b> Family Style Chicken Every Thursday</p>



(USAF Photos)  
The Reese Honor Guard will be represented in the Chamber of Commerce Fourth of July Parade in Lubbock. A four-man color guard will lead off the Reese entries by carrying the United States and Air Force flags. The parade begins at Jones Stadium at 10 a.m. The parade will move through Texas Tech campus and then down Broadway.



Facility of the Week: Building 1142, Billeting Office. Shown above (left to right) Mr. Zeke Laney, Lt. Col. Ted Ownby, Mr. Rocky Shaw and TSgt. Dave Russell.

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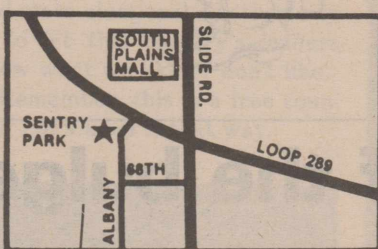
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<b>Station Wagon DL</b> #844 - 5-speed, white, A/C	\$11,278.	\$10,195
<b>GL 3-door</b> #831 - 5-speed, white, A/C	\$11,755.	\$10,595
<b>Station Wagon GL</b> #836 - 5-speed, blue, A/C	\$12,030.	\$10,795
<b>GL 4-door</b> #853 - 5-speed, black, A/C	\$12,334.	\$10,995
<b>Station Wagon GL</b> #828 - 4WD auto, green, A/C	\$13,308	\$11,500
<b>XT Coupe GL</b> #848 - 5-speed, silver, A/C	\$14,725	\$12,750

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# The Roundup



UPT Graduation Section

July 4, 1986

Reese Air Force Base, TX 79489

## UPT class 86-06 graduates July 3

by 2nd Lt. Tim Phillips and  
2nd Lt. Larry Martin

It's hard to believe 49 weeks have passed since we first gathered from all across the United States at Reese Air Force Base to begin this task called Undergraduate Pilot Training. All of us had heard different stories about our upcoming year at UPT. To tell you the truth, none of the 63 original members of Class 86-06 really knew what the coming year would hold.

We wondered during those first few weeks whether or not we would even see the jets on the flight line, let alone learn to fly them. Long hours of lectures and briefings during a hot West Texas summer dragged on forever. We prepared for the rigors of the flight line by being dropped, shot, gassed, drowned, dragged, and spun in Physiological Training's various training "aid". Finally, after Captain Stansbury, our first class commander, had filled our heads with all the basics, from boldface to radios to our

newest buddy, trim, we seemed ready for the line.

Sporting stylish new green bags, we ventured over to the 35th Flying Training Squadron to try our hand at the T-37, or Tweet. Though learning "just the boldface" took us a while, 86-06 finally began to fit its stride and the Tweet didn't seem too bad. We fought our most difficult battles with crazed schedulers, interminable Saturday academic classes, monsoons, and even a monster blizzard. Despite every attempt to slow us down, we compiled one of the best check records in the history of the 35th. We went home for Christmas leave confident of our new flying skills and our ability to work as a team.

We returned from the Christmas holiday for a walk up the street to the 54th Flying Training Squadron, the land of fast-movers and the T-38. Our landings were faster, our cross-countries further, but the daily grind of UPT remained pretty much

the same. Though we lost a few more of our buddies, most of us survived to become old hands here at Reese.

Some of our most vivid memories of this past year came not from flying, but from the additional duties sometimes piled upon young second lieutenants. Though we were always officers first, we had our doubts while we parked cars, painted buildings and furniture, sold hamburgers, pulled shrubs, and played secretary for our IP's. The excitement of pilot training waned during a last period recorder shift, a 1:00 a.m. security monitor tour, or a 4:30 a.m. report.

Now all the shouting is done, we can look back and say UPT wasn't so terribly bad. The year proved to be more than any of us expected and really can't be described except by each individual graduate. Those of us who have survived can only say we are thankful and proud to be allowed to pin on the silver wings of Air Force pilots.



## Class Speaker Major General Donald L. Marks

The class speaker for class 86-06 will be Major General Donald L. Marks, assistant deputy chief of staff, operations, Headquarters Strategic Air Command, Offutt Air Force Base, Nebraska.

Maj. Gen. Marks was com-

missioned through the Air Force Reserve Officer Training Corps program upon graduation from the University of Cincinnati. General Marks entered flight training at Graham Air Base, Fla., and received his pilot wings at

Greenville Air Force Base, Miss., in November 1958.

In October of 1972 he began a seven-year assignment with the 456th Bombardment Wing, Beale Air Force Base, Calif. The general was then assigned to Southeast Asia in

May, 1970. Upon returning to the states, he joined the 2nd Air Force staff as an air staff officer and chief, T39 section, at Barksdale Air Force Base, La. General Marks moved to Carswell Air Force base where he served as comman-

der of the 9th Bombardment Squadron and deputy commander of the 7th Combat Support Group.

General Marks graduated from Air War College in July 1977. He was then assigned to Headquarters U.S. Air Force, Washington D.C. In April of 1979 he became commander of the 97th Bombardment Wing, Blytheville Air Force Base, Ark., in April 1979, and commanded the 19th Bombardment Wing, Robins Air Force Base, Ga., from July 1980 to September 1981. He then took command of the 42nd Bombardment Wing, Loring Air Force Base, Maine. General Marks returned to Blytheville Air Force Base in August 1982 as commander of SAC's 42nd Air Division. He assumed his present duties in May 1984.

The general is a command pilot with more than 6,000 flying hours and 355 combat hours. His military decorations and awards include the Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Air Medal with one oak leaf cluster, Vietnam Service Medal with four service stars, Republic of Vietnam Gallantry Cross with palm and Republic of Vietnam Campaign Medal.

He was promoted to Major General June 16, 1986.

General Marks is married to the former Susan M. Rodenfels of Columbus, Ohio. They have four children: Tim, Donna, Mike and Tami.



The returning Instructor Pilots for class 86-06 are shown above. Front row L-R: 2nd Lt. Eileen M. Isola, 2nd Lt. Scott D. Porter, 2nd Lt. Jay H. Hardy, Jr. and 2nd Lt. Michael S. Schulenberg. Top row L-R: Col. Charles Edwards, 2nd Lt. Anthony

J. Carrelli, 2nd Lt. Edward B. Tomme, 2nd Lt. Stephen M. Urbanczyk, 2nd Lt. Neil W. Agnew, and 2nd Lt. Michael S. Schulenberg.



Capt. Thomas P. Osnes  
C-141 Charleston AFB, South Carolina



Capt. Timothy W. Purcell  
C-130 Pope AFB, South Carolina



Capt. Frank H. Williams, Jr.  
T-43 Mather AFB, California



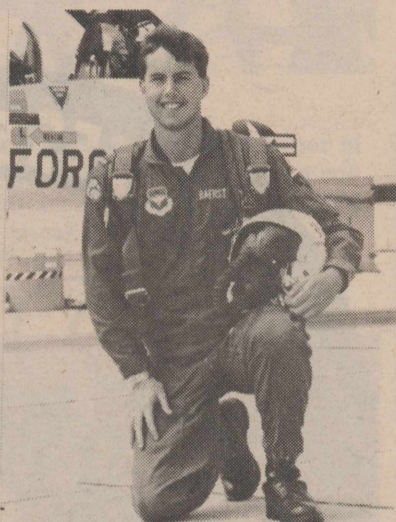
1st Lt. Gerald R. Barton  
RF-4 Bergstrom AFB, Texas



2nd Lt. Neil W. Agnew  
T-37 Reese AFB, Texas



2nd Lt. David K. Anderson  
C-141 Norton AFB, California



2nd Lt. Robert S. Bearst  
KC-135 Grissom AFB, Indiana



2nd Lt. Sean K. Carey  
KC-135 Wurtsmith AFB, Michigan



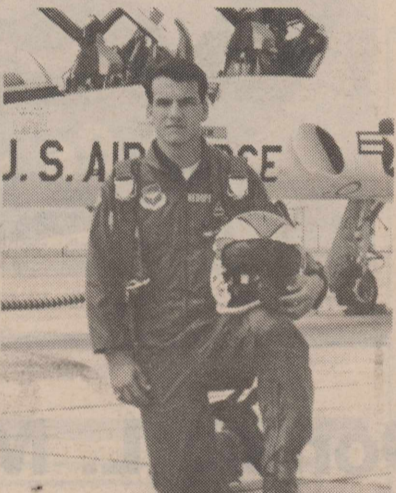
2nd Lt. Douglas A. Carpenter  
KC-135 K.I. Sawyer AFB, Michigan



2nd Lt. Anthony J. Carrelli  
T-37 Reese AFB, Texas



2nd Lt. Jay H. Hardy, Jr.  
T-37 Reese AFB, Texas



2nd Lt. Richard L. Hedgpeth  
F-15 Eglin AFB, Florida



2nd Lt. Robert W. Holland  
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B-52 Reese AFB, Texas



2nd Lt. William P. Isler  
C-130 Pope AFB, South Carolina



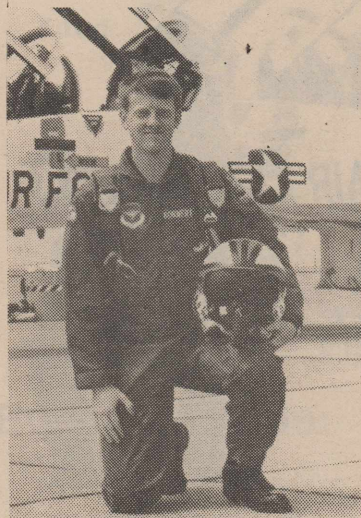
2nd Lt. James Y. Jones  
KC-135 Rickenbacker ANGB, Ohio



2nd Lt. Jeffrey A. Johnson  
A-10 Barksdale AFB, Louisiana (AFRES)



2nd Lt. Kelly S. Kiernan  
KC-135 Ellsworth AFB, South Dakota



2nd Lt. Gary M. Konnert  
B-52 Wurtsmith AFB, Michigan



2nd Lt. Terrence Linehan  
KC-135 Minot AFB, North Dakota



2nd Lt. Bruce Magoon  
C-9 Rhein-Main AB, Germany



2nd Lt. Lawrence M. Martin  
C-130 Little Rock AFB, Arkansas



2nd Lt. Timothy M. Marks  
B-52 Minot AFB, North Dakota



2nd Lt. Paul C. Mathis, Jr.  
B-52 Blytheville AFB, Arkansas



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KC-10 March AFB, California



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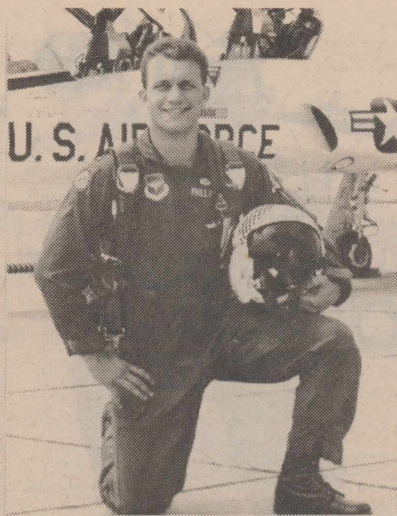
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C-130 Maryland ANG



2nd Lt. Timothy J. Phillips  
C-141 McGuire AFB, New Jersey



2nd Lt. Scott D. Porter  
T-38 Reese AFB, Texas



2nd Lt. Stephen K. Porter  
C-141 Thompson Field, Mississippi



2nd Lt. Mark S. Postgate  
F-15 Holloman AFB, New Mexico



2nd Lt. David A. Reth  
T-38 Reese AFB, Texas



2nd Lt. John W. Robinson  
B-52 Griffiss AFB, New York



2nd Lt. Bruce C. Rowe  
B-52 Fairchild AFB, Washington



2nd Lt. Michael S. Schulenberg  
T-37 Reese AFB, Texas



2nd Lt. Kirkland A. Smith  
KC-135 Offutt AFB, Nebraska



2nd Lt. Edward B. Tomme  
T-37 Reese AFB, Texas



2nd Lt. Glenn M. Ullmann  
E-3A Tinker AFB, Oklahoma



2nd Lt. Stephen M. Urbanczyk  
T-37 Reese AFB, Texas

Not pictured . . .

2nd Lt. Mark J. Schnoes  
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| • Egg Toss    | • Swimming      | • Bicycling                     |
| • Leap Frog   | • 3-Legged Race | • Softball Throw/Catch          |
| • Chip & Putt | • Chug-A-Lug    |                                 |

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Age	Event	Time
1-2 yrs.	Crawl Race	3:30
3-4 yrs.	Softball Throw	3:45
5-7 yrs.	T-Ball Competition	4:00
8-9 yrs.	Pie Eating Contest	4:30
11-13 yrs.	Watermelon Seed Spitting Contest	4:45

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<p style="font-size: x-small;">Present this coupon</p> <h3 style="text-align: center;">Chimichanga Special</h3> <h2 style="text-align: center;">\$3.75</h2> <p style="font-size: x-small;">Two golden fried Beef Burritos topped with Ranchera Sauce and Sour Cream. Served with Spanish Rice and Refried Beans.</p> <p style="text-align: center;"><b>El Chico</b></p> <p style="font-size: x-small;">EXPIRES 8-1-86 EAT IN ONLY</p>	<p style="font-size: x-small;">Present this coupon</p> <h3 style="text-align: center;">Burrito Con Queso Special</h3> <h2 style="text-align: center;">\$3.95</h2> <p style="font-size: x-small;">A flour tortilla filled with ground Beef and topped with Chili Con Queso. Served with Guacamole, Spanish Rice and Refried Beans.</p> <p style="text-align: center;"><b>El Chico</b></p> <p style="font-size: x-small;">EXPIRES 8-1-86 EAT IN ONLY</p>	<p style="font-size: x-small;">Present this coupon</p> <h3 style="text-align: center;">Juarez Dinner Special</h3> <h2 style="text-align: center;">\$4.75</h2> <p style="font-size: x-small;">Includes: One Cheese Enchilada, a Beef Taco and one Cheese Taco. Served with Guacamole and Spanish Rice.</p> <p style="text-align: center;"><b>El Chico</b></p> <p style="font-size: x-small;">EXPIRES 8-1-86 EAT IN ONLY</p>

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# 'A Hundred Fourths of July Broke Loose'

Like the 1886 unveiling of the Statue of Liberty, this year's celebration of her 100th birthday is expected to feature an extravaganza of unprecedented proportions.

And just as the Army, Navy and Marine Corps participated in festivities surrounding the statue's original unveiling, they will join with the Air Force and Coast Guard July 3-6 for Liberty Weekend '86, when the statue will be unveiled after its \$230 million facelift.

At opening ceremonies for the 1886 celebration, President Grover Cleveland and the Marine Corps Band led a procession through Manhattan. Following closely behind were formations of mounted Army troops and four battalions of sailors from three ships of the North Atlantic Squadron: the Tennessee, Alliance and Yantic. Veterans from the War of 1812 and the Mexican War also participated.

This year, members of the military will have an operational as well as ceremonial role in the festivities. Officials estimate that some 20 million people will attend Liberty Weekend '86. Members of the military are expected to be called on to augment local, state and federal security forces.

The Coast Guard estimates that 30,000 to 40,000 small craft will cram into New York Harbor to watch the activities. Eighty to 100 Coast Guard vessels, assisted by as many as 200 vessels from the civilian Coast Guard Auxiliary, will be on duty to police the harbor and provide harbor security.

However, the most memorable military participation is likely to be of a ceremonial nature.

Eleven U.S. Navy ships, including the aircraft carrier USS John F. Kennedy and the battleship USS Iowa, will participate in the activities. The USS Kennedy was originally planned as the stage for a July 3 opening show. However, these plans were scratched, and the carrier is now planned as a primary viewing area.

The USS Iowa and nine other U.S. Navy ships will join 20 warships from Brazil, Canada, France, West Germany, Honduras, India, Ireland, Jamaica, Japan, Morocco, The Netherlands, Norway and the United Kingdom for an "International Naval Review." According to William G. Brittain Jr., DoD coordinator for the festivities, these ships will be anchored in New York Harbor and along the Hudson River. Each will render a 21-gun salute as the USS Iowa, the official reviewing ship, passes.

Twenty-two tall ships from around the world will be featured during Operation Sail 1986. Led by the U.S. Coast Guard bark Eagle, ships from Argentina, Belgium, Chile, Colombia, Ecuador, Indonesia, Italy, Mexico, Oman, Portugal, Spain, Uruguay and Venezuela will sail through New York Harbor and up the Hudson River.

The French air force is expected to perform a flyover of Lady Liberty, commemorating the French people's gift of the statue to the people of the United States 100 years ago. Aircraft from the U.S. Air Force, Marine Corps and Navy will also conduct flyovers during Liberty Weekend.

Bands from the Army, Navy, Air Force and Marine Corps are sched-

uled to keep Liberty Weekend '86 filled with music from start to finish. Military flag and drill units and color guards will be joining them.

One hundred years ago, the *New York Times* called the Statue of Liberty unveiling the day "a hun-

dred Fourths of July broke loose."

Planners say this year's event "will not only be recorded as one of America's most splendid moments. It will go down as one of the world's most spectacular events of all time."



The Statue of Liberty, a gift to the U.S. from France to commemorate France's alliance with the American colonies during the American Revolution. Photo by the National Park Service, Statue of Liberty National Monument.

# 'Commitment' added to 'duty, honor, country'

By AIC Rich Monahan  
Keesler AFB, Texas

A Marine veteran of the Vietnam War had added a fourth word to Gen. Douglas MacArthur's immortal phrase—'duty, honor, country'.

"Commitment fits in there, too" said former 1st Lt. Clebe McClary. "Commitment to country, home and family."

Lieutenant McClary arrived at this conclusion during his service as a reconnaissance team leader with the 1st Marine Division's First Reconnaissance Battalion in Vietnam. His 19th and last patrol during March 1968 illustrates the depth of the lieutenant's commitment.

He and his 13 men, several with no combat experience, were assigned to clear the way for a big operation involving several thousand men. Their destination, the relatively unknown area of Quan Duc Valley about 30 miles south of Da Nang AB, was behind enemy lines and infested with North Vietnamese regulars dating to the Tet Offensive three months earlier.

Here is lieutenant McClary's account of that patrol:

"The routine survey overflight done before the patrol apparently gave the enemy an early warning that we were coming—they set a death trap.

"As we approached the landing point, the choppers stirred up the dirt and three powerful box mines, booby traps and a punji pit were dis-

covered. The mines were in wooden boxes about the size of a shoe box, with wires running underground to a hill about 150 yards away. There, the enemy waited for our arrival, hoping to pull the wires, set off the mines and blow up the choppers.

"Pfc. Tom Jennings jumped out and cut the wires. He discovered one was a dud, but either of the others could have blown us to bits.

"The hill was about the size of a football field. Rocks and bushes provided very little cover, so the hill was vulnerable to attack.

"We wasted no time setting up our defense. I helped the men place claymore mines, booby traps and trip flares. Then I began clearing the punji pit (a rectangular hole covered with a braided mat trap door concealing sharpened bamboo stakes covered with human excrement).

"Using the mat to form a lean-to, I then chisled a notch large enough to sit in near the top of the pit. My radioman and corpsman dug a foxhole to my left, and three other men settled in a foxhole to my right. The remaining eight took cover about 50 yards behind us in a crater that had been carved by a 2,000-pound bomb.

"I was in the best fighting position I had ever had. Now the waiting game began.

"In a short time, the North Vietnamese made their presence known by an eerie strategy—beating sticks together and chanting. Their intent

was to wear down our nerves while we dodged sporadic sniper fire.

"On the second day, there was an attack on a nearby base for American planes and helicopters. As a result, our supposed operation plans were canceled and we were to be extracted. But, bad weather prevented choppers from coming in as scheduled.

"Our third day on the hill was quiet—a quiet more unnerving than the noise. A few rockets and mortars hinted at a coming assault. We appeared to be surrounded.

"It was near midnight when I heard a rustling noise at the bottom of the hill. I inched out of the pit toward the three men to my right to give them the cue. The North Vietnamese regulars launched a frenzied attack with small

arms fire, hand grenades and satchel charges.

"Struck immediately in the neck and shoulder by a grenade, I dove back into the pit and radioed for artillery and air support. At the same time, a suicide squad of about 12 men charged up the hill. Grenades, with pins pulled, were tied around their waists and a grenade was held in each hand.

"My men fired furiously. I had nearly emptied my shotgun when, suddenly, an enemy soldier hovered right above me. I shot once, but his momentum kept him falling into the pit with me. A satchel charge in his hand exploded, hurling both of us through the air like limp rag dolls.

"I reached back with a bloody stump...my left arm was ripped off just below the

elbow.

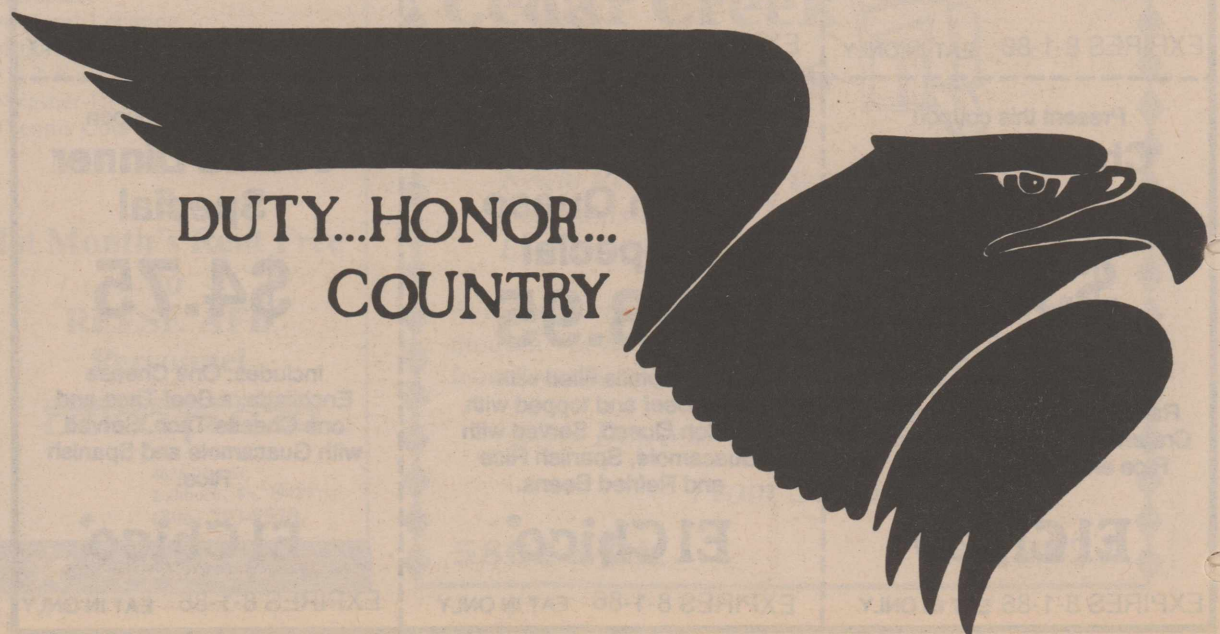
"I heard a shriek from my men to the right. An enemy grenade had been lobbed into their foxhole. One was dead and another fatally wounded.

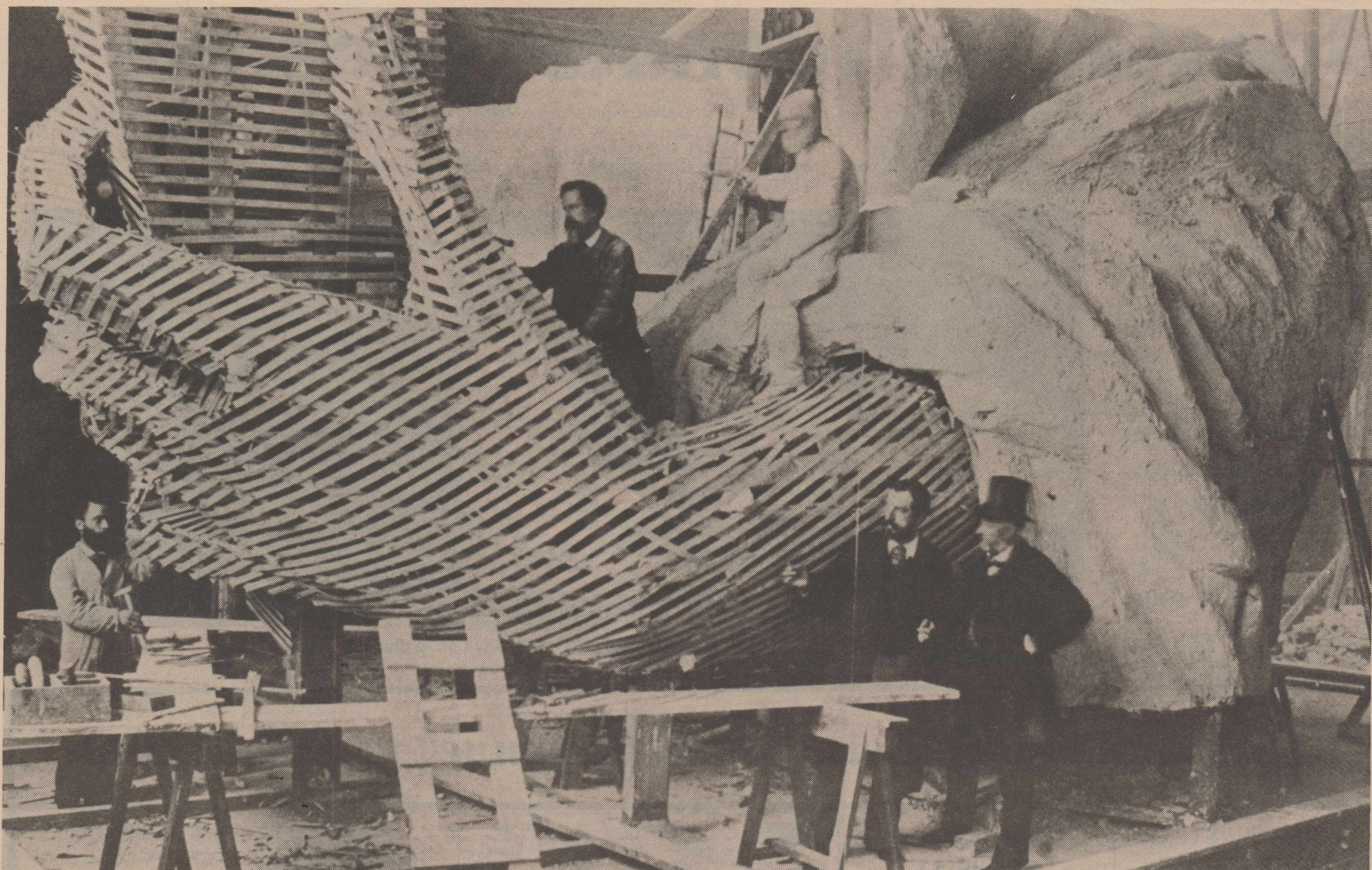
"To my left, my radioman and corpsman were unconscious, maybe dead. In the bomb crater, there were five wounded.

"Fight or be slaughtered! Unsuccessfully, I tried to pull grenade pins with my teeth. To keep my men fighting, I darted from one position to another directing fire. Another grenade soared in.

"My face! Blinded by blood, I didn't suspect the left eye was blown out. I choked on blood and broken bits of teeth—my lips and gums burned. I couldn't hear. My hand throbbled.

"The bomb crater! My only  
(Continued on Page 15)





Craftsmen work on wooden fingers for Liberty's original left hand before it is covered with plaster like the arm as Frederic Auguste Bartholdi, sculptor, (second from right) points out wrist formation to a visitor. The work is being done

in Bartholdi's warehouse workshop in Paris in 1882. Photo: N.Y. Public Library, Rare Books and Manuscripts Division.

### 'Commitment'

(Continued from Page 14)  
chance! Then another grenade went off, shredding my legs.

"Sensing movement near me, I stayed motionless, pretending to be dead. It's all over now.

"An enemy soldier stepped over me and aimed his weapon at my head, but the shot went through my neck and into my right arm instead.

"Then I was alone—my body full of pain, my mind in agony that my team was about to be wiped out.

"I wondered if I would ever see Deanna (his wife) again. In a few days we were to meet in Hawaii.

"It seemed that hours passed. If only I could get my men off that hill alive—if only I could see my wife one more time."

Somehow, Lieutenant McClary survived the patrol and his wounds. He also survived 32 operations to repair his bullet and shrapnel-torn body. And he did see his wife again.

He survived, he said, because of his sense of duty, honor, country...and commitment. (Courtesy of the Kessler News)

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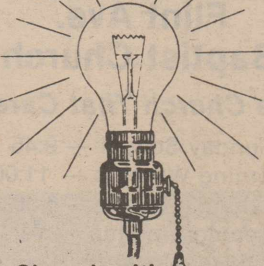
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# Booster Club donates to center

The Youth Activities Booster Club recently donated some very useful items to the Reese Chapel Center Youth work. The items donated are a clock, and coat rack for the Toddler Classroom, a film-strip projector, and a Super-book Video Tape.

In the past the Youth Activities Booster Club has made donations of equipment to the Youth Center, Youth Bowling League, Wolfforth Little League and T-Ball Teams.

Membership in the Booster Club is open to any adult or parent stationed or working at Reese AFB. Their purpose is to provide financial support to any youth activity sponsored by Reese Air Force Base. Membership requires no dues but asks for time in helping with Youth Activities.

Since the mid 1970's the Youth Activities have bene-

fited by the existence of this group.

Funds are raised via concessions at the Little League

and Soft Ball Fields, a booth at Reese's Open House, and at the Christmas Classic Basketball Tournament.

Due to the many rotations, they are needing new members. If you are interested in joining this fine group, call

MSgt. James Montgomery at ext. 3220 or at 885-2645; Elva Whitehead at ext. 3086 or TSgt. Michael McKelvy at ext. 3396.



Pictured here (left to right) are Carole Gilpin, Elva Whitehead, Sam Laine, Lt. Col. William McGraw, TSgt. Michael McKelvy, MSgt. James Montgomery, and Chap-

## Lubbock churches invite Reese personnel to attend church

<p><b>WESTMINSTER PRESBYTERIAN CHURCH</b> 33rd &amp; Indiana 799-3621 Church School 9:30 Worship 10:45 Youth Fellowship 6:30 Evening Worship 7:30 2nd &amp; 4th Sunday PASTOR—SAM LAINE</p>	<p><b>SUNSET CHURCH OF CHRIST</b> Bible Class 8:00 &amp; 10:15 a.m. Worship 9:15 a.m. Sunday Evening Worship 5:00 p.m. Wednesday Bible Classes 7:30 p.m. 3723 34th Street 792-5191</p>		<p><b>Temple Baptist Church</b> Welcomes Reese Personnel to the Area Sunday School — 9:45 am Preaching Service — 10:50 am Sunday Evening — 6:00 pm Wednesday Service — 7:30 pm There is a Difference...Come and See Rylan Millet — Pastor 795-5245 5413 38th Just West of Security Park Shopping Center at 38th &amp; Brownfield Hwy.</p>	
<p><b>MOUNT CALVARY BAPTIST CHURCH</b> Sunday School 9:45 a.m. Sunday Worship 11:00 a.m. Church Training 6:00 p.m. Sunday Even. 7:00 p.m. Wed. Prayer &amp; Mid Week Worship 7:30 p.m. G.B. COLEMAN, Pastor 2208 Ave. O 747-6363</p>	<p><b>SOUTHCREST BAPTIST CHURCH</b> <i>Touching lives because we care.</i> Sunday Bible Study 9:30 a.m. Worship Service 10:50 a.m. Evening Service 6:30 p.m. Wednesday Evening 7:00 p.m. REV. DON CASS, Pastor 4810 Ave. P 744-4523</p>		<p><b>BACON HEIGHTS BAPTIST CHURCH</b> Sunday School 8:30, 9:45, 11:00 a.m. Worship 9:45, 11:00 a.m., 6:15 p.m. Church Training 5:00 p.m. Weekday Pre-School Mon. - Fri. 9:00-11:30 a.m. Mother's Day Out Tues. &amp; Thurs. 9:00 a.m. - 2:30 p.m. Wednesday Evening 7:00 p.m. H.F. SCOTT, Pastor 5039 53rd St. (53rd and Slide) 795-5261</p>	
<p><b>FIRST FOURSQUARE GOSPEL CHURCH</b> Sunday School 9:30 Morning Worship 10:50 Evening Service 6:00 Wednesday 7:00 Pastor: PHIL DEMETRO Asst: LEE R. COOL 3115-2nd St. 762-8481</p>	<p><b>QUAKER AVENUE CHURCH OF CHRIST</b> 1701 Quaker Ave. 792-0652 Sunday Worship Service 10:30 a.m. &amp; 6:00 p.m. Family Bible Study Hour Wednesday 7:30 p.m. School of Ministry conducted week nights ELLMORE JOHNSON Evangelist</p>		<p><b>trinity church</b> INTERDENOMINATIONAL... WE are ONE in the Bond of Love Sunday Worship Services 9:00 a.m., 10:45 a.m., 6:00 p.m. Sunday Bible Classes 9:00 a.m. and 10:45 a.m. Wednesday Family Night Services 7:15 p.m. TRINITY CHRISTIAN SCHOOLS (A Private Christian School) Loop 289 &amp; So. Canton 792-3363</p>	
<p><b>LAKERIDGE UNITED METHODIST CHURCH</b> 4701 - 82nd Street Lubbock, Texas 79424 (806) 794-4015 BILL COUCH, Pastor Worship 8:30, 9:45 &amp; 11:00 a.m. Sunday School 9:45 &amp; 11:00 a.m.</p>	<p><b>HIGHLAND BAPTIST CHURCH</b> 4316 34th St. 795-6453 Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Evening Service 6:30 p.m. DR. STAN BLEVINS, Pastor</p>		<p><b>VANDELIA CHURCH OF CHRIST</b> Sunday Services 8:30 &amp; 10:30 a.m., 5:00 p.m. Sunday School 9:30 a.m. DALE ANDREWS Pulpit Minister Gregory Boy Camp Minister of Youth &amp; Family Kennon Rider Minister of Education 2002 60th at Ave. T 747-8439</p>	<p><b>BEREAN BAPTIST CHURCH</b> Sunday School 9:45 a.m. Morning Worship 10:50 a.m. Evening Worship 7:00 p.m. Wednesday Prayer Service 7:30 p.m. I.W. GREER, Pastor 60th &amp; Hartford 799-8141 - Church Bus Service Available Presenting Christ as the Answer</p>
<p><b>PILGRIM BAPTIST CHURCH</b> Extends to You a Welcome Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Church Training 6:00 p.m. Evening Worship 7:00 p.m. Mid-Week Service Wednesday 7:30 p.m. Leon Anderson, Pastor 6119 19th St.</p>	<p><b>FAITH ASSEMBLY OF GOD CHURCH</b> 5426 50th Sunday School 9:45 a.m. Morning Worship 10:40 a.m. Evening Evangelistic Services 6:30 p.m. Wednesday Bible Study 7:30 p.m. CURTIS NEWTON-Pastor 792-1163 - Rides Available A PENTECOSTAL FELLOWSHIP</p>	<p><b>BROADVIEW BAPTIST CHURCH</b> 1402 North Frankford 797-3038 797-1745 BILL HATLER, Pastor Come As You Are God Will Have You No Other Way Sunday School 9:45 Morning Worship 11:00 Church Training 5:00 Evening Worship 6:00 Wed. Prayer Meeting 7:00 WE CARE</p>	<p><b>Abundant Life Assembly</b> The Church Where Love Is SUNDAY Bible School 9:45 am Morning Worship 10:35 am Evening Praise 6:00 pm WEDNESDAY Family Night 7:30 pm Billy Gibson - Pastor W. 34th &amp; Loop 289 793-9669</p>	<p><b>Flint Ave. Baptist Church</b> "The Church That Cares" Sunday School — 9:45 Morning Worship — 11:00 Training Union — 6:00 Evening Worship — 7:00 Dean Thomas - Pastor 765-5444 - 763-9169 900 N. Flint One Block Off (The Littlefield) Clovis Hwy</p>



# Licenses renewal policies

The following table shows how each state handles the expiration and renewal of driver's licenses for military personnel. It is based on information in the 1986 edition of "Digest of Motor Laws," published by the American Automobile Association.

For automatic extension, the license must have been current and valid at the time of entering service. Also, it is a general requirement of all states that, if the license doesn't confirm military status, the individual must produce proof of military service.

To renew your license by mail or to obtain more information on driver's license regulations that apply to military personnel, write to the division of motor vehicles for your state.

For members who hold licenses in U.S. territories — American Samoa, Guam, Puerto Rico and Virgin Islands — automatic extensions are not granted. Contact the division of motor vehicles of your territory for details about renewing or extending your license.

STATE	AUTOMATIC EXTENSION	CONDITIONS OF EXTENSION/RENEWAL
Alabama	No	May be renewed by mail.
Alaska	No	May be renewed by mail.
Arizona	Yes	Extended to 90 days after discharge.
Arkansas	No	Extended, on application (by mail, if necessary) to 30 days after return to state, whichever comes first.
California	Yes	Extended to 30 days after discharge.
Colorado	Yes	Extended to three years after expiration date or 90 days after return to state, whichever comes first.
Connecticut	No	May be renewed by mail.
Delaware	No	May be renewed by mail.
District of Columbia	No	Extended, on application (by mail, if necessary), to four years after expiration date.
Florida	No	May be renewed by mail.
Georgia	No	May be renewed by mail.
Hawaii	No	May be renewed by mail. (License issued prior to Jan. 1, 1968 is valid until 30 days after discharge or return to state, whichever comes first.)
Idaho	No	May be renewed by mail.
Illinois	No	Members serving in the states may request an extension to 45 days after discharge; for members serving overseas, license is extended to 45 days following return to U.S.
Indiana	No	May be renewed by mail.
Iowa	Yes	Extended to six months after discharge; dependents' licenses extended to five months following member's discharge.
Kansas	No	May be renewed by mail.
Kentucky	No	May be renewed by mail.
Louisiana	Yes	Extended to 60 days after discharge.
Maine	Yes	Extended to 30 days after discharge.

STATE	AUTOMATIC EXTENSION	CONDITIONS OF EXTENSION/RENEWAL
Oklahoma	No	May be renewed by mail. (License for a member serving overseas is extended automatically to 60 days after returning to the U.S.)
Oregon	No	May be renewed by mail.
Pennsylvania	Yes	Extended to 45 days after discharge; same rule applies to dependents.
Rhode Island	No	Members may apply (by mail, if necessary) for a special license that is good to 30 days after discharge.
South Carolina	No	May be renewed by mail.
South Dakota	Yes	Extended to 30 days after discharge.
Tennessee	Yes	Extended to 60 days after discharge.
Texas	Yes	Extended to 90 days after discharge or return to state, whichever comes first.
Utah	Yes	Extended to 90 days after discharge.
Vermont	Yes	Extended to four years after date of expiration or 30 days after discharge, whichever comes first.
Virginia	Yes	Extended to four years after date of expiration or six months after discharge, whichever comes first.
Washington	Yes	Extended to 90 days after discharge.
West Virginia	Yes	Extended to six months after discharge.
Wisconsin	No	May be renewed by mail.
Wyoming	No	Members may apply (by mail if necessary) for an extension good for four years after the date of expiration; the same rule applies for dependents.

STATE	AUTOMATIC EXTENSION	CONDITIONS OF EXTENSION/RENEWAL
Maryland	Yes	Extended to 30 days after discharge or reassignment to state, whichever comes first.
Massachusetts	Yes	Extended to 60 days after discharge.
Michigan	Yes	Extended to 30 days after discharge.
Minnesota	Yes	Extended to 90 days after discharge.
Mississippi	No	May be renewed by mail.
Missouri	No	May be renewed by mail.
Montana	Yes	Extended to 30 days after discharge.
Nebraska	Yes	Extended to 60 days after discharge.
Nevada	No	May be renewed by mail. Request for renewal must be accompanied by results of an eye (visual acuity) test.
New Hampshire	No	May be renewed by mail.
New Jersey	No	May be renewed by mail.
New Mexico	No	May be renewed by mail.
New York	Yes	Extended to six months after discharge; however, member must notify N.Y. Commissioner of Motor Vehicles within 60 days of entry into service.
North Carolina	No	May be renewed by mail.
North Dakota	Yes	Extended to 30 days after discharge or return to state, whichever comes first.
Ohio	Yes	Extended to six months after discharge.



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'80 SCIROCCO	\$3488	24@ \$141
'84 TOYOTA	\$5488	42@ \$146
'84 F-150	\$5488	42@ \$146
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# Classified ads

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**COUNTRY HOME** for rent. Large 2 bedrooms, formal dining, utility, extra large walk in closets. \$300 plus lights & gas. Call 885-2282. 2 1/2 miles south of Reese.

**FOR SALE:** 1982 CB 900F, 4,500 miles, Windstar Fairing, NADA Book \$1,900, will sell for \$1,300. Call evenings 792-9775.

**HOUSE FOR SALE,** 3-2-2, assumable loan. \$659 monthly, fireplace, bay windows, garage door opener, inter-com, great neighborhood. 5725-2nd St. Call 796-0643.

**FOR SALE:** 1985 Cherokee Chief. 5 speed, 4-wheel drive, loaded, silver w/red leather interior. Owner moving, must sell. \$13,600 or best offer. Call Patti 793-0677-day, 795-5288-night.


**SINGER TOUCH & SEW**  
School machines, deluxe models; console cabinets; zig zag; buttonholes, etc. All new cond. \$69.95 ea. Guaranteed. ABC Sewing Center, 3033 34th at Flint. Call 799-0372.

**1 BEDROOM,** furnished or unfurnished apartment. \$195 monthly. \$50 deposit, W. of Lubbock; 2 Bedroom in Abernathy \$225 monthly. 792-2128 or 792-2442.

**BY OWNER** 3-2-2, beautiful, spacious, well built, with all the trimmings in super neighborhood. Must see to believe. 5803-14th. \$59,950, plus we pay closing. A Steal, no catch, we need to sell. 793-1312 for appt.

**HOBBIE 16 Catamaran,** with trailer. See at 1925-71st, 745-5704.

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30'	Available



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- 5711 94th - 4-2-2, \$69,950.
- 5804 77th - 3-2-2, Formal Dining, \$93,500.
- 509 Granby - Shadow Hills, 3-2-2, \$73,950.
- 514 Homestead - Shadow Hills, 3-2-2, \$73,950.
- 514 Huron - Shadow Hills, 4-2-2, \$72,950.
- 6123 38th - 3-2-2, \$54,500.

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**CUDDLY AKC COCKER SPANIEL** puppies. 4 Buff, 4 Black, 2 females, 6 males, \$80. 832-5538.

**HOUSE FOR SALE:** Open House 2-6, July 5th & 6th. 311 N. Elkhart in Horizon West. Near Reese. Must sell, make offer. 3-2-2 with extra Living/Dining room. Assumable 11 1/2% loan. \$761 payments. Air conditioned, fireplace, fenced, carpeted, excellent condition, 3 years old. Available now. Owner 799-8438.

**10 ACRE VETERANS** Land Tracts, 2 miles W. of Reese AFB on Levelland Hwy. with well and septic system. Low down payment \$150 monthly. 792-2128 or 792-2442.

- Super 2 Bedroom Duplex—4900 5th St., \$350
  - Quality 2 Bedroom 4-Plex—\$295.
  - Sharp 2 Bedroom 4-Plex—\$265.
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**Pat Garrett Properties**  
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**AT&T 2-line telephones**—memory-redial. \$90 each. Call 747-2105 days.

**FOR RENT:** 7901 Ave. "W" Lubbock. 3 bedroom, 2 bath, 2 car garage, brick, new paint, carpet, refrigerated air, built-in stove & dishwasher, fireplace, fenced yard. Call 1-997-4161 Open House Friday, Saturday & Sunday afternoon.

**FOR REESE PERSONNEL,** Prefer couple or 1 child. 1 & 2 bedroom houses. Furnished or unfurnished, near Reese. Special rental rates for good clean couples. 6 mos. rental contracts minimum. **THE RIGHT PRICE FOR THE RIGHT PEOPLE.** 763-5193 office, 793-3121 evenings. No call after 8 p.m. **MASSEY IRRIGATION RENTALS**

**FOR SALE—1983 Toyota Pick-up,** long, wide bed, 5-speed, air, bucket seats. \$3,000. Call 799-0265.

**85 MERCURY TOPAZ GS,** 25,000 miles, fully loaded. Automatic transmission, metal rims. Take over payments at \$252 a month. If interested contact SSgt. Hernandez at 885-3333 or 795-2773.

**1986 RX-7 Sports-Package,** air, cruise, Alpine, extras. Well below list at \$16,400. Must sell 794-7186 or X3858.

**GARAGE SALE:** Saturday June 28, 8:00 am, 5413-89th St. 794-3183. Carpet, light brown 9x12 w/pad & bound, \$90; carpet, powder blue 9 1/2 x 10 1/2 w/pad & bound, \$90; Portable dishwasher, excellent shape, \$150; microwave, \$100; exercise bike, Sears, almost new, \$65; playpen, excellent condition; vacuum cleaner, \$25; ladies clothes, sizes 5&7; misc.

**FOR SALE:** Single bed box spring, \$20; umbrella stroller, \$10; baby walker, \$10.

**FREE:** 3 month black female kitten. Call 885-4694 after 6 pm.

**FOR SALE—1984 Ford Tempo,** 2 door, 36,000 miles, A/C, power brakes & steering. Take over payments and \$500. \$140 monthly. George X3726.

**2 BEDROOM MOBILE HOME** for rent, 1 mile from Reese, 12x60. Very clean, lately carpeted & draped. Fenced yard. Pets & children welcome, few yards off pavement, gravel parking pad, storage sheds, trash service, dishwasher, W/D hookup, evaporative air. Lease not necessary, first-last and deposit of \$50. Furnished \$265, unfurnished \$225. Available now. Call 797-1362.

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# Some exercise 'facts' are really fiction

by Lt. Col. William Slaughter

RANDOLPH AFB, Texas (AFNS)—Now that summer is here, many outdoor sports enthusiasts find their motivation waning when faced with a noon workout.

There are several things they can do to make exercise more tolerable and safe during the summer. Research shows that much of the advice received from coaches and doctors in the past was wrong, and in some cases, dangerously so. Here are some common sports training myths, followed by some right things to do.

The first myth—add salt to the diet. This advice is dangerously wrong. Taking extra salt before strenuous physical activity creates a saline imbalance in the body. The body, trying to compensate for this imbalance, pulls mois-

ture from the surrounding tissues and muscles where it is needed most. This contributes to dehydration—the worst enemy of athletic performance. In a three-hour marathon, a runner may lose up to 13.5 milligrams of salt—far less than the 35 milligrams needed to produce even the mildest symptoms of salt depletion.

The second myth—drink sugared liquids before and during exercise. These products were believed to get into the bloodstream faster than water to provide the much-needed calories and to replace lost salts. Unfortunately, studies show that just the opposite is true. The more carbohydrates in the drink, the longer it takes to get out of the stomach and into the muscles.

It also dramatically slows the rate of water getting into

the system. Even a very small amount of sugar takes up to 30 minutes to reach the muscles.

The third myth—wear heavy clothes or a Neoprene sauna belt or plastic suit to lose weight. This advice is not only wrong, but extremely dangerous. First, any weight lost through sweating is only temporary. Weight can only be lost by burning calories and the best way to do that is by exercise.

Wearing a plastic suit during activity significantly builds up the body's heat stress index and limits the intensity and duration of exercise. This results in fewer calories being burned than would have been if the person had dressed properly, worked out harder and longer, and enjoyed it more.

More importantly, wearing such garments restricts heat loss, increases dehydration

and can lead to heat stroke, kidney failure and death.

The fourth myth—running without a shirt promotes evaporation and more efficient cooling. Unfortunately, on a sunny, hot, humid day this allows the body to absorb infrared radiation which inhibits heat loss. This can lead to heat stroke more rapidly than if a person wore a light-colored, loose-fitting, porous shirt. Also, if it's hot and humid, it's better to run either early or late in the day.

Here's what athletes should do—drink a minimum of 64 to 100 ounces of water per day to prevent dehydration.

If a person loses 2 pounds of water during exercise, his ability to perform can drop 15 percent. Athletes who want a special drink should try the drink of champions: two tablespoons of fresh orange juice added to a cup of chilled

water. Drink about two cups of this mixture 15 minutes before a workout and two more cups during each hour of exercise.

A person can run and play sports in the summer heat and enjoy it if he takes some precautions. The most important one, however, concerns water—drink lots of it.

(AFNS)

EDITOR'S NOTE: Colonel Slaughter is chief of the Faculty and Staff Development Division at Sheppard AFB, Texas. He is a lifelong advocate and practitioner of physical fitness. He has completed 19 marathons, including the Boston Marathon. He also has completed two endurance triathlons and currently competes competitively in cycling events. Colonel Slaughter is a member of the Air Force Physical Fitness Advisory Council.

## Fit For Freedom

May was the Air Force wide month of Physical Fitness.

The Reese Physical Fitness Center participated in the program.

Awards were presented to all 29 participants according to their points totaled at the end of the month.

The programs were open to all personnel.

The top 15 point leaders were:

Ray Diaz	2215
Larry Byrd	2159
Bob Milner	2150
Eric Benjamin	2023
Bruce Darlington	1874
Jon Goodwin	1834
Tim Hartzog	1625
Harry Love	1520
Hack Bittle	1513
Gerald Zoebisch	1512
John Blair	1500
Mark Campbell	1269
Mike Flannigan	1255
Wiley Willis	1123

## Track Finals

SAN DIEGO, CALIF. (AFNS)—Air Force emerged overall winner in the men's division of the 1986 armed forces field and track championships held at San Diego State University here June 13-14. Air Force placed second in the women's division.

Winners in the men's division are:

100-meter dash—1, Titus Evans, Rhein-Main AB, West Germany, 10.59.

200—1, Titus Evans, 21.56. 2, Alonzo Babers, Norton AFB, Calif., 21.60.

400—2, William White, Hanscom AFB, Mass., 48.01.

800—2, Richard Block, Wright-Patterson AFB, Ohio, 49.86. Daniel Rojas, Wright-Patterson, 1:51.12.

1,500—2, Jon Stokka, Travis AFB, Calif., 14:22.83.

10-Kilometer Run—3, Paul Hough, Langley AFB, Va., 31:18.10.

110 Meter High Hurdles—2, Douglas Cayne, Hellenikon AB, Greece, 14.62.

3,000 Steeplechase—1, Brett Hyde, Wright-Patterson, 8:50.27. 2, David Renneisen, Spangdahlem AB, West Germany, 9:00.28.

400 Relay—1, Douglas Cayne, Morris Jackson, Patrick AFB, Fla., William White, Titus Evans, 40.80.

1,600 Relay—1, Reggie Jenkins, March AFB, Calif, Alonzo Fers, Titus Evans, William White, 3:10.33.

Long Jump—2, Malcolm Grimes, Air Force Academy, 23-10 3/4

Triple Jump—3, Malcolm Grimes, 49-9 3/4.

Shot Put—1, Frank Gross, Randolph AFB, Texas, 58-1/2. 2, Kevin McGinnis, Los Angeles AFS, Calif., 65-2 3/4.

Hammer Throw—1, Ken Janson, Lackland AFB, Texas, 193-6. 2, Rob Renner, Los Angeles AFS, 166-9.

Discus Throw—1, Frank Gross, 186-11. 2, Andrew Schaefer, Hanscom AFB, Mass., 168-5.

Javelin—1, Robert Eamon, Air Force Academy, 200-3.

Pole Vault—1, Shannon Sullivan, Peterson AF, Colo., 16-3. 3, Jerry Strong, Vance AFB, Okla., 15-7 1/2.

Winners in the Women's Division are:

400 Meters—2, Linda Cousin, March, 59.35. 3, Nicki Anderson, Wright-Patterson, 1:01.86.

400—2, Nicki Anderson, 2:19.99.

1,500—3, Charlene Locklear, Keesler AFB, Miss., 4:49.87.

3,000—3, Mary Jo Stika, Travis, 10:38.21.

5,000—2, Joanne Rodefer, Maxwell AFB, Ala., 18:02.45.

100 Hurdles—1, Renea Toliver, Air Force Academy, 14.67.

400 Relay—2, Angela Thrasher, Pentagon, April Ford, March AFB, Sandra Middleton, Osan AB, Korea, Rose Wade, Charleston AFB, S.C., 48.64.

1,600 Relay—2, Nicki Anderson, Linda Cousin, April Ford, Rose Wade.



It's Hemphill-Wells' *Last Call*

**DOWNTOWN CLOSING SALE**

Monday begins the sale of all sales...

Never before...

have you had a chance to find savings like these. Save up to 80% on all merchandise in our Downtown store.

Never again...

will there be a sale like our Downtown Store Closing Sale, WITH MARKDOWNS OF UP TO 33% ON NEWLY ARRIVED FALL GOODS AND OUR REGULAR STOCK MERCHANDISE. EVERYTHING WILL BE SOLD!

NEW ARRIVALS FROM SAN ANGELO & SOUTH PLAINS MALL! DEEP MARKDOWNS!

### SPECIAL SAVINGS IN EVERY DEPARTMENT!

Ladies' Ready to Wear	50%, 60% and up to 80% off
Ladies' Sportswear	50%, 60% and 75% off
Juniors	50% to 60% off
Lingerie	50%, 60% and 75% off
Children's	50%, 60% and up to 80% off
Men's Dept.	50%, 60% and 75% off
V.I.P. Dept.	50% to 60% off
Boys' Dept.	50% to 60% off
Accessories and Cosmetics	50%, 60% and up to 80% off
Gifts	50%, 60% and up to 80% off
China	50%, 60% and up to 80% off
Linens and Domestics	50%, 60% and up to 80% off
Ladies' Shoes	50% to 80% off

You know, when Hemphill-Wells has a sale, it's a sale *not* to be missed. Now Hemphill's is having a sale like you've never seen before and will never see again.

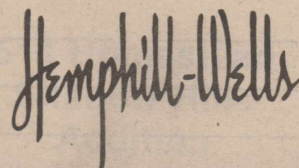
Our DOWNTOWN STORE CLOSING "LAST CALL SALE" starts Monday. It's your opportunity to save with incredible bargains in every department. DON'T MISS IT!

**SALE STARTS MONDAY!**

EVERYTHING WILL BE SOLD!

DOORS OPEN AT 9:30 A.M. SPECIAL EXTENDED HOURS UNTIL 9 P.M. MONDAY, TUESDAY & WEDNESDAY.

Don't miss this sale of all sales! At our Hemphill-Wells Downtown store only. All sales are final. No layaways.



Shop Downtown 9:30 a.m. to 9 p.m. Monday through Wednesday. 9:30 a.m. to 5:30 p.m. Thursday through Saturday.

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