

The Roundup

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Serving the Reese Community Since 1948

Enlisted man heads CCAF



USAF Photo

CMSgt. Richard J. Tinneny is the new director of admissions and registrar for the Community College of the Air Force.

MAXWELL AFB, Ala. (ATCNS)—A chief master sergeant recently became the first enlisted member to serve as director of admissions and registrar for the Community College of the Air Force.

"Obviously, I'm pleased with the assignment," said CMSgt. Richard J. Tinneny, who replaced a retiring Lieutenant colonel. "I'm going to work hard to ensure CCAF students continue to receive the best service possible and that the Air Force leadership continues to be aware of CCAF's unique contribution," he said.

Chief Tinneny's duties include management of student admissions and the maintenance of student records. He is also in the college's liaison

with the senior enlisted Air Force leadership, the Air Force Reserve and the Air National Guard.

The chief's division currently handles 6,000 new registrations and more than 9,000 record updates each month. He also oversees production of more than 110,000 student transcripts each year.

"We now have more than a quarter of a million registered students and more than 44,000 graduates," he said. "Handling all those records is a challenge but it's worth it.

Especially when you realize how hard each of these people worked to improve themselves and their value to the Air Force."

Col. Rodney V. Cox, Jr., CCAF commander, says he's

got the right man for the job. "Chief Tinneny's qualifications are superb. He is clearly an outstanding example of the NCO of today and tomorrow," the colonel said.

Chief Tinneny has served three years as the head of the college's management and logistics department and one year as director of student affairs. He holds four academic degrees: an associate's degree in resource management from CCAF; a bachelor's degree in general studies from Northwestern State University in Louisiana; a master's degree in education from George Washington University, Washington D.C.; and an education specialist degree from Troy State University in Montgomery, Ala.

101 Critical Days near end

by Lt. Col. Phillip S. Marzolino
Chief, Safety Division

We are entering the last half of the "101 Critical Days" which start with Memorial Day and end with the Labor Day holiday activities. Traditionally, this has been a period of increased mishaps due to long summer days, numerous outside activities and vacations. Consequently, I thought I'd take this opportunity to review how well we've been progressing through the summer.

Emergency room logs show that a total of 229 Reese folks and their dependents have been treated for some type of

mishap since Memorial Day. Thirty percent of these mishaps have been attributed to participation in sports and recreation activities, while only four percent were the result of some type of motor vehicle accident. Additionally, only 13.5 percent of the mishaps treated have been the results of on-duty mishaps.

Although these mishaps do not include the numerous sunburns and minor injuries which did not require emergency room treatment, it is reasonably clear that people are still injuring themselves unnecessarily. Even though we appear to be doing quite well through the summer

months, the statistics also should alert each of us that particular care should be given to sports and recreation activities. The keys to success are proper warm-up, being careful to avoid over-extension, and avoiding the alcohol/sports mix.

The last half of summer in some respects can be more dangerous than the first half; the days are hotter and fatigue from the long hours put in the last several weeks can be even more of a factor. The real message here is that we've done well for the first half, but this is the time to make sure we don't let up. Let's insure an accident doesn't ruin your summer.

Staff Sergeant Selectees

Reese copped 58 Staff Sergeant selectees from the Air Force-wide total of 17,856 for promotion cycle 87A5. There were 83,163 eligibles for this cycle for a 21 percent selection rate. Those selected will be promoted in monthly increments from Aug. 1 to Jan. 1. The average total score of selectees during the cycle was 284.77. Average score breakdowns included: 132.89, Airman Performance Reports; 65.28, Promotion Fitness Examination; 62.07, Specialty Knowledge Tests; 18.3 points, Time in Grade; 11.97 points, Time in Service; and one point for decorations.

Reese selectees include:

64th Field Maintenance Squadron: Jimmy P. Alexander, Benito Casarez, Jeffrey Dellefield, Jeffrey W. Ford, Douglas A. Kline, Robert A. Lorenz, David M. Reems, Sharon J. Sharp, Vyrl J. Sutton, Donald S. Taylor, Kenneth L.J. Taylor, Joseph R. Wisdom, James A. Payne and E.L. Scott.
64th Organizational Maintenance Squadron: Alton M.K. Burk III, Herbert M. Eldridge, Robert J. Glogowski, Timothy D. Holliday, Kenneth B. Ingram, Vernon E. Kampe, Paul R. Wray Jr, Bradley Samuelson, William Scar-

brough, John Smalley, Kenneth P. Sutton, Clade D. Ward and Randall A. Woods.

64th Supply Squadron: Anna M. Santana, Randy J. Bauer, George L. Bowen, Vincent K. Jones, Larry S. Leonard, Clarence L. Mathis, Frank G. Waible, Stephen A. Williams, and Joseph D. Wright Jr.

64th Civil Engineering Squadron: Brent W. Amos, Stephen-D. Eck, Randy W. Hanna, Cynthia D. Love and Paul G. Tillit.

1958th Information Systems Squadron: Andre C. Harley, Clarence L. Mathis, Ralph C. Talbott and Homero Vega.

64th Security Police Squadron: Robert Marquis, Timothy F. Sanft and Denise M. Worley.

3500th Mission Support Squadron: Linda K. Horn, Donna L. Pagemetz and Susan M. Williams.

USAF Hospital-Reese: Kwi C. Butler, and Hugh L.J. Ellington.

54th Flying Training Squadron: William E. Hubbard and Janis L. Karst.

35th Flying Training Squadron: Sandra S. Plattner.

64th Student Squadron: Calvin R. Moore.

26th Air Defense Squadron: Ricky B. Gray.

Anti-Smoking campaign set

RANDOLPH AFB (AFNS)—Air Force has outlined an eight-point anti-smoking campaign to help members stop using tobacco products.

According to Air Force military personnel center officials, the overriding goal of Air Force's program will be to educate people on the hazards associated with using tobacco products; discourage and deglamorize smoking, and provide help for people who want to quit smoking.

Specifically, the program's major points are:

Determine how many people smoke. An Air Force Survey soon will be taken to provide detailed demographic information about smokers and non-smokers. This data also will be used to measure the anti-smoking campaign's effectiveness.

Set up mandatory classes to train new recruits about the hazards of using tobacco products. Classes will be held for basic trainees, and students in officer training

school, reserve officer training school and the Air Force Academy.

Establish similar classes at all levels of professional military education for officers and enlisted members. Anti-smoking course material soon will appear in both resident and non-resident programs.

Conduct on-going publicity and awareness campaigns at each base to provide information about the hazards associated with tobacco use and discourage its use.

Establish programs to support and help members who want to stop smoking. Bases that do not have smoking-cessation classes are being asked to begin them in the next year. These classes should be offered during duty and non-duty hours.

Begin smoking deglamorization programs. Commanders at all levels are being asked to review current programs and policies to deglamorize smoking. Terms such as "smoke break" should be

eliminated. Additionally, deglamorization efforts will include removing large tobacco display signs from commissaries and offering alternative items for tobacco products in the stores.

Strive for balance between the rights of smokers and non-smokers. When possible, commanders are to designate smoking and no smoking areas in dining facilities, meeting places and work areas.

Conduct a follow-up survey to determine if the anti-smoking campaign is working and see if changes are needed in the program.

Out Briefing Scheduled

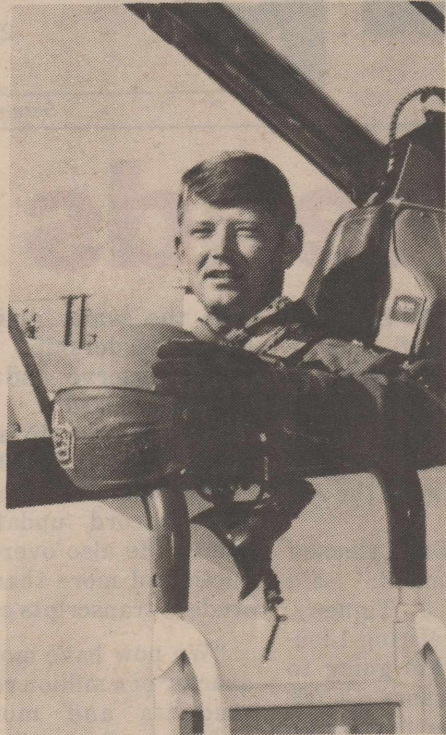
The Air Training Command Mission Capability Inspection team will debrief Saturday at 8 a.m. in the base theatre. All personnel are encouraged to attend the briefing if possible.

As I See It...

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

New IPs—Welcome

Karen and I just returned from the New IP Welcome Dinner that our operational squadrons, in this case the 54th FTS, take turns sponsoring every 6 weeks for the new FAIPS and Major Command pilots joining the Reese team. **Capt. Mark and Claudia Brown** of the 54th P-qual organized a superb affair, which I am certain makes an important impact on our incoming pilots and their spouses. We sat with a couple of 2nd Lt's soon to graduate: (15 Aug), and bound for T-38 IP duties in the 54th, namely **Lt. Jim Morgan** and **Lt. Gene Kowalski** of Class 86-07. They asked to return as IP's in fact, refusing to suggest to me that their choice had anything to do with the previous class's assignment release night. We're proud to have you fellows join the team. Also at my table were **Major Gary Praesel** and his wife **Donna**, inbound to Reese from a tour at USAFA and bound for T-37 duties in the 35th FTS. It is great to see such fresh enthusiasm and talent of folks who are coming in to our flying units, determined to carry on the Reese tradition. I was most impacted, however, by the honest assertions of **Lt. Col. Mitch Slater**, the 35th OPS officer, and his wife **Mary**, that both of them enjoy reading this "AS I SEE IT" column each week. Quite honestly, that'll keep me going. Thanks.



Col. James McIntyre

USAF Photo

More Reese Winners

I believe I've already mentioned that our 3500 Service Squadron has won the 1986 ATC Innkeeper Award for the second straight year. Yesterday I received a message from ATC Headquarters that our folks also won command selection as the 1986 Outstanding Services Unit for ATC. That's also the second year in a row, and once again thrusts **Capt. Bob Rush** and his people into AF-wide competition. All of Reese joins me in applauding you services folks—all of you.

Hat's off also to **SSgt. Maureen B. Boyd** of the Reese Hospital for her nomination by ATC Headquarters to represent the Command as the best Medical Service Airman in the Annual Medical Service Mobilization Augmentee Awards competition.

Quote of the Week

"Nice green grass,
flowers and roses,
Can only be had
if we use our hoses."

—LTC Ted Ownby, at a recent ABG staff meeting.

NOTE: Search out the areas turning brown, and get water to them—July has been drought.

MCI Mid-Stream Update—A Tremendous Team Effort!

As I write, it's Wednesday evening, and our on-going MCI is not over. This past week I have once again seen all of you deeply committed, and working as a team, to accomplish the very important task at hand—that of demonstrating our readiness capability. While congratulations for final MCI ratings are premature and inappropriate—it ain't over 'till it's over—I do want to share what I have seen personally, and use the remainder of this space to recognize some of the many Reese "winners" who, AS I SEE IT, were instrumental in Reese's typically great showing.

During the Attack Response Exercise, **Captains Gary Hecker** and **Darrell Stinger** were super in their roles as intelligence officers, and kept the Contingency Support Staff (CSS) well informed of the developing world situation. In the same exercise, both of **Captain All Wallace's** backups in the CSS were "taken out" by the inspectors. Al ended up working about a 26-hour shift without a break.

Yep, they tried to penetrate some of our controlled areas on the base. **MSgt. Ron McCord** stopped an attempt to plant a "letter bomb" in the headquarters building when he wouldn't even open the door for the perpetrator who had no ID card. Several separate attempts on the flightline were also stopped by alert team members. I couldn't find out who was the hero in every case, but **A1C Eric Windfrey** and **SSgt. Billy Milam** got the job done on the T-37 line, while **SMSgt. Ray Quarterman** and **A1C Dave Mosley** stopped a bad guy on the T-38 side.

In the Major Accident Response Exercise on Monday, the USAF Hospital was a shining star. On scene, **Dr. Mike White**, **Captain Wayne Cheatum** and **2nd Lt. Doug McCoy** were simply outstanding. Their performance set a tone of realism for the base's response that was carried throughout the exercise. Also from the Hospital, **MSgt. Terry Boyd**, **TSgt. Gary Samples**, **TSgt. Joseph Horton** and **SSgt. Barb Barry** made similarly outstanding contributions by spending two hours making 10 CES troops look like they had actually been badly burned by an exploding asphalt tank truck. They mixed charcoal and salt-water taffy to get the effect of molten tar! **TSgt. Art Rennels** of the 64 SPS also showed outstanding hustle in evacuating buildings and helping establish the cordon.

Our mobility efforts were the best I've ever seen. Congratulations to the entire mobility team that put together such a great effort. Our Civil Engineers—All 61 Prime Beefers, who actually deployed to Shepard AFB, were really fired up and processed without a single cargo or personal discrepancy. At the Air Cargo Terminal, **Mr. Al Deforrest** and **Mr. Bill Orr** were tremendous in getting cargo processed, loaded and sent on its way.

And finally, we can't forget a couple of hard-working Lt. Colonels who have been central to this entire effort. **Lt. Col. Chuck Lutz's** Readiness Division and **Lt. Col. Dane Morvant's** BEET Team have been riding herd on all of us for many months in preparation. They've been the "Bad Guys," doing a tough job. Now we can really begin to appreciate what these two teams have done for Reese AFB—we owe them a round of applause.

Honestly, there are so many I'd like to mention, for whom we can all be very proud. I've given a few examples only. But...it's folks like these that generate the pride that is such a central part of the place called Reese AFB. I was just proud this week to be a part of it. Well done, my personal thanks, and see you at the outbrief, 8 a.m. tomorrow in the base theatre.

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.

Appropriate care by hospital staff?

I'm concerned about a member of my squadron who passed out while on the job. I'm concerned that it took 20 minutes for the ambulance to arrive and later the airman was released and sent back to work. Something seems wrong with the hospital statement that there was nothing wrong

when the airman passed out for 15 minutes.

I understand your concern. After reviewing this incident in some detail, I'm convinced that the care given at the scene and emergency room was appropriate. In fact, the response time of the ambulance was actually six minutes. In the future, if you perceive a problem with medical attention, contact Mr. Gregorio, Ext. 3501. He'll be glad to answer your question.

No Snack Bar TV watching!

The other night at the bowling center I noticed an employee sat and watched television nearly the entire time I was there. I don't think it's right for employees to get paid for this.

The employee has been counseled and the TV removed. Thanks for your interest.

No ad in Roundup

I dropped a classified ad off at The Roundup on Monday but it wasn't printed in Friday's paper. I put the ad in The Roundup because I need to sell the items as soon as possible. For the ad not to be printed is really discouraging.

Space for free classified ads is provided as a courtesy to Reese employ-

ees by the publisher of **The Roundup**, Word Publications, based on the amount of space available on the classified ads pages. As it states on the classified ads page, free ads are not guaranteed to run.

The Roundup

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My thanks

by Col. Chuck Edwards
64th AFB Commander

I can't possibly do justice nor thank all the people in Operations and Maintenance that made my year as deputy Commander for Operations a success. Our success was measured with an "excellent" on the combined ATC Management Effectiveness Inspection team and Standardization Evaluation team visit; also, top honors in Operations (both T-37 and T-38) as well as "best overall Wing" at the ATC Turkey Shoot competition.

Even more impressive was the team work of both maintenance and operations that resulted in just one required Saturday local flying day in over thirteen months of operation. Most impressive! Sure we had good weather, but it takes much more—and the team work of "Ops and Maintenance" was the key to this "awesome" accomplishment.

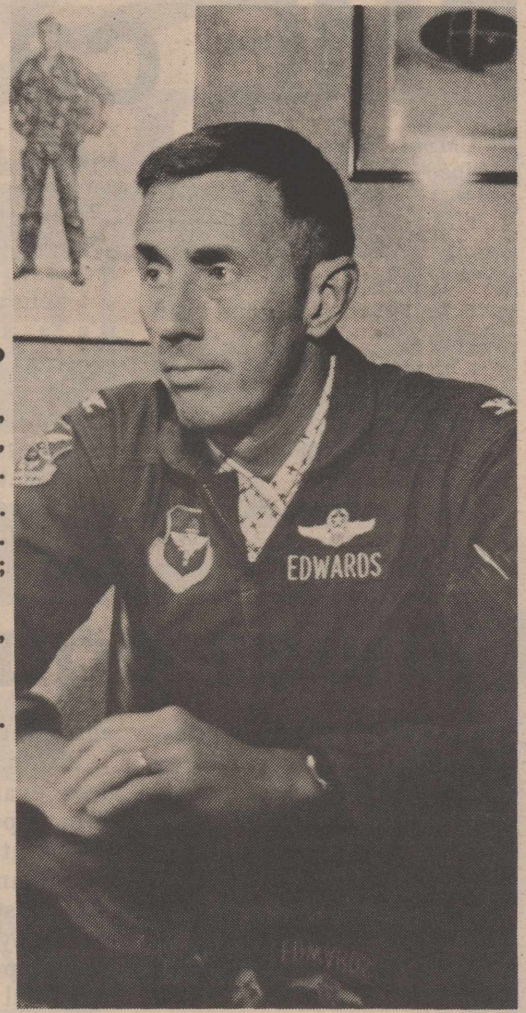
To the approximately 380 officers, enlisted and civilian personnel assigned to the three squadrons and staff that train approximately four hundred students a year, I say thanks. As the Air Base Group Commander you can count on my staff for the finest support found anywhere—it has always been that way at Reese—we are a team, a family, "a Reese Effort!"

I'm sure the Mission Capability Inspection (MCI) we are working this week will show we are prepared for any contingency of Readiness—it is the "Reese tradition".

So I leave you operators (for awhile) with this thought:

Pilots are pilots I've often been told,
A group of fast drivers, who seem very bold.
A wing of top heroes who get all the breaks.
Who fly for a living and don't make mistakes.
But our Wing is so special, it's hard to relate
What it means to be a "pilot, instructor, first rate".
And mistakes, yes you've made them, which just goes to show,
that you're just human beings and your students all know,
that you get mad and some times it seems you don't care,
when they're trying real hard to get the plane in the air.
But you're not just plain pilots, there's a lot more involved.
You're teachers, trying to get your stud's problem solved.
Cause you want them to know the love that you've found;
You feel it each time your wheels leave the ground.
You've worked hard for the wing, the Air Force and yet,
you know for your country, your life you would bet.
And because you're a pilot you won't soon forget,
That Gloria Holbrook is still one of us, a brother you bet.
You know you've done good and you have no regrets,
You've given your all and you've paid up your debts.
And you could have had riches and much finer things,
But you gave it all up for a set of those wings.
So I'll raise up my glass to drink a fine toast,
And the things that I've said are not just a boast.
So here's to the finest, the first, no less,
Your Squadron, Your Wing have surpassed the best.

"Our Mission—Jet Noise—The Sound of Freedom"
(now mower noise)



More than one way to 'skin a cat'

by Lt. Col. Wilson Younge Jr.
chief of transportation
1st Tactical Fighter Wing
Langley AFB, Va.

There are probably more folks than I realize who, after studying management theories, can readily draw from the hierarchy of needs, theories X, Y, Z, and even the 14 fatal errors to solve leadership or management problems.

My hat's off to those champions of success who invariably pursue sound fundamental principles and set personal goals accordingly. Even more impressive are they who frequently apply various motivational models, are cautious about situational ethics, make deft use of managerial grids or group dynamics and know

what does not contribute to dissatisfaction in the work place.

But, if you're like me, you can only hope that the best of these managerial doctrines lie dormant in the subconscious until needed, then appear magically to attack a problem. To help overcome the uncertainty involved here, I've found it necessary to depend less on what I've learned in the classroom and more on what I've learned in the "school of hard knocks." One gets a feeling of security and confidence from knowing there is more than one way to 'skin a cat.'

It's not important that I tell you just how I use my triumphs and mistakes in everyday leadership and manage-

ment situations. They won't work for you, anyway. What is important is that we all have a fair share of such experiences to draw from. The trick is in the remembrance. Like the near-miss accident that almost cost a life (probably yours), we either choose to remember, or choose to forget just as soon as the rapid heartbeat subsides.

Drawing from 'experiences is one way to 'skin a cat.' Another way is to consciously observe the good and bad qualities of successful managers. I say bad as well as good because one of the most self-serving managers I've met in my career was a former boss's boss. He avoided serious complaints whenever possible, ensured he went to

all social events attended by the wing commander (but no others), and never wanted to be the bearer of bad news. This humorless, credit-seeking manager spent much of his time reflecting on his own importance. What, then made him successful? Extreme loyalty. His hostility toward a peer genuinely disappeared overnight when the peer became the boss. I was impressed.

It's not as interesting to write about the host of lessons one can learn from "model" bosses. The boss I remember best was genuinely concerned about the welfare of his people, purposefully took the "heat" in a crisis, cushioned the irritants, gave

recognition when it was earned, set high standards and goals, and taught subordinates practical leadership and management approaches. His philosophy was "be magnificent." Whenever no one else volunteered to fill the vacuum for some disagreeable task, he volunteered with great enthusiasm—especially when the odds were that he was going to get the job anyway, once the discussions ended. "Magnificence" worked for him.

So, if you're nervous about not always remembering all those fine theories and principles you once studied, remember, there is more than one way to 'skin a cat'.

War's common denominator

By Marty Brazil
Keesler AFB, Miss.

Death is the common denominator of war.

Individuals who have chosen the profession of arms, the military service, must become intimate with death. Perhaps this close relationship with death is the reason most people in uniform pray for peace. Perhaps it is the reason military personnel are not warmongers, for they must bear the finality of death or the scars it inflicts.

Ernie Pyle wrote most eloquently about death in war. The time was World War II; the place—Italy; the branch of service—U.S. Army. However, he could have been writing about any war, any place, any time or any branch of service.

"Dead men had been coming down the mountain all evening, lashed onto the backs of mules. They came ly-

ing belly-down across the wooden packsaddles, their heads hanging down on one side, their stiffened legs sticking out awkwardly from the other, bobbing up and down as the mules walked...

"I don't know who the first one was. You feel small in the presence of dead men, and you don't ask silly questions.

"They slid him down from the mule, and stood him on his feet for a moment. In the half-light he might have been merely a sick man standing there leaning on the others. Then they laid him on the ground in the shadow of the stone wall alongside the road. We left him there beside the road, that first one, and we all went back into the cowshed and sat on water cans or lay on the straw, waiting for the next batch of mules.

"Somebody said the dead soldier had been dead for four days, and then nobody said anything more about it. We

talked soldier talk for an hour or more; the dead man lay all alone, outside in the shadow of the wall.

"Then a soldier came into the cowshed and said there were some more bodies outside. We went out into the road. Four mules stood there in the moonlight, in the road where the trail came down off the mountain. The soldiers who led them stood there waiting.

"This one is Captain Waskow, one of them said quietly.

"Two men unlashed his body from the mule and lifted it off and laid it in the shadow beside the stone wall. Other men took the other bodies off. Finally, there were five lying end to end in a long row. You don't cover up dead men in the combat zones. They just lie there in the shadows until somebody comes after them.

"The unburdened mules moved off to their olive grove. The men in the road

seemed reluctant to leave. They stood around, and gradually I could sense them moving, one by one, close to Captain Waskow's body. Not so much to look, I think, as to say something in finality to him and to themselves. I stood close by and I could hear.

"...Another man came. I think he was an officer. ...The man looked down into the dead captain's face and then spoke directly to him, as though he were alive, 'I'm sorry, old man.'

"Then a soldier came and stood beside the officer and bent over, and he too spoke to his dead captain, not in a whisper but awfully tenderly, and he said, 'I sure am sorry, sir.'

"Then the first man squatted down, and he reached down and took the captain's hand, and he sat there for a full five minutes holding the dead hand in his own and

looking intently into the dead face. And he never uttered a sound all the time he sat there.

"Finally he put the hand down. He reached over and gently straightened the points of the captain's shirt collar, and then he sort of rearranged the tattered edges of the uniform around the wound, and then he got up and walked away down the road in the moonlight, all alone.

"The rest of us went back into the cowshed, leaving the five dead men lying in a line end to end in the shadow of the low stone wall. We lay down on the straw in the cowshed, and pretty soon we were all asleep."

PME can make or break you

By CMSgt. Monte Handley
Robins AFB, Ga.

A few weeks ago, approximately 2,900 Air Force master sergeants received some exciting news—they had been selected for promotion to senior master sergeant. At the same time, more than 16,000 got some bad news—they were not selected.

For a few, it was their first time up; for many, their second and for some—well, let's

just say they've been around awhile.

What is it that separates the selectees from the non-selectees?

I believe for the most part it's a four-letter word—L-A-Z-Y!

You're probably saying to yourself about now, "He has a lot of nerve. How dare he suggest that more than 16,000 Air Force senior noncommissioned officers are LAZY?"

Well, if you're one of the

non-selectees, you'll know by the time you finish reading this article whether or not the "shoe fits." And, if you're a friend, spouse or supervisor of a non-selectee—who has you believing the Air Force did it to him or her again—you can ask that non-selectee some questions after reading this article to find out who really did what to whom.

On what authority do I speak? I served on the recent senior master sergeant pro-

motion board at Randolph AFB, Texas. And what I saw was shocking.

Fifty-seven percent of the eligibles Air Force-wide had not bothered to complete the Senior NCO Academy by correspondence; many had not completed the NCO Academy; and some, believe it or not, had no professional military education at all. That's "double jeopardy" when competing for promotion to senior master sergeant.

PME is worth 35 points—15 for the NCO Academy and 20 for the Senior NCO Academy—under the weighted portion of the scoring and is worth even more when the board scores your records. But don't look upon completing PME as gaining points; figure you'll lose points if you don't.

I also saw 21 percent of the eligibles hadn't bothered to apply to the Community College of the Air Force for college credits or work-related experiences. And, while the Air Force has no requirement for senior NCOs to have college degrees, those not applying to CCAF sent a strong message to the board.

But—and this may sound contradictory—there are times when an advanced degree may work against you. One non-selectee this cycle had a degree in a subject unrelated to his Air Force specialty—the "kicker" is he failed to complete the Senior NCO Academy course. The "shoe fits" him.

In other words, I saw people who could have received from 50 to 100 points more on their final score if they had just put a little effort into those areas they could control themselves. For many master sergeants, that's the margin that will cost them a promotion.

And, while there's no guarantee they'll get promoted if they do complete their PME and get CCAF credits, from what I observed while sitting on the promotion board, I can almost guarantee that they won't get promoted if they don't. (Courtesy of AFLC News Service)

Fitness equals better performance

by Maj. Gen. (Dr.) Monte B. Miller
commander
Wilford Hall Medical Center
Lackland AFB, Texas

It almost sounds too simple, like it doesn't need to be said. Of course, everyone knows it; a doctor doesn't have to tell me: Good health and fitness

equal better job performance.

We all desire the best in officer evaluation reports and airman performance reports. We want to be effective on the job and prove to our bosses we deserve promotion. Yet, too many people ignore the most important aspect of life that will provide them the

best opportunity to display their best performance: maintaining a healthy and physically fit mind and body.

Regardless of age or rank, this is an aspect of your life where you have total control. You control your lifestyle, and there are no excuses to abuse your mind and body by ignoring the need for a balanced diet of nutritious foods, proper sleep, rest and daily exercise.

Yes, we do rationalize. During my career as a physician and commander, I've heard most, if not all, of the excuses: I have too much work to do, I don't like sports, I'd rather party than sleep, I don't like the food doctors tell me I should eat, I am more effective when I drink!

These are all excuses—not reasons.

We all have days when we recognize we are performing at less than 100 percent. However, we can significantly reduce these days or eliminate them entirely by eating balanced meals, acquiring proper sleep and exercising daily.

Promotions Increment

OFFICERS

The following promotion increments will be effective Aug. 1. Officers may assume the higher grade unless otherwise advised:

Colonel—CY85-Eighth Increment

Line Air Force 0378-0431
Chaplain 0007
Judge Advocate 0015-0016
Nurses Corp 0006
Medical Services Corp 0012
Biomedical Services Corp 0008

Lieutenant Colonel—CY85-Fifth Increment

Line Air Force 0453-0565
Chaplain 0007-0008
Judge Advocate 0007
Nurses Corp 0019-0023
Medical Services Corp 0007
Biomedical Services Corp 0013-0016

Major—CY86A-Third Increment

Line Air Force 0275-0412
Chaplain 0006
Judge Advocate 0008-0010
Nurses Corp 0023-0033
Medical Services Corp

0008-0010
Biomedical Services Corp
0016-0023

ENLISTED

The following are the enlisted promotion increment numbers for Aug. 1. Airmen with sequence number shown below will be promoted provided airmen are recommended by their commander, with date of rank and effective Aug. 1:

CMSgt. (E-9) 86S9—
Numbers 0652-0754
SMSgt. (E-8) 87S8—
Numbers 0001-0224
MSgt. (E-7) 87A7—
Numbers 0001-0922
TSgt. (E-6) 87A6—
Numbers 0001-1391
SSgt. (E-5) 87A5—
Numbers 0001-2292

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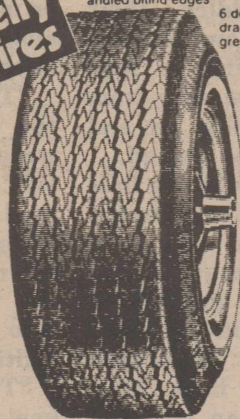
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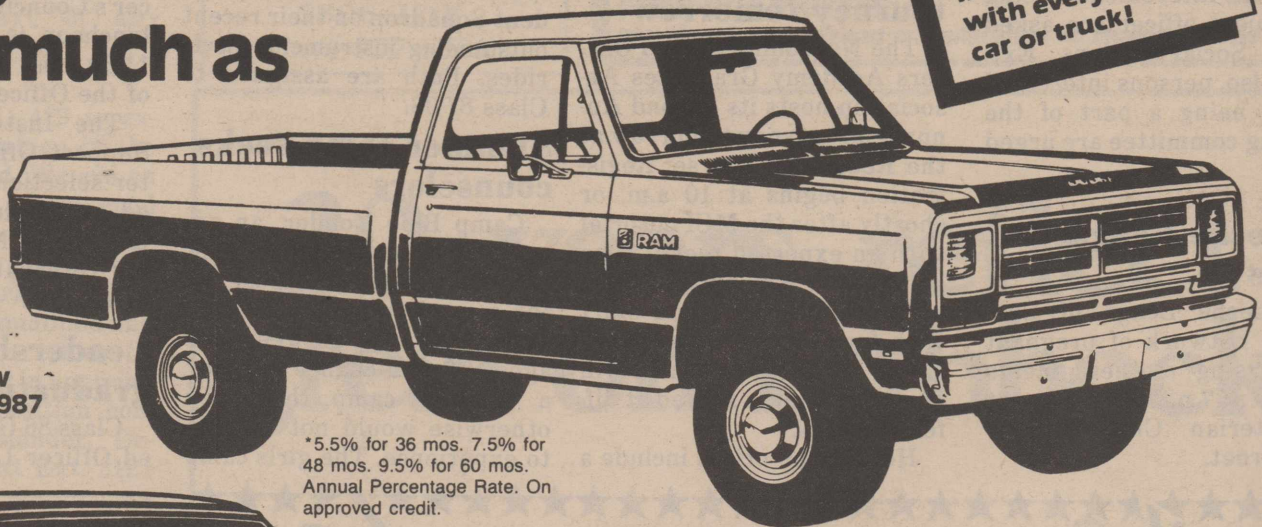
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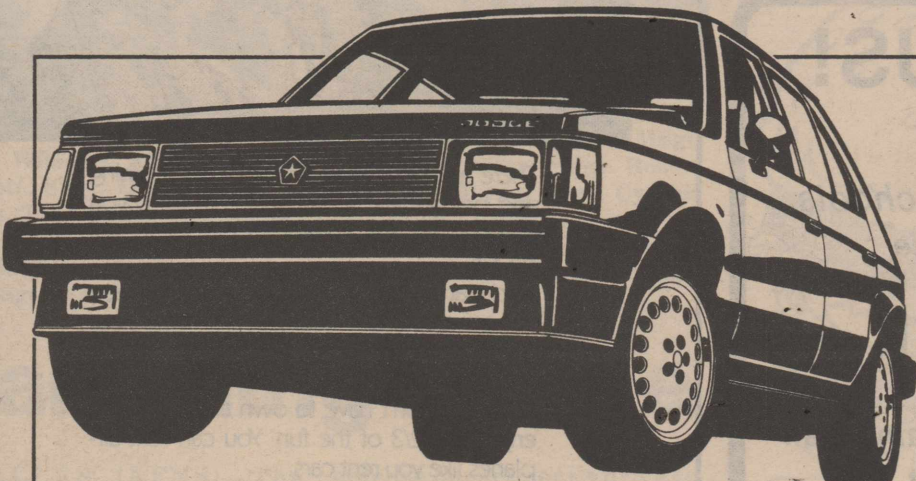


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News briefs

Homes of the Week

Officer Single-101 Andrews, Col. Ramon and Margaret Broerman.

Officer Duplex-214 War, Capt. Qassion and Mrs. Saeed; 212 War-1st Lt. Dennis and Leslie Carda.

Enlisted Single-327 Harmon, Linda and Tim Prince.

Enlisted Duplex-309 McGuire, SMSgt. Jerry and Yvonne Spahr; 311 McGuire, MSgt. James and Tong Montgomery.

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.

La Leche League meets

La Leche League of Lubbock, a network of pregnant and nursing mothers meets Monday at 7 p.m. at Covenant Presbyterian Church, 4600 48th Street.

This month's topic of discussion is "Breastfeeding, Questions Mother's Ask". For more information, contact Sarah at 745-7990.

Toastmaster's club elections held

New officers for the Sounding Board Toastmaster Club are Capt. Phil Gunderman, president, Ext. 3877; Capt. Al Wallace, educational vice president, Ext. 3844; 2nd Lt. Ron Taylor, administrative vice president, Ext. 3953; and Martha Wolfe, secretary/treasurer, Ext. 3765. The group meets each Wednesday at noon in the Officers Club. All ranks, civilians and dependents are welcome to participate.

Don't forget golf tourney tomorrow

The Noncommissioned Officers Academy Graduates Association hosts its Second Annual golf tourney tomorrow at the Reese golf course. Registration begins at 10 a.m. or shortly after the MCI outbrief with an expected tee-off time between 11 a.m.-noon.

It will be a shotgun start with four or five man teams. Entry fee is \$15 and there will be refreshments served at different holes.

Hole in one prizes include a

1986 pickup, a set of new golf clubs (including the bag), and a gold putter. Call Mr. Dick Davis, Ext. 3819 to reserve a position.

Proceeds from the tourney benefits the Enlisted Awards Banquet and the Texas Special Olympics.

Pre-school registration set

Preschool registration will be held Aug. 1-31 at the Reese Child Care Center, Bldg. 341. Registration fee is \$10. Also, shot records will be required to register your child. Preschool begins Sept. 2.

Outstanding checkrides

Congratulations to 2nd Lts. Michael A. Barrett and Raymond E. Crownhart, 64th Student Squadron on their recent outstanding instrument checkrides. Both are assigned to Class 87-03.

Summer camp seeks counselors

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.

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.

Company grade officers host luncheon

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

The Instructor Pilot and Support Officer of the Quarter selection 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 be 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. Paul Jenkins, Ext. 3147 by Aug. 1.

Local 1810 meets

The next meeting of A.F.G.E. Local 1810 will be held Aug. 21. The meeting is changed from the regularly scheduled time (second Thursday of the month) for August only, due to the national convention set for Aug. 10-15 in Las Vegas, Nevada.

Reception held

The officers of A.F.G.E., Local 1810 host a reception in honor of retiring Ms. Zelda Harris, Aug. 2, at 7 p.m. in the Enlisted Open Mess. Ms. Harris had been secretary-treasurer of Local 1810 since it was organized more than 20 years ago. She retired from Reese, where she served in a variety of organizations, about eight years ago. Everyone is cordially invited to attend.

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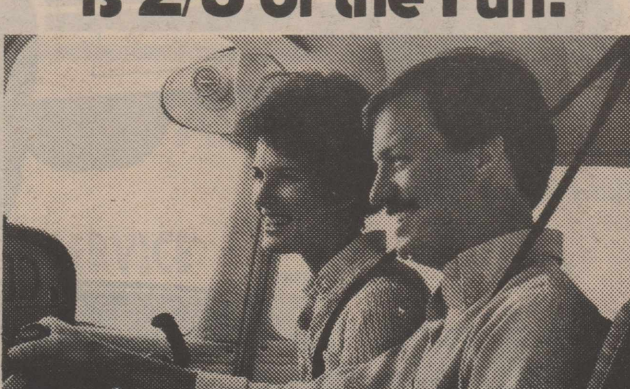
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FTD offers many services

by SSgt. Cynthia Lewis

Reese AFB is one of the lucky bases in the Air Force and ATC in that it hosts the FTD. What does FTD stand for? FTD stands for Field Training Detachment. And at FTD 429 we deliver quality!

Why is Reese AFB lucky? I am sure there are several individuals on base who aren't sure just how lucky they are.

Reese is lucky because you have a consolidated group of experts in several fields at your disposal. Second training is accomplished at this base, for the most part, which cuts down on expenses and time.

Located in Bldg. 955, FTD 429 is here to provide quality training. Although most courses are centered around the maintenance activities, we do offer courses that nearly all agencies on base could, and should, take advantage of. FTD 429 is responsible for providing all OJT training for base supervisory personnel. This starts at the OJT trainer and goes up to and includes Commanders and Staff officers. Our OJT instructor, MSgt. Scheffel, is available on request to assist you with any OJT problem you might have. FTD 429 also provides courses in Technical Order maintenance.

If you have any problems with Technical Orders, feel free to call us.

Being an instructor is a highly satisfying and rewarding step in career progression. Although there are some frustrating times, as in any job, the rewards outweigh them. As a crew chief instructor you have the ability to mold new airmen into quality working individuals. The influence you have on this level of their Air Force career is amazing. You have the opportunity to apply the theories that you learned in Leadership School and the Academy on quality supervision. As an instructor you have the chance to work with individuals who are coming off of other aircraft or systems and must learn a new one. Instructor duty is a versatile and challenging part of any AFSC.

Currently FTD 429 is experiencing a shortage in the 43171 career field. We are on the lookout for a few good men and women. Any individual who applies should be of outstanding character. You should be highly qualified and of unimpeachable ethics. If you are interested in applying for this choice position contact MSgt. Hulslander, Detachment Chief, at Ext. 3121 or 3122.



USAF Photo

Making up Field Training Detachment 429 are (Standing l to r) MSgt. Roger Huslander, Detachment Chief, MSgt. Jack Scheffel, MSgt. Jerry Williams, Aircraft General Flight Supervisor, MSgt. Robert Burnett, SSgt. David Knauer, TSgt. Phillip Miner, SSgt. Cynthia Lewis, TSgt. Victor Magnon and TSgt. Joseph Ward. (l to r) SSgt. Charles Weltzin, MSgt. Larry Sharp, Systems Flight Supervisor, MSgt. Sammy Bostwick, Superintendent, TSgt. Ronald Brownell and SSgt. Wendell Bryant.

Vanishing smoke

DALLAS (AFNS)—The Commander of the Army and Air Force exchange service has told exchange managers to remove tobacco products from health care facilities if requested by local commanders.

The directive is part of the

defense department's drive to reduce the number of smokers in the military services.

The policy covers cigarettes and other tobacco products

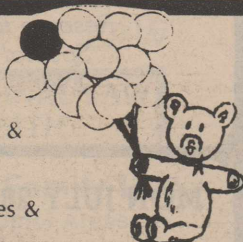
sold in health care facility vending machines, and food and retail outlets.

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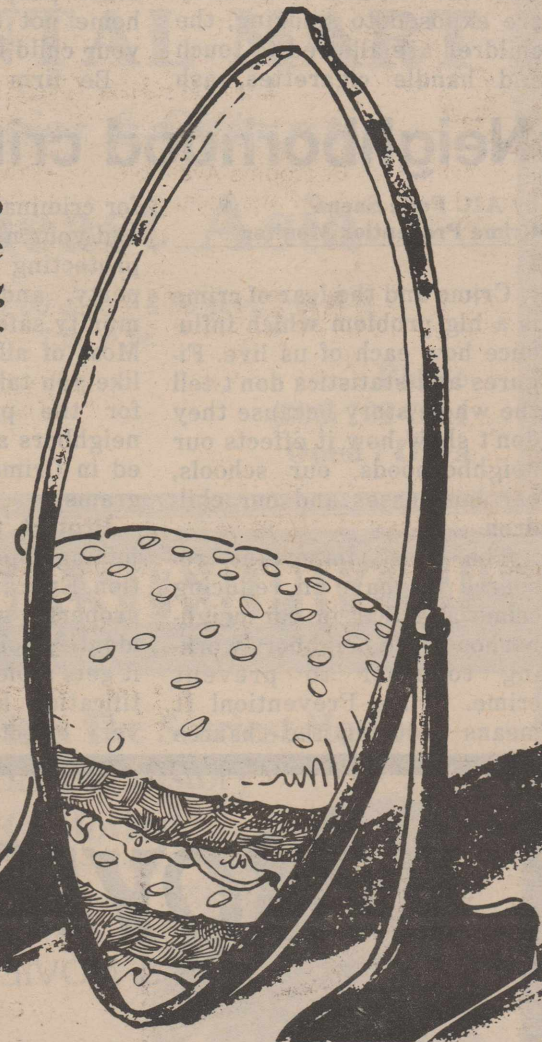
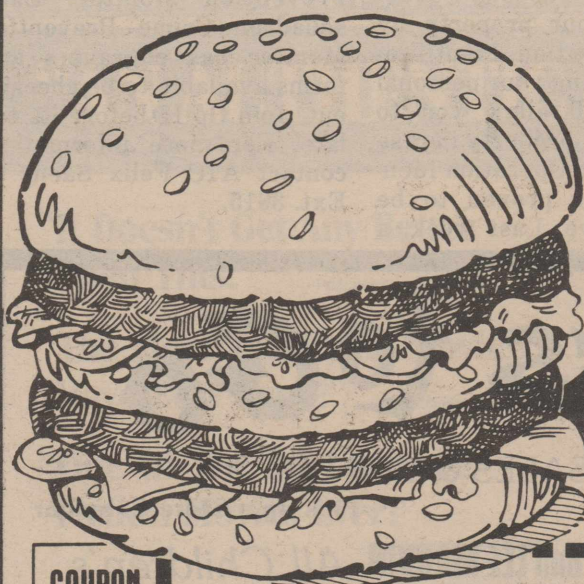


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Reese Roundup

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Don't Smoke for their sake

by Maj. Larry Hogan
Chief, Hospital Services,
Myrtle Beach AFB, S.C.

There is a nationally known habit that kills about 325,000 American people each year. Two-thirds of those die from heart and blood vessel disorders. This habit is cigarette smoking.

There are more than 54 million smokers in the country, and the shocking fact is that more than 3 million of them are teen-agers. More adults are quitting, but the children continue to smoke.

The pressures of smoking that children face usually begin between 12 and 14 when they are less influenced by their family and more by their friends.

That's also a time when the young people are more likely to rebel against adults and take more risks. Teen-agers themselves say the pressure from their friends is a major reason they start smoking.

The family is also a major reason they start smoking. If one or both parents smoke, a child is more likely to start. In families where older brothers and sisters smoke, the chance a child will start smoking is even greater.

Studies have shown that children of parents who smoke have more lung illnesses than children of parents who don't smoke. When they are exposed to smoking, the children are allowed to touch and handle cigarettes, ash

3 Good reasons not to smoke!



trays and other smoking materials. This can lead to imitation while they are young, and smoking when they get older.

Help your child's heart and don't allow smoking in your home. If you need to smoke, don't let children see or handle smoking materials. Ask other people who visit your home not to smoke, even if your child is an infant.

Be firm in enforcing "no

smoking" rules because it emphasizes to children that smoking is harmful.

Support school and community anti-smoking efforts. Schools can teach children how to resist peer pressure to smoke. This pressure is especially influential on children who grew up in homes where smoking was accepted.

Set a good example—don't smoke. (AFNS)

Neighborhood crime prevention

by A1C Felix Saenz
Crime Prevention Monitor

Crime and the fear of crime is a big problem which influence how each of us live. Figures and statistics don't tell the whole story because they don't show how it effects our neighborhoods, our schools, our businesses and our children.

The most important resource we have in reducing crime and fear in our neighborhoods are neighbors working together to prevent crime. Crime Prevention! It means reducing the chances

for criminals to victimize you and your neighbors. It means protecting people and property, and increasing community safety and well being. Most of all, it means people like you taking responsibility for the protection of your neighbors and getting involved in Crime Prevention Programs.

Protect your property by joining Operation Identification. Engraving your personal property will allow you to identify your property in case it gets stolen. Operation Identification has proven to be very effective. Last week, a

downtown incident was closed through the use of Operation Identification. A lawnmower which was reported stolen, was later recovered, because the theft victim had enrolled in Op ID and marked her lawnmower. Join Operation Identification, by contacting your squadron Crime Prevention Monitor. Each squadron Crime Prevention Monitor has engravers and forms available to be checked out. Join Op ID before its too late. For more information, contact A1C Felix Saenz at Ext. 3615.

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- Saturday, July 26—Make your plans for a pool & patio party
- Sunday, July 27—Dart Tournery at 1400.
- Monday, July 28—Ladies Night with the Shadow
- Tuesday, July 29—Rock-n-Roll with the Shadow.
- Wednesday, July 30—Bar Game at 1800
- Thursday, July 31—Country & Western

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Easy credit can be costly

WASHINGTON (AFNS)—Some young airmen want stereos and video tape recorders, but think they can't get a bank loan or credit card to pay for them. That's the kind of thinking "easy credit" retailers thrive on, warns Lt. Col. Matt Bristol, chief of the judge advocate general's Preventive Law and Legal Aid Group in the Pentagon.

"These stores generally sell electronics, jewelry, furniture and photo gear outside military installations," said Colonel Bristol. "They advertise sales with dollar amounts off, but seldom mention the base price. They also highlight monthly payments in these ads, but never the total amount a customer would pay by the end of the financing contract."

The colonel said there is good reason for these tactics: The regular price in these stores is usually the highest that can be charged.

"Even if they take \$100 off an item, it will still be more expensive than buying it elsewhere at the regular price," he said.

Colonel Bristol cited a December shopping comparison test by the Army and Air Force Exchange Service.

"An exchange on a Texas military installation charged \$459 for a brand-name stereo system. The easy credit retailer down the road charged \$799 for the same item. When the shopper called an easy credit store outside another Texas installation, she was told the price was \$999," he said.

Colonel Bristol said these findings are consistent with an AAFES survey conducted last year. That survey, in another Texas city, showed easy credit prices to be an average of 46 percent higher than the exchange.

"These retailers sell credit to people who think they can't get it any other way," said Colonel Bristol. "But many of these consumers could qualify for a credit card or loan from a bank or credit union. Then, they could buy the item in another store and still save money."

Using the brand-name stereo as an example, the colonel said the easy credit price would total \$1,164 (a \$999 base price plus the store's 19.91 annual percentage rate paid over 18 months). This doesn't include sales tax and the interest paid on that, he added.

Colonel Bristol said, "In the exchange, if a shopper used a credit card with the same interest rate over the same payment period, he'd be paying \$534.

"Many of these easy credit stores advertise 'free financing,'" he continued. "What they mean is they will refund your finance charges if you pay your debt in one year."

The colonel said that even if an individual got the finance charge back, he would still be paying \$465 more than the exchange would charge.

"Of course, some types of items aren't available at the exchange," Colonel Bristol said, "but for those items, shoppers should compare easy credit prices with prices offered by mainstream retailers."

As an example, he pointed out that a top-of-the-line 19-inch remote control color television at one easy credit store was recently advertised for \$599. Comparison shopping revealed that the regular price for the same item at a mainstream electronics retailer was \$499. Colonel Bristol noted that consumers who fail to comparison shop are literally giving their hard-earned dollars away.

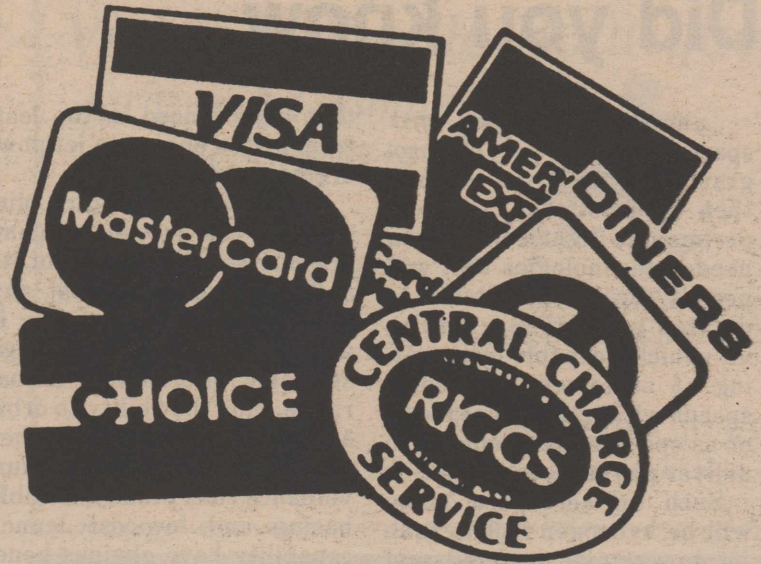
Tough return policies are another drawback to shopping at an easy credit store, according to Colonel Bristol.

"Most of these places give you 48 hours to return an item," he said. "After that, a return becomes a 'voluntary repossession' and your credit rating may be ruined. By contrast, many major retailers have liberal return policies. The exchange gives you up to

90 days to return most items, with no strings attached."

The colonel said easy credit retailers pride themselves on charging premium prices to a supposedly captive audience. But why pay top dollar, he added, when you can get the same thing for less money and less risk?

"It may take longer to get a loan or credit card, but the wait is well worth it," he said.



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A L I E N S

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Civilian travel allowance upgraded

DENVER—AFNS—Traveling Air Force civilian employees are now reimbursed for their expenses under a new system called Lodging Plus that went into effect July 1.

According to accounting and finance center officials here, Lodging Plus applies to temporary duty and permanent-change-of-station travel within the continental United States. Civilian employees are reimbursed for actual lodging costs, plus a fixed

rate for meals and incidental expenses.

Lodging Plus removes the previous \$75-a-day per diem ceiling and establishes new maximum rates. Officials explained that meals and incidental rates are set at \$25 or \$33, depending on locality rates, and are paid without itemizing expenses on travel vouchers.

Travelers must provide receipts for commercial lodging

under the new system. For employees staying in government quarters, costs can be certified on travel vouchers.

Maximum per diem rates range from \$62 at Maxwell AFB, Ala., to \$126 per day in New York City. Other rates include: Fort Meade, Md., \$88; Wright-Patterson AFB, Ohio, \$78; and Washington, D.C., \$112.

The standard meals-and-in-

cidental rate of \$25 and maximum per diem of \$50 applies for all CONUS permanent-change-of-station moves, officials said. For TDY travel, the departure from and return dates to an employee's home are paid at one-half of the meals and incidental rate, regardless of the departure or arrival times.

The Air Force will continue to test the previous flat-rate per diem system for civilian

travel overseas, and the flat-rate system will continue for CONUS and overseas travel by military people. Currently, by law, military travelers cannot be paid more than \$75-per-day per diem in the CONUS. Officials are seeking approval of a method similar to Lodging Plus for military people.

For more information about travel allowances, contact the base accounting and finance office.

Did you know . . .

...about the National Aerospace Plane: It is part of a program designed to develop and then demonstrate, in an experimental flight vehicle, the needed technologies that will permit the United States to develop both military and civil vehicles capable of operating at sustained hypersonic speeds within the atmosphere, or as space-launch vehicles to deliver payloads into orbit.

Such an aerospace plane will be hydrogen-fueled, ramjet or scramjet powered, and will be capable of horizontal takeoff and landing, similar to a regular airplane.

The National Aerospace Plane holds the potential to open up an entirely new class of vehicles, both for atmospheric flight and for space launch. Such a revolutionary advance would be similar to

that experienced in the leap from piston engine to jet-powered aircraft.

The potential military missions of the aerospace plane are numerous. Because of its ability to get to almost any part of the world quickly, it would be ideal as a long-range strategic interceptor. Global range, plus the ability to orbit at will, would make another version invaluable in a surveillance role. Finally, flexible basing and low-cost launch capability have obvious benefits for a space transportation version which can launch and service Department of Defense space payloads.

The Air Force has been assigned overall DoD responsibility for the joint DoD-National Aeronautics and Space Administration National Aerospace Plane program. (AFNS)

Weekly Winner

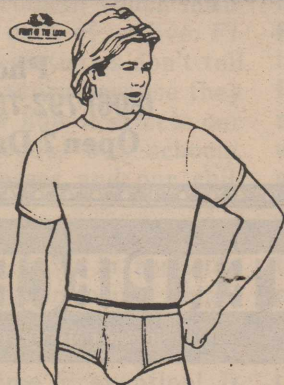


USAF Photo

Best looking facility honors went to the 64th Student Squadron, Building 820. Shown (l to r) are SSgt. Henry Madgwick, SrA. Allen Bossard, A1C Salaman Luis Rivera, SrA. Clifton Arnold and Col. Charles Edwards, commander, 64th ABG.

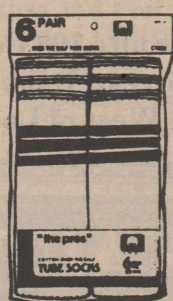
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Law School for Officers

WASHINGTON (AFNS)—The Office of the Judge Advocate General will be accepting applications for two programs that allow active-duty officers to earn law degrees.

The two programs are the Funded Legal Education Program and the Excess Leave Program. Both programs allow Air Force officers to earn a law degree while remaining on active duty. Upon graduation and admission to the bar, they become members of the judge advocate general's department.

Up to 25 officers may be selected to enter law school in the fall of 1987 under the FLEP. ELP selection rates are based entirely on the needs of the JAG department and only four people were selected during the past three years.

Although applications from active-duty officers for the two program will be accepted only from Jan. 1 to March 1, now is the time for eligible officers to arrange to take the Law School Admission Test and secure the Law School Data Assembly Service re-

port, officials say.

The LSAT will be given at locations in the United States on Sept. 27 and Dec. 6. Regular registration closing dates for these tests are Aug. 28 and Nov. 6. While the LSAT is also given on Feb. 21, the results will be received too late for consideration by the Air Force selection board.

In overseas areas, the LSAT will only be given on Dec. 6 (except for special requirements) with a registration closing date of Oct. 16.

Registration materials may be secured by contacting the Law School Admission Services, Box 2000, Newton, Pa. 18940. The telephone number is (215)968-1100.

Officers in the grade of captain or below who will have at least two years', but no more than six years', total active military service as of the first day of classes are eligible to apply for FLEP.

These minimum and maximum years' service limitations are statutory and cannot be waived. Although the maximum of six years' service does not apply to ELP appli-

cants, there is a maximum three years' time-in-grade limitation for captains.

The funded programs allows officers to attend law school at government expense while receiving full pay and allowances.

Leave program selectees pay their own law school expenses and do not receive pay and allowances while attending law school. They do, however, return to pay status while performing internships during extended school breaks. They also continue to accrue time for promotion and retirement purposes and remain eligible for other active-duty benefits such as base exchange, commissary and medical services.

Ordinary leave is not accumulated, but excess leave is not charged against the officer's leave account.

Further information and application procedures are contained in Air Force Regulation 36-7. Base staff judge advocates can discuss these programs with interested officers. (AFNS)



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Rehired civilians

WASHINGTON (AFNS)—Federal employees who resign to accompany their civilian or military sponsors overseas no longer forfeit sick leave if they are not re-employed.

According to pentagon officials, an office of personnel management amended sick leave recredit regulation applies to employees who leave to accompany civilian or military sponsors.

However, an employee has only two years after returning to the United States to be re-employed in a new job, said Pentagon officials. The two-

year limit is tied to the employee's return, not the return of the sponsor.

For example, if a civilian employee went with a military spouse to Europe for five years and then returned to the United States on July 10, 1986, four months before the spouse, the employee will re-

cover all accrued sick leave provided he or she is re-employed by July 9, 1988.

Under the old rules, officials said, employees forfeited their sick leave balance if they had a break in service of more than three years. The rule still applies to civilians whose breaks in service are not tied to overseas moves.

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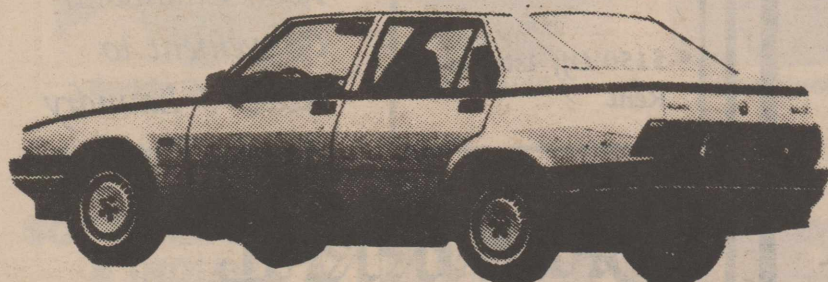
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WORLD WAR II THE WAR IN WESTERN EUROPE, 1944-1945 NORMANDY CAMPAIGN

ALLIED STRATEGY

Allied strategic plans for 1944 provided for three land offensives against Germany: (1) a Russian summer offensive; (2) an Allied offensive in Italy; (3) an invasion of western Europe.

The plan for the invasion of western Europe included (1) a main amphibious assault against Normandy and (2) a secondary assault against southern France.

INVASION OF NORMANDY

Amphibious Assault—A second major front in Europe was opened on 6 June 1944 when elements of the 21st Army Group, comprising the American First and British Second Armies, landed in Normandy. Within one week over 325,000 allied troops were landed in France, and a continuous sixty-mile-wide

beachhead was established.

Expansion of Beachhead—From 13 June to 24 July the 21st Army Group expanded the Normandy beachhead by capturing the important port of Cherbourg and the key road junctions of Caen and St. Lo.

Reasons for Success of Allied Invasion

1. Careful, detailed planning.
2. Effective coordination of air, sea, and ground forces.
3. Surprise, which was achieved by (1) the selection of a landing site that was considered relatively unimportant by the enemy; (2) an effective diversion against the Pas de Calais area.
4. Concentration of combat power.
5. Supremacy in the air and on the sea.
6. Aggressive combat leadership.

Reasons for German Failure to Repel Invasion

1. They did not recognize in

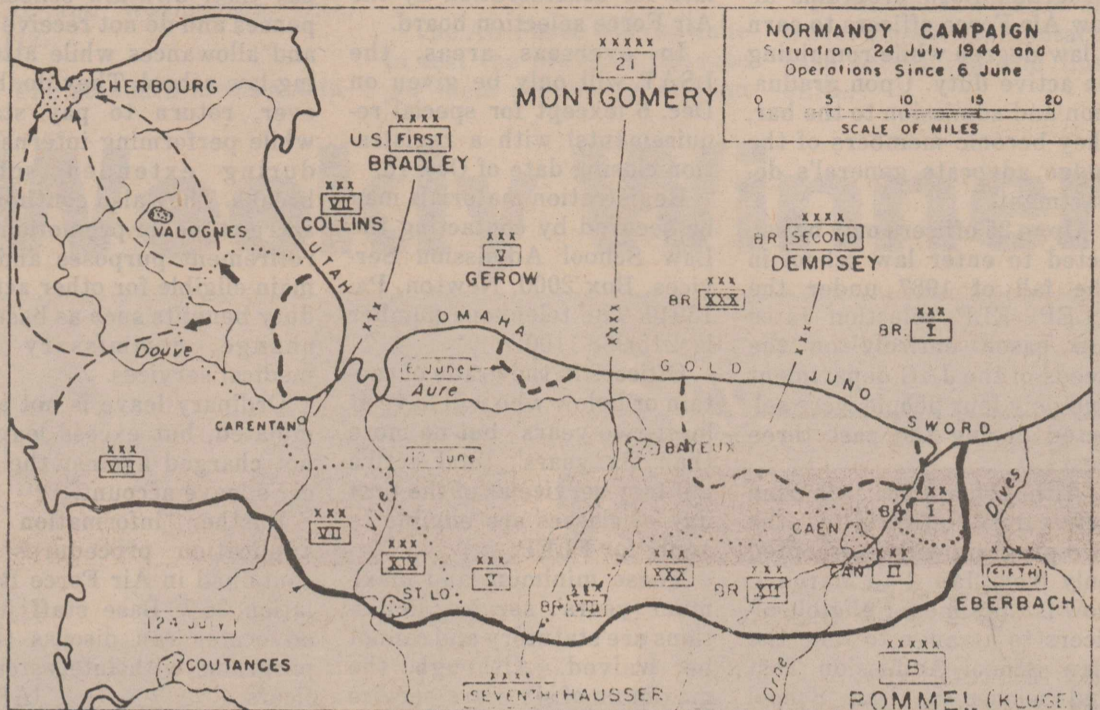
time that the landing in Normandy was the Allied main effort.

2. They overlooked the possibility of a rapid initial buildup of Allied strength over the beaches without the use of a

major port.

3. Their road and rail routes to the battle zone had been so severely damaged by air attacks that the movement of reserves was greatly retarded.

Source: SUMMARIES OF SELECTED MILITARY CAMPAIGNS, USMA, 1960. (Emphasis added.)



35-10

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On the fatigues, officer grade insignia is the regular size and one inch from the bottom edge of the collar and is centered.

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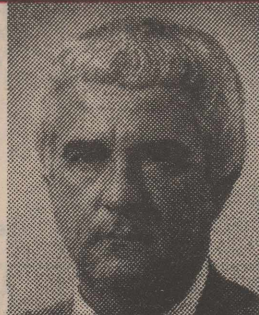
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No link between terrorist, military sacrifices

by Lt. Col. Robert J. Causey
assistant deputy commander
for resources
Pease AFB, N.H.

There are many sacrifices generally accepted as being a part of military service. Some of the most common include tours of duty in locations we would not have chosen, separations from families and loved ones, minor restrictions on our lifestyles, and the lack of total freedom of public speech concerning Air Force or governmental policies that may be considered sensitive or controversial.

We all accept personal sacrifice in order to ensure our nation's military strength; however, there is a perversion of the concept of sacrifice alive in today's world. It affects every man, woman and

child. This perversion is called terrorism.

The terrorist sees sacrifice as an all-encompassing aspect of his life goals. He appears totally willing to sacrifice himself and others with a zeal that is often difficult to understand. In fact, Americans tend to view such dedication with awe. Some almost instinctively assume if a person or group has a cause for which they are willing to kill or die, the cause must somehow be justified.

How can we judge a terrorist's cause as any less noble than, say, our own personal dedication to serve in the armed forces? Are we not willing to die for the preservation of freedom and our nation's way of life?

The major difference between the terrorist's version of sacrifice and our own lies in

the motivation. Our motivation is centered around a regard for the value of human life. The terrorist makes no distinction between military targets and civilians.

Terrorists attempt to give random violence the same status as military action. Their perverted concept of sacrifice cannot distinguish between a soldier and a child or between an announced, defined military objective and chaos for its own sake. So, as a result, vacationers die at an airline ticket counter, an innocent passenger is murdered on a cruise ship, and an infant is sucked out of an aircraft.

Let's not become confused about the proper role of sacrifice. Our sacrifices must always regard the worth of the individual. Our actions must

preserve human life as best we can. Our sacrifices must act to preserve peace—preventing individuals or nations from being bullied, blackmailed or coerced. Our sacrifices must uphold human dignity and respect.

A bully who tries to intimidate his neighborhood will most likely continue to do so until he encounters the opposition of an unshakable resolve. Certainly that resolve is present in this nation's leadership. As military men and women, our resolve must now include a sacrifice of a different nature—that of vigilance.

The need for vigilance demands the sacrifice of our normal complacency. It means we may be inconvenienced by such things as increased waiting at the gates for identifica-

tion checks. We may be inconvenienced by double-checking the unknown face or the missing line badge in the workplace. We may be inconvenienced by the need to conscientiously use better operations and communications security procedures.

Sacrifices are never convenient or easy. They cause us to operate just slightly beyond the ordinary. Sacrifices fine-tune our senses and make us more aware. Most importantly, they strengthen us, discipline us and center our attention on the importance of our mission. That mission is unchanging—to preserve the peace and to encourage people and nations to operate in better harmony for the common good.

Sacrifice? Perhaps. Opportunity? Absolutely.

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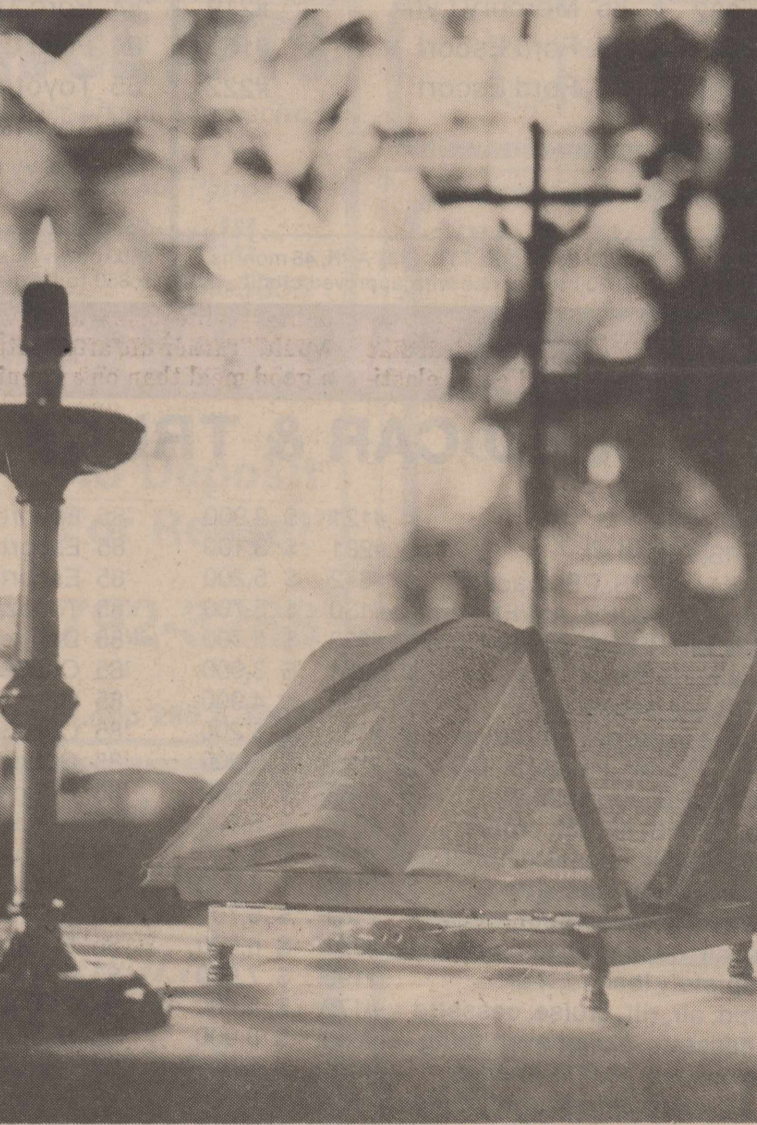
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Evening Worship 7:00 p.m.
Wednesday Prayer Service 7:30 p.m.

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Church Training 5:00 p.m.
Weekday Pre-School
Mon. - Fri. 9:00-11:30 a.m.
Mother's Day Out Tues. & Thurs. 9:00 a.m. - 2:30 p.m.
Wednesday Evening 7:00 p.m.

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Sunday Bible Classes 9:00 a.m. and 10:45 a.m.
Wednesday Family Night Services 7:15 p.m.

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Church Training... 6:00 p.m.
Evening Worship... 7:00 p.m.
Mid-Week Service
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Leon Anderson, Pastor
6119 19th St.

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5426 50th

Sunday School... 9:45 a.m.
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Wednesday Bible Study 7:30 p.m.

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BILL HATLER, Pastor
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God Will Have You No Other Way*
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Morning Worship 11:00
Church Training 5:00
Evening Worship 6:00
Wed. Prayer Meeting 7:00
WE CARE



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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 & Loop 289 793-9669

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"The Church That Cares"

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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

Some misconceptions about women athletes

EDITOR'S NOTE: Captain Gross is the staff physiologist for the Air Force Military Personnel Center's Fitness and Physical Activities Branch at Randolph AFB, Texas. He taught high school biology and chemistry, and taught and coached at the University of New Mexico. After joining the Air Force in 1980, he was assigned to Lowry AFB, Colo., and subsequently to the Air Force Academy as an instructor and coach. Captain Gross is a fitness advocate and has participated in several fun runs. He still maintains competitive status in discus for the Air Force track team.

by Capt. Frank Gross

RANDOLPH AFB, Texas (AFNS)—Are women athletes more vulnerable to athletic injuries? Many people thought so—for a number of reasons.

Structurally, women have wider hips and narrower shoulders, less bone density

and less muscle mass than men. Consequently, women were thought to be too frail to participate in sports.

Additionally, fears that women would injure their reproductive organs in some way were very prevalent in earlier decades. Until recently, strength training for females was not "socially acceptable" because of the belief that it made them appear more masculine.

Political and social influences changed this and brought more money into women's sports and recreation. As a result, women's recreation facilities and programs have improved.

Women have met the challenge and are more competitive than ever and, in turn, the public has become more interested in women's sports. The increase in funds also has brought about more studies of the female physiology.

As a result of these studies, we now know that women res-

pond to the stresses of training in much the same manner as men with one exception—strength training.

Females progress in weight training about the same rate as males, except that when men weight train, their muscles increase in size while women show little or no gain in muscle size. This is due to the fact that women have relatively low levels of the male hormone testosterone.

Another common misconception is that women have a higher incidence of sports-related injuries. As with most men, injuries are usually minor and are commonly found in the lower extremities.

Women's internal reproductive organs are not as prone to injuries as men's because they are well-protected by bone and muscle structure. The female body does not offer any significant disadvantage in terms of how often injuries occur.

The best advice for women who want to get into sports and fitness activities is to carefully improve their physical condition before placing themselves in stressful situations.

Athletic activities are continually expanding for women. In addition, competition is constantly improving. Good training methods will always develop quality results in everyone. (AFNS)

The advantages to Exercise

by Lt. Col. William Slaughter

RANDOLPH AFB, Texas (AFNS)—Despite the apparent obsession nearly 40 million Americans have with physical fitness today, many still decry the revolution and claim that running and other sports don't improve health, but actually contribute to a variety of maladies.

Who's right? Evidence now proves that proper exercise is good for you—and essential for good health and well-being.

I cannot deny there are problems that can and do occur. But I am convinced that these problems are almost always associated with improper exercise techniques and overdoing it. So, for this article, I'll stress only the positive benefits of exercise.

Exercise reduces the risk of degenerative disease, tiredness, tension, aches, pains and stiffness. It decreases blood cholesterol and triglyceride levels, and lowers blood pressure and the resting heart rate.

Exercise increases cardiac output, red blood cells, elasticity of arteries, strength and endurance. It also builds additional routes of blood supply in the circulatory system. And besides these internal changes, exercise improves muscle tone and posture, thus

increasing poise and grace. Other benefits include a better self-image and more self-confidence, more restful sleep, better concentration and a slower aging process.

For people inclined to a sedentary lifestyle, and who would "rather die after eating a good meal than on a running track," maybe one of the things above will stir their motivation.

More active individuals can be assured they are doing the right thing. Physical fitness is worth it! (AFNS)

Worth Repeating

"Life is a hospital in which each patient believes he would recover, if only he could be moved to another bed."

— Charles Baudelaire, French poet

A few "quit tips"

Hide all ashtrays, matches, etc.

Lay in a supply of sugarless gum, carrot sticks, etc.

Drink lots of liquids, but pass up coffee & alcohol.

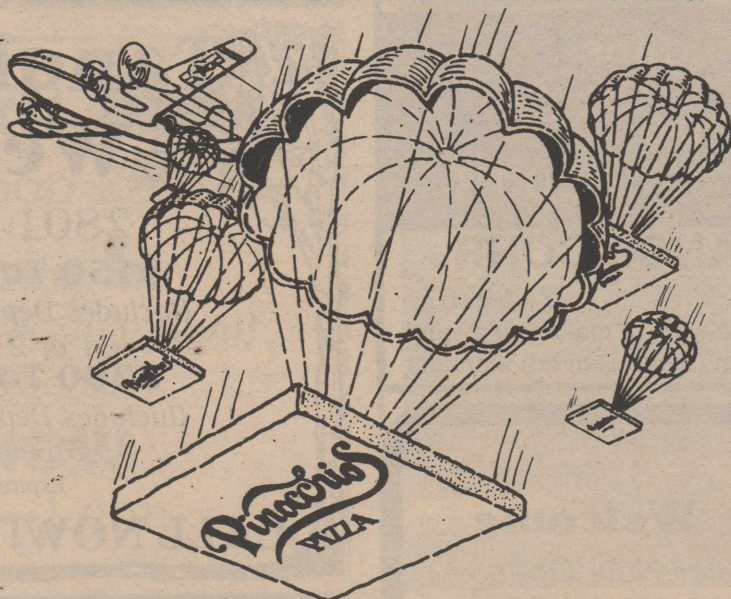
Tell everyone you're quitting for the day.

When the urge to smoke hits, take a deep breath, hold it for 10 seconds, & release it slowly.

Exercise to relieve the tension.

Try the "buddy system," and ask a friend to quit too.

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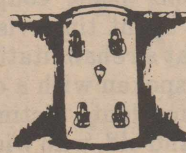
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Don't risk a gamble

by MSgt. Timothy L. Miller
ATC Office of Public Affairs

We've all gambled on something at least once in our life. Nearly everyday we risk our time and energy to go after the things we want. Some folks will even put up lots of money at a chance of winning the "jack pot."

But how many of us would risk our lives on a gamble. Oh, there are those who would risk their lives to save another, but who would risk their life when there's nothing to gain.

It's hard to believe, but nearly 3,000 command members do that each day by refusing to wear their seat belt. Although 96 percent of ATC's active duty force is now buckling up, according to command safety officials, that still leaves 3,000 of us unbuckled.

National Highway Traffic Safety Administration statistics show that individuals in the front seat who wear a lap and shoulder belt have a 40-50 percent better chance of surviving a crash. The odds are 45-55 percent in their favor of escaping the crash uninjured.

During the past couple months I've spent time visiting a friend at a rehabilitation center. I've spoken with a dozen auto accident victims, both young and old, who wished they had worn their seat belts.

One 21-year-old woman, paralyzed from the waist down, was afraid to go home. She's a single parent and doesn't know how she's going to care for her baby boy.

There was a 6-year-old patient who was also unable to move his legs. His aunt walked away from the same acci-

dent which paralyzed him. I'm sure she wishes she had buckled him in.

Another man was completely paralyzed in an accident which broke his neck. He told me he's going to miss playing ball with his boys and riding bikes with his wife.

Most of the people I spoke with consider themselves "lucky." They survived their accident. Sixteen ATC members have not been so "lucky" during the past three years... they died in auto accidents in which they failed to buckle up.

If you're one of the 3,000 ATC members who's not wearing their belt, start gambling wisely. First bet that you'll one day be in a serious accident then bet that you're seat belt will save you. The odds are on your side.

Sure Pay

BROOKS AFB, Texas—AFNS—Brooks is the first Air Force Base with all military members participating in the direct-deposit payroll plan called Sure Pay. The Base's accounting and finance section serves 1,705 people, including a detachment at the Johnson Space Center in Houston. Sure Pay saves the Air Force millions of dollars by allowing direct transfer of

funds from the government to personal accounts.

***As of June, 1986, 93 percent of the Reese population is enrolled in the Sure Pay program. Stop by military pay today and sign up for the Sure Pay Program. The government guarantees that your check will be deposited into your checking account on time, all the time. If you have questions call Ext. 3360.

WATCHING YOUR weight?

You can control your weight by watching the balance between the calories you take in (food) and the calories you spend (physical activity).

- You lose weight if you spend more calories than you take in.
- You gain weight if you take in more calories than you spend.

INTAKE	MAINTAIN WEIGHT	OUTPUT
INTAKE	LOSE WEIGHT	OUTPUT
INTAKE	GAIN WEIGHT	OUTPUT

Bigger than life

by Chaplain (Capt.) James Byington
Moody AFB, Ga.

Someone once said, "You can measure the size of a person by the size of the things that upset him."

A few days ago I was on my way to make hospital visits when the chain came off the chapel bike. My first reaction was mild apprehension when I discovered I could not pedal to avoid traffic, nor could I stop where I was. I was at the mercy of others.

A sense of relief came over me as I managed to coast safely to the curb and stop. Next came a feeling of embarrassment, followed quickly by aggravation and a momentary flash of anger as I considered my predicament. I had to push the bike to the chapel or risk getting grease on my hands and uniform while replacing the chain on the sprocket.

Suddenly I began to examine my emotions rather than my situation. Why was I angry? The situation was somewhat embarrassing. It was definitely inconvenient.

But it was not earth shattering!

So why let a loose bicycle chain ruin my whole day? I got off, put the chain on the sprocket and pedaled on to the hospital. There I washed my hands and smiled as I watched the last vestiges of my anger disappear quickly and easily down the drain.

A bicycle chain is a small and insignificant thing, scarcely worth a second thought, let alone an article in the newspaper. But, too many times we dwell on the loose bicycle chains of life until we

become angry and bitter people.

Consider how small and insignificant the sources of our anger are. See them in the broader perspective of life as a whole.

The next time your bicycle chain comes off, whether in the work center, at home or on the highways of life, just coast to the curb, get off, put it back on, wash your hands and calmly pedal on through life.

We can be bigger than the little things that upset us. (AFNS)

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The final turn

by Chaplain Candidate
2nd Lt. Frank A. Verkes Jr.

One afternoon in the flight room, a fellow student pilot was boasting about how tightly he could fly the overhead traffic pattern. Noting that I was scheduled to be out in the RSU that afternoon, he encouraged me to watch and see the way a "real man" flew the final turn. I wasn't out in the box very long before my friend showed up on initial.

As he rolled off the perch, it was obvious that he was determined to prove his claim.

His aircraft buffeted as he yanked and banked around the final turn. As he rolled out on final, his performance had the entire RSU crew on their feet, but not for a standing ovation. You see in his determination to prove his superior flying skills he had forgotten one basic essential. My friend had never put his gear down.

In the book of Proverbs we are told that "pride goeth before destruction, and a haughty spirit before a fall." From the time those words were written until today, pride has proven many times over just how deadly it can

be. It's pride that won't allow us to accept a ride from a friend when we've had too

much to drink. It's pride that keeps us from going for marriage counseling when real difficulties arise. It's pride that keeps us from admitting to ourselves that we've become dependent upon drugs

or alcohol and need professional help. It's pride that fools us into thinking we can make it on our own. And it's our pride that so often proves to be the greatest obstacle between us and God.

Walk don't run

by Lt. Col. William Slaughter

RANDOLPH AFB, Texas (AFNS)—Most non-runners support their dedication with statements like, "Running hurts my knees," "I'm not built for running," or "Look what happened to Jim Fixx."

For those who show externally that they enjoy the benefits of an easy lifestyle, but know that they really should get in shape, there's good news. There's another activity that helps attain and maintain an ideal weight, and gives some protection against those life-and health-threatening maladies like heart disease. It's called walking.

I don't mean walking to the

car or around the house doing daily chores. I mean the kind that takes people away from the daily hassles and gets their hearts and lungs, as well as the rest of the body, moving at a respectable sweat-producing pace.

To be an effective program, walking must be frequent, long and fast enough to produce aerobic effects. A chart taken from Dr. Kenneth Cooper's aerobic program gives a good idea of what is needed.

Dist. (miles)	Required Time (min.)	Frequency (per wk.)
2	24:01 to 30:00	6
3	36:01 to 45:00	4
4	48:01 to 60:00	3
4	60:01 to 80:00	5

Dr. Cooper is the father of aerobic exercise, and his chart is designed for people in reasonably good shape. If a person hasn't exercised for quite a while, is overweight, or has other problems that inhibit exercising at these levels, he needs to start at a lower level and improve progressively. Before beginning any exercise program, he should check with his doctor.

Most people will be pleasantly surprised at the results achieved from a regular walking program. One enjoyable result is being able to snicker at the next runner who complains loudly about suffering from plantar fasciitis, Achilles tendonitis, or runner's knee. (AFNS)



Tonight, the Mathis Recreation Center presents "Youngblood" at 7 p.m. The film stars Rob Lowe, Cynthia Gibb and Patrick Swayze. A talented young skater who has left home for a career in ice hockey, an arena of fierce, often

violent competition, must learn the hard way what it takes to reach his quest for personal victory in the world of competitive sports.—R.

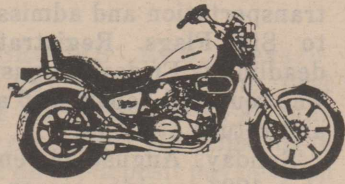
Sunday, catch "The Best of Times" at 3 p.m. Robin Williams and Kurt Russell star in the comedy/drama about a successful bank vice president who is haunted by the fact that he lost an important football game for his team in high school and wants desperately to play the game again.—PG-13.

Monday, at 7 p.m. The Mathis Recreation Center will show "The Philadelphia Experiment". In 1943 a secret

radar experiment involving the crew of an American warship goes awry, two horrified young seamen are thrown 41 years into the future to the year 1984.—PG.

Upcoming Movies:
Friday, August 1, "My Chauffeur"—R
Sunday, August 3, "Delta Force"—R
Monday, August 4, "Thief of Hearts"—R

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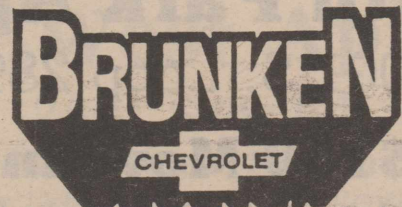
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If you're asked...

...about thoughts of the new secretary of the Air Force: New secretary of the Air Force Edward C. "Pete" Aldridge Jr. says he is not going to change any of the announced Air Force priorities because he sees "no reason to change the winning game plan that we've certainly got. What you may see, however, is a change in what football coaches call tendencies. My tendencies might be a little bit different from my predecessors."

"I will tend to lean toward 'revolutionary' rather than 'evolutionary' approaches to weapon systems or concepts. I will tend to decide in favor of techniques to exploit the advantages of U.S. technology by taking a great leap forward. As examples, I strongly support the development of the Advanced Tech-

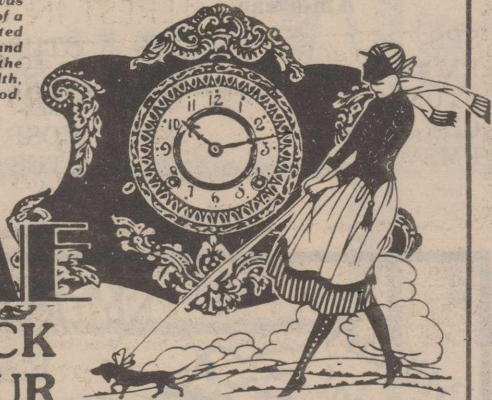
nology Bomber, Advanced Tactical Fighter, the Strategic Defense Initiative, the C-17 (airlifter), the National Aerospace Plane...

"The accomplishments of the past five years are impressive, but our future decisions may be a bit tougher. We know we cannot sustain the rate of growth experienced over the past five years. At best, we might be able to sustain a very limited real growth, and it is going to be tougher to get the military manpower to man our forces. It is clear that in the future environment, programs that are sick with technical problems, cost overruns, or schedule slippages are not long for this world. We cannot and we will not carry along a 'wounded' program at the expense of a healthy one."

(AFSN)

The copy in this pamphlet was originally developed as part of a pilot program jointly conducted by the National Heart, Lung, and Blood Institute, a part of the National Institutes of Health, Bethesda, MD and Giant Food, Inc., Washington, D.C.

IT'S TIME TO CHECK OUT YOUR EXERCISE CALORIES . . . at Home, at Work & at Play



The average size person burns up calories with light physical activities such as: sitting—about 100 calories per hour, driving a car—120 calories, and standing—140 calories. Any physical activities **in addition** to what you already do help burn up more calories.

Below are average calorie figures for various exercises and activities. The calorie figures can vary widely because of individual differences, such as different levels of effort and body weight. But don't forget to look at the overall differences between these activities. For example, moderate jogging (4 mph) is about 3 times as vigorous as a slow walk.



These exercises can help promote heart and blood vessel (cardiovascular) and lung (respiratory) fitness.

	Approximate Calories Used PER HOUR
Walking	
1 mph, slow stroll on level road.....	120-150
3.5 mph	300-360
Cycling	
5 mph	220-260
8 mph	300-360
Swimming	
1/4 mph, leisurely.....	300
3/4 mph	800-1000
Jogging or Running	
4 mph	400-500
8-10 mph	800-1000



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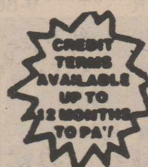
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P195-70R14	\$71.55
P205-70R14	\$76.40
P215-70R14	\$78.40
P225-70R14	\$80.65
P225-70R15	\$83.25
P235-70R15	\$85.90
P205-60R13	\$64.55
P235-60R14	\$83.25
P245-60R14	\$85.05
P245-60R15	\$89.00
P255-60R15	\$91.85
P275-60R15	\$98.30

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P195-70R14	\$100.55
P205-70R14	\$107.40
P225-70R15	\$116.95
P215-65R15	\$115.70
P195-60R14	\$106.05
P205-60R14	\$110.10
P215-60R14	\$111.45
P235-60R14	\$116.95
P205-60R15	\$112.75
P245-60R15	\$125.15
P255-60R15	\$129.15



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Gym Shorts



Swim meet scheduled

by Donald M. Schilling
Athletic Director

The 1986 Intramural Swimming Meet will be held Aug. 9, beginning at 9 a.m., at the Officers Pool. All entries must be submitted to the Fitness Center by 1 p.m. Aug. 8.

The events (in order of competition) include the 200-meter medley relay, 50-meter backstroke, 100-meter freestyle, 50-meter breast-stroke, 200-meter freestyle, 50-meter butterfly and 200-meter relay.

There is no limit to the number of participants who may represent a squadron. Three events and a relay or a combination of four events are the maximum an individual may enter. Each team may enter three participants per event. In addition, if an event calls for more than one heat,

the fastest time of the combined heats determines placement in that event.

Commanders Trophy Points will also be awarded. The first place team will earn 20 points, while second place earns 15 points. Each succeeding place will receive one less point.

The points received by individuals in each event are tallied to determine the team standing. They are: 5 points, first place; 3 points, second place; 2 points, third place; and 1 point for fourth place. Relays will receive double points. Individual awards will be given to the first and second place finishers in each event. Final judgments and decisions will rest with the meet referee. However, there is no penalty for forfeitures. All swimmers must wear appropriate swim wear.

Intramural Softball

The following is the intramural softball standings as of July 18. Intramural play resumes Monday, so contact your coach for further information.

American League

Team	Win	Loss	%
64th FMS	13	4	.764
54th FTS	13	7	.604
RM	8	10	.444
64th CES	5	10	.333
64th SPS	4	12	.250
64th OMS (A)	3	13	.193

National League

Team	Win	Loss	%
USAF Hosp	16	3	.842
3500th MSS	13	3	.813
64th STURON	11	8	.579
64th OMS (B)	11	9	.550
1958th ISS	2	14	.125

On the record . . .

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Gen. Charles Gabriel
former chief of staff

Reese Rattlers finish third

by Capt. Steve Giuliano

The Reese Rattlers men's varsity softball team took third place in the ATC Central District Tournament held July 14-16 at Lackland AFB, Texas.

Reese opened the tournament by shelling Goodfellow AFB, Texas 21-9. Reese then suffered a disappointing loss

to the defending champion Lackland Warhawks 13-7 and found themselves in a must win situation against Laughlin AFB, Texas.

The Rattlers started strong and led 7-2, but gave up six runs in the bottom of the fifth inning to lose a heartbreaker 8-7. Lackland went on to defeat Laughlin 6-5 to repeat as the District Champions.

Reese team members Todd Codgill, Gale Bratrud and Steve Giuliano were selected to play with Lackland in the ATC Softball Tournament held July 18-19. They were

also asked to play for the ATC team during the upcoming Air Force Tournament, but declined because of duty commitments.

Intramural Golf

by Capt. Gale Bratland

The 1986 Intramural Golf league has completed seven weeks of their 13 week schedule. Due to poor weather and MCI preparation, four weeks have been cancelled and will be rescheduled starting August 7. Coaches should receive a revised schedule shortly.

The Intramural program changed formats this year from a straight handicap, head to head competition, to two-man scramble play. The change has been well accept-

ed and increased the intramural involvement within the squadrons.

The races to the playoff are close in both divisions with the standings in both leagues as follows:

Lowest scores of the year have been turned in by RM #1-67, SPS-67, STUS #1-69, OMS-69 and MSS-69.

As of 17 July 1986.

American		National	
SPS	32	STUS #1	35
RM #1	25	MSS	34 1/2
STUS #2	22 1/2	OMS	22 1/2
CES	20 1/2	HOSP	21
FMS	16 1/2	STUS #3	17 1/2
		ISS	15 1/2
		RM #2	3

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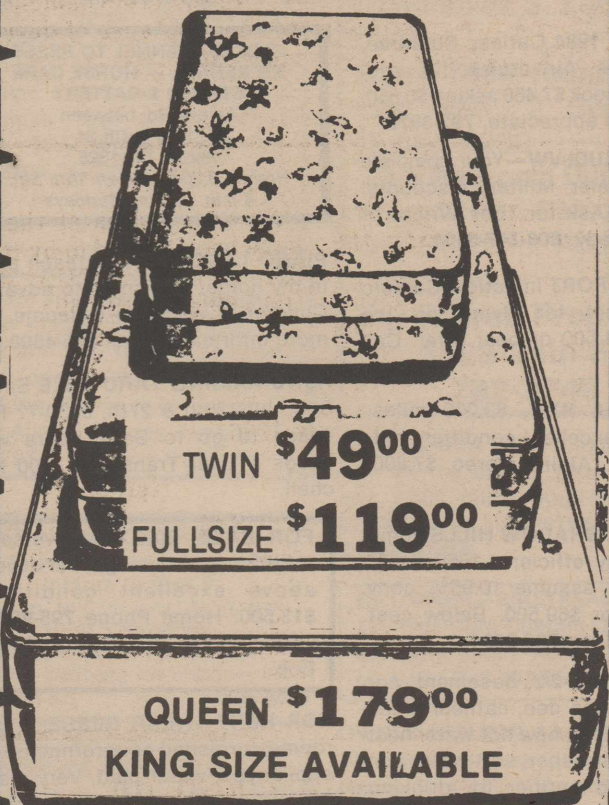
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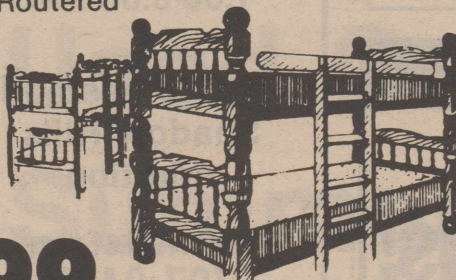


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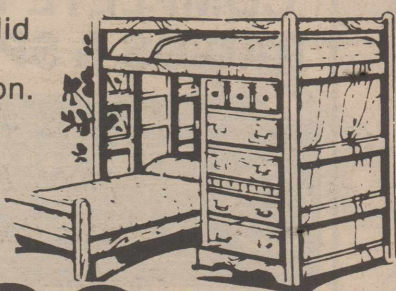


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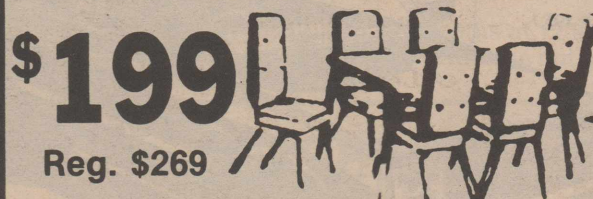


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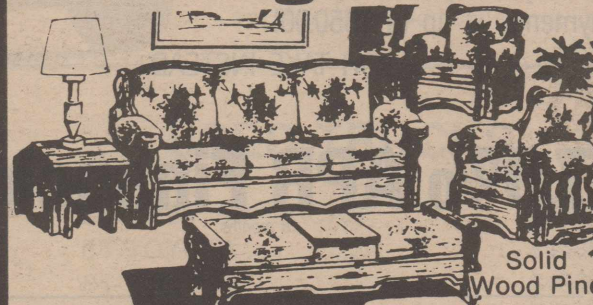
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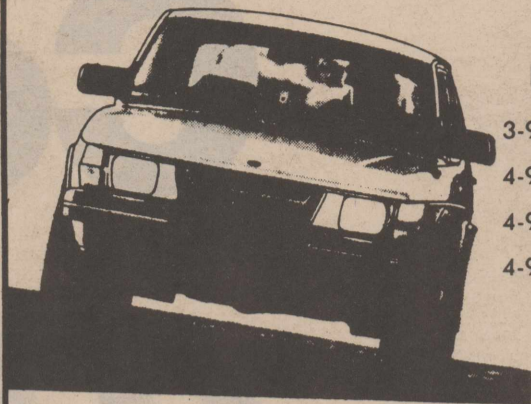
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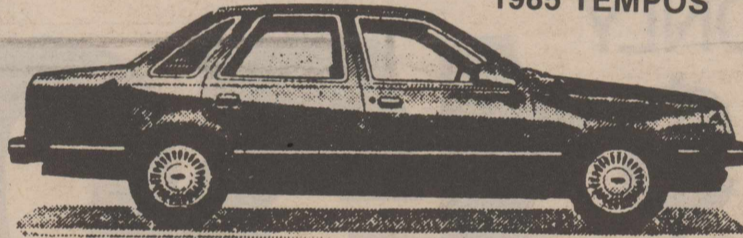
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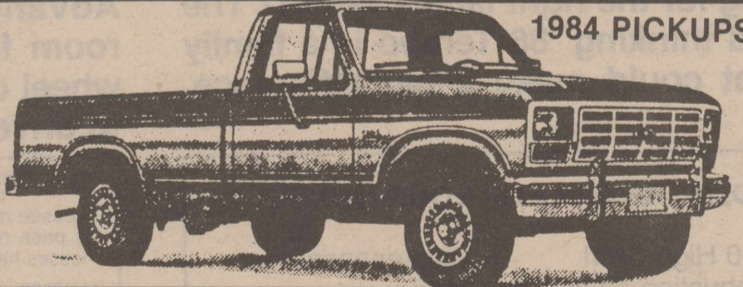
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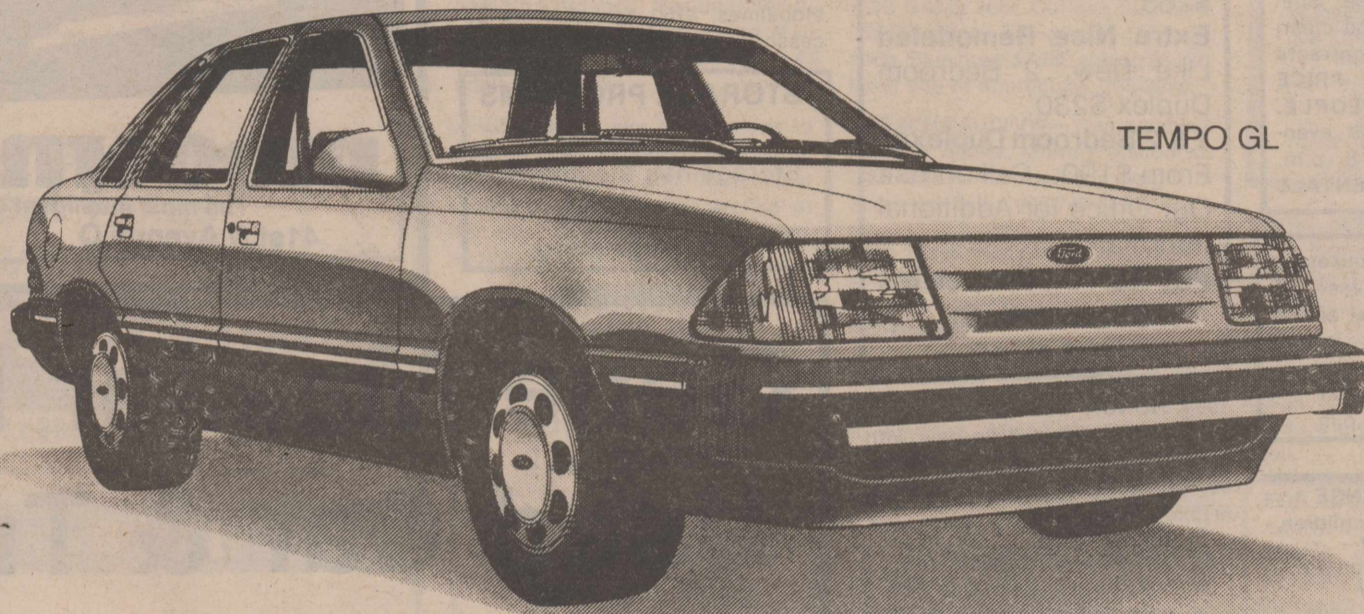
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