

The Roundup

Friday, July 18, 1986

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20 Pages

Lubbock, Texas 79408

Serving the Reese Community Since 1948

FREEDOM THRU READINESS



MCI Inspection Check List

To help everyone know what is expected of them during an MCI, the following checklist has been compiled. It can help each of us in being aware of our responsibilities and help us to be prepared at all times. Why not post for ready reference.

MCI Exercises, Inspection Areas

- Readiness Management
- Attack Response: Security of the Installation
- Mobility
- Mission Support: Major Accident Response, robbery, hostage.

Attack Response

Don't tip our hand—be COMSEC and OPSEC wise!
Be ready for a recall.
Professionally and effectively execute your part of our plans.
Be ready to shelter.
Follow guidance.

Security of Installation (unauthorized entry)

Challenge any suspicious or unfamiliar person.
Ask for identification and check closely.
Be suspicious of packages.
Detain unauthorized personnel if safe to do so.
Call Security Police at Ext. 3400.

Mobility

Be ready to depart base on short notice for up to six months.
Three (3) weeks actual deployment likely during MCI.
Keep your Air Force personal affairs in order. Don't wait until processing to update.
When recalled, report to duty without delay. Wear fati-

gues/battle dress uniforms and bring personal mobility bag(s).
Think COMSEC.

Mission Support

• Major Accident Response:

Assist if at the scene—use common sense.
Report situation to Security Police or Fire Department.
If required, clear the area.
Do whatever is asked—runner, traffic guard, or part of a cordon.

• Robbery

Avoid actions which would endanger life.
Activate duress alarm or call SPs at Ext. 3400.
Get a good description, include direction of travel and make a note.
Preserve evidence at the crime scene.

• Hostage

Report facts to Security Police.
Isolate area if safe to do so.
Keep out of area and keep others out.
Assist when required.

Keys To Success

Know what to do.
Play it real—and act immediately.
Look sharp and be professional.
A positive attitude wins! Be ready and be proud to show it.

Questions regarding preparing for the MCI should be referred to Lt. Col. Lutz at Ext. 3628, or Lt. Col. Dane Morvant, BEET chief, at Ext. 3033.

IG Conference period set

A Personal Conference Period will be held by the ATC Inspector General on Thursday, July 24, from 2:30-4 p.m. in Bldg. 900, Room 11.

Special permission or appointment is not necessary. This opportunity is open to all personnel, military and civilian, active duty and retired. Complaints on subjects listed in AFR 123-11, Atch 1, must be processed under the applicable directive and may not be taken care of through the IG Complaint System.

This opportunity is also open to all personnel to report fraud, waste and/or abuse of government resources. All disclosures during the Personal Conference Period will be held in confidence except to the extent necessary for corrective action.

Personnel who are unable to attend should call the ATC/IG work center at Ext. 3071 or 3078 to make an appointment with the ATC/IG representative.

As I See It...

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

Monday It's "Greens"— And Time To Shine

This Sunday afternoon, ATC's 21 member Mission Capability Inspection (MCI) team arrives. Beginning Monday, with this Wing wearing "greens", the MCI kicks off in earnest.

You have all worked very hard over several months to achieve a high state of readiness and to insure Reese can meet its wartime taskings on a moment's notice. I have been proud to be a part of the team effort and to witness the cooperation that was displayed across the Reese community. We're READY folks, most of all because everyone at Reese has understood the importance of our Readiness mission. Consider the MCI as the opportunity to prove it.

So as the curtain goes up next week, and the spotlight turns on the 64th FTW once again, let's simply execute those wartime taskings which we have trained so hard, and so well, to carry out—and do it, once again, better than most—with the kind of winning spirit that has become such a rich tradition for the Reese team. LET REESE SHINE.



USAF Photo

Col. James McIntyre

A Few Notes Of Some Significance

* As Lt. Col. Ted Ownby put it so well in last week's staff meeting: "Ya'll go out and 'Love a Shrub,'" Reese looks great, reflecting a lot of unit pride. But remember, when it's hot and dry (this past week for example) we need to water more.

* MSgt. Vernest Davis Jr., of our Fuels Management Branch, observed a civilian motorcycle/automobile accident while driving home from work. He has been credited with stopping to assist, giving first aid to the injured motorcyclist, taking immediate action to control the accident scene, and insuring an ambulance and the police were quickly notified to respond. The driver of the automobile in the accident wrote me a letter explaining and highly praising MSgt. Davis' actions. You have made Reese proud, MSgt. Davis. Well done, and thanks.

* The NCOAGA is pressing forward with their annual fund-raising golf tournament this coming Saturday, the 26th, with tee-offs planned

just after the MCI outbrief. I support this event and encourage a large showing. Funds raised will be used to finance the best ENLISTED AWARDS BANQUET we've ever had, according to Chief Lenny Minzer. For example, we're working hard now to get our new Chief Master Sergeant of the Air Force, CMSgt. James C. Binnicker to visit Reese and be the guest speaker at the banquet, now scheduled for November 22.

* Capt. Mark Brown of the 54th has a committee in full swing putting the details together for the Reese Open House, scheduled for Sept. 14.

* Gen Andrew P. Iosue, our ATC Commander, has announced his retirement date of Aug. 28, 1986. The new ATC commander has not yet been named. Gen. Iosue will be making his last trip around the command in the next few weeks, visiting us at Reese on Aug. 7. We are now working up the details of his visit.

* Congratulations to the best Services Squadron anywhere. Capt. Bob Rush (due to PCS Aug. 1), and his proud billeting crew pulled down the ATC INNKEEPER AWARD for 1986. That's the second year in a row, folks.

* Congratulations to Lt. Col. Pat Flanagan and his wife Nancy, who have been selected to join the rest of ex-Reese pros on the ATC staff at Randolph AFB, Texas. Ever wonder why ATC keeps turning to Reese for their critical replacements? Pat's change of command of the 35th FTS is now scheduled for Aug. 5.

* Congratulations to Lt. Col. Rich Galloway, and wife Joyce, who will assume command of the 35th FTS on the 5th.

* Congratulations to the 58 new Staff Sergeant selectees who made this week's promotion list at a very impressive percentage rate, compared to the Air Force average. The fact is we've been ahead of the rest of the Air Force in promotions to all ranks this year. But that's no surprise.

* Our proud hospital bunch is planning a gala OPEN HOUSE to commemorate the 15th Anniversary of the Reese Hospital on Aug. 7. Gen. Iosue is currently planning on opening the occasion while he's here. All are invited.

A Final Note

I like to look for signs of pride—it's always very easy in the Reese community. You should go by and see the newest OMS dorm's self-help creation, a wooden patio, already in full use by the troops. An invitation that Karen and I received from the 54th FTS referred to the "HOME OF THE WORLD'S BEST INSTRUCTOR PILOTS". Mr. Stan Greenberg, of our CE Ops Branch couldn't wait to put up a new sign at our main gate. Note the simple beige and brown sign, attached below the Model Installation sign, on the right as you enter the base. All it says is: ATC's 1986 TURKEY SHOOT WINNERS, THE BEST OF THE BEST.

AS I SEE IT, the pride of our people makes all the difference.

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.

Cheaper downtown

If the Commissary is supposed to offset the high cost of grocery shopping, why can you get cheaper prices downtown?

I guarantee the commissary is doing their best to compete. Downtown grocery stores sometimes sell high-demand or common household items below cost to draw shoppers in. These are called "Loss Leaders." Once in the stores, owners know that impulse buying and displays will make up the differences. They make up the differences with a high mark-up on other items. Our commissary operates on a break-even basis. Groceries are sold at cost plus a five percent surcharge. By doing your shopping at the commissary you'll save 25 percent on the average. If you have any questions or suggestions see Lt. Dixon or one of the "Red Coat" management team members. Of course, if you're still not satisfied, you're free to shop anywhere you want.

No holiday for midshift crew chiefs

Why were everyone except mid-shift crew chiefs given a day off when aircrews were scheduled for night flying? Mid shift had to come in because swing shift got off.

All maintenance workers on mid-shift were scheduled to work a normal shift in support of night training missions that were rescheduled for July 3 because of bad weather earlier in the week. When night flying was cancelled, it was too late to pass the word to mid shift workers who were already reporting. Swing shift did in fact work a normal schedule. When your shift reported only essential personnel were required to work a full shift.

Enlisted pool

Why don't the lifeguards put up signs at the pool entrance saying when it will be opened if it has to be closed due to spraying or other reasons.

Your question is a good one. In the future, all lifeguards will post signs giving the times when the pool will be closed unexpectedly.

A better answer

I'd like a better answer explaining why Avon products can't be sold in base housing since the Avon Representatives aren't soliciting, but providing a service.

Even though many consider this a service, it's clearly solicitation. The original CARE Line that triggered the article in question in the Roundup was from a concerned base housing resident who received unwanted literature and an annoying phone call. The original caller described an unauthorized commercial solicitation. All commercial solicitation must be approved by the base commander (Bldg 800, 2nd floor, Ext. 3655). Please give his office a call if you have questions.

Golf course snack bar

While at the Golf Course snack bar it disturbed me that the lady behind the counter was watching TV and wouldn't wait on me until after the commercial was over. Can anything be done?

The cashier has been counseled about taking care of customers in a timely manner. Sorry about the inconvenience.

No reenlistment in Roundup

Why aren't people who reenlist recognized in the Roundup?

The Roundup does do this, but lists the names only once per month. The last issue was June 13th. Thanks for your call, I agree that these committed professionals deserve recognition.

(See page 8 of this issue for our June reenlistees.)



The Roundup

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Commander's column



by Col. Roy L. Bobbitt
Hospital Commander

Women have many concerns about their breasts, but for most the greatest fear is of cancer of the breast. As cancer (or carcinoma) of the breast formerly was the number cause of death by cancer in women, this dread was and still is justified. Deaths due to cancer of the lung have re-

Some thoughts about breast disease

cently surpassed deaths due to breast cancer; obviously something to think about when you light up a cigarette. But the mortality of lung cancer is higher than that of breast cancer. Cancer of the breast remains the most significant cancer for females.

The majority of times that a woman consults a physician for a problem regarding her breasts, the condition is not cancer. The most common problems that bring a woman to the doctor are pain in the breast and/or a lump in the breast. Pain is an unusual symptom (characteristic) for cancer unless it is far advanced. One of the problems of early diagnosis of breast cancer that is an asymptomatic (does not produce evidence of its presence) growth in the breast.

Who are the women at risk of developing breast cancer? Perhaps the best documented

risk is a positive family history of breast cancer. One does not need to be concerned with distant aunts or nieces, but mother, grandmother on the mother's side, and sisters. As breast cancer is so common in women, one need not search too far to find some member of one's family that has breast cancer. Other risk factors are not as well established. A high fat diet may contribute to breast cancer as well as heart and vascular disease. Smoking is less of a risk factor but may also increase the risk of breast disease. The question of whether other breast disease is a risk factor is unsettled. This brings us to the question of the relationship of fibrocystic disease and breast cancer.

The possible association of fibrocystic disease of the breast and breast cancer is complicated by the definition of fibrocystic disease. Tender-

ness, pain, and irregularity or nodularity of the breast tissue are so common that to call this combination a disease is highly questionable. Patients want a diagnosis and physicians prefer to make a diagnosis rather than say "I don't know what your trouble is" so the above grouping of signs and symptoms is usually labeled fibrocystic disease of the breast. Even when tissue is removed and examined by a pathologist (a biopsy) the criteria for diagnosis are vague. I sometimes think that all women have some degree of fibrocystic disease. Women that are symptomatic and have lumps in their breasts do have a slightly higher incidence of breast cancer and therefore should have periodic examinations.

So, what is a woman to do? As for everything else, she should eat well (low fat foods), live well (plenty of rest and exercise), not smoke, and

check her breasts periodically (monthly). She can't change her parents, so, if she has a strong family history of breast cancer, she should be a bit more conscientious. Self-examination of the breast is strongly recommended. Women who need help or instruction in self-examination of the breasts are encouraged to see Major Howard in the Gynecological Clinic. I encourage women to get to know their breasts by periodic self-examinations. A practitioner who only sees you once every three to twelve months cannot recognize a small change that you may be able to detect. There are essentially three things that you should look for on self-examination: skin retraction, discharge from the nipples, and a definite lump. Finding any of these, you should consult with a medical practitioner—gynecologist, surgeon, or primary care.

Cadets make sacrifice

By Marty Brazil
Keesler AFB, Miss.

During the American Civil War, the Shenandoah Valley in Virginia was the scene of much death and destruction.

New Market is a small village in the Shenandoah Valley set in rolling country between a fork of the Shenandoah River and the flank of Massanutten Mountain.

This sleepy village was the stage for a unique event.

In May of 1864, a Federal force under Union Gen. Franz Sigel moved down the valley to confront Confederates under their Gen. John C. Breckinridge encamped at New Market.

General Breckinridge had in his force of 4,500, the corps of cadets from the Virginia Military Institute at Lexington. The corps was 215 strong when it reached Breckinridge at New Market. They were 18

and younger—some were only 14.

The cadets heard cheering as they neared the battle line on May 15. They marched behind the 24-year-old school commandant, Lt. Col. Scott Shipp. Cadet John Wise remembered General Breckinridge "rode in like the Cid."

As the cadets marched by an artillery battery, the artillerymen shouted out cat-calls.

"Look at the *Katyids*," they shouted. "Here come the wagon dogs!"

Many of the cadets wanted to fight for their honor on the spot. However, Colonel Shipp marched them on.

About noon, with a black thundercloud hanging above the battlefield, the cadets joined the Confederate line of battle in the center. The line came to the top of a hill where

a Confederate battery was engaged and went down the slope into the open.

The cadets heard musket fire and artillery in the distance, but just as a great clap of thunder burst overhead, the Federals on their front opened fire. Five cadets in 'C' Company went down, including Cadet Wise. Just before he lost consciousness, Wise saw Cadet Sgt. Cabell look at him with gentle sadness. "Close up men," Cabell said.

The battle line reached a ravine 300 yards in front of the Federal line. Directly in the line of march of the Cadets sat six cannons of the 30th New York Artillery.

The ravine gave the men cover from the cannon, but it was filled with stumps, scrub brush, briars and rocks. The cadets were a few minutes in getting through.

Once out of the ravine, the

cadets halted under heavy musket and artillery fire to dress their line and wait for their flank, the 62nd Virginia, to come up.

Colonel Shipp called out, "Fix bayonets!" Immediately he was knocked down by a shell fragment. Several cadets were also wounded. The older veterans of the 62nd yelled an order to fall back, but Cadet Pizzini of "B" Company cursed and said he would shoot the first man who moved backward.

A cadet captain shouted for a charge on the cannons, and the line went up the slope after him.

A Federal signal corps captain beside the Union Battery watched the cadets come on with such awe that it didn't occur to him that he might be captured.

The cannons changed from shot to shrapnel, then to canister, and then double canis-

ter. Although the air was filled with deadly small iron balls the cadet corps did not falter. They incurred most of their casualties in these last yards.

"They came on steadily up the slope," the signal corps captain said. "Their line was as perfectly preserved as if it was a dress parade...Our gunners loaded at the last without stopping to sponge, and I think it would have been impossible to eject from six guns, more missiles than these boys faced in their wild charge up that hill."

Lightning flashed and rain fell in torrents.

The cadets soon gained the big guns and fell on the gunners with a vengeance. Wild yells filled the air as the cadets saw the VMI flag flutter over the guns, waved by their tall flag bearer, Cadet Sgt. Evans.

The Union soldiers fell back and the cadets chased them for three miles. The corps had eight dead, 44 wounded. The 62nd Virginia beside them had seven of their 10 captains shot down and 241 enlisted men killed and wounded.

The next day, General Breckinridge stopped at the roadside to compliment the VMI cadets. "Boys, the work you did yesterday will make you famous," he said.

A 16-year-old cadet named Pierce called back, "Fame's all right general, but for God's sake, where is the commissary wagon?"

The action by the cadets of VMI stands unique in our nation's history. It's the only instance of students from a military school engaging in battle as a student body.

An impressive ceremony takes place on the Lexington campus of VMI every May 15. At roll call, selected cadets snap their replies as the names of the New Market casualties are called: "Dead on the field of honor, sir!"

Helpful hints on the MCI

by Major Lennie D. Day
Wing Inspector

With Lt. Col. Gary Stein's departure to Randolph AFB in May came my new responsibilities as the Wing Inspector. Like many jobs, this one doesn't have the luxury of a long OJT. Your boss, like mine, expects the important tasks to get done, and my task is to run the Wing's Inspection, Complaint, and Fraud, Waste, and Abuse programs. Of these three programs, the wing inspection program is about to be tested on Sunday when the Mission Capability Inspection (MCI) Team arrives.

Although the MCI team doesn't physically arrive until Sunday, events are already taking place to initiate the in-

spection. We are ready. We've practiced, trained, practiced again, and retrained. The only thing remaining is to do it, and do it in the Reese tradition. After all, the MCI Team is here to see if we do our job right. Next week is our chance to show them just how good we are!

Here are some last minute "helpful hints" on the inspection. There are two common threads which appear in all the "Excellent" MCI reports. Those are: (1) Demonstrating a sense of urgency, and (2) following proven procedures/checklists. A sense of urgency is as simple as treating the situation as though it were REAL—whether it's establishing a cordon, applying first aid, or directing traffic. Inspectors want to see how

we do it for real. Next, a quick word on checklists and their use. Checklists have been designed to guide actions. They are time-tested safeguards to prevent previous errors from happening again. Bottom line—use your checklists. Keep these two factors in mind next week when the action starts.

I have no doubt that Reese once again will shine. The talent is there. I am also confident that writing the answers to this inspection should be as easy as answering our recent MEI report, where the wing had relatively few answerable writeups. The winning attitude remains as strong as ever.

Now that I've told you I'm the new Wing Inspector and that the MCI team will be

here on Sunday (both of which you already know), I need to leave you with one final bit of information. As the Wing Commander has said on several occasions, we at Reese succeed because we tackle

each problem as a team. Our team has been successful because of communication. Simply put—we talk to each other to solve problems. That same philosophy is paramount in making the IG system work. Historically, we have found that communication through the chain of command usually solves the problem. Involved supervisors and open communication have been the keys to success, and I'm confident that we'll continue in that tradition. Good luck this coming week.

News briefs

Homes of the week

Officers Single—115 Andrews, 1st Lt. Roger and Jeanne Rugletic; 101 Yount, Maj. Darrell and Cathrin Hoffman.

Enlisted Single—111 Arnold, SSgt. Larry and Sandra White; 206 Mitchell, SrA. David L. and Jacqueline Rausch.

Project officer needed for Hispanic week

Hispanic Heritage Week will be held Sept. 14-20. In order to have an outstanding program, a project officer is needed to plan and organize events for the week.

Persons interested in being the project officer are asked to call Social Actions, Ext. 3640. Also, persons interested in just being a part of the planning committee are urged to call.

Mexican American club elections held

New club officers for the Mexican American Club are MSgt. Matt Alvarez, president, Ext. 3167; Tony Ramirez, vice-president, Ext. 3374; Tina Pachecano, secretary, 885-2424; Gloria Alvarez, treasurer, 799-7960; and A1C Felix Saenz, secretary treasurer, Ext. 3615.

Accounting and finance award winners

The following personnel were named Accounting and Finance Branch award winners for the second quarter 1986: Civilian of the Quarter—Millie McIlroy, accounting technician, Accounts Control Section.

NCO of the Quarter—SSgt. Sam Sanford, local purchase technician, Commissary Section.

Airman of the Quarter—SrA. James O. Pressley, travel technician clerk, Travel Section.

Educational grants available

Application forms for Pell (formerly BEOG) educational grants are available at the Education Center. This program is the primary means of educational assistance for military spouses. This program can also be used in conjunction with tuition assistance by Air Force members. For more information stop by the Center, Bldg. 920, room 139, or call Ext. 3634.

Discount tickets available

Discount Wet 'n Wild, Water Wonderland and Six Flags tickets are available at

the Mathis Recreation Center Tour and Travel Office. Tickets for Wet 'n Wild are \$8.50, and Water Wonderland tickets are \$9. Six Flags tickets are: One day, \$13; Two days, \$15.50; and children under 42 inches high, \$8. 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 counselors

Camp Blue Yonder, an annual Reese event, needs volunteer 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.

Catholic Bible School begins

The Catholic community of Reese will conduct its annual Vacation Bible School Aug.

4-8. To enroll your child, contact Barbara Chauncey at the Reese AFB Chapel, Ext. 3237. In addition to learning bible stories, arts and crafts and music will be available.

Corona Virus vaccine available

Corona Virus Vaccine is now available at the Reese AFB Veterinary Services. Corona, an intestinal virus of dogs, causes severe vomiting and diarrhea which may last up to two weeks. Fatalities may result despite treatment. The virus is highly contagious among all dogs. Those at increased risk include the very young, the old, or those animals exposed to high risk areas such as boarding kennels or dog shows. Many kennels now require corona vaccination before an animal will be accepted. The disease may be easily prevented through vaccination. Initial immunization requires two doses two to three weeks apart. A single annual booster is recommended. For more information or an appointment, call the veterinary services, Ext. 3535 Monday-Wednesday.

Texas state law and Reese AFB regulation require that all dogs and cats over 12 weeks of age be vaccinated annually against rabies.

Company grade officers host luncheon

The Company Grade Officer's Council quarterly awards luncheon is set for July 28, 11:30 a.m., in the Davis Room of the Officer's Club.

The Instructor Pilot and Support Officer of the Quarter selections will be announced at the luncheon. Call 1st Lt. Eddie Norris, Ext. 3759 for reservations or more information.

Leadership school graduation set

Class 86-G, Noncommissioned Officer Leadership School graduation dinner will held Aug. 7, at the Enlisted Open Mess. A social hour begins at 6:30 p.m., followed by dinner at 7 p.m. Guest speaker will be Col. Donald J. McCullough, deputy commander for Resources Management.

All commanders, first sergeants and base personnel are invited to attend. RSVP to SSgt. Paula Jenkins, Ext. 3147 by Aug. 1.

Daily Mass schedule changed

The daily Mass schedule has been changed from 11:30 to 12:15 to give more people the opportunity to attend daily mass.

NEW STUFFED PIZZ-AAH PIE

It's like two pizzas in one! A Deep Dish Pizza stuffed with your favorite fresh ingredients and plenty of hot mozzarella cheese. Then topped with a delicious upper crust sealing the flavor of our fresh ingredients with our own zesty pizza sauce, spices and more cheese—Almost like a second pizza on top. You'll love it! Served every day, piping hot and stuffed with your favorite fresh ingredients. Four delicious recipes to choose from: **The Garden Stuffed Pizza, The Maxi Stuffed Pizza, The Amore' Stuffed Pizza and The All Time Favorite Stuffed Pizza** (or create your own Stuffed Pizza with up to 3 of your favorite ingredients.) Served all day Saturday and Sunday, Monday through Friday after 4 p.m. Come now and take advantage of our introductory offer.

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Get \$3.00 off the regular price of any large, \$2.00 off the regular price of any medium or \$1.00 off the regular price of any small STUFFED PIZZA PIE of your choice. Present this coupon with guest check. Not valid with delivery or any other offer. Valid at participating Pizza Inns. Expiration: 11-30-86

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Fri & Sat 9 a.m.-10 p.m.
Sunday noon-8 p.m.

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6625 19th St. In Commander Center—1 Mile West of Loop 289

Briefly

Thanks for the help

SMSgt. Mike Derringer, chairman, Noncommissioned Officer Association extends thanks to the following individuals who contributed their time and energy in making the Third Annual NCOA softball tournament and charity barbeque a success. These in-

dividuals served as official umpires, scorekeepers, coordinators, cooks and concession sellers. Proceeds from the events will go to local activities and charities: CMSgt. Lenny Minzer, MSgt. Jim Montgomery, MSgt. Frank Berg, MSgt. Matt Alvarez, TSgt. Joe Stelpflug, TSgt. Larry Hurd, TSgt. Jeff Willis,

SSgt. James Shoemaker, SSgt. Jim Hakala, Sgt. Cheri Powers, SSgt. Wendall Poers, SrA Deborah Brigham, Rob Govoni, Bob Rigg, Don Brown, W.D. Davis, J.D. Deere, Gloria Alvarez, Cindy Russell, Yvette Lizotte, Al DeForest, Pete Rodriguez, Joe Castillo and Oscar Gonzales.



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FOR WEIGHT CONTROL

EXERCISE ALONE IS NOT ENOUGH. IT'S THE BALANCE BETWEEN HOW MUCH YOU EAT AND HOW MUCH PHYSICAL ACTIVITY YOU DO THAT COUNTS.

IF YOU THINK SEATBELTS ARE CONFINING

TRY A BODY CAST

TELEVISION WITHOUT COMPROMISE

There are four reasons why we at Hi-Fidelity believe the NAD television is the finest set available today.

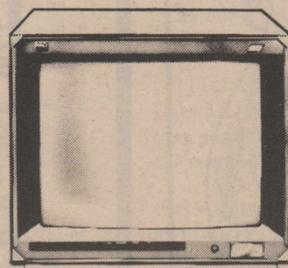
Overscan: Most televisions cannot properly focus the edges of the picture. Consequently, manufacturers "trim" or overscan the picture in order to eliminate the unfocused area. NAD televisions use a higher quality power supply resulting in up to 15% more viewable area than conventional televisions.

Black Level: Most televisions only give you dark grey, rather than true black. NAD uses a higher quality regulated power supply resulting in a better, more accurate black level.

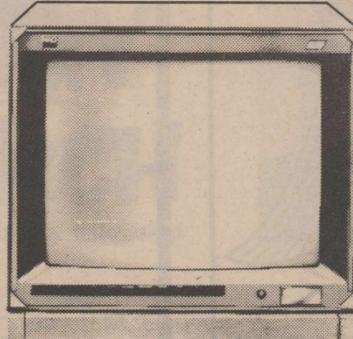
Linearity: Linearity is the ability of a television to accurately reproduce lines and shapes. Most sets cause a football field line to look curved rather than straight. NAD uses a higher quality deflection yoke, resulting in proper geometric linearity.

Detail: Detail is the ability of the television to define with clarity items such as lettering or sand. NAD monitors have a higher resolution and greater video bandwidth resulting in more accurate detail.

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Personnel changes in ATC

RANDOLPH AFB, Texas (ATCNS)—Air Force officials have announced job changes for three senior officers at ATC headquarters. The changes involve Brig. Gens. John R. Hullender and John E. Jackson Jr., and Col. Jeffrey T. Ellis.

General Hullender is now the deputy chief of staff for operations at ATC headquarters. He replaced Maj. Gen. Chris O. Divich, now the Air Force Military Training Center commander at Lackland AFB, Texas. Hullender formerly served as the deputy

chief of staff of plans for ATC.

General Jackson, formerly the inspector general for ATC, has replaced Hullender. Colonel Ellis, who last served as special assistant to the commander of ATC, has replaced Jackson as the IG. Hullender is a command pi-

lot, navigator and electronic warfare officer with more than 6,000 hours flying time. He served as the commander of the 64th Flying Training Wing at Reese AFB, Texas, before coming to Randolph.

Jackson is a command pilot with more than 2,500 flying hours. He served as the com-

mander of the 82nd FTW at Williams AFB, Ariz., before coming to Randolph.

Ellis is also a command pilot and has more than 3,200 flying hours. He previously served as commander of the 47th FTW at Laughlin AFB, Texas before coming to Randolph.

Motor vehicle title & sale requirements

by Capt. Michael P. Frederick
Deputy Staff Judge Advocate

All motor vehicles licensed by the state of Texas must be registered annually. License tags issued in Texas must be displayed on both the front and rear of the car.

Military members stationed in Texas may legally have their car licensed in any of the

following states: (1) Texas; (2) their state of legal residence; (3) the state where they last lived. When your license tags come up for renewal while you are stationed in Texas, you cannot continue to use registration of the last state in which you were assigned unless that state is also your legal residence. For example, if you are a legal resident of Oregon and got Colorado plates for your car while assigned to the USAF Academy and those plates are due to be renewed, your only (legal) choices of where to license the vehicle are Oregon or Texas. You cannot register the car in Colorado.

In Texas, motor vehicles are titled and ownership is transferred on a document called a "Certificate of Title."

The seller must appear before a notary to transfer title and must furnish the buyer with a current license receipt and a tax affidavit showing the purchase price. The buyer must

apply for a new title within ten days of the sale. If a "lienholder's" name appears on the title certificate, the lien hold-

er must endorse the certificate before a sale may be made. If you purchase a vehicle which is not registered in Texas, you can apply for a Texas title if the other state's title certificate is properly completed. A few states do not issue certificates of title; in such situations a sale can be transacted if the seller exe-

cutes a signed bill of sale.

Also, to title a non-Texas vehicle in Texas, a peace officer must certify to the inspection of the permanent vehicle identification number. Non-resident servicemen stationed in Texas are not required to re-title their vehicles in Texas.

If you're asked....

...about keeping America's technological advantages over the Soviet Union's military forces: Although the Soviet Union has maintained numerical advantages in weapons and manpower, the United States has traditionally offset them with the "high-tech" capabilities of its weapon systems.

Defense Secretary Caspar

Weinberger recently sounded a note of caution about Soviet advances. "It is no longer possible to view Moscow's military machine as lumbering and ineffective," he said. "For example, their new Flanker all-weather air-superiority fighter is equipped with a look-down/shoot-down weapon system and beyond-visual-range AA-10 missiles. That

look-down/shoot-down capability came largely from documentation Moscow collected on our F-18 fighter."

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Know the standards, then enforce them

by MSgt. Richard L. Hutto
commandant
Professional Military Education
Center
England AFB, La.

Have you ever felt like you were fighting an uphill battle? What gets us through these frustrating times could be a belief in a cause, dedication, or just plain caring. These are the tools that some use to

wage war on frustration. These are the ones that succeed.

All too often, however, another method is used. This method is simply looking the other way. Some people think it is effective because an ignored problem doesn't bother them anymore.

Are they right? I don't think so. You see, a problem

will always be a problem until it is resolved. Frustration is the same way.

Many times I have seen people who know they are doing something against Air Force standards. To me, this is a problem that needs to be solved before it leads to frustration. When I confront these individuals, I have yet to hear one of them say, "I

was not aware I was doing anything wrong."

I believe that a regulation is a rule by which something is to be done. That rule also prescribes the standard to be met in order to have adhered to the regulation. Therefore, a regulation and a standard are really the same.

Nowhere in the oath of enlistment does it say we can obey some regulations and

not obey others. The oath is the same for all of us in the enlisted corps.

So why are we disregarding some standards and enforcing others? Why are we seeing noncommissioned officers walking around in sub-standard uniforms, and airmen going down the street with their hands in their pockets?

I don't think we can blame it on ignorance of the standards. Let's try a lack of belief in our standards.

How can we correct the problem? By doing what is commonly called "re-blueing"—re-enforcement of the standards by periodic re-education as to what the standards are and why we have them.

This is what we do in the professional military education program. Unfortunately, the PME staff can't educate everyone, so it's going to be up to you in the work area to help us out.

Why not add just a few minutes to your section meeting, commander's call and rap sessions to talk about our standards?

A good time to start is now. But first, spend a little time boning up on the standards yourself.

Maybe, by using this approach, we can alleviate the frustration felt by all those who see the standards we have sworn to uphold being violated.

35-10 Reminders

by TSgt. Diane Brzozowski-Reynoso
CBPO/Records

35-10 reminders for the fatigue uniform:

* Organizational caps should not be worn during exercises for mobility personnel.

* Long-sleeved shirts, rolled-up above the elbow bend, is a base requirement for the MCI—if you are involved in any exercises during the inspection—for mobility personnel.

* Shirts will be tucked in for all personnel involved in mobility.

* If white socks are worn, black socks must be worn over them to protect exposing the white socks.

* Boots should be worn during exercises—clean and shined—if involved in mobility.

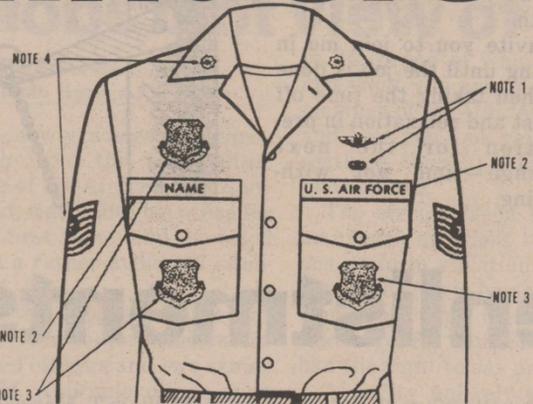
* Fatigues are serviceable if stained, but not if torn or frayed in any way.

* Fatigue uniforms have a much better appearance if starched and pressed.

* Belts should have good color and not faded, buckle should be free of scratches and black in color.

* Organization emblems and stripes should be sewn down properly without fraying around the edges, and with no loose strings.

*** Please make note of the above as items to pay attention to while wearing the fatigue uniform during the upcoming MCI. Look your best!



NOTES: 1. Center badge 1/2 inch above "U.S. Air Force" tape. Additional badges are centered 1/2" above other badge worn. 2. Center "U.S. Air Force" tape immediately above left breast pocket. Center name tape immediately above right breast pocket. #. Center emblems on lower portion of pocket between left and right edges and bottoms of flap and pocket. Center emblem over right pocket 1/2" above name tape. When a badge is worn on an emblem designated area, the emblem is not worn. 4. Officers: Center regular size grade insignia 1" from bottom edge of collar. Airmen: Center 4-inch chevron half way between seam and elbow when elbow is bent at 90 degree angle.

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• MANDATORY USE OF SEAT BELTS*
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Connecticut New Mexico
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Illinois Nebraska
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Massachusetts Louisiana
Michigan District of Columbia
Missouri Oklahoma
Indiana

• DRINKING AGE*
21 in all states except:
Age 18 in:
Hawaii Louisiana
Vermont
Age 19 in:
Idaho Montana
Iowa Wisconsin
Minnesota Wyoming
Varies in:
-Colorado (age 18 for 3.2 beer, 21 otherwise)
-Ohio and South Dakota (19 for

beer, 21 liquor)
-District of Columbia (18 for beer, 21 liquor)
-West Virginia (19 state resident, 21 out-of-state)

* Information current as of Dec. 31, 1985. Laws for mandatory seat belt usage and drinking are currently in legislation. Double-

check by calling the U.S. Department of Transportation public affairs office at (202)426-9550 before starting out.

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'Overtime' has no meaning

by Col. Paul G. Patton
commander
2049th Information Systems Group
McClellan AFB, Calif.

Does it sometimes seem that the harder you work the further behind you get? Is it particularly distasteful to you that so many of your co-workers always have time for lunch and always leave work "on time"?

If you have ever had these thoughts, let me suggest another way to look at the situation. If you consider yourself a professional leader or manager, the concept of working overtime should have no meaning to you.

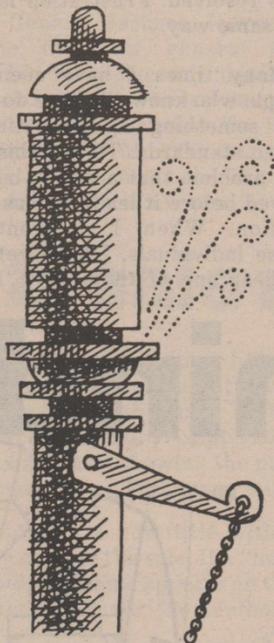
As a professional leader or manager, you have entered into an agreement whereby you have obligated yourself to work until the job is done, not until it's "time to go

home."

This does not mean that you are expected to work 24 hours per day, seven days a week. But it does mean that within the bounds of integrity, legality and morality you have obligated yourself to do whatever is necessary to get the job done. And if that means spending more time, energy or ingenuity, then so be it.

Your concept of overtime reflects your concept of yourself and your profession. Avoidance of overtime narrows your perspective and stunts your professional growth.

I invite you to join me in working until the job is done and then taking the time off for rest and relaxation in preparation for the next challenge—time not withstanding.



June reenlistments

Congratulations are in order—the following individuals were reenlisted during the month of June, 1986:

64th Field Maintenance Squadron: TSgt. William W. Hoffpauir, SrA. Clifford E. Flannagan, SrA. Curtis E. Haack, SrA. Allen R. Haynes and SrA. Brian G. Williams.

64th Organizational Maintenance Squadron: MSgt. Patrick M. Krepps, SSgt. Richard

A. Marshall, SSgt. Robbie E. Sergeant, SSgt. Michael R. Kimmel and SSgt. Joseph E. Calise.

USAF Hospital: SSgt. Dennis L. Standridge, SrA. Melanie A. Jardonek and Sgt. Christopher T. Ayars.

1958th Information Systems Squadron: SMSgt. Gerald A. Zoebisch.

64th Supply Squadron: TSgt. Michael J. Cooney,

TSgt. William T. Marcella and Sgt. Steven Jenkins.

64th Civil Engineering Squadron: SSgt. John J. Torok, Sgt. Johnny Deleon, SrA. Douglas E. Voelpel and SrA. Vince L. Fannin.

3500 Mission Support Squadron: TSgt. Barbara A. Proctor.

64th Student Squadron: TSgt. Harry T. Carter III and SSgt. Ewell Plyer Jr.

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Generals on the move in ATC

RANDOLPH AFB, Texas (ATCNS)—The vice commander of the Ogden Air Logistics Center, Hill AFB, Utah, will soon become the deputy chief of staff for logistics at ATC headquarters.

Brig. Gen. Daniel A. Taylor Jr. will arrive at Randolph in August to replace Brig. Gen. Richard F. Gillis who has served as the command's DCS for logistics since July 1983.

General Gillis has been selected for promotion to major general and will be reassigned to Wright-Patterson AFB, Ohio, as commander, Air

Force Acquisition Logistics Center.

General Taylor was commissioned through the Air Force ROTC program in July 1961 and received his pilot wings at Williams AFB, Ariz., in August 1965.

During the next several years General Taylor held a number of flying positions with tactical fighter units including a combat tour with the 3rd Tactical Fighter Wing, Bien Hoa AB, Republic of Vietnam.

In June 1979 he was transferred to Randolph where he

established the initial Air Force Retention Group at the Military Personnel Center.

In May 1980 General Taylor was assigned to directorate of material management, San Antonio Air Logistics Center, Kelly AFB, Texas. While there he served as chief of both the engineering division and systems management division. He transferred to Air Force Logistics Command headquarters, Wright-Patterson, in October 1982 where he assumed the position of assistant deputy chief of staff for

plans and programs.

In July 1984 he became the director of material management at the Sacramento Air Logistics Center, McClellan AFB, Calif., and later served as the special assistant to the commander there. He assumed his present position in October 1985.

The general's educational accomplishments include a bachelor's degree in mechanical engineering from Michigan Technological University, Houghton, Mich., in 1961 and a master's degree in indus-

trial engineering from Arizona State University, Tempe, Ariz., in 1963.

General Taylor is a command pilot with more than 2,700 flying hours and 323 combat missions in fighter aircraft. His military decorations and awards include the Silver Star, Distinguished Flying Cross, Meritorious Service Medal with two oak leaf clusters, Air Medal with 16 oak leaf clusters and the Air Force Commendation Medal.

He was promoted to brigadier general Oct. 1, 1985.

New Masters degree programs

by Jeffrey Z. Wilbur
Education Services Officer

Two new programs may soon be available on-base. One of them (Masters of Engineering) is designed for those who hold accredited engineering degrees (any discipline) while the other one (Master's in Management, Computing and Systems) is open to graduates from any undergraduate major.

Texas Tech University has proposed an interdisciplinary Master of Engineering degree to be held at Reese. This 36 semester hour program would require a total of six courses from the Industrial Engineering area, two courses from another engineering discipline, two courses in mathematics,

and two business courses. It will be scheduled to allow completion in approximately 20 months.

Houston Baptist University, currently offering a Master's in Management, is prepared to begin a new degree in Management, Computing and Systems. This non-thesis program consists of 14 courses in both the Systems and Management areas. Completion of the degree is projected to take 20 months.

If sufficient interest is evident, the Texas Tech program could begin as early as this fall, while the Houston degree would start in January 1987.

Please call the Education Center, Ext. 3634 for more information about either program.

Slobs blot view of Air Force

by MSgt. Gerald E. Kester
Mountain Home AFB, Idaho

A newly assigned airman, fresh from the strict discipline of the Air Training Command, walks into his office for the first time and is faced with a rather awkward situation.

In the shop are three airmen, four junior noncommissioned officers and two senior NCOs. And only one is even close to being in the proper uniform—and he needs a haircut.

The airman's first thought is: I finally made it to the "real Air Force." Then, just as quickly as the thought had come, it disappeared and was replaced with the often heard words of his training instructor, "Look sharp. Wear the uniform proudly and proper-

ly. Be proud of who you are and what you are. You are a member of the U.S. Air Force and how you look reflects directly on the rest of the force; good or bad."

The airman faced a dilemma: speak up about the obvious uniform violations or follow the example being set. He wondered why they looked that way. He wondered if he had the right to say anything.

A pretty unlikely scenario you say; probably, but the uniform violations and the lack of action happen every day throughout the Air Force. The NCO who rolls his fatigue shirt up below the elbow and no one says anything.

The airman who's constantly borderline on his haircut because off-duty he doesn't want to be mistaken for a "G.I." The pilot who carries

his hat hanging from the pant leg of his flight suit and nothing is said because "it's tradition."

These and many more Air Force Regulation 35-10 violations are left uncorrected every day because of more than a thousand reasons that don't make any sense to me.

Think back to the newly assigned airman and his question: "Do I have the right?" He not only has the right, but an obligation to correct the violations. From the lowest ranking airman to the highest ranking officer, we all have a duty to ensure that the best military image possible is presented.

On or off base, in or out of uniform, be a good example for others to follow. After all, it's a matter of pride. (Courtesy of MAC News Service)

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

Wife fails inspection

(Reprint from July 6, 1984, Roundup)

by Judi Critton

My husband's shop just completed the ordeal of the Stan Eval Team. They got a satisfactory, but I'm afraid I got a marginal.

I can't complain. I've heard countless tales of other wives and children unable to withstand the rigor of inspection, crumbling under the pressure and being shipped to remote outposts.

It started a few weeks ago, when the standard spruce-up and double check chores started in his shop and slowly infiltrated our home life. It starts with little things like him cross-referencing our list of friends' phone numbers.

As the days grew closer, there was little other conversation. This isn't to say I didn't try to inject new topics. One day he came home and I

told him that to celebrate her three-month birthday, our daughter had joined a motorcycle gang and I was having my entire body tattooed.

His response was that he had heard one of the members of the inspection team coming to his shop worked part-time for the state as an executioner.

I tried not to listen to the horror stories, but was soon wondering if we would actually be starving on the streets as the result of a failed inspection. I laid in a big stock of formula just in case.

I knew that the first day of the inspection would be tense so I cleaned the apartment, put Jessi in her cutest dress and prepared his favorite meal. The only local interjections into the litany of the day's adventures were "constructive criticism" of the alphabetization of our record albums.

His excuse for leaving the meal untouched was having to take the test of the block he teaches the next day. Jessi

tried her best coos and gurgles, but all he noticed is that her hair is now over her ears.

I thought we were out of the woods when he aced the test; little did I know he'd wear the mantle of guilt for those less fortunate. It was all I could do to keep him from calling his father to beg job placement assistance for a disgraced radar instructor.

By the third day, Jessi was sitting at attention in her baby swing whenever her father entered her room. At least it would finally be over, I thought. No, he informed me, our future still hung by the thread of the outbriefing.

I'm afraid I snapped. I mixed the salad forks with the dinner forks, broke the tips on all the pencils, deliberately threw out the electric bill stub and various other disorderly acts.

The following day, the sweet smiling man I married returned. His shop had cleared the outbriefing, but I would have to be reviewed in 90 days.

FOR THE LOVE OF
LIBERTY



PRACTICE GOOD
COMSEC

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(USAF PHOTO)

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By
Ted Ratcliffe

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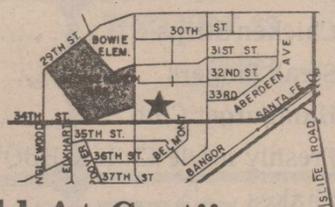
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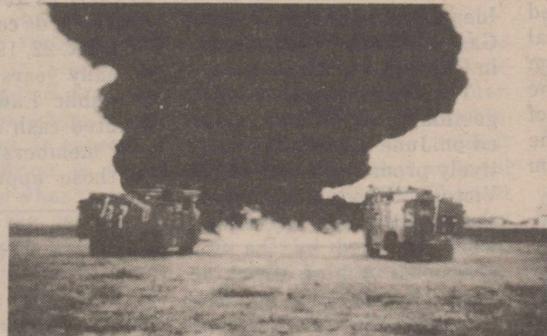




Reese prepares for MCI



Members of the 64th Security Police Squadron perform STOP-CHECK-and PASS procedures at the front gate during a Resource Protection exercise. Although an inconvenience to all attempting to enter the base, it is an essential part of protecting our limited national resources.



The Reese Fire Department in the process of responding to a simulated aircraft accident. The fire department is one of the crucial elements of Reese's Initial Response Force.



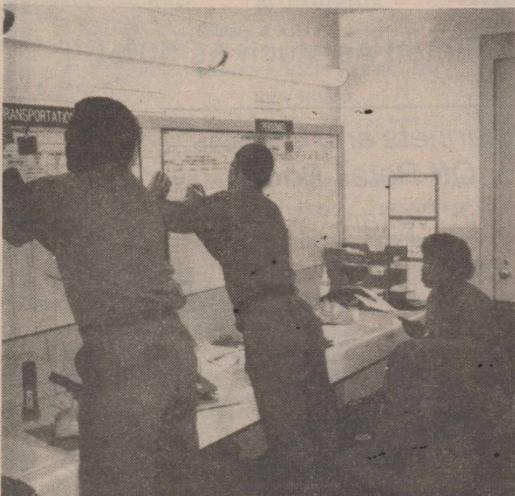
Fire Department personnel in fire protection suits provide initial emergency treatment to simulated casualties during a major accident response exercise.



Contingency Support Staff (CSS) members include, Colonel Broerman, Colonel McIntyre and Lt. Col. Vizzone. The CSS is the command and control center which provides support to the Disaster Control Group (DCG) during accidents or emergencies.



The medical element of the Initial Response Force quickly responds to the scene of a simulated aircraft/base accident, performing triage and preparing the simulated casualties for transportation to the hospital.



Members of the Mobility Control Centers post charts which track the progress of mobility team processing.



Members of the DCG initiate actions to handle the situation during a recent base readiness exercise. The DCG provides immediate support to the on-scene commander during any disaster, major accident or contingency.



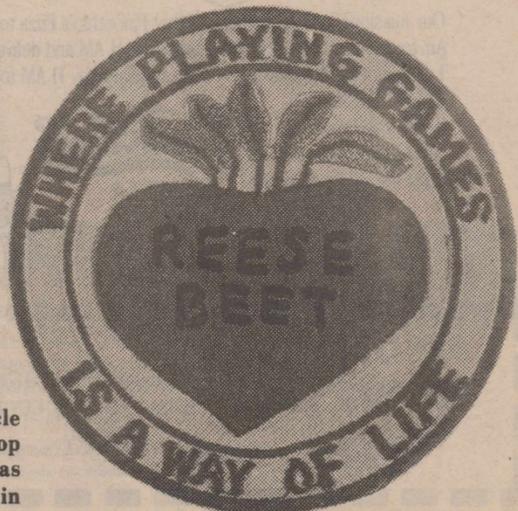
Disaster Preparedness Support team members don anti-contamination suits for response to accidents involving hazardous materials. These teams quickly secure an accident site to prevent further contamination.



The Mobility Processing Unit insures personnel are ready to depart the base. Members are seen here checking mobility personnel documents.



In accordance with AFR 125-14/Wg Sup 1 Motor Vehicle Traffic Supervision, all vehicular traffic will yield to troop marching units and troop formations. Passing is permitted as long as safety of personnel is not degraded. Although not in writing, it is recommended that passing vehicles do not exceed 5 mph.



Suggestion Program

Provided by Veta Reed
Base Suggestion Monitor

The first known suggestion box was in the Doge's Palace in Venice, Italy. The exact date of its installation is unknown; however, it was in existence when John H. Patterson, founder of the National Cash Register Company, Dayton Ohio visited the Doge's Palace in 1893 and in 1894 he established the first suggestion program in the United States.

In 1897 while lecturing in London, Mr. Patterson talked about the results of the new program in his plant. In the audience was the president of Eastman Kodak Co., George Eastman. In 1898 Mr. Eastman installed ironpost office boxes throughout the Rochester, N.Y. plant for suggestions.

Bausch and Lomb, upon hearing that Eastman had received numerous ideas for making better cameras at less cost, established a formal program in 1899.

After the turn of the century, numerous other large companies followed suit even though supervisory personnel felt that suggestions were reflections on their own abilities. Among these were General Electric which installed their suggestion boxes so employees could not be seen submitting their ideas, and the names of successful suggestions were not revealed for fear of reprisals. General Electric also used its program to identify talent among the plan personnel. This type of recognition is applied by the Japanese suggestion system today.

The "number" identification system (anonymous suggestions) began in the Stanley Works Co., in 1917 as well as the "right of appeal."

The first Government agency to establish a program was the Navy. In 1919, the Secretary of the Navy authorized payment of cash awards to civilian personnel when their suggestions led to an improvement or economy in the

manufacturing or procurement of naval materials. A circular signed by the acting Secretary of the Navy, Franklin D. Roosevelt, stated a suggester had to sign an agreement not to make a future claim on the Government as a result of submitting a suggestion.

The slogan, "The Most Precious Tool in Business is the Idea," launched the People's Gas, Light and Coke Company in Chicago, in 1924.

The War Department Suggestion Program was launched on June 2, 1943. It was actively promoted as "Ideas for Victory." Funds to administer the program and pay awards were provided by the Congressional Act of March 18, 1943.—Public Law 11, 78th Congress—. Cash awards ranged from \$5 to \$250. During its two years of wartime operation, the program saved more than \$100,000,000. The Secretary of War stated publicly in September 1945 that the program "had definitely helped hasten the end of the

war."

The peacetime operation began in September 1945 and strongly stressed the intangible benefit of fostering better worker-management relationships.

Reports are incomplete, but as near as can be determined, military personnel were submitting suggestions as early as 1948 even though cash awards could not be paid. On Sept. 22, 1965, the fruition of many years effort resulted in Public Law 89-198 which granted cash awards to military members commensurate to those approved for civi-

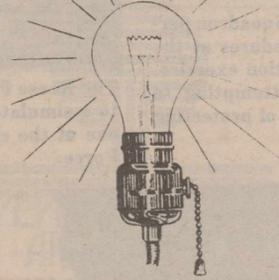
lians.

Cash awards for the best suggestions in 1916 were a generous \$5 to \$100. Cash awards for suggestions today range from \$25 on up.

The Suggestion Program is "big business" in Air Training Command and worldwide. The program has an illustrious history and a challenging future in an effort to return dividends to the Air Force and the taxpayers through suggestions.

It is up to each of us to do our part in insuring the continuing success of this important program.

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Home health care begins

CHAMPUS NEWS—Beginning July 1, CHAMPUS may share the cost of home health care for active-duty families in the U.S., as part of a two-year test program to see if such care will be less expensive than in-patient hospital care.

Benefits of the test program will include payment for authorized homemakers and home health aides.

The home health care will have to be authorized in advance by CHAMPUS headquarters. Requests for approval of home health care that is already under way will be denied.

Home health care may be approved for active-duty family members, including the dependents of deceased active-duty service members.

Requests for the care will have to demonstrate that all medically necessary services and supplies required by the

CHAMPUS-eligible patient can be provided less expensively at home than in a hospital setting. The care will only be cost-shared by CHAMPUS for the time the patient would have stayed in the hospital. The patient must not be covered by other health insurance for services of a homemaker or home health aide. Home health will usually be approved for 30 days at a time.

CHAMPUS benefits are not available through this test program, or through the regular CHAMPUS program, for any patient whose condition is **custodial**. In general, a patient's condition is considered custodial when it is prolonged, when the patient requires help with the essentials of daily living in a controlled setting, and when the care being provided will not result in enough of an improvement to allow the pa-

tient to function outside the controlled setting.

All home health care costs, except those that are more than the CHAMPUS-determined allowable charge for physician services, will be shared in full by CHAMPUS **except** for the current in-patient cost-share rate for active-duty families. Presently, the rate is \$7.30 per day. This rate also applies to the survivors of deceased active-duty service members.

All other services, such as speech therapy, skilled nursing care, homemaker services, etc., will be paid as billed, as long as the amount doesn't exceed that charged to the general public. The cost of durable medical equipment and repairs may be authorized when ordered by a physician as necessary for treatment in the home. When reviewing requests for equipment, CHAMPUS will consi-

der economy (rental vs. purchase) first.

Requests for advance authorization of home health care should be sent to: CHAMPUS Benefit Authorization Branch, Aurora, Colo. 80045-6900.

Requests must include:

- Date of admission to the hospital;
- Date home health care will begin;
- Diagnosis and a history of the present illness;
- The patient's present condition;
- A detailed treatment plan;
- The patient's prognosis;
- Physician's estimate of how long the patient would need to stay in the hospital if home health care were not available;
- Itemized cost of in-patient care per day, vs. the itemized cost of home health care per day. All drugs, therapists,

supplies, equipment needs, professional services and institutional charges must be included;

• A signed copy of the most current claim form, including itemized statement of charges;

• A detailed, proposed management plan for home health care;

• Names and addresses of all providers of care and alternates;

• The make and model number of equipment and accessories that will need to be purchased; names and addresses of suppliers; also, the itemized cost (both rental cost and purchase price) of equipment and accessories that will be purchased or rented.

Persons who have questions about the home health care test project may call the Benefit Authorization Branch at CHAMPUS headquarters, at (303) 361-8526/8527.

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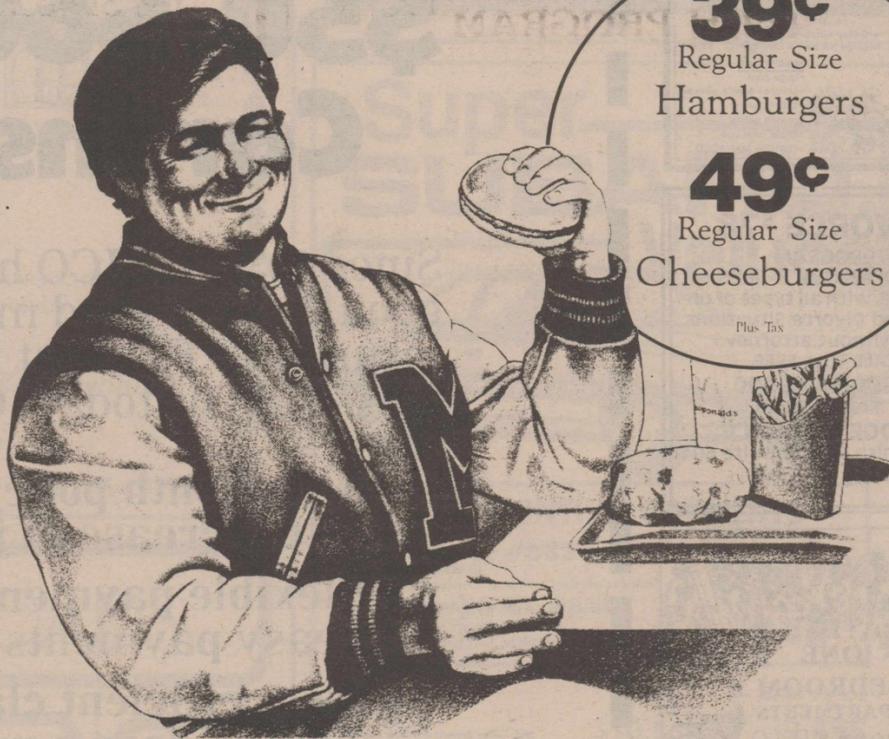
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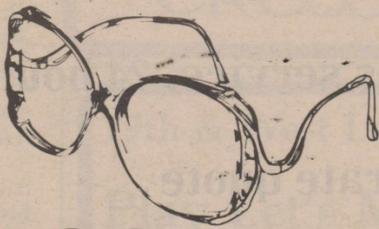


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Bee Stings

by Henry Ussery
Ground Safety Manager

Insect stings are painful, and if you're allergic to the venom, they can be life threatening. Here are some tips to keep summertime sting-free.

If you run into a stinging insect, move away slowly. Don't beat the air with your hands or slap at it—this may trigger an attack.

Wear close-fitting clothes that won't trap an insect. Long sleeves and long pants provide further protection. Be especially careful after a rainstorm. Pollen is scarce then, and insects are more easily provoked.

Don't look or smell like a flower. Light—or bright colored clothing, floral prints, and sweet-smelling perfume or cosmetics (including suntan lotion) will attract insects.

If you do get stung, don't try to pull the stinger out—this may squeeze more venom into your skin. Scrape it out with your fingernail, then apply ice to reduce pain and swelling.

Get immediate medical help if you experience severe reactions—swelling away from the sting site, nausea or vomiting, difficulty breathing, dizziness, weakness and collapse, or hives.



Comptroller Division Quarterly Award Winner for Airman of the Quarter—April-June—is SrA. James O. Pressley. Pressley is a Travel Technician Clerk, Travel section.

Nominations for Executive leadership

by Sandy Sibilsky
Employee Development Specialist

Attention all GS/GM-12/13 career employees with 3 years service with DoD!

The Office of Secretary of Defense is requesting nominations for its executive leadership demonstration program which begins in September for "High Potential" employees with a history of superior or exceptional performance with a secret clearance. Highlights of the program include

a one-year program, modeled in part after Office of Personnel Management Women's Executive Leadership Program, designed to develop women for managerial and executive positions. However men may also apply.

Participants stay in their positions, but are required to take part in six to eight seminars, briefings, or field trips of three to five days' duration—all in the Washington D.C. area—plus an 18-day leadership training program

at Beckley, West Va. Extension home assignments will be given, starting in late August with a "read-ahead" package. First-level supervisors with concurrence of second-level supervisor must provide short written justification indicating employee's potential to assume management positions. Application forms and brochures will be available soon from ATC but there is a short suspense of July 25. Contact DPCE at Ext. 3803 if interested.



Comptroller Division Quarterly Civilian Award Winner—April-June—is Mildred I. McIlroy. McIlroy is an Accounting Technician, Accounts control section. She has been at Reese since August, 1979.

(USAF Photos)

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Saving bond campaign a success

by Lt. Col. Carey M. Reynolds
Wing Project Officer

The end of June brought with it the close of the U.S. Savings Bond Campaign for 1986. This year's campaign ran Air Force wide from June 1-30. For the first time ever a

pre-campaign Leadership Conference was held at Randolph AFB, Texas in March.

Our campaign was a success due only to much hard work by squadron representatives and canvassers. The Reese family continued to excel as evidenced by the overall involvement in the Savings

Bond Campaign. Individually Reese was 13.9 percent.

Air Training Command-wide the enrollment in Savings Bonds came to 13.6 percent for military and civilian employees combined. Thanks to all those who pitched in. You made it work.



BUY U.S. SAVINGS BONDS

One Day Tours

Visit Water Wonderland, 22 acres of thrilling slides and rides. Saturday, August 23, for only \$11. Cost includes admission to Water Wonderland. Register by Thursday, August 1, at the Mathis Recreation Center. The tour will depart at 8 a.m. and will return at 9 p.m.

Saturday, August 16, receive a guided tour of Palo Duro Canyon and enjoy the musical "Texas" for only \$6, children \$3. Register at the Mathis Recreation Center by Thursday, August 14. The tour departs at 4:30 p.m. and returns 12:30 a.m.

Limited reservations are on a first-come, first-serve basis. Register for all tours according to the deadline, Monday-Friday, 8 a.m. to 6 p.m. Tour & Travel office is closed on Saturday, Sunday and holidays. For more information call the Mathis Recreation Center, 885-3787.

Births

A daughter, Danielle Victoria, born to A1C Virgil D. and Carla R. Green on June 6, at USAF Hospital-Reese.

A son, Devin Jon, born to SSgt. John and Mary Frederiksen on June 19, at USAF Hospital-Reese.

A daughter, Catrine Aliz, born to Sgt. Charles David and Rochelle Lacia McKee on June 29 at USAF Hospital-Reese.

A son, Brian Louis, born to SrA. Louise and Margaret Heidenreich on July 13 at USAF Hospital-Reese.

Your wing inspector

Ext 3409

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Brat #849 - 4WD, 4-speed, gray, A/C	\$10,562.	\$9,495
Station Wagon DL #844 - 5-speed, white, A/C	\$11,278.	\$10,195
GL 3-door #831 - 5-speed, white, A/C	\$11,755.	\$10,595
Station Wagon GL #836 - 5-speed, blue, A/C	\$12,030.	\$10,795
GL 4-door #853 - 5-speed, black, A/C	\$12,334.	\$10,995
Station Wagon GL #828 - 4WD auto, green, A/C	\$13,308	\$11,500

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1917 TEXAS, 747-3281

Exercise—the key to weight loss

by Lt. Col. William Slaughter

RANDOLPH AFB, Texas (AFNS)—There has never been, and probably never will be, an easy answer to losing weight and maintaining it at a desirable level. The answer has always been simple—to lose weight, more calories must be burned than are taken in.

The "normal" metabolic rate for people who maintain their ideal weight is approximately 15 calories per pound of body weight. That means a person who weighs 150 pounds can have a daily caloric intake of approximately 2,250 calories and not gain or lose weight. Unfortunately, many people "turn down" their metabolism through diet and inactivity and do not burn calories at the normal rate.

Calorie reduction has a negative side effect. The body reacts to any significant reduction by going into a "survival" mode. For example, the body tries to protect itself by reducing its metabolic rate. There are endless examples of people who have reduced their food intake to as few as 500 calories a day, and didn't lose weight beyond a certain point.

Recent studies confirm the fact that 85 percent of all overweight people who successfully lose weight through diet regain the weight as soon as they stop dieting. The answer to this problem is very complex and requires a balanced approach involving diet, exercise and behavior modification.

When we run, swim, bike or walk, the heart and lungs work harder and place higher demands on the large muscles of the trunk and legs. The result is that our bodies burn calories to provide energy for the work.

Even when we stop the exercise, our bodies will continue to metabolize at a higher rate for up to eight hours, even during sleep. Therefore, the more frequently we exercise, the higher our average metabolic rate will be during the day.

Safety

RANDOLPH AFB, Texas (ATCNS)—The command completed its eighth straight fatality-free, three-day weekend recently following an unblemished Fourth of July holiday period.

"We're all doing a lot of things right," said L.C. Walls of the ATC ground safety office. "Our record proves it's possible to go out, have a good time and come back alive."

ATC has had eight ground fatalities thus far in 1986. That compares with six for the same period last year. 1985 was the safest year in ATC history with 12 fatalities.

The long-term result of regular exercise can actually be a significant increase in our metabolic rate. For example, during periods of high intensity training, I have lost weight on a 5,000-calorie-a-day diet. My metabolism rate increased to more than 33 calories per pound of body weight and remained at that

level for many months.

The bottom line is that diet alone does not work. It must be combined with regular exercise so that the body does not turn down its metabolism in response to reduced food intake. The good news is that a person isn't stuck with the metabolic rate he was born with—he can change it.



Are you busy this evening? The Mathis Recreation Center is showing "Power"—R, FREE! The show starts at 7 p.m., don't miss it.

"Down & Out in Beverly Hills"—R, will be shown Sunday at 3 p.m. and "Top Secret"—PG can be seen on Monday at 7 p.m.

Upcoming movies include: "Youngblood"—R, Friday, July 25.

"Best of Times"—PG-13, Sunday, July 27.

"The Philadelphia Experiment"—PG, Monday, July 28.

For more information on the FREE Mathis movies contact the Mathis Recreation Center at Ext. 3787.



Sports council meets

Your sports council representatives meet once a month at the base Library. Topics of

the results of tournaments and the council also handles all protests.

discussion include the fairness of command points to be awarded, upcoming events,

If you have any questions concerning your squadron, contact the representative listed below.

Representative /Squadron/Ext.			
Steve Giuliano, Chairman	64th ABG/SSRS	3783	
Resources 3604	Mark Diels		
Dennis Moore	3500th MSS	3168	
35th FTS 3873	Stephen Kmiecik		
Joseph Stelpflug	64th CES	3922	
64th FMS 3684	Donald Danford		
Mike Owens	1958th ISS	3884	
USAF Hosp 3625	Martin Harris		
Oliver Deere	54th FTS	3689	
64th SPS 3081	Mark Campbell		
Carlos Pachecano	Det 11, WEA	3685	
64th OMS 3253	Todd Codgill		
Gary Grant -	64th SS	3284	

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 5540-19th
 793-2214

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Intramural Softball Standings

Softball has been fighting the West Texas weather and losing. Because of the weather there have been changes in the schedules, so all players are asked to stay in contact with team coaches for updates. The following is the standings as of July 14.

American League			National League		
Team	Win	Loss	Team	Win	Loss
64th FMS	12	2	3500th MSS	11	3
54th FTS	11	5	USAF Hosp	9	3
Resources	6	8	64th STURON	8	5
64th SPS	3	10	64th OMS (B)	9	6
64th CES	2	9	1958th ISS	2	9
64th OMS (A)	3	11	35th FTS	3	9

Women's Softball team off to district tourney

The ATC women's District Softball Tournament gets underway Thursday through July 27 at Williams AFB, Ariz. Coaches for the team will be Gary Grant and Woody Johnson. The following players will make up the Reese team:

Player	Squadron	Player	Squadron
Jackie Simpson-Harvey	USAF Hosp	Vickie White	64th FMS
Karen Evans	USAF Hosp	Lori Padgett	3500th MSS
Georgia Phillips	USAF Hosp	Lisa Ronfeldt	64th SUP
Amy Kostender	USAF Hosp	Sandra Folino	64th SUP
Kim Wall	64th FMS	Kim Hubak	64th OMS
Nancy Yehl	64th FMS	Lori Cabasag	64th OMS
Laurie Lautzenhiser		Bobbie Johnson	64th SPS
		Jackie Aldridge	3500th SVS



District Softball Tourney held

The following personnel represented Reese AFB at the ATC District Softball Tournament held at Lackland Air Force Base, Texas, July 14-16.

Player	Squadron
Steve Giuliano (player-coach)	Resources Management
Gale Bratrud	STURON
Todd Codgill	STURON
Robert Ferek	USAF Hosp
Terry Boyd	USAF Hosp
Vincent	

Brewster	64th FMS
Alphonso Bruce	64th FMS
Gary Grant	3500th MSS
Charles Norris	3500th MSS
David Rigby	3500th MSS
Mark Diels	3500th MSS
Bruce Williams	64th OMS
Rusty Jenkins	64th SUP

Other Texas bases competing as well as Reese were Lackland, Goodfellow, Laughlin and Sheppard. The ATC championships will be held today through Sunday at Lackland.

Commander's Sports Trophy Points

Here's the standings for the Commander's Sports Trophy as of July 14.

(NOTE: These totals do not include intramural softball, varsity softball, golf, track and field, tennis and over 35 softball.)

Division I	Points
64th FMS	1,050
Resources	827 1/2
STURON	745
USAF Hosp	720
64th OMS	585

Division II	Points
3500th MSS	1,035
35th FTS	680
64th CES	640
54th FTS	590
1958th ISS	530
Det 11, WEA	530
64th SPS	222 1/2
AFOSI	222 1/2
FTD	222 1/2



Track and field meet

The Intramural Track and Field Meet has been re-scheduled for Aug. 2. Sign ups will be taken now through 4 p.m., Aug. 2, at the Base Fitness Center. Events include the 1 mile run, 440 yard dash, 220 yard dash, 880 yard dash, 100 yard dash, 1 mile relay, 80 relay, discus and shot putt.

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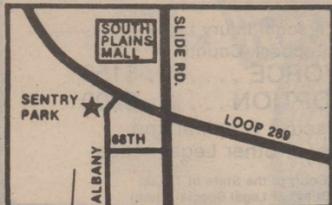
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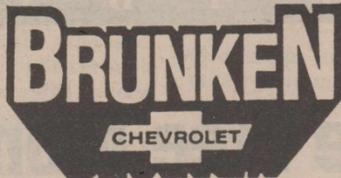
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Loop 289 and Slide Road Lubbock 794-4000

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DRUM LESSONS: 9 openings for beginner and advanced beginner. Taught on Simmons Electronic Digital Drums or Conventional Trap Set. Call Randy, 792-8006.

1980 CHEVY CITATION, 4 door Hatchback, vinyl top, new tires, \$1,750. Call 885-4644.

MOVING SALE, July 19th, 9 to 4; and July 20th, 12 to 5. Carpet, \$50 each gold 11x13 and rust 9x12; Papason, \$90; double dresser with mirror, \$100; girl's white bed and mattress with underdrawers, \$125; double stroller, \$50; lots of misc. items. 5807 12th behind Gene Messer, right off the Loop.

MOVING SALE, Sat. & Sun. 9 to 6. 8 track player, disc player, Polaroid camera, clothing, Zenith stereo, light fixtures, garden planter, many more items. 2615 Gannon, No. Univ. Ranchettes, 762-1383.

FOR SALE: Toro self-propelled electric start mower, 2 year warranty, \$625 new, \$500, moving. 762-1383.

FOR SALE: Set of 4 Firestone Supreme 205/75/15 tires, \$100. 762-1383.

FOR SALE: 1983 Honda Shadow 750, 12,500 miles. \$1,400 or best offer. Home 885-4459.

FOR SALE: One-way plane ticket, Lubbock-Tampa, Aug. 19, 1986. Best offer. 792-7454.

GARAGE SALE: Saturday only, 8 a.m. to 4 p.m. Shadow Hills, 506 N. Granby. Baby items, toys, rugs, household items, clothes, decorations. No early birds! 792-7454.

FOR SALE: Full size box spring and mattress, in good condition. Various sizes of baby clothes and items. Call anytime 793-5160.

FREE KITTENS, all colors, vaccinated, need good homes. 745-2955 or 747-2967. Ask for Evelyn or Karen.

FOR SALE: Two female AKC Silky Terrier puppies, champion bloodlines. 792-4639.

FOR SALE: Radio control airplanes and equipment, 3 planes, 3 engines, 2 radios, flight box with power panel, pump, battery, starter, \$625.00 for all. Call TSgt. Siburt at 794-1138 or

1982 650 Nighthawk, under 2,000 miles, \$1,300. Call before 10 a.m. or after 6:00 p.m. 795-9437.

1980 OLDSMOBILE OMEGA BROUGHAM, 4-dr., V-6, Jensen stereo, vinyl roof, spoke wheel covers, excellent condition. Kept in garage, well maintained, 26 mpg, luxury ride. \$2200. Call after 5:30 793-8863.

CARPETS FOR SALE: Beige with pad, \$150 (wall to wall living-dining room); dark blue 10'x10' with pad, \$50; light blue 11'8"x12'6" with pad, \$50. All from Reese 4 bedroom duplex. Call the Drennan's 885-4250.

1985 NISSAN SENTRA, like brand new condition, 11,000 miles, 5 speed overdrive, 44 mpg, A/C, P/S, P/B, AM/FM stereo. Very well cared for. \$7,000 firm. 105 McGuire, 885-4802.

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.

BY OWNER—AIRSTREAM trailer, 31', 1981 Ford Custom Cab Pickup, extra clean. Asking \$18,500 for both. Call 797-6545.

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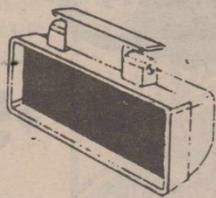
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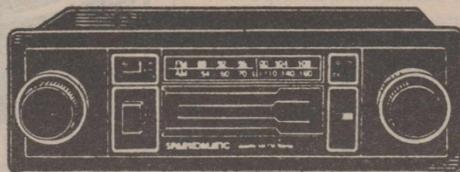
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Classified ads

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

FOR SALE: Brown and orange tweed loveseat, in good condition, \$45. Call 797-6362.

BABYSITTER AVAILABLE: Mother of two wishes to babysit for a newborn to 18 mo. old child, in my home 2 miles west of Reese. Call 797-6362 for more information.

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

1981 14x80 Castle 3-2, air conditioned, ceiling fans, disposal, dishwasher on 3/4 acre land, fenced yard, storage sheds, beautiful redwood lattice front porch. \$9,000 down, take up payments. Close to Reese 832-5580.

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BY OWNER, 3-2-2, ceiling fan, new paint, carpet, beautiful lawn & trees. Will consider anything from New Loan to 2nd with 8% first. Call 792-1488 or 885-3964.

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**

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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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K-9 KENNEL — HORSE CARE CENTER & CATTERY
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165/R13	40 ⁰⁰
175/R13	42 ⁰⁰
185/R13	44 ⁰⁰
195/R14	48 ⁰⁰
205/R14	51 ⁰⁰
215/R14	53 ⁰⁰
205/R15	51 ⁰⁰
215/R15	55 ⁰⁰
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- Free Mounting
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P215/75B15	\$38.88
P225/75B15	\$40.88
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Includes turning rotors or drums, new pads or shoes, pack wheel bearings, new seals, 4 cylinder inspection.

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'85 F-150 LARIET S-CAB	10,488
'85 F-250 S-CAB	11,488

Watch Gene Messer Family Theater Friday at 10:30 on Channel 34

This Week's Movie:
"THE LAST DINOSAUR"

Gene Messer
W. 19th & Loop 289 793-2727

Combine activities for total fitness

RANDOLPH AFB, Texas (AFNS)—Which activity is best for getting and staying in good physical condition?

Ask serious runners, swimmers, or cyclists that question and their answers will be predictable. Research gives scientific answers and attempts to prioritize a number of activities in terms of relative value. Unfortunately, I have never found two such lists that agree.

None offers a single answer to total fitness. There are more than 600 muscles in the body containing about 100 billion muscle fibers. No single activity works them all.

Running, for example, may do great things for circulatory and respiratory fitness, but it's notorious for neglecting upper body strength and creating significant injury-causing imbalances between certain muscle groups.

Each sport or activity is muscle-group specific. This means that to be good at each activity, a person must develop specific muscle groups and improve the oxygen uptake capacity of those muscles.

If someone is a good swimmer, it does not mean he would be a good runner or cyclist, unless he runs or bikes. Similarly, a body builder who looks like Arnold Schwarzen-

egger may not be physically fit. He could be the opposite in terms of circulatory or respiratory fitness, unless he participates in an aerobic activity.

The President's Council on Physical Fitness defines fitness in terms of muscle strength, power and endurance, circulatory-respiratory endurance, agility, speed and flexibility.

Research provides more exhaustive lists, but also advocates the need to include a variety of activities in an exercise program for total fitness.

I recommend a combination of one or more aerobic sports such as running, swimming, or biking, along with some form of regular, progressive resistance training such as weightlifting. Add a recreational or competitive sport such as tennis or racquetball and a daily stretching routine for a well-balanced program. I also recommend changing these activities regularly to keep from getting bored or injured.

Remember, for any combination of activities to be effective, the activities must be done on a regular basis and coupled with proper rest and nutrition.

Spouse support is key to fitness

by Capt. Joseph Mazzola

RANDOLPH AFB, Texas (AFNS)—Not too long ago, I sat in on a presentation about the No.1 killer in America today—heart disease.

The cardiologist who spoke did a super job as he touched on all the things that relate to the probability of heart disease—salt intake, smoking, body weight, stress, exercise and cholesterol.

Later that night, I was talking to my wife about the presentation and telling her how important diet is. She said, "I know that. Just think, if I wasn't so careful about how I prepare our food, you'd be a time bomb just waiting to explode. And you wouldn't even know it!"

Wow! That's really something to think about. But she's absolutely right.

I don't care how much you exercise, you just aren't "fit" unless you eat right. The person who comes to mind is Jim Fixx, he was "Mr. Fitness"—a born-again athlete and famous author. He ran almost 10 miles a day. One day, in the middle of a run, he collapsed and died of a heart attack.

The bottom line is: Get fit and stay fit. But you can't do it alone. Spouse support is essential.

If you've been told to cut down on cholesterol, your spouse should help by not preparing foods high in cholesterol.

To get fit, lifestyle changes must be made and this involves your spouse. He or she has to get smart, get involved, provide moral support and encouragement, and change some habits. And that's what marriage is all about—caring, loving, supporting and helping.

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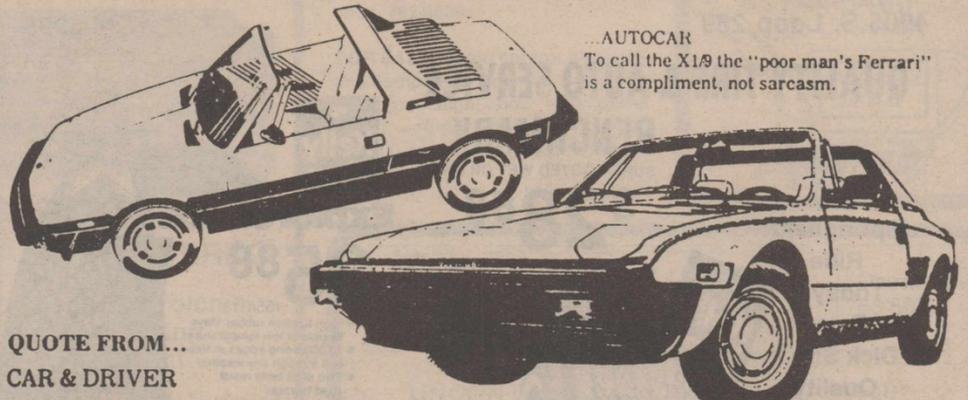
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Toasted Honey-Sesame Sticks

At breakfast these go great with coffee

8 slices bread
2 tablespoons margarine
3 tablespoons honey
2 teaspoons toasted sesame seeds

Remove crusts from sliced bread; brush with combined melted margarine and honey; sprinkle with toasted sesame seeds.
Cut each slice of bread into 4 finger-length pieces. Place on baking sheet; toast in oven at 400°F. for 8 to 10 minutes or until crisp and golden brown.

Yield: 32 Sticks
Approximate Calories/Serving: 35

Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Cookbook
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