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Hanger 70 gets a new look

by A1C Robin Ream Staff Writer, Roundup

* The largest self-help project ever to be attempted here at Reese was completed Jan. 2.

Hanger 70, the Task Oriented Training/Field Training Detachment 429 Training Facility has a new look, inside and

The 3,546 square feet of the hanger's east area was remodeled and made into four classrooms, one office, two hallways and a consolidated tool kit room.

The project was a joint effort by the Task Oriented Training Section, the Organizational Maintenance and Field Maintenance Squadrons detail personnel, the Field Training Detachment, the Dyess Prime Beef Team and the Reese Civil Engineers.

Together, the crews installed corrugated steel siding on the outside of the hanger and replaced three exterior doors and frames.

Inside, nine interior doors were replaced and installed, seven air conditioning and heat units were installed, seven walls were built, all of the floor tile was replaced, suspended ceilings with flush mount light fixtures were installed, all of the walls were sheetrocked and painted, all rooms were paneled four feet up, and all of the walls and ceilings were insulated and soundproofed.

A grand total of 4,193 man hours were put into the project, saving the Air Force an estimated \$17,000.

TSgt. Ronald Dunkle of the Task Oriented Training Section (TOT) was head of the project. "It was pretty busy at times as we were doing our regular job as well as working on the remodeling," he said. "The TOT section was working from 6 a.m. until 6 p.m., so there was a lot of continuity in our work and things went smoothly," he added. "I couldn't have asked for any better support from the people who worked on the project," TSgt. Dunkle said. "We couldn't have done it without the Civil Engineering Planning Section and Material Control," he added.

Out of all of the sections working on the project, the Task Oriented Training section managed to chalk up 2,100 hours

Hanger 70, home of the Task Oriented Training Section, is a part of the Training Management Office. They are responsible for training and instructing maintenance personnel in any area directed by the Deputy Commander for Maintenance.

They are also responsible for assuring the maximum utilization of the training aircraft and scheduling and coordination of the use of the aircraft for all classes taught by Task Oriented Training and the Field Training Detachment.

The Task Oriented Training Section trains 1,050 personnel annually in such areas as Flight Line Expediting, Fire Department Pin and Towing, T-37/T-38 Engine Run Operation, Dedicated Crew Chief, T-37/T-38 aircraft Inspection, Egress Recertification and assists Field Training Detachment 429 in the instruction of Crew Chief Courses, Systems Courses and Dock Courses for both the T-37 and T-38 aircraft. The end result is a highly trained and qualified individual capable of exceeding the demand of any mission requirement.

Since the remodeling was completed,

it is "100 percent better," said TSgt. Dunkle. "We have more room, and the soundproofing has improved the training environment tremendously.

Assigned to Task Oriented Training are: TSgt. Ronald Dunkle, SSgt. Steven Broom, SSgt. Don Elson, SSgt. John Miller, SSgt. Robert Rigg and SSgt. Larry Briggs.

Also housed in Hanger 70, the Field Training Detachment 429 offers 40 courses and trains over 1,400 people per year in such areas as Air Force Technical Order Systems, Avionic Nav. Systems, Cockpit Egress Safety, Crew Chief Courses, Flight Control Rigging, On the Job Training Managers and Advisory

Assigned to the Field Training Detachment is MSgt. Roger Hulslander, MSgt. Jack Scheffel, SSgt. Larry Lewis, MSgt. Jerry Williams, MSgt. Robert Burnett, SSgt. Victor Magnon, SSgt. Cindy Lewis, SSgt. Robert Anderson, MSgt. Sammy Bostwick, MSgt. Larry Sharp, SSgt. David Knauer, TSgt. Joseph Ward, TSgt. Ronald Brownell, SSgt. Chuck Weltzin and SSgt. Jimmy Bourns.

See page 8 for photos

Herres named Vice Chairman Joint Chiefs of Staff

WASHINGTON-AFNS-Gen. Robert T. Herres has been nominated by President Reagan to fill the newly created position of Vice Chairman of the Joint Chiefs of Staff.

General Herres currently commands the North American Air Defense Command, U.S. Space Command and Air ty Force Space Command. His successor has not been announced.

cer below the Chairman, Adm. William Command, Control and Communica-J. Crowe Jr. The Vice Chairman must be tions systems before taking over Norad.

from a different military service than the Chairman.

General Herres was born in Denver and graduated from the Naval Academy in 1954. He earned Master's Degrees from the Air Force Institute of Technology and George Washington Universi-

He is a command pilot and has had assignments in West Germany, France and In his new position, General Herres Thailand. He also served for two years will be the second-ranking military offi- with the Joint Chiefs as Director of



SrA. Felix Saenz marks property with an engraver at the Security Police Squadron. SrA. Saenz was promoted during the month of December.

Urinalysis testing revised

program has been revised.

According to base officials, beginning this month, the new method of testing consist of random selection of individuals by social security num-. ber, using the base computer system in the selection process. This new procedure will ensure that every military member assigned to Reese AFB will be subject to a no-notice test at any given time.

This change will not eliminate the tion, call SSgt. Townsend, Ext. 3901.

The primary method of selecting other means of obtaining a urine samindividuals for the urinalysis testing ple for drug testing purposes though. Commanders may still request that their squadrons be tested, and they can still order a command directed test by name when the need arises.

According to SSgt. Keith Townsend, NCOIC, Drug/Alcohol Abuse Control, "The new procedure, combined with squadron sweeps and commander directed testing, will greatly enhance the deterrance factor of the program." For more informa-

Officers taking a step up

Individuals promoted to Captain during the month of Dec. are:

64th Student Squadron: Keith A. Clifton, Ronald E. Hust, David M. Palmer, David F. Solomon, Robert E. Stone, and Kenneth J. Williams.

35th Flying Training Squadron: Todd R. Cargill, and Michael K. Updike.

54th Flying Training Squadron: Individuals promoted to First Lieute-

35th Flying Training Squadron: Karl A. Buchberger, Charles D. Cunningham, and Robert H. Gillespie.

54th Flying Training Squadron: Ed-

ward F. Fullmer, Timothy G. Gotchey, Thomas P. Larkin and Benjamin T. Stagg.

64th Student Squadron: Robert D. Griffin, Steven L. Groenheim and William J. Peters.

USAF Hospital-Reese: Maria Christina C. Leone.

William M. Drennan Jr., the Deputy Commander for Operations was promoted to Colonel, while Lennie D. Day, Operations Officer, 54th Flying Training Squadron was promoted to Lieutenant Colonel. Margarita D. Vasquez of the USAF Hospital-Reese was promoted to Major.

December Enlisted promotions

The following individuals in the 3500th Mission Support Squadron were promoted during the month of December:

Airmen: Larry D. Barlow, Lori A. Steen, and David D. Webster. Senior Airmen: David E. Riffle. Senior Master Sergeant: J.T. Washington. 64th Supply Squadron:

Airmen: Keith L. Ervin and Richard R. Frazier. Senior Airmen: Antonio Gonzalez Jr, Rusty L. Jenkins and Jittima Wilkinson. Staff Sergeant: Anna M. Santana.

64th Security Police Squadron:

Airmen: Terry D. Farr. Airmen First Class: Johnny Champion. Senior Airmen: Feliz R. Saenz. (Below the zone) Technical Sergeant: Nick G. Roman.

USAF Hospital-Reese:

Airmen: Kathryn N. McCaffrey. Senior Airmen: Ronald D. Sircher.

64th Field Maintenance Squadron: Airmen: Shane Mewborn. Airmen First Class: Rondall C. Chapman, Douglas E. Fontenot, Devere M. Murphy and Jonathan Pinckney. Senior Airmen: Jeffrey F. Andrews, David R. Hughey. (Below the zone) Staff Sergeant: Benito Casarez, Robert A. Lorenz, James A. Payne. Technical Sergeant: James M. Perkins. Senior Master Sergeant: Dwight D. Crider.

1958th Communications Squadron: Airmen First Class: Keith L. Barnes, Paul C. Black, Jeffrey M. Fagnant, and Natalie E. Manning. Senior Airmen: Linda M. Lewis.

64th Civil Engineering Squadron: Airmen First Class: Louis T.W. Christian. Master Sergeant: Richard Whitehead.

64th Organizational Maintenance Squadron:

Airmen First Class: Douglas E. Green. Senior Airmen: John W. Adams, Dane L. Ortner, Jay D. Smith, James R. Starnes, Delton Walker Jr. Staff Sergeant: Alton M.K. Burk III, Robert J. Glogowski, Timothy D. Holliday, Dennis I. Roberts.

64th Flying Training Wing: Airmen First Class: Thomas P. Lehner

64th Student Squadron:

Senior Airmen: Daniel J. Briscoe, and Fabio J. Ramos. Staff Sergeant: William E. Hubbard.

As I see it

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

Karen and I, along with our two children who were home from college, certainly had a wonderful holiday season which included a couple of days of skiing in Ruidoso, N.M. A welcomed break in the action which provided a good time to pause, reflect and recharge the old batteries for what we know is going to be an even better year in 1987 than we all shared in 1986. Just in case Karen and I missed greeting you personally at the many unit Christmas parties, let me just congratulate all of you for your many successes of 1986 and wish you the best in the new year.

Off and running on the right track

I have been very encouraged, but not at all surprised to see this New Year's renewed spirit of Reese shine in the eyes of all the folks I've visited with this past week. The whole wing is off and running full-speed-ahead. A few short particulars:

• Lt. Col. Paul Baker and Mr. Bill Droll were downright excited showing me the progress being made on the new CE complex. What a difference that will make for our Civil Engineering troops this spring when they move into their new work place.

• A few finishing touches and the MIP Lodge will be ready for the grand opening.

• Drop by and see our new SATO office—a tremendous travel service for everyone's—including dependent's—business or vacation travel plans. I enjoyed my chat with its' regional manager, Mr. Mike McFarland, who explained how they want to lower the service counter a few inches to accommodate even their shortest customers. I suspect the Wing IG and RM had been there earlier.

• The Ops troops have cranked back up smartly, as we expected. T-3 IP sorties were flown ahead of time so that student training could proceed on schedule—safely, and most effectively. My congratulations. The high spirit of operators is definitely on track too, if my new 35th Flying Training



Col. James McIntyre

Squadron bumper sticker is any measure.

• Bob Hitch, our Fire Chief, has made some progress on the self-help exercise room down at the station. I was impressed with the new storage area that has been completed, freeing the necessary space for a first-rate area for their exercise equipment.

• Speaking of self-help, I would encourage everyone to drop by Hanger 70 and see what our Reese maintainers have done to improve Task Oriented Training—TOT—and Flying Training Detachment facilities. TSgt. Ron Dunkle deserves a big pat on the back. He showed me the renovated classrooms, administrative offices and latrines—professionally finished—the result of over 4,000 self-help manhours from himself and his people. A tremendous accomplishment that will specifically

benefit over 1,000 troops each year that receive aircraft-specific upgrade training there.

Out and About

My intent this new year is to make another visit through each area on base as soon as possible. There are far too many good things going on that I'll get behind on if I don't.

This week I started with Capt. Al Wallace's 1958th Communications Squadron, which has been recently aligned from the Base to Wing Commander. TSgt. Joe Osborne gave a super mission briefing from which I learned, among other things, that our Data Automation folks support an Air National Guard unit in Pittsburgh, making it the longest data link in the Air Force. Then we walked through the maintenance support area where I visited with SSgt. Don Pierce, MSgt. Bob Winslow and Sgt. Sharon Baccomo. Sgt. Richard Ladd then showed me a beautiful audiovisual cabinet which he had made. Great work!

Crossing the street to the Data Automation building, SMSgt. Brian Barr and MSgt. Tyree Marshall showed me through the operations center where SSgt. Mike Basinger was working with some CRT monitors, occasionally being interrupted by messages flashed on the screen which were sent by A1C Mark Gilding who was enjoying our reactions from his vantage point behind a window in the next room. On to plans and programs to visit with some of 1st Lt. Dave DeLoach's troops. I then stopped by the message center where Pat Pennington, Dean Otey and Debbie Bonat showed me how all of their equipment works. But a real find was in the switchboard room. Did you know that the switchboard room is painted pink?! Interesting. Anyway, thanks for the tour Al. I know I didn't get to see all of your folks, but this wing owes a lot to each and every one of them for their unfailing support. Thanks! As I see it, it's dedication like theirs which keeps us the

Turn it back in



by Lt. Col. William L. Faris Wing Executive Inspector

IT IS GREAT TO BE HERE working with all of you. Last month an interesting thing happened which I want to relate. It falls into the area of wasting

our resources. On Dec. 19 I received a call about a lot of new material that had been thrown into a dumpster. Hearing that, I dropped what I was doing and made a beeline to the dumpster. When I arrived, I was pleased to see that the appropriate squadron supervisors had already recovered the material and were looking into the situation. The teamwork and the caring attitude that I saw was refreshing. With so many people who do care...we cannot help but continue to be the winners that we are. A special thanks goes to SSgt. Bob Sinz and Mr. Carlton Bradley. Your efforts saved \$989 in materials. For all those involved, thanks for another job well done.

Some mention needs to be made about the other side of this issue, though. Why would anyone throw away brand-new, still packaged material? Maybe it is easier to "pitch it" rather than turn it back into the system? When you think about it, however, it makes a lot more sense to turn it back in. If you don't know how to turn it in...call your supervisor...or call me.



On this day...

January 9

Connecticut became the fifth state (1788)

Richard Milhous Nixon, 37th president, was born (1913)

U.N. headquarters opened in New York City (1951)

January 10

Ethan Allen, American Revolutionary War hero, was born (1738)

January 11

Amelia Earhart became the first woman to fly solo across the Pacific Ocean (1935)

Kudos to...

MSgt. Wray Paul and his staff for their outstanding cooperation in providing the Peavy' sound system to Det. 820 for the Arnold Air Society/Angel Flight Candlelight Vigil...Col. Elton Brian, commander, Det. 820, Texas Tech.

Capt. John Gonzalez for his continued superb transportation support for Det. 820. The success of the POW/MIA 24-hour Vigil is directly attributed to Reese' excellent contributions...Col. Elton Brian, commander, Det. 820.

A1C Victor Maciel for his outstanding contributions to the Ellsworth ACE detachment. His hard-charging efforts over his very short stay left a strong impact on the operation...Capt. Walter Buck, commander, 64th FTW/ACE OL-A.

Lt. Steve Mawn, MSgt. Paul Neumann, and the rest of India Flight for their selfless efforts at the Lubbock Christian Convalescent Center. Their hard work and pleasant attitudes are deeply appreciated...Mrs. Sue Gentry, Administrator.

Office of the Assistant Secretary of the Air Force for Manpower and Reserve Affairs established (1968) Man Watchers Week begins

January 12

Hattie Caraway became the first woman elected to the U.S. Senate (1932)

January 13

Januar Cuckoo Dancing Week begins

January 14

Benedict Arnold, American Revolutionary "turn coat," was born (1741)

Albert Schweitzer, medical missionary, was born (1875)

January 15

Martin Luther King Jr., black civil rights leader, was born (1929)
Gen. Henry J. "Hap" Arnold died (1950)

The Roundup

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Wing Commander	Col. James McIntyre
	Mr. Bill Tynan
	Sgt. Cliffordean Washington
Editor	A1C Greg Spraggins
Staff Writer	A1C Robin Reams

Commander's Column

Farewell to Reese



by Col. Charles Edwards

What makes Reese so hard to leave? No—not the excellent mission, nor the outstanding facilities, not the beautifully kept base nor the exceptional fleet of aircraft. Of course—it's the "people" of Reese that make all these great things happen—that's what's hard to leave. As Diana and I were reviewing our tour—she put it so well "I don't mind the move

or having to set up a new house—it's the friends we've made and the people who make Reese so special that makes moving so tough."

You may have gotten tired of the simi-

Tax tips

Number not needed

by Capt. Donald B. Meyer Deputy Staff Judge Advocate

Recently the legal office has had numerous questions come up about whether children must have a social security number before they can be claimed as exemptions on tax returns.

For this year's tax return the answer is no, however, the 1986 Tax Reform Act has changed the exemption requirements beginning with the 1987 tax year. The act now requires that any child who reaches the age of five by Dec. 31, 1987 is required to have a social security number before they can be declared as an exemption for the 1987 tax return (filed in 1988). The failure to include the child's social security number on the return will result in a five dollar penalty.

The nearest social security office is located at 1611 10th Street, Suite 100, Lubback telephone 743-7381

bock, telephone 743-7381. Beware of advertisements by financial publications, investment reports and professional associations hat want you to pay for future year subscriptions before Dec. 31, 1986, to qualify for a tax break. Many companies are telling subscribers that if they pay this year for a two, three or even longer subscription they can deduct the entire amount this year and that this is the last year they will be able to do so. The IRS has recently published an opinion that only the first year of the subscription or dues can be deducted this year. Also, you can still deduct your investment subscrip-



tions and professional dues next year. However, next year you can only deduct the amount you spent on these items that exceeds two percent of your adjusted gross income. For example, if MSgt. John Smith pays a five year subscription to a financial investment magazine for a total of \$200, he can deduct only \$40 this ;year, not the \$200 claimed by some advertisers. Next year whether he can decuct the whole \$40 or a part of it will depend on his adjusted gross income.

Remember, club dues to the NCO and the officers' clubs are not professional dues and are not deductible.

Care line

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.

Tire balancing costly

I recently had my tires balanced at the Auto Hobby Shop and have several questions about the service I received. They checked my tires, and said two did not need balancing, yet I was charged for four tires. Why are old weights used instead of new ones, since old weights fall off easily?

Why does it cost more on base to get tires balanced than downtown? Also, can't they afford to get a new wrench or have the one they have fixed?

I've been told that charging you for four tires was an oversight, and that in fact you were given a refund for the two tires that didn't need balancing. Further, it's my understanding that using old weights to balance tires is common wherever you go. Apparently, previously used lead weights do not fall off easily and usually outlast the life of the tire. Obviously, if the weights become worn or unusable they are thrown away.

The amount you were charged (\$14.10) included use of the lube stall to rotate the tires. That price isn't too bad, considering the average cost in the Lubbock area is \$22-\$35 for four-wheel balancing plus weights whether they are new or used. Thanks for the heads up on the impact wrench—one of the older pieces of equipment within the shop. We are purchasing new tools gradually as funds become available and the impact wrench is one that will be replaced soon.

Base housing maintenance

lar message repeated nearly every week

in this column by one of the Deputies ex-

pounding on the outstanding accomplishments of Reese and its people—but

you've got to believe that we are just try-

ing to say "thanks" for a job well done—

week after week-only because you-all

believe as we do-that Reese has some-

Since I won't be here when my right

hand man leaves, I would like to pub-

licly say thanks to Lt. Col. Ted Ownby

for his outstanding contributions to the

mission. I know Colonel Griffith would

echo my sentiments when I say thanks to

a caring, concerned, hard-working

For the past year and a half, I believe

we have continued to improve Reese,

and if you believe in the inspection system, it proves this claim out. Having

been associated with Wings that were on

top and with those that were failing, I

can assure you it is much easier to get a

wing to the top than it is to remain there.

It was the responsibility of our Wing

Commander to take an excellent wing

and keep it excellent-a tough assign-

ment. Colonel Jim McIntyre has done

just that—and even improved on an al-

ready great wing. My hat off to our

wing commander for his ability to keep

this wing-on track- on top! Karen

and Jim have been the right team for

Reese. So, Diana and I leave knowing

you are still number one and knowing it

will continue. My thanks to the "people"

of Reese—the greatness of a winning tra-

thing special—it's people.

I called base housing maintenance about someone coming out to see my sink. Since I'm a single parent I cannot sit around all day waiting for them, so I requested a time and they would not do so. They said that I would have to stay home until they arrived. Why can't they give me a time estimate so that I can minimize job lost time?

Waiting to get your sink fixed without knowing when the maintenance folks will show up is definitely frustrating. Unfortunately though, our folks have tried making appointments in the past. Emergency priorities such as broken water heaters have preempted the routine calls to the point where many appointments couldn't be kept.

However, I have asked that during January the maintenance folks test a modified appointment system which ought to help. Reese Village residents needing non-emergency service can make hourly appointments on Wednesdays. Housing maintenance will try to have two technicians dedicated to these appointments which ought to minimize customer inconvenience. If the test works well, then we'll look at adopting it for good. Thanks for your concern.

Evicted from gym

Why couldn't Luse the gymnasium Dec. 17-22? I pay regular dues on the lockers, and even had to empty my locker during this period. The gym is the only place I have to work out and exercise. I shouldn't have to give it up just because we have visitors.

At Reese we have—each year for the last several—hosted an Annual Reese Christmas Classic high school basketball tournament during the week in question. The two main purposes of the Christmas Classic are to promote the Air Force for recruiting young men and women, and to provide diversified entertainment for our personnel. This year 12 teams came to Reese and it looks as though the Air

Force will benefit from several recruits.

I've asked our folks to look hard at minimizing the inconveniences to our own people for next year's tournament. Next year we will try to keep the weight room open. However, the locker room obviously will need to be used by our visitors.

Helping hand

Recently my car stalled at the intersection of 19th Street and Brownfield Highway. Traffic was backed up behind me. I was at a complete loss as to what to do, knowing nothing about mechanics. SSgt. Benito Casarez parked across the intersection and came to offer assistance. He returned to his car to get his own tools.

We were unable to start the car but Sergeant Casarez remained with me until a tow truck arrived. He had no way of knowing I was a civilian at Reese when he stopped. This is the kind of helping hand that both promotes better community relations and reflects the caring attitude of the personnel at Reese AFB. Thanks SSgt. Benito Casarez!

Thanks to SPs

I would like to express my sincere gratitude to A1C Bryan Lusher and A1C Victor Lujan of the Security Police Squadron for assisting me on Dec. 9, after I locked my keys in my car at CBPO. Their professional assistance is commendable, when what could have been a bad day for me turned into a good one. Knowing that it was a routine job matter for them to handle, I thank them for a job well done, no matter how small or routine it may be.

Thank you for the kind comments. The Security Police are always happy to help the Reese community.

No Obstetrics care

I'm an active duty dependent wife and I recently found out that I'm expecting a baby. I was told that the Obstetrics Clinic weren't accepting any new patients and that I would have to go down-

town and go through CHAMPUS and all these kind of things. What is the reason for this and how long is it going to be in effect?

Your question is timely, and gives us an opportunity to explain recent developments that frankly I am very encouraged about. Our interest is in providing the best OB-GYN service possible, and in that regard there has been a recent change in obstetrical care delivery at the base hospital. As you can understand, the highest quality care for Reese mothers to deliver their babies is available downtown where the large complex medical and 24-hour immediate availability of medical specialists exceed the capabilities of the USAF Hospital.

The hospital has worked out special agreements with Lubbock General Hospital, Texas Tech University and CHAMPUS to provide the best care available at the lowest cost.

The OB-GYN and surgical clinics at Reese will continue to be available as usual for prenatal, postnatal and other OB-GYN care. We will utilize our laboratory, pharmacy and other ancillary services.

The only change proposed is that the delivery be done at Lubbock General Hospital with the physicians who provide OB care at Reese actually performing the deliveries at Lubbock General Hospital.

Bldg. 800 directory wrong

Sir, I would like to bring to your attention that the building directory in Wing Headquarters has an error in it for the squadron section for resource management. It lists the name of our former squadron section commander even though that post has been vacant for a few months. It lists his office as Bldg. 250 although that office has been in Bldg. 246 for the past year.

You're right—nice catch! Apparently we don't have enough folks like you in Bldg. 800 with an affinity for detail.

Thanks.

News Briefs

UPT applications due soon

RANDOLPH AFB, Texas (AFNS)—Undergraduate Flying Training applicants have until Feb. 18 to file an application. Officers who need to update current applications have until March 6 to do so. The UPT board will meet here April 6 to select about 94 officers for pilot and navigator training. Application procedures and other information is available from the Personnel Office Classification and Training Unit.

Property lost and found

The Security Police Investigations Section has the following lost or abandoned property: one man's ten speed bicycle; one USAF gray scarf; and three sets of keys. If this property belongs to you, call the Investigations Section, Ext. 3999.

Purchase forms replaced

Air Force Forms 655 and 656, October 1979, have been replaced by AF Form 655, July 1986. The forms are used to authorize purchase of safety boots for designated personnel. Effective Feb. 1, 1987, ACFMC will not accept the obsolete version for purchases from the Military Clothing Sales Store. For more information, call Mr. Mort Reynolds, Ext. 3432.

CHAMPUS considers cost-sharing

Recent appeals cases have questioned the appropriateness of the effective date for Percutaneous Ultrasonic Lithotripsy. This is a nonsurgical technique for disintegrating kidney stones by use of an ultrasonic probe. After review, it has been determined that the effective date of March 15, 1985, should be June 1, 1985. Beneficiaries who had this care between June 1, 1984 and March 15, 1985 can be considered for cost sharing under CHAMPUS. They must file a claim with Benefit Service Branch, CHAMPUS, AURORA, Co 80045-6900. For claims past the filing deadline, a request for waiver should be included. Information on claims and waivers can be obtained from the Health Benefits Advisor at the Base hospital.

Hit and run vehicle sought

On Dec. 10, approximately 5:45 p.m., a maroon colored Datsun struck the fenceline adjacent the southbound lanes of War Highway due to bad weather. Anyone having knowledge of the incident or who may be able to identify the driver of the vehicle, please contact the Security Police Investigation Section, Ext.

Classes help smokers quit

The "Fresh Start" smoking cessation clinic will begin again on Wednesday afternoons, 4:15 p.m. on Jan. 14, 21 and 28. The classes will be in the Physiological Training Unit—across from the Hospital. To reserve a spot in the program, call Ext. 3536.

Sergeant's Association to meet

An Air Force Sergeants Association meeting, Chapter 1068, will be held Thursday at 3:30 p.m. in the Enlisted Open Mess. Lewis Simpson, Division 10 President, will be the guest at the meeting. All members are requested to attend. For more information, call SMSgt. Jimmy Robinson, Ext. 3529.

Weight loss class held weekly

An eight-week weight loss class emphasizing diet, exercise, and behavior modification is being held in the main lobby of the hospital each Thursday at 7 p.m. Any active duty member, retiree or dependent may attend. Interested individuals should plan to attend the first class session for more information.

Defender is a true professional

by SMSgt. Clayton G. Spahr Security Police Superintendent

In 1960, a young Airman Basic, one of many standing in the basic training formation, was selected by virtue of his size and position in line. Chosen for what? His new career field! The Security Police, or as it was then, the Air Police.

While his friends received their Tech School assignments, he got his orders for a Direct Duty Assignment to a northern tier Strategic Air Command Base. He received some haphazard training, instructed to shine his boots, and was put to work on the ramp with an aircraft security flight. Is it that easy to become a Security Policeman today? Not anymore! The requirements are more stringent and the training is much more in-depth.

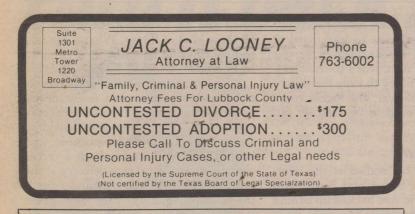
In 1986 the new Security Policeman is selected by using higher standards of intelligence and physical ability and trained to be a professional. He or she is extensively trained in the use of weapons, tactics, military law and jurisdiction, community relations, patrol procedures, and many more police subjects while attending the required Security Police Academy.

In the early years, the "Cop" on the beat was just that. Ingrained with a 'make my day" attitude, they were more interested in making a good bust, writing the most tickets, and making the most apprehensions. Their job was to enforce the regulations to the letter. Today our policeman uses a selective enforcement approach. They do not judge, they only report the facts. They are interested in the security and protection of "their" community. They are dedicated to helping the people of the community, believe in their way of life, and most of all like their job. They go out of their way to help the stranded motorist, find the lost child, or help the new person on the base. They are more dedicated and more willing to do that little extra. They must be able, at one moment, to be compassionate and friendly and at another,

capable of using force to protect our society against the criminal element.

These "Cops" are also the foot soldiers of the Air Force. They are trained extensively in the use of combat tactics and weapons and are the first line of defense for the base on which you live and must be capable of immediate deployment to defend any base in the world. It is the Security Policeman who must put his or her life on the line to protect the resources and most of all the people of today's Air Force.

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Presidential Commendation awarded

by A1C Robin Reams Staff Writer, Roundup

On Dec. 16, 1986, Mr. Pete Smith of the 64th Field Maintenance Squadron received a Presidential Commendation for a suggestion submitted March 5th of 1982. "I didn't even know I was getting one" said Smith referring to the Presidential Commendation.

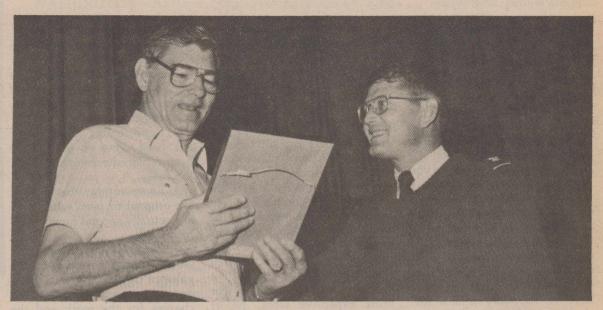
Smith discovered that some parts of the T-37 nose struts were being thrown away after they had past the allowable wear tolerances. The struts were being condemned at a cost of \$2,153 each. He researched and developed a plan to repair the tions.

upper cylinder trunnon parts locally, allowing the struts to be used longer.

Smith's suggestion was adopted in early 1983 and saved the Air Force \$442,630 dollars in the first year alone.

In Feb. 1983, Smith received a cash award of \$5.413 and was nominated for the Presidential Commendation. The Presidential Commendation was signed on June 9, 1986.

Smith is a Pneudraulic Shop Foreman, at the 64th Field Maintenance Squadron. He began working at Reese in 1966. He was the "Suggestor of the Year" for 1983, and has won several cash awards for sugges-



Mr. Pete Smith is presented with a Presidential Commendation from Col. James McIntyre.

Suggestion Program — another winner



A1C Brian O'Dwyer and Captain Albert L. Guyott

by A1C Robin Ream Staff Writer, Roundup

Aircrew Life Support Specialist A1C Brian O'Dwyer of the 64th Student Squadron was awarded \$203 for a suggestion he submitted. A1C O'Dwyer suggested that student pilot helmets be turned in to either the 35th or 54th Flying Training Squadrons and from there be taken directly to Custom helmets are turned in. The hel-

Previously, helmets were turned in to the Supply Squadron, then picked up by Custom Helmet. O'Dwyer suggestd that the middleman, supply, be eliminated.

"I didn't think my suggestion would win any money" O'Dwyer said. "I just thought a lot of man hours were being

A letter signed by a 35th FTS or 54th FTS supervisor is now substituted for the helmet to verify supply records that the mets now go directly from the Flying Training Squadrons to Custom Helmet.



Counseling
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Car Repairs, beware!

by 2nd Lt. Douglas P. Woodford and Captain Michael D. Russell

Complaints about unfair, or crooked auto repair companies are all too common. Most people have some sort of horror story about inaccurate estimates or unnecessary repairs. Don't be among those people! Before you need your car worked on, ask your friends about reliable mechanics they have dealt with, and have a list of possible alternatives for general tune-ups, or major repair jobs. That way, when you do need some work done on your car you won't have to hurriedly find a mechanic.

There are also steps you can take when the time comes for repair work to help insure a fair deal. First, get a written estimate of what work is needed and how much it will cost.

Also, make sure that the estimate contains a written requirement that the mechanic call you for authorization of any additional parts or labor needed.

If the charge is considerably higher than the estimate, find out why there is a discrepancy and get a written explanation of that discrepancy. If you feel you've been unfairly dealt with, you may take the mechanic to court, but in the meantime, the repair firm can hold your car until you pay them.

If you go in for an advertised "deal", and it turns out that the deal is just to draw you in for more expensive work, report that company to the Better Business Bureau, or the Attorney General Consumer Protection Agency here in Lubbock.

In Texas, there are no specific laws governing auto repair shops. However, the following practices are illegal under the Consumer Protection Act:

1) Knowingly making a false or misleading statement of fact concerning the need for parts, replacement, or repairs;

2) Representing that work has been done or parts have been replaced when that is not

3) Representing that goods are original or new, when they are actually second hand or re-

4) Basing a charge for a repair on a warranty instead of on the value of the actual repairs without separately stating the charges for the work and the charge for the warranty, if any.

Again, if you have any problems with an auto repair shop, contact the Attorney General Consumer Protection Agency, or the Legal Staff here on base. We're here to help you.

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The Morning After

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Assassination

2:00 - 3:40 - 5:20 - 7:35 - 9:15

Rocky Horror About Last Night Trick or Treat **Texas Chainsaw Massacre**

National volunteer blood donor month

President Ronald Reagan has designated January 1987 as National Volunteer Blood Donor

"Blood is an invaluable resource that needs constant renewing," said Reagan. "A generous, caring people who take the time to donate blood deserve the appreciation of the American people.

Army Lt. Col. Anthony Polk, director of the Armed Services Blood Program Office, said that blood donations by Department employees are needed now. more than ever in Armed Services Blood Program blood drives on military installations. This is due to the recent elimination from the donor pool of people who may have been exposed to those at high risk of AIDS.

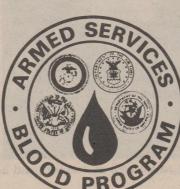
The program office is tri-service staffed and in charge of coordinating blood programs for the armed forces. The Armed Services Blood Program is

the primary source of blood products used to treat military personnel and their family

members worldwide. The blood program forms the nucleus for rapid expansion to fulfill mili-

tary wartime blood requirements. This program is not to of Defense military and civilian, be mistaken for the American Red Cross Blood Program.

> Civilian blood agencies, such as the American Red Cross, are sometimes invited by installation commanders to collect on military installations. This blood is used primarily in the civilian community.



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Main Bar Open, 1600

Casual Bar Open, 1200 till closing Open to Members Only

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Every Monday Is Ladies Night! Friday, January 9—Party Colonel Eizzone. Saturday, January 10—Disco in the Lounge. Sunday, January 11—Casual Bar 1200-1900

Monday, January 12—All You Can Eat Soup & Salad.

Tuesday, January 13—All You Can Eat Soup & Salad.

Wednesday, January 14—Fresh Cobblers Daily Thursday, January 15—Chicken Fried Steak

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THURS JAN 15

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Nation to observe Dr. King's Birthday



Dr. Martin Luther King Jr., speaking at Howard University, Washington, D.C., in 1967.

WASHINGTON-AFNS-The Nation will observe the birthdate of slain civil rights leader Dr. Martin Luther King Jr., Jan. 19. As part of the observance, the Federal holiday commission has designated Wednesday through Jan. 19 as King Week with the theme "Living the Dream: Let freedom ring!'

Secretary of Defense Caspar Weinberger is encouraging special programs and activities honoring "This Great American."

"During King Week '87, the Department of Defense has the opportunity to demonstrate our commitment to our nation's tradition of respect for individual human rights dignity," said Mr. Weinberger. "I believe it is fit-

ting to commemorate Dr. King's birthday...at DoD installations world-wide."

This year marks the second time Dr. King's birthday has been observed as a national holiday and the Federal Holiday Commission wants it to be a Holiday to remember, celebrate and act.

In her holiday message, Dr. King's widow, Coretta Scott King said, "Martin Luther King Jr. called upon people of every nation to join together in a common struggle against the enemies of mankind: tyranny, poverty, racism, disease and war. The National Holiday is a time for personal recommitment to do something about these evils."

Nationwide, people are planning marches, parades, festivals, candlelight ceremonies, fireworks displays and other tributes to Dr. King. At noon, Jan. 19, National Part Service officials will ring the Liberty bell in his honor. The ringing actually will be a symbolic tapping of the bell, said officials. Because the bell is cracked and structurally fragile, it is never really rung, they said.

However, the bicentennial bell, which was given to the United States on its 200th anniversary by Great Britain, will be rung Jan. 19 in honor of Dr. King. Officials said the bell is rung on holidays and at other

Retirees encouraged to teach by Weinberger

United States Department of Education

Secretary of Education William J. Bennett and Secretary of Defense Caspar W. Weinberger signed a formal agreement last September encouraging retired and retiring military men and women to seek second careers in teaching and school administra-

In citing the need for more good teachers, the Secretary of Education said, "Many men and women who served in uniform have developed excellent leadership and teaching skills. If

they will consider turning some of their experience and knowledge to teaching and administration, it would be a good thing for our schools, our children, and our Nation.

'Many retirees are well-versed in precisely the subject areas in which there sometimes tend to be teacher shortages, namely science, math, and foreign languages," Bennett said:

Because more teachers are needed, many states are now liberalizing their certification requirements to allow qualified people, other than education school graduates, to enter the teaching profession. Approximately 30,000 members of the military retire each year, usually in their early forties.

Bennett said the essential qualifications for a teacher are to be well versed in his or her subject, able to communicate effectively, and be of sound moral character. "Retired servicemen and women often have all three of these qualifications," he said.

Many superintendents and school boards have hired military retirees—with excellent results," Bennett said. "Since military retirees have spent so much time training young men and women in the service, they tend to do well as teachers and ad-

5718 W. 4th

8004 INDIANA

ministrators."

Bennett cited Lt. Col. Ted Small, principal of Dartmouth High in North Dartmouth, Massachusetts, and Lt. Col. Harrison Kimbrell, headmaster and president of Brandon Hall School in Atlanta as examples of retired military officers who have gone on to distinguished careers in school administration. Both Col. Small and Col. Kimbrell attended today's ceremony at the Department of Education, along with other representatives from the educa-

tion and military communities. Bennett said that in order to educate our youth, out Nation

must be secure; and that for our Nation to continue to be secure in the future, we first must educate our children.

Those interested in more information on this agreement between the Departments of Education and Defense may write or call for the pamphlet, A Second Career for You: U.S. Department of Education, Office of Public Affairs-Room 2089, 400 Maryland Avenue, S.W., Washington, D.C. 20202, (202)245-8601.

"Let no man's ghost say, 'If only my training had been bet-

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Hanger 70 gets a new look



SSgts. John Miller and Larry Briggs instruct on Inspection Requirements on the T-38 aircraft while the remodeling of Hanger 70 continues.



SSgts. Steven Broom and Don Elson from TOT section build a wall in a classroom of Hanger 70.



SSgts. John Miller and Larry Briggs from TOT section, install new ceiling tile in



MSgt. Robert Burnett from Field Training Detachment 429 measures trim for a

SSgt. Larry Briggs and AB Rithe training complex.

chard Bontrager from TOT section sheetrock the entrance to



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Quarterly award winners



Contracts Civilian Performer of the Quarter for the fourth quarter of 1986 is Pam Seiler.



Contracts Military Performer of the Quarter for the fourth quarter 1986 is Amn. Jacque Williams.





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...about Soviet efforts to profit from Western technology: the computer revolution and the general explosion of new technologies in the United States, Europe and Japan worries So-

viet leaders. With a lack of good incentives, a rigid bureaucratic structure and excessive secrecy, their system cannot match Western development

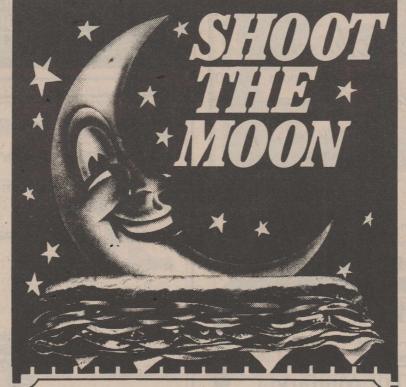
Instead, the Soviets spend about \$1.4 billion annually to acquire high-tech Western products, legally or illegally, and to analyze the technology. "They let us see and solve problems and then pilfer or purchase the solutions," a high-ranking American defense advisor says.

The search focuses on defense contractors, manufacturers, foreign trading firms, electronic data bases and other such

Along with their Warsaw Pact allies, the Soviets have saved billions of research dollars, reduced their weapon development times drastically, and speeded the Warsaw Pact's response to Western weapons and tactics.

The United States has a program of international trade agreements, briefings to American industries, export licensing restrictions and other means to counter the Soviet effort. This has cut down on the Soviets' ability to profit from U.S. knowhow, and in turn has protected

American technological superiority. As a result, the United States spends less on its own countermeasures. Defense Secretary Caspar Weinberger estimates that every \$1 spent on the security program saves at least \$350 in defense spending.



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A JOHNSTOWN AMERICAN COMMUNITY

Are you dying to stop smoking?

by Maj. (Dr.) Lowell Snitchler chief, mental health services RAF Chicksands, England

People are dying to quit smoking. Are you? For thousands each year the only release from the effects of smoking is death. That's not pretty, but it's

Researchers have identified more than 200 poisonous substances in tobacco smoke, including arsenic, cyanide, carbon monoxide, formaldehyde and phenol.

Smokers suffer from about 22 percent more diseases than nonsmokers, and require 10 percent longer to recover from illness than people who don't smoke.

Don't kid yourself. Each cigarette injures your body.

Tobacco smoke also attacks "passive smokers," non-smok- away from conquering this ers who cannot escape from killer. If you're scared, if you're smoke-fouled air. A study of office workers trapped in air polluted by their smoking co-workers showed lung damage equal vourself or others because you

to that of smokers who con- believe there's nothing to be sumed 10 cigarettes per day for 20 years.

A passively smoking spouse will suffer lung cancer more often than those of non-smokers. Children with parents who both smoke have less healthy lungs, have more sick days during school, and are twice as likely to have pneumonia, bronchitis and tonsillitis than the children of non-smokers.

Smoking men are more likely to produce abnormal sperm.

Danger from passive smoking begins in the womb. Women who smoke while pregnant increase the likelihood of infant death during birth or shortly

Why do you think cigarettes are called "coffin nails?"

These facts frighten many tempted to deny that the problem exists, if you've resigned yourself to doing nothing for done, hang on.

There's hope! We have a plan for ourselves and those around us. We have an opportunity.

The Air Force has declared this together. war on smoking because of its effects. Remember, cigarettes sive smokers, all of us, are in Aren't you?

We're all dying to stop cigarette smoking in one way or declared war on us first. This is another. We're dying to win the self-defense. Smokers and pas- war on the effects of the weed.



Capt. Sandra Gellner of the 64th Air Base Group received an Administrator Award from Col. James

by A1C Robin Reams Staff Writer, Roundup

As of the first Sunday in January, the Liturgical Protestant worship service at the Reese Chapel has moved to 8:30 a.m. "It's not that we all wanted to get up fifteen minutes earlier on Sunday mornings," explains Chaplain Robert Stroud, "it's simply that we needed a little more time between this service and the Catholic mass which follows it." Chaplain Stroud has primary responsibility for the Liturgical Protestant service.

According to Stroud, "Reese's liturgical service was started about a year ago by Chaplain Richard Oberheide, who is now serving in Spain. It is quite common for military bases to offer this sort of service, primarily for individuals from more liturgical backgrounds." Among those from such church traditions, Stroud cites "Episcopalians, Lutherans, and many members of certain Presbyterian, Methodist or United Church of Christ congregations." He adds that others unfamiliar with a liturgical worship structure may also find it meaningful. Naturally, he says, "a liturgical service such as ours is provided in addition to the regular General Protestant service which is designed more upon the lines of worship as practiced in the 'free church' traditions.

Although the size of the worshiping community at the liturgical protestant service is fairly small, it does meet a clear need. Those who regularly attend the service refer to the use of corporate confession, weekly communion and preaching based upon the seasonal scripture lectionary (an interdenominational schedule of reading which follow the most significant events of Christ's life) as highlights. One of the most appealing aspects of the service, say its regular members, is the warmth and intimacy generated by its

The Reese Chapel has many

worshiping opportunities, as well as special programs, designed to meet our community's varied needs. In addition to the Liturgical and General Protestant service, each Sunday a Gospel Service is held following the General Protestant service. In addition to Sunday mornings, Catholic mass is offered Saturday evening, and daily during the noon hour.

The Reese Chapel team is led by Chaplain William McGraw. According to Chaplain McGraw, "although our chaplains conduct two separate protestant servics, to meet differing needs and preferences, we have a single protestant parish

council and community. The fact that Chaplains Stroud and Winburg and I alternate our preaching responsibilities between the services reinforces this fact." According to Chaplain McGraw, Father Peter Otto does a fine job of leading the Roman Catholic side of the Reese Chapel program. "And,"

793-2214

4602 50th

says McGraw, "we are supported by an excellent team of administrative and chapel management personnel." The support staff is led by TSgt. John

Reese's chapel programs are offered for the entire base population, those residing off as well as on base.

5540 19th

797-5739



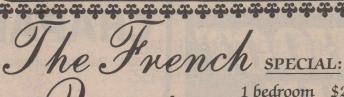
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Catholic Parish Activities

Saturday Mass p.m.
Sunday Mass9:45 a.m.
Daily Mass12:15 p.m.
Rite of Reconciliation
Saturday4:15-4:45 p.m.
Sunday9-9:30 p.m.
or by personal appointment
CCD & Inquiry Classes
Sunday

Protestant Parish Activities

Liturgical Protestant	8:45 a.m.
General Protestant	11 a.m.
Gospel Service	.12:15 a.m.
Sunday School and Adult	
Education	9:45 a.m.
Friday School	10 a.m.

For information about choirs, baptisms, marriages, counseling and related matters, call 885-3237.

Although no Jewish services are conducted at the chapel, we can provide information about local civilian services if you call the chapel office at 885-3237.

Monthly Schedule

Ecumenical Women of the Chapel Third Tuesday of each month. 9:30 a.m. Reese Christian Fellowship-lunch and program—second Tuesday of each month at noon.

Your Chaplains:

Chap. (Lt. Col.) William M. McGraw-Southern Baptist Chap. (Capt.) Peter B. Otto-Roman Catholic

G.A.R. Baptist Chap. (Capt.) Robert S. Stroud-Lutheran

Chap. (Capt.) Roger S. Winburg-



Reflection

Another year has come and gone. With all its ups and downs; We've had some smiles and some tears. But our blessings still abound.

And now we start a brand new year, Let's pray of one accord; That we take each opportunity, To know and serve the Lord.

-RWC

Lubbock churches invite Reese personnel to attend church

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Ollolloll			
33rd & Indiana	799-3621		
Church School	9:30		
Worship	10:45		
Youth Fellowship	6:30		

Evening Worship 2nd & 4th Sunday PASTOR - SAM LAINE

MOUNT CALVARY

Sunday School

Church Training

Sunday Even.

SUNSET CHURCH OF CHRIST

Bible Class 8:00 & 10:15 a.m. 9:15 a.m. Sunday Evening Worship 5:00 p.m. Wednesday Bible Classes 7:30 p.m.

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BAPTIST CHURCH 9:45 a.m. Sunday Worship 11:00 a.m. 6:00 p.m. 7:00 p.m Wed. Prayer & Mid Week

7:30 p.m Worship G.B. COLEMAN, Pastor 2208 Ave. O 747-6363

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744-4523

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1701 Quaker Ave. 792-0652

Sunday Worship Service

10:30 a.m. & 6:00 p.m.

Family Bible Study Hour

Wednesday 7:30 p.m.

School of Ministry

GOSPEL CHURCH Sunday School Morning Worship **Evening Service** 7:00. Wednesday

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Pastor: PHIL DEMETRO Assistant: DANA FLUD

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UNITED METHODIST CHURCH 4701 - 82nd Street Lubbock, Texas 79424 (806) 794-4015

Worship 8:30, 9:45 & 11:00 a.m. Sunday School 9:45 & 11:00 a.m.

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4316 34th St.

795-6453

Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Evening Service 6:30 p.m. DR. STAN BLEVINS, Pastor

VANDELIA CHURCH OF CHRIST

Sunday Services 8:30 & 10:30 a.m., 5:00 p.m. Sunday School 9:30 a.m. DALE ANDREWS Pulpit Minister Gregory Boy Camp Minister of Youth & Family

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Sunday School 9:45 a.m. 7:30 p.m.

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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 H.F. SCOTT, Pastor

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INTERDENOMINATIONAL WE are ONE in the Bond of Love Sunday Worship Services 9:00 a.m., 10:45 a.m., 6:00 p.m. day Bit 9:00 a.m. and 10:45 a.m. Wednesday Family Night Services

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BILL COUCH, Pastor

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6119 19th St.

FAITH ASSEMBLY OF GOD CHURCH 5426 50th

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.6:30 p.m. Wednesday Bible Study7:30 p.m. **CURTIS NEWTON-Pastor** 792-1163 - Rides Available A PENTECOSTAL FELLOWSHIP

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797-3038 797-1745 BILL HATLER. Pastor Come As You Are God Will Have You No Other Way Sunday School 11:00 Morning Worship Church Training 5:00 **Evening Worship** 6:00 Wed. Prayer Meeting 7:00

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Texas Medal of Merit awarded

Headquarters, 5th Military Police Group Texas State Guard Brownfield Texas Armory

The Adjutant General of the State of Texas, Major General James T. Dennis, announced Nov. 25, 1986 that an officer of the Texas Guard from Lubbock, Texas, assigned to the 501st Military Police Battalion, stationed at the Lubbock, Texas Guard Armory have been awarded the Texas Medal Of Merit for distinguishing himself by outstanding meritorious service on behalf of the State of Texas.

The Texas Medal of Merit is the States second highest decor-

ous service or achievement in the performance of duty in the Military Forces of the State of Texas. The Texas Medal of Merit may be presented to any member of the Texas Military Forces where meritorious service or achievement is clearly outstanding and beyond superior performance of normal duties. Individuals who are awarded the Texas Medal of Merit as a result of being associated with and exceptionally meritorious program, project or mission, the Texas Medal of Merit is awarded only to the individuals whose contributions clearly stand out from others and who have contributed most replacing of the Goddess of Li-

ation for exceptional meritori- to the success of the program or mission.

> Major Ronald T. Randall, commanding officer, 501st MP BN, Texas State Guard was presented the Texas Medal of Merit by Major Donald W. McWhorter, commander, 5th Military Police Group, Texas State Guard Dec. 5, 1986 during a Military Ceremony at the 501st MP BN Annual Christmas Party and Awards Banquet.

Major Randall was cited by the Adjutant General for his meritorious service and achievements during the 501st MP BN's participation in the Texas Sesquicentennial Celebration events conducted in Lubbock and the

berty on the State Capitol in May of last year. Major Randall planned, coordinated and executed the Guard's security and traffic control mission during the Sesquicentennial events and Major Randall commanded the Governors Color Guard and Honor Battalion during the Goddess of Liberty replacement ceremonies

Major Ronald T. Randall, resides in Lubbock, Texas with his wife Marge and two daughters Pam and Jennifer. He presently is employed as a Computer Supervisor at 1958th Comm. Squadron, Data Automation, Reese AFB. Major Randall retired in 1978 after 22 years in the regular U.S. Army serving in Italy, Hawaii, Vietnam and Germany. He was commissioned in the Texas Guard on Sept. 22, 1984 and has been serving as a Battalion Commander since April 1986. His previous decorations and awards are the U.S. Army Meritorious Service Medal, seven Army Good Conduct Medals, National Defense Medal, Vietnam Campaign Medal w/2, Vietnam Service Medal, Texas National Guard Meritorious Service Medal, Army Service Ribbon, The Texas Adjutant General's Individual Award, Presidential Unit Citation with Oak Leaf, Vietnam Cross of Gallantry and the Meritorious Unit Citation.

...about public perception of defense spending: The average American thinks the United States spends twice as much on defense as it actually does. In a recent survey, the public estimated that 46 percent of the federal budget goes for defense, while in fact the figure is 26 percent. Further, the average American thinks 45 percent of each defense dollar could be saved if fraud, waste and abuse were eliminated.

Horror stories about spareparts overpricing—the \$110 diode, the \$7,600 coffee maker, the \$9,600 Allen wrench—have contributed much to the public's view. Unfortunately, these reports get more attention than do ample:

-The Air Force bought two diodes at \$110, but the price was challenged and the money was refunded. Later, it bought 122,000 diodes for 4 cents each.

-Between 1969 and 1973, the Air Force paid between \$3,500 and \$7,400 for replacement hotbeverage units for the C-5A. Unrealistic specifications were blamed for the high price, which has since been lowered to about \$3,000—less than most airlines pay for the same item.

-The \$9,600 figure for the Allen wrench was bid, challenged and then withdrawn. Instead, the Air Force bought the

the follow-up stories. For ex- design plans for \$44 and manufactured the wrenches itself for 12 cents each.

In responding to criticism of spare-parts policies, the Air Force changed more than 100 procedures, making simple purchases more competitive and getting better identification, screening and pricing on support equipment items. It also has increased efforts to contract with small businesses to improve competition and savings.

Lt. Gen. Bernard P. Randolph, deputy chief of staff for research, development and acquisition, points out that pro-

99.44 percent pure." But, he can to improve."

still a potential for horror stor- adds, "We are doing pretty darn ies—"even if the Air Force is good, and we're doing all we

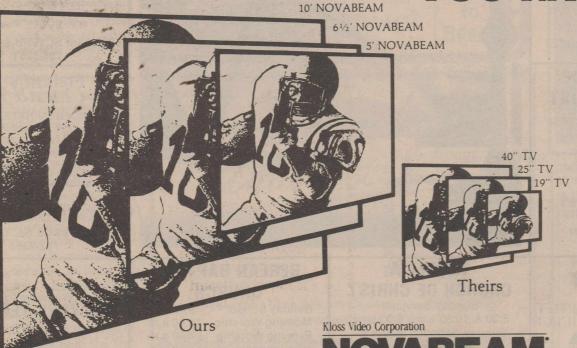
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trainer, or trainee feel that your training manager has made outstanding improvements in your squadron training program, let your commander know how you feel. The training manager may be eligible for competition in this program. Eligibility requirement will be determined by the squadron commander.

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IN THE NEW KINGSGATE CENTER

What's behind that hangover?

By Tom Joyce
American Forces Information Service

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Mellow, tipsy or tight; plastered, soused or loaded; dead drunk, under



the table or out cold. Whichever term describes your last bout with alcohol, chances are the experience was followed by a hangover you thought could have won an Academy Award for special effects.

But the length and severity of that hangover tells a lot about your relationship with alcohol. With the occasional overindulgence, most people experience a headache, stomach discomfort and mild anxiety, and the symptoms usually disappear within a few hours.

But alcoholics experience much harsher symptoms. Their hangovers, write Drs. Jack Mendelson and Nancy Mello in their book, "Alcohol: Use and Abuse In America," are actually a withdrawal from alcohol.

Within six to eight hours after an alcoholic has his last drink, he develops a series of signs and symptoms. These symptoms usually become most severe in the next 24 hours and gradually diminish within the following 48 to 72 hours.

"The major signs include tremor of the arms and hands, and sometimes the tongue and torso, sweating, a flushed face, a mild increase in the heart rate, rapid involuntary movements of the eye, hyperactive reflexes, nausea and vomiting," they write. Alcoholics also experience disorientation, nervousness, insomnia, nightmares and, occasionally, hallucinations, according to Mendelson and Mello.

But the hangovers associated with mild, infrequent intoxication, while not as severe as the alcoholic's, are still uncomfortable. Army Dr. (Col.) Harry C. Holloway, chairman of the Department of Psychiatry at the Uniformed Services University of the Health Sciences, the nation's only military medical school, said the mild discomforts that occur after an occasional overindulgence are actually very complex reactions occurring in the body.

"There are poisons in alcoholic drinks," he said. "And after a period of drinking, those toxins accumulate in the body in numbers high enough to cause some discomfort to the drinker."

Overindulgence in alcohol also results in a temporary imbalance of water and chemicals in the body. Alcohol, like coffee, is a diuretic.

That is, it increases the amount of urine excreted. When you excrete more fluids than you take in, you may become dehydrated. The alcohol also shifts body fluid in unusual ways. The effects of the dehydration or fluid shift will be the "cotton mouth" and massive thirst associated with hangovers.

With the depletion of body fluids comes a depletion of electrolytes. "Electrolytes are like the battery acid of the body," Holloway pointed out. "They are chemical compounds like sodium, potassium and magnesium that help transmit the body's electrical impulses along the nerves."

Holloway said that symptoms of an electrolyte imbalance are the same symptoms associated with hangovers: pain, nausea, headache and some visual disturbances. Muscle tone and coordination also deteriorate.

Still, many people are willing to occasionally suffer the mild and even more severe aftereffects of drinking. But is there anything that can be done to make the "morning after" more bearable?

Many people pop a tranquilizer to mask the symptoms of a hangover. Holloway cautioned against this practice since the combined effects of alcohol and other drugs are complicated and potentially fatal.

Drinking more alcohol to rid yourself of a hangover is a favorite among heavy drinkers. But that remedy, said Holloway, only prolongs the inevitable. Today's cure is tomorrow's hangover.

Some drinkers swear that inhaling oxygen rids them of their hangover. They say the oxygen is supposed to oxidize the alcohol, but in reality, a hangover is partly the result of oxidized alcohol.

Exercise won't help, but Holloway said it won't hurt either. But he recommended that before torturing yourself, drink tea with sugar or a commercial sports drink to replenish your supply of electrolytes.

By now you've probably guessed that stuffing yourself with greasy food or drinking nasty concoctions won't help either. You're right. Holloway recommended aspirin and fruit juices to make you feel a little more comfortable.

Unfortunately, there are many gimmicks but only one cure: Modern medical science says the only 100 percent sure way to avoid a hangover is abstinence.

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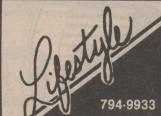
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Lip Sync Contest scheduled

A "Lip Sync Contest" will be held at the Base Theater on Sunday, Jan. 18 at 6 p.m.

This event, "The Hub City Talent Discovery Showcase, Part II" is co-sponsored by the Mathis Recreation Center and

Odysseus Music Productions.

Rick Cruz, D.J. from KSEL, will be the Master of Ceremonies for the Lip Sync contest. Cash prizes and trophies will be awarded to the first, second and third place winners.

The contest is open to the

Reese community. If you are interested, you must register before Tuesday. Auditions will be

held on Wednesday. To register, or for more information, call the Mathis Recreation Center at Ext. 3787.

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Movies

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Friday: Club Paradise—PG-13 Sunday: Ruthless People—R Next Friday, the comedy chiller Haunted Honeymoon—PG Sunday, Back to School, star-

A daughter, Michele Kay Siegel was born to TSgt. Gary and Holly Siegel on Dec. 14 at USAF

A daughter, Elainia Beatrice McCullough was born to Luis Garcia and Sharon McCullough on Dec. 19 at USAF Hospital-

A son, Malo David was born ring Rodney Dangerfield-PG-13. to Sgt. Leomiti and Lupe Leomiti on Dec. 16 at USAF Hospital-Reese.





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But there's a way to help yourself. By cutting down on the fatty foods in your diet, you could reduce your blood cholesterol level and perhaps reduce your chance of heart disease.

So if you think you might be a cholesterholic, contact your American Heart Association for a diet good for life.



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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.)

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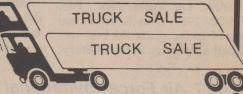
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Sports

1987 Annual Show boat Racquetball Tournament

The Annual Showboat all-military Racquetball Tournament will be held by the 'Showboat Hotel' Casino and Bowling Center, Las Vegas, Nev., Feb. 16-20, 1987. This is an annual event to recognize the best racquetball players in the military.

Interested personnel should contact A1C David Krajcovic, Ext. 6021, for more information

Although Permissive TDY orders will be provided upon commander approval, it will be at no expense to the government.

1987 Air Force Invitational Ski Meet

The 25th Annual Air Force Invitation Ski Meet—for active Air Force only—is scheduled for March 8-13, 1987, at Showbasin, Utah.

Team and Individual competition will be held in various Alpine events.

There is a \$90 entry fee to cover a five day lift pass, banquet and awards.

There is a mandatory resume entry by Jan. 31.

For more information and a resume form, call A1C David Krajcovic, Ext. 3783.

Martial Arts classes to be offered

The Reese AFB Physical Fitness Center is considering offering classes in Tae Kwon Do or Karate. The classes would be taught by an Internationally certified master instructor who also owns and operates a martial arts institute in Lubbock. Learn about self defense, mental discipline and weight control.

Fees will be reduced more than anywhere found in the Lubbock area. If enough interested participants sign up, class-

The Reese AFB Physical Fitess Center is considering offerg classes in Tae Kwon Do or arate. The classes would be arate by an Internationally es will begin sometime in February 1987. Military, active and retired, dependents and other Reese AFB employees are eligible and welcome.

To find out more about martial arts before joining a class, a free demonstration will be held Jan. 31 at the Physical Fitness Center by Master Cho's Institute of Martial Arts, Lubbock, Texas

For more information, call Sgt. Randy Pratt, ext. 6020.

Air Force sporting events

The following sporting events are possibly available to individuals who submit an Air Force Form 303—Request for USAF Specialized Sports Training.





Event	Dates	Location
Boxing	Jan. 26-March 13	Kelly AFB, Texas
Wrestling	March 2-22	-Mather AFB, Calif.
Volleyball (men)	April 20-May 9	Scott AFB, Ill.
Volleyball (women)	April 20-May 9	Scott AFB, Ill.
Iudo	May 2-23	Carswell AFB, Texas
Powerlifting	Nov. 2-6	Hill AFB, Utah

If interested in any of the events above, contact A1C David Krajcovic, Ext. 3783.

Intramural Backethall Schedule

mulamurai	Daske	tball Schedule
Tuesday -	6 p.m. 7 p.m. 8 p.m.	Hosp vs. MSS OMS vs. STUS 1 RM 2 vs. 35 FTS
Wednesday	6 p.m. 7 p.m. 8 p.m.	54 FTS vs. STUS 2 RM 1 vs. CES FMS vs. SPS
Thursday	7 p.m.	35 FTS vs. CES STUS 1 vs. SPS MSS vs. FMS





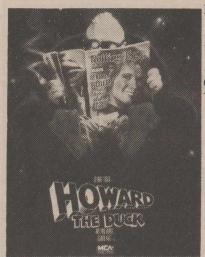
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'83	Crown Victoria, 4 dr., 33,000 miles	.\$5,988
'84	Bonneville, fully equipped	.\$6,988
'84	Cutlass Supreme Brougham, loaded	.\$6,988
'84	Bonneville, white, 4 dr., clean	.\$6,288
'84	Buick LeSabre, 4 dr., nice	.\$6,288

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'80	Corvette, black, loaded, glass panels, 34,000 miles\$	10,199
'81	Capri, blue, 3 dr., nice\$	3,488
'82	Tercel, 3 dr., really clean\$	3,788
'83	Mazda RX-7, ready to go\$	7,388
'84	SVO, 2 to choose fromstarting at \$	7,988
'84	Sentra, 3 dr., 29,000 miles\$	6,688

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'83	Lynx, 2 dr., air conditioned	.\$3,888
'84	Escort, 2 dr., 4 to choose from starting at	\$4,488
'84	Escort SW, red, 26,000 miles	.\$4,888
'84	Escort, 4 dr., grey, 30,000 miles	.\$4,688

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