

Pilots appreciated

Instructor and student pilots from Reese have been busy this summer providing numerous T-37 and T-38 flyovers and static display aircraft at air shows throughout the United States and Canada.

A recent thank you letter from Joe Hodges, a director of the Midland, Texas Air Show, is typical of the kudos our pilots get for the time and effort they put into informing the public about our aircraft and the Reese mission, according to Lt. Col. John Dalton, 54th Flying Training Squadron commander.

Mr. Hodges stated that "1st Lt. Christopher

McDonald and crew did an outstanding job of answering questions and showing the aircraft. Other than the C-5, their T-38 had the longest and most consistent spectator line all day. I think that it was due to the way this flight crew handled the public. No questions went unanswered and no child who wanted a look was shuffled out of the way. This crew is a credit to your command and the U.S. Air Force."

Reese pilots will have an opportunity to meet area citizens during the Commander's Day Open House on Sunday, Oct. 16.

Checks to be credited Normally when payday falls on Saturday, may not be updated by Oct. 1. All participants

Sunday or a Monday holiday, payday is moved back to the preceding Friday. There will be a change to that practice with the upcoming Oct. 1 payday.

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October 1 falls on a Saturday and also begins the new fiscal year (FY89). The Secretary of Defense has decided that payday will be on Oct. 1. Department of Defense finance officials are making every effort to ensure that payroll tapes are in the hands of direct deposit financial institutions in sufficient time to post all members' accounts by Oct. 1

Neither NCNB Texas National Bank (on base) nor the Reese Federal Credit Union opens Oct. 1. Automatic teller machines also Sept. 30.

in the Direct Deposit program (previously sure-pay) should ensure their Oct. 1 pay is posted to their accounts before making withdrawals or writing checks.

Those personnel who are paid by Treasury Checks will receive their checks on Oct. 1 and these instruments will be dated Oct. 1.

For those in a transient status who need assistance, the Military Pay Office will open on Oct. 1, 7:30 to 11:30 a.m. Pay personnel will be available to assist members who have emergency pay requirements.

If you are a new arrival to Reese during this time, it is recommended that you contact Accounting and Finance no later than Friday,

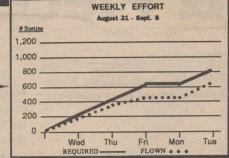
Reese telephone system undergoing changes

base telephone system, the dial "8" and dial "9" numbers currently used to access AU-TOVON and local telephone exchanges from base extensions will change. The new access numbers, "88" for AUTOVON and "89" for local off-base numbers will be effective about noon tomorrow.

According to Capt. Gerry Brown; commander, 1958th Communications Squadron,

As part of several planned upgrades to the these changes are necessary because of several new software packages that will enhance the operation of the telephone system. Captain Brown also states that while many of these changes will enhance our ability to better track telephone service, one big benefit for Reese AFB will be implementation of the Emergency 9-1-1 number in January 1989.

All base telephone users are also reminded that speed dial and auto dial features pro-



Mission Milestones

When it rains, it pours! Last week's weather hit us hard. The wing lost more than 171 sorties because of all those thunderstorms. T-37s are currently 2.5 days ahead and T-38s are 2.3 days ahead.

Lieutenant Chris McDonald, D Flight, 54th Flying Training Squadron, shows a happy youngster a T-38 cockpit during the recent Midland, Texas Airshow. (USAF Photo)

grammed for AUTOVON or local telephone numbers will need to be reprogrammed to reflect these new access codes.

Questions or problems should be directed to SSgt. Keith Gabel, Sgt. Vince Johnson or Amn. Joe Morton, 3464.

Next week, Sept. 11-16, is set aside nationally to honor former American Prisoners of War and those still missing in action in Southeast Asia.

September 16 is National POW/MIA Recognition Day, established by Congress and _ contact SSgt. Randy Pratt at 3783 or go by the proclaimed by the President. This special day honors these people and their families.

Reese is holding several events during the week to recognize POW/MIAs. The week begins with a 10K race Saturday at 9 a.m. The meeting place is the base picinc grounds. For more information or for sign-up sheets, base gym.

Sunday, during regular worship services, ·1 special prayers will be said for the POW/ MIAs and their families.

A luncheon is set for Wednesday at noon at the officers' club. The guest speaker for the luncheon is Mr. James C. Spencer, a former POW. Tickets are \$6 and can be purchased from 1st Lt. Doug White at 3636.

Thursday, there is a formal retreat ceremony scheduled for 5:30 p.m in front of the wing headquarters building. Eight POWs

will receive medals honoring thier bravery and patriotism.

Attendance at these events demonstrates unified support and concern for all POW/ MIAs — especially for those still prisoner, missing or unaccounted for from the Vietnam War.

For more information, call Capt. Dan Kennedy at 3588.



Mr. James C. Spencer

lunche War prisoner speaker

National POW/MIA Recognition Week is Sunday through Sept. 16. The activities planned include a 10K run, a luncheon and a formal retreat ceremony.

The luncheon, which is scheduled for Wednesday, noon, in the Officer's Open Mess, will feature former prisoner of war James C. Spencer as the guest speaker.

Mr. Spencer was born May 11, 1914. He attended Texas Tech University for his undergraduate study. He graduated in 1936 at the age of 22. Later, he studied law at Georgetown University, Washington, D.C. and

the University of Texas in Austin.

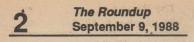
In 1939, he was elected to the 46th Texas State Legislature for a two-year term. After his term ended, he served as an Army Combat Medic in the Pacific. He was captured in 1942 and subsequently spent approximately three years as a prisoner of war at Bataan prison camp in the Philippines. He returned from captivity in 1945.

Following that, he was elected to the 50th Texas State Legislature in 1947 for another two-year term. After his second term in the state legislature, he served as a county judge

from 1949 to 1953. Mr. Spencer settled in Lubbock in 1953, taking a job with the post office.

He is an active member of the American Ex-Prisoners of War, having been a past commander of the organization.

"Mr. Spencer's experiences as a former POW combined with his experience as a judge and on the state legislature should result in a very interesting and informative talk" said Capt. Dan Kennedy, POW/MIA Week project officer.



Bits & Pieces

Welcome back

Welcome back and thanks! Thanks to everyone for making the Labor Day weekend a safe and successful holiday. Marie-Jacques, my family and I hope each and every one of you enjoyed your time off.

Prepare and improve

The leaves are starting to change colors, schools everywhere are back in session and the days are beginning to become noticeably shorter. As we head into fall, we need to take a long, thorough look at our work, our programs and how we go about our mission.

As most of you are already aware, I have designated September as self-inspection month. Most of you should be either accomplishing your own self-inspection, preparing for some type of informal inspection or currently undergoing an inspection.

The ATC UEI team is projected to inspect Reese from Jan. 31 to Feb. 9, 1989. The inspections accomplished, the problems identified and the solutions developed during this selfinspection month will lay the groundwork for a successful UEI early next year. Whether looking at your own program or inspecting another, think of ways to do the job better and don't be satisfied with the idea "that's the way we always did it, so it must be right."

If you find a problem, be honest and identify it. Make sure, you are not just restating the surface reactions to a problem, but try to determine the underlying, root-cause of the problem and help determine some possible corrections. The purpose of self-inspection is not to point the finger at any individual or unit, but to identify problems and possible problems and correct them — to self-improve.

Current and upcoming events.

This week I flew down to Randolph AFB to meet with the other ATC wing commanders for the annual squadron commander selection board and following the board we discussed the major weapon system assignment process. Most of the flyers on base are extremely interested in the latest word on the assignment process and the information will be passed along as soon as possible.

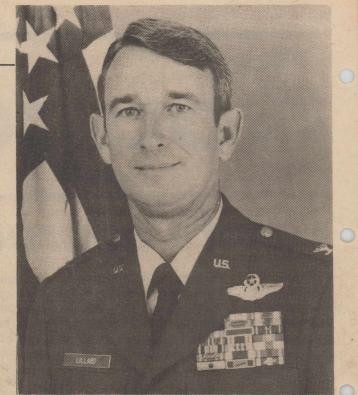
Next week will be a busy one. **Hispanic Heritage Week** will be celebrated Sept. 10-17. The Resse *Mexican American Club* and *Hispanic Heritage committee* have set up a variety of events during the week to allow the entire community to be involved in the activities. The week will be capped off by a *"Tardiada"* on Friday at 3 p.m. at the base park. Hope to see you there.

September 16 has been designated as National POW/ MIA Recognition Day, so we will also be honoring our POWs and MIAs next week. The week kicks off tomorrow at 9 a.m. with a balloon release and a 10K run and the activities continue through Thursday when a formal retreat honoring our POWs and MIAs will be held at 5:30 p.m.

KUDOS to

Lt. Col. Kevin Collins, deputy base commander, for his selection as the ATC nominee for the Lance P. Sijan Leadership Award in the senior officer category. Outstanding job, Kevin!

The following counselors and volunteers made Camp Blue Yonder a success again this year. Your extra effort provided a memorable experience and made a lasting impression on all the children involved. Thanks to:



Col. Mark H. Lillard III, Wing Commander

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Capt. Madeline Morris; 1st Lt. Summer Scott, Project Officer; 1st Lt. Barbara Mahan; Judy Bellenger; Teresa Byrd; SrA. William Braack; A1C Donald Brinkerhoff; A1C Coylene Brinkerhoff; A1C Roy Clayton; MSgt. Manny Ferrand; A1C Holly Fletcher; Sgt. Patty Gray; Sgt. Gerald Gustafson; A1C Natalie Manning; A1C Suzanne Miller; SSgt. Jerry Miracle; SSgt. Chuck Norris; SSgt. Donna Page; SSgt. James Plyler; A1C David Ramirez; A1C April Schroeder; TSgt Mike Shafer; Sgt. Gerald Sherwood.

VHA spending may lead to cuts

WASHINGTON (AFNS) — Despite a planned cut in variable housing allowance rates in September, military people will not receive smaller end-of-month checks.

Any VHA cuts will be offset by advance VHA payments in the same amount. That temporary measure will allow the Department of Defense time to continue its efforts to convince Congress to lift the VHA spending cap for this fiscal year.

If Congress lifts the cap before the last part of September, VHA cuts will not be necessary. Even if Congress lifts the cap after September, service people will not have to repay the VHA advance. If Congress does not act, people will have to repay the advance beginning sometime after January.

If a VHA cut is necessary, the Air Force accounting and finance center will provide each VHA recipient a letter showing the reduction for each grade at the with- and without dependents rate. Only the pay period Sept. 16 to Sept. 30 would be affected.

Previously established VHA rates would resume in October.

September VHA cuts would vary by pay grade and dependency status. For example, an E-1 with dependents would

receive a \$28 VHA cut and an O-6 with dependents would receive an \$80 reduction. VHA cuts would be the same at all locations.

Congress established a spending ceiling of \$1.115 billion for VHA this fiscal year. The Department of Defense reduced VHA rates in January to comply with that ceiling.

However, increases in the number of people drawing VHA and changes in duty locations have caused more VHA spending than expected.

Unless rates are reduced, VHA spending will exceed the ceiling by about \$27 million this fiscal year.

U.S. not able to stop supply movements

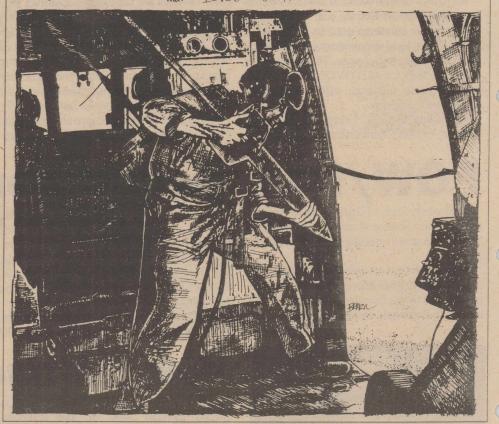
By Marty Brazil Company of Military Historians

KEESLER AFB, Miss. (ATCNS) — From 1965 through 1971, the U.S. Air Force and the U.S. Navy dropped more than two million tons of bombs on the Ho Chi Minh Trail in Laos — more than were dropped by U.S. forces in all theaters of operation during World War II.

Despite the intensity of the bombing, the supply efforts of the North Vietnamese continued almost uninterrupted down the trail. Further, the bombing actually proved counterproductive to the American cause. Vast areas of Laos were destroyed, turning the Laotian people against the Americans. A massive refugee problem — 700,000 Laotians were displaced — was inflicted on the struggling government. by trying to destroy the trail with technology. Millions of dollars were spent on research

to develop complex and ingenious surveillance devices to monitor troop movement and, more importantly, track movement, on the trail. These devices would allow the Air Force to zero in on selected areas and bomb the Viet Cong, their North Vietnamese suppliers and the supplies.

The surveillance program was dubbed "Igloo White." It incorporated a variety of Aircrewman prepares to "seed" an ADSID sensor along HoChi Minh Trail TGTLOO WHITE



Although the U.S. government conducted a vigorous, covert air campaign against the communist in Laos, it was reluctant to commit ground troops to the area.

The joint chiefs recognized they had failed to prevent the North Vietnamese from using the Laotian panhandle to push men and supplies down into South Vietnam. They proposed to solve the problem by launching a ground force invasion into southern Laos.

General William Westmoreland prepared a detailed plan of operation. However, American planners in Washington overruled the plan, deciding fewer lives would be lost intelligence weapons, including airborne radar, infrared and white light intensifying devices and camouflaged seismic intruder devices. The latter, which were air dropped in great numbers, hung in trees or stuck in the ground, detecting vibrations from the movement of men and vehicles.

Although sophisticated, Igloo White did not quite live up to its expectations. Even the efforts of the AC-130 Specter gunships, the finest gun platforms made, were not able to stop supplies coming down the trail. In 1968 alone, it was estimated that 100,000 to 150,000 Viet Cong and North Vietnamese troops moved supplies down the trail unhampered.

Then in February 1971, the joint chiefs were allowed to try a watered-down version of their ground force invasion idea. The catch was that instead of 60,000 American troops moving across the entire width of the trail, 17,000 Vietnamese Army troops would in-

vade a few miles of Laos.

"Operation Lam Son 719," as it was called, was almost a complete failure. Following the South Vietnamese withdrawal, the number of trucks moving down the trail actually

doubled.

The job of cutting the trail was turned back over to Air Force bombers, which had at least been effective at slowing down enemy movement.

The Roundup ++-

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HISPANIC HERITAGE

A LEGACY OF INVOLVEMENT

Rosas featured Hispanic Heritage speaker

This year's annual Hispanic Heritage Week Luncheon is Thursday from 11:30 a.m. to 1 p.m., at the Officer's Open Mess. Ms. Marta Rosas, Lubbock County Assistant Criminal District Attorney, is the guest speaker. Ms. Rosas was born March 16, 1955 in El Paso, Texas. She graduated from high school and attended the University of Texas in El Paso (UTEP). She received a bachelor of arts degree in Political Science from UTEP in 1976. She then attended the Texas Tech University School of Law and received a Doctorate of Jurisprudence in May 1979.



She began her legal ca-

reer as a staff attorney for West Texas Legal Services in June 1979. She then became the Chief Felony Prosecutor for the Lubbock County Crimi-

nal District Attorney's Office from March 1980 to Dec. 1982. Ms. Rosas was a partner in the general practice law firm of Ware and

Rosas from Jan. 1983 to Dec. 1986 while acting as an Adjunct Professor of Law at Texas Tech in 1984 and 1986.

She served as a municipal court judge for the City of Lubbock before assuming her present position in January 1987.

Ms. Rosas is the honorary squadron commander for the 64th Security Police Squadron at Reese. She is a member of several professional organizations including the Lubbock County Bar Association, the Lubbock Young Lawyers Association and the City of Lubbock Committee for Women. Ms. Rosas currently lives in Lubbock with her son, Blake Anthony.

Tickets for the luncheon can be bought from any Hispanic Heritage Week committee member: TSgt. Porfirio Castillo, 6888; Carmen Lopez, 3518; MSgt. Matt Alvarez, 6065; SSgt. Ada Jimenez, 6282; SrA. Ulises Coronel, 3327; Evangeline Anguiano, 3165; Antonio Puente, 3425; Capt. Richard Ruiz, 3867; Chaplain William Martinez, 3237; TSgt. 1 Donald Carroll, 3787; SrA. Victor Maciel, 3031; Esther Whitehead, 2427; Marcie Ruiz, 4581; A1C Vivian Harley, 3534; and Nancy Y. O'Quinn, 3541.

Church bells rang out for Mexican Independence

By Armando C. Quintanilla

Miguel Hidalgo y Costilla, Mexican priest, is called the Father of Mexican Independence.

Historians write that on the night of Sept. 15, 1810, Mexican patriots rode to the little town of Dolores, in Guanajuato. They went to warn the priest of Dolores, Miguel Hidalgo y Costilla, that their plans for an independence movement had been discovered.

Early on the morning of Sept. 16, Father Hidalgo rang the bells of his church in the village of Dolores. He rallied his followers in an open revolt for independence against their Spanish rulers.

The bells were still ringing as he shouted the famous Grito de Dolores, or Cry of Dolores: "Long live Our Lady of Guadalupe! Long Live Independence! Down With Bad Government! Viva La Libertad!"

The priest inspired an alliance of Indians, Creoles and radicals in their fight against the royalists.

He called on the people to drive out the foreign rulers, and lead untrained soldiers against the Spanish troops.

For a short time Hidalgo's forces were successful,

buy they could not stand up against the well trained, well equipped Spaniards. The army was routed at Guadalajara.

Father Hidalgo then fled north hoping to reach the U.S. A year later, he was betrayed, captured and put to death. He did not live to see Mexico free from Spain, but his country still honors him.

Mexico now celebrates Sept. 16 as Independence Day. Each year on Sept. 15, the president of Mexico rings a bell in Mexico City and repeats Father Hidalgo's Grito de Dolores. Almost every town in Mexico has a Hidalgo monument or a Sixteenth of September Street.

Father Miguel Hidalgo y Costilla was from Guanajuato, educated in Morelia and Mexico City. He went to the parish of Dolores in 1803.

He was a man of liberal ideas. His visions of social reform and the return of independence for the Indians provided inspiration for later revolutionary movements in Mexico.

Hidalgo's Grito was a cry for social justice. A justice not to be limited to 'whites only' but embracing the mestizo, village Indian and the black slave.

Hispanic Heritage Week Celebration

The Hispanic Heritage Week Celebration begins tomorrow and continues through Sept. 16. For tickets to the luncheon, or more information, contact TSgt. Porfirio Castillo, 6888.

TIME	PLACE	EVENT
9 p.m. to 1 a.m.	Officer's Club	The band Siempre will perform. Menudo will be available.
		Sponsored by the Mexican-American Club at Reese.
9:45 a.m.	Chapel	Mass by Bishop Michael Sheehan followed by coffee and Mexican sweet breads.
4:30 p.m.	Rec Center	Free dinner for single Reese personnel, music.
		Sponsored by the Mexican-American Club at Reese.
11 a.m. to 1 p.m.	Child Care Center	Luncheon \$2.50 per plate, open to everyone.
10:30 a.m. to 1 p.m.	Caprock Cafe	Hispanic Food, open to all Reese personnel.
5:30-6:30 p.m.		Rec Center Ballet Forklorico De Artes De Mexico Hispanic Food Sampling.
11:30 a.m. to 1 p.m.	Officer's Club	Hispanic Week Luncheon with speaker Martha Rosas,
		J.D.,Lubbock County Assistant Criminal District Attorney Mariachi music, tickets \$5.
3 p.m.	Base park	Hispanic Fiesta "Tardiada" (Detailed schedule below)
	9 p.m. to 1 a.m. 9:45 a.m. 4:30 p.m. 11 a.m. to 1 p.m. 10:30 a.m. to 1 p.m. 5:30-6:30 p.m. 11:30 a.m. to 1 p.m.	9 p.m. to 1 a.m.Officer's Club9:45 a.m.Chapel4:30 p.m.Rec Center11 a.m. to 1 p.m.Child Care Center10:30 a.m. to 1 p.m.Child Care Center5:30-6:30 p.m.Officer's Club



Members of the Mexican-American Club and Hispanic Heritage Committee washed cars and sold burritos Aug. 27 to raise money in support of Hispanic Heritage Week 1988.

Hispanic "fiesta" schedule

The Base Picnic Area is the site of the Hispanic Fiesta or "Tardiada" Sept. 16. The fiesta consists of food booths, games, music, dancing and fun for everyone. Like the old days — the fiesta gave the family an opportunity to meet with relatives or friends at the city park or church grounds for a Sunday outing. Parents would enjoy the music and dancing while the kids enjoyed games like the "Manita" (Wheel of fortune) or breaking the "Pinata" in hopes of getting the candy! There will be trophies awarded for the tortilla- making contest and the salsa- tasting contest. Units on base are invited to set up a booth at the festival. Proceeds from sales of booths are retained by units for squadron/unit activities. Booths may offer sales of food, soft drinks, games of skill or cultural items. For more information, call SSgt. Ada Jimenez, 6282. Schedule of events are:

3 p.m.	Game booths and food booths open; displays available for viewing
3:30 p.m.	"Salsa" tasting contest
4 p.m.	Awards Presentation for Elementary Students (Essay & Art);
Carlos a construir a constru	Presentation by the Texas Tech Mexican-American Student Organization
4:30 p.m.	Watermelon "Sandia" Eating Contest
5 p.m	Tortilla Making Contest
5:30 p.m.	"Pinata" breaking for the children (1-12-years-old)

the Charments and

<u>nmander's Column</u> "warrior spirit"

By Col. Gerald W. Deakin **Deputy Commander for Operations**

Today, we are honored to have a great American and patriotic visitor at Reese AFB, Col. (ret.) Konrad Trautman. Colonel Trautman has served the USAF honorably and is a vivid example of our calling as Americans and members of the Armed Forces.

During the Vietnam War, Colonel Trautman flew the F-105 over North Vietnam and, unfortunately, was shot down and eventually captured. Confined in captivity as a POW for over six years, Colonel Trautman's mental toughness and discipline prevailed. During his incarceration, he held fast to the ideals of his profession and kept a lasting faith in his

country

When he was released from enemy hands, he returned home with honor, continued to serve honorably, and after retirement has continued to serve honorably with dedication.

From time to time, we all must stir the embers of the warrior fire that is within each of us, and there is no better place to fight that fire than in the hearts and minds of the students, instructors and other young men and women here at Reese.

Colonel Trautman's visit to Reese will rekindle our calling to the military profession and the reasons we serve.

This evening at the Officer's Open Mess,

Colonel Trautman will relate some of his experiences and share with us his insights into what enabled him to survive. These experiences are important to us because each of us needs to periodically reevaluate our thoughts, our beliefs and our ideals. We need to ensure we continue to develop those qualities, which Colonel Trautman possesses (mental toughness, discipline, dedication) in ourselves and our young aviators so the Air Force remains strong.

Colonel Trautman's experiences, his dedication to the profession of military flying, and his love of country are a reminder of the heritage and ideals shared by each of us.

He is but one of your many leaders, present



Col. Gerald W. Deakin

and past, who has kept our nation strong. He has the "Warrior Spirit."

Time to celebrate and remember

By Capt. William G. Martinez Catholic Chaplain

This coming week, Sept. 10-16, Reese AFB and the rest of the country will be recognizing two very special events: National Hispanic Heritage Week and POW/ MIA Week.

As part of the Hispanic Heritage Committee, I know what hard work is going on to ensure that the week is filled with a variety of cultural, spiritual, and social activities, so that everyone here at Reese has an opportu- are celebrating the remembrance of those

nity, on a community, level to experience the gift of the Hispanic to our great country. My father, the late Col. (ret.) Thomas H. Martinez, taught me many years ago that I should be proud to be an American, and proud to be Mexican-American. He said, "Son, your gift to your country is who you are, what God blessed you with, so share it with others, and give them an opportunity to appreciate who you are, a blessing to this multi-cultural country."

During the same week, we, as Americans,

National Defense Exam - Question

Can you separate myth from fact?

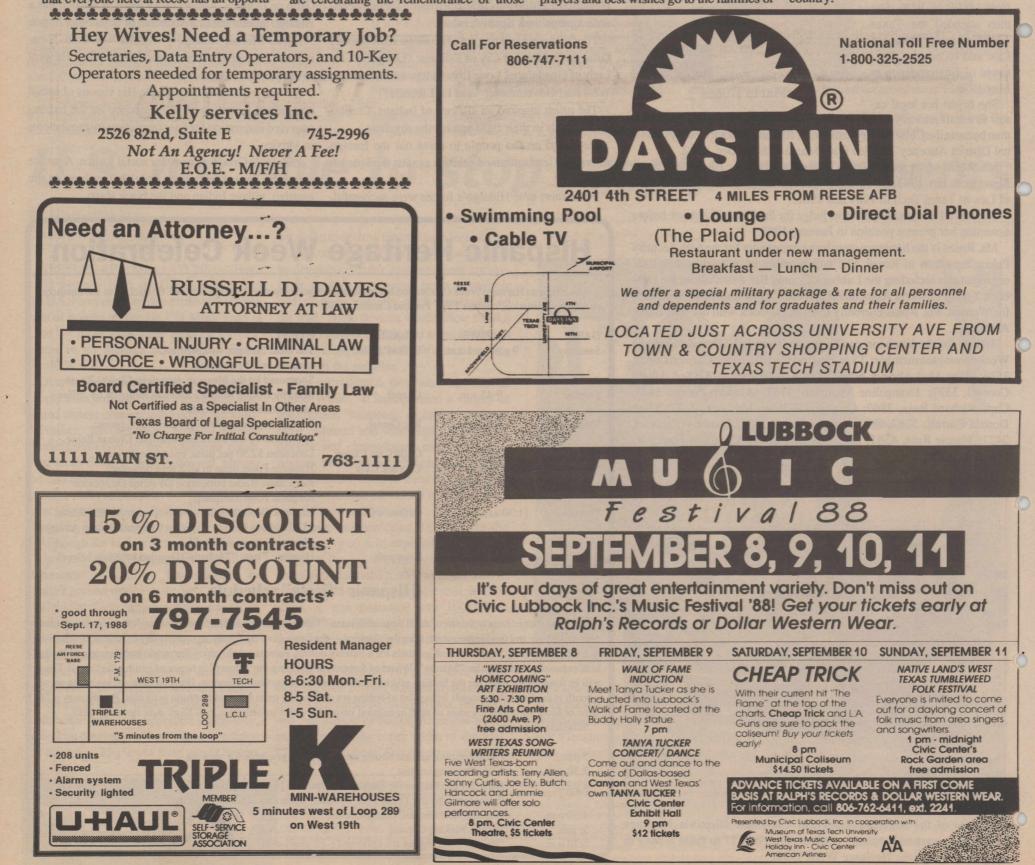
Part 3 of a 10-part series. The Roundup will run one question each week from the National Defense Exam. This week's question is:

True or False -

Defense is responsible for most of the increases in the federal budget deficit in the last six years.

(See answer on Page 11)

fellow Americans who have given their lives in sacrifice for the freedom of this great nation; for those valiant Americans who are missing in action and prisoners of war. Our prayers and best wishes go to the families of the POW/MIAs who have suffered much within the last 20 years. Let us never forget their heroic service to this country, and let us hope for their return to their families and country.



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News Briefs

Commander/Chief's breakfast

A wing commander and chiefs' breakfast is Monday, 6:45 a.m. at the Caprock Cafe.

Length of Service

A Length of Service Award for 10 years of federal service will be presented to Patrick H. Gable during appropriate ceremonies. Mr. Gable is currently a Vehicle Maintenance Contract Monitor. He arrived at Reese March 30, 1980.

Calling all boys!

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The Boy Scout Troop at Reese AFB is holding an open house Tuesday in the Scout Hut located in Bldg. 16 (between the Honor Guard Shack and the Base Library) from 7:30-9 p.m. If you are 10 and one-half or 11-years-old, scouting may be for you. For more information, call Capt. Wayne Cheatum, 3625 or 885-4718.

It's high time

Recognizing that "It's High Time to Lower Cholesterol," the Reese Commissary and Health Promotion Committee are participating in the American Heart Association's Food Festival.

This Tuesday and Wednesday, the commissary is providing special bargains on low cholesterol and other healthy food items. The Health Promotion Committee and its volunteers will have these items identified with Healthy Heart tags in the commissary.

Additionally, the group will provide tours of the commissary during these two days to show interested patrons how to shop "heartwise." Just outside the commissary, additional members of the team will provide information on exercise, smoking cessation and high blood pressure.

Commissary construction

Due to construction of the commissary's meat market, it is be necessary for the commissary to carry prepackaged meat. This began Sept. 1 and will continue for approximately three to five weeks.

Ribbon clarification

Several questions of eligibility for the Air Force Recognition Ribbon indicates there may be some confusion about the criteria for award and wear. The following is provided to clarify Air Force policy. Only those members who have been identified for individual award of a recognized Air Forcelevel trophy and award are eligible for the AFRR.

An individual award is defined as an award presented to one person, not a unit, group of people, or staff agency and the like. A recognized Air Force special trophy and award is defined as an award properly coordinated through HQ AFMPC/DPMA and identified in a regulation as an Air Force level award. These awards should be located in either table 6 or table 7 of AFR 900-29; however, some of the awards listed in these tables are unit or organizational-type awards and are not authorized the AFRR.

For more information, call Personal Affairs, 3402.

Quarterly/Monthly winners

The Honor Guard Member of the Quarter for May-July is A1C Eleazar Bengoa. Airman Bengoa is assigned to the Retail Sales Section of the 64th Supply Squadron. He has been a member of the Honor Guard since August 1987. In the quarter of May-July, Airman Bengoa participated in 22 details including TATTOO of the Plains and enlistment ceremonies at Ranger Stadium, Arlington, Texas. He also scored an outstanding on every weekly inspection.

The Honor Guard Member of the Month for July is A1C Peter Palmieri. Airman Palmieri is assigned to India Flight of the 64th Organizational Maintenance Squadron. He has been a member of the Honor Guard since April 1988 and is the newest member of the Drill Team. In the month of July he participated in seven Honor Guard details, four of them being funeral services. He also scored an outstanding on every weekly inspection. If anyone is interested in becoming an honor guard member, call Sgt. Michele Roberto, 3738.

Well-baby clinic held

USAF Hospital-Reese holds a Saturday Well-baby Clinic beginning tomorrow. Well-baby checkups should occur at two weeks, and the two, four, six, 12, 15 (optional) and 18 months and 2 year marks and the 4-6 year period. It is extremely important to monitor the growth and development of a child. Reese medical beneficiaries are encouraged to take advantage of the clinic. You can make appointments at 3245.

Check cashing

Attention AAFES check cashers: New rules for presenting checks for purchase or for cash exchange went into effect Sept. 1, 1988. All I.D. information must now be placed on the face of the check. I.D. information can no longer be put on the back with the exception of an endorsement signature, which must fit in the top one and one-half inches. The back of the check must be left blank. This change is due to a new federal law designating the open area on the back for banking use only. AAFES officials encourage customers to have personal checks preprinted with all necessary information to preclude customers having to cram information into the limited open spaces on the front of their checks. This new federal reserve banking regulation affects all check cashing agencies, exchange, commissary and the like.

Lost and found

The Security Police Investigation Section has the following lost or abandoned property: A child's black nylon wallet. If this property belongs to you, please contact the Investigations Section at 3999.

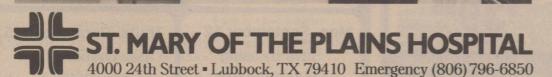
Stop smoking classes offered

Are you ready to stop smoking and need some support? A smoking cessation class is being held from 4:30-5:30 this Tuesday and Thursday and Sept. 20 and 22. Call the Health Promotions office at 3140 for more information.

We're here for you.

Any emergency. Any time.

When someone in your family has an emergency, there's one place you can turn to for fast, personal of our Flight For Life program – Lubbock's most experienced and bestequipped emergency helicop-



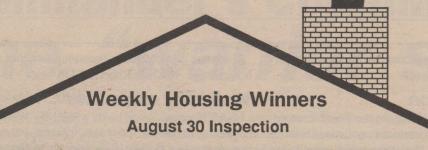
care: St. Mary of the Plains Emergency Services.

Our emergency department is fully equipped to provide medical attention when you need it most. And we have physicians on duty 24 hours a day, seven days a week.

We offer more than just emergency care. Our emergency department is backed by the full resources of a major medical center. That means that outstanding pediatric care, a fully staffed orthopedic unit, and one of the Southwest's finest cardiology departments are only a few seconds away, should you need them.

St. Mary of the Plains serves you with the same quick response and attentive service that are the hallmark ter service. Our Flight For Life team makes quality emergency care accessible to people throughout the South Plains. And, with the arrival of the Dauphin 2–the world's most advanced emergency medical service helicopter–we're able to serve more communities than ever before.

From minor emergencies to life-threatening situations, we're ready to help. At St. Mary of the Plains, the same commitment that reaches out across the South Plains is here for you. Any emergency. Any time.



Enlisted Duplex

205 McGuire SSgt. Mike and Sheryl Mitchell 64th Field Maintenance Squadron

207 McGuire

TSgt. Albert and Iona Burton 64th Field Maintenance Squadron

Enlisted Single

337 Harmon SMSgt. Billy and Margaret Shields 3500th Mission Support Squadron

Officer Duplex

100 Harmon 2nd Lt. Mike and Penny Lee Duperier 64th Student Squadron

102 Harmon 1st Lt. Gerald and Lora Roberts 64th Student Squadron

Officer Single

229 Harmon 1st Lt. Bernard and Jeannine Giegler 35th Flying Training Squadron

556 to be promoted in FY89

AIR FORCE MILITARY PER-SONNEL CENTER, Randolph AFB, Texas (AFNS) - Up to 556 extraordinary senior airmen through technical sergeants may be . promoted on the spot in fiscal year 1989 through the Stripes for Exceptional Performers program.

Commanders of major commands, separate operating agencies and direct reporting units, and sen-

ior Air Force officers in Air Force elements with a quota may delegate selection authority to whatever level they feel is appropriate. Promotion authority remains with the immediate commander.

Selectees to master sergeant with 18 or more years' total active military service must have two years' retainability from the date of promotion.

No one can be promoted twice in 12 months except senior airmen, who must serve six months in grade before advancement.

Minimum time-in-service requirements for promotion from E-4 to master sergeant of three, five and eight years respectively will not be waived.



WEEKENDS **Casual Bar Open** 1200 to 1900 **Main Lounge** 1800 to closing **Open to Members Only**

Mamma Reesione's 885-2639 Mon. - Fri. - Lunch 11 to 1:30 Mon. - Thur. - Dinner 4:30 to 10 Fri. - Sat. - Dinner 4:30 - 11 Sunday - Dinner 1:30 - 8

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THIS WEEK'S SPECIAL EVENTS

ILISTED OPEN MESS

Friday, September 9- Variety with "Jody Max" 9 p.m. - 2 a.m. in the Lounge. Saturday, September 10 - Variety with "Jody Max" 9 p.m. - 2 a.m. in the Lounge. Tuesday, September 13- Special Variety Rock with Tory 7 p.m. - 11 p.m. in the Lounge. Wednesday, September 14- Ronnie J. Walker "Country" 7 p.m. - 11 p.m. in the Lounge. Thursday, September 15 - Variety with "Jody Max" 7 p.m. - 11 p.m. in the Lounge.

THIS WEEK'S SCHEDULE COURTESY OF





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Air Force News

Officer selection

AIR FORCE MILITARY PER-SONNEL CENTER, Randolph AFB, Texas (AFNS) — Thirty-six candidates were chosen for Officer Training School by a selection board that met at Air Force Recruiting Service headquarters recently. The board considered 139 activeduty applicants. Applicants meeting the board for the first time and not selected in February will be considered by a second board if they still meet eligibility requirements and have not withdrawn their applications.

Records manager

WASHINGTON (AFNS) — The best records manager in the federal government works for the Air Force. Grace T. Rowe, chief of the records management policy section with the office of the secretary of the Air Force, is winner of the Everett O. Alldredge Annual Award for Records Management Excellence in the Federal Government. The award recognizes people who make significant contributions to records management. It is to be presented Sept. 7 at the Information Resources Management Conference in Richmond, Va.

Unit award

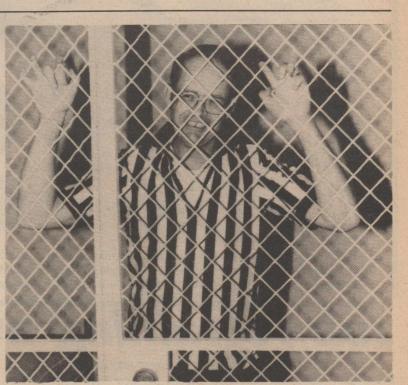
AIR FORCE MILITARY PER-SONNEL CENTER, Randolph AFB, Texas (AFNS) — Two units have won joint meritorious unit awards: the Joint Deployment Agency, MacDill AFB, Fla., (May 1, 1979 - April 14, 1987); and U.S. European Command Defense Analysis Center, Vaihingen, West Germany (Aug. 1, 1982 - April 9, 1987). People assigned to either of these units during the award period who meet requirements of DOD directive 1348.33-M, Military Manual of Decorations and Awards, can wear the award. For more information, contact the base personnel office personal affairs unit.

Birthday donation

WASHINGTON (AFNS) — Air Force Aid Society received a \$5,000 donation from the staff of Armed Forces Journal International in celebration of the magazine's 125th birthday. In addition, the journal's publisher made a matching \$5,000 corporate contribution. "It's a small way of saying thanks to your airmen and their families for the unselfish and magnificent service they give our country," said Benjamin F. Schemmer, journal editor, in a letter to Gen. Larry Welch, Air Force chief of staff.

Titan launch

CAPE CANAVERAL AFS, Fla. (AFNS) — An Air Force Titan 34D carrying a classified military payload was launched from here at 8:05 a.m. EDT Sept. 2. The last Titan 34D launch from Florida was in November 1987. Another was launched from Vandenberg AFB, Calif., last October. "These successful launches confirm the importance of a strong national space launch recovery program," said Air Force Secretary Edward Aldridge Jr. The recovery program began after an April 1986 Titan 34D launch failure at Vandenberg AFB.



"Everyone knows the trouble I've seen." Jailbird Maj. John Boyd was one of 33 Reese people 'arrested' by the security police for "Jail Your Commander Day." Squadrons or units paid a \$20 fee to the secuity police fundraiser to have the person convicted to serve a one hour jail sentence. The money from the fundraiser will go to various charities that the security police support throughout the year.



Mr. Ben Davidson (left), a former NFL All-Pro Oakland Raider, visits with members of the 64th Organizational Maintenance Squadron, (left to right) SSgt. Kim Englekamp, A1C Brian David, A1C Gary Taylor and TSgt. Noe Guerra. (USAF Photo)

Former Raider visits Reese

The 64th Organizational Maintenance Squadron hosted a special guest Aug. 26. Former All-Pro Oakland Raider, now Miller Lite spokesman, Ben Davidson was on hand to present Col. Mark Lillard and the 64th Flying Training Wing a limited edition Air Force Heritage lithograph. The lithograph was presented to the wing on behalf of the Lubbock Beverage Company and OMS.

Davidson took a tour of the Reese flightline, visiting work areas and meeting some of the best maintainers in ATC. The six foot seven inch Davidson spent several hours signing autographs and exchanging anecdotes with OMS personnel.

This visit was sponsored by Mr. Chuck Mayers, President of Lubbock Beverage Company. Mr. Mayers is a member of the Janus Group as the OMS honorary squadron commander.

Following the presentation, Mr.







A1C George Goehring (left), a 64th Organizational Maintenance Squadron crew chief, gives the thumbs up to 1st Lt. Tony Clinton, a 35th Flying Training Squadron IP, before taking 2nd Lt. Thomas C. Corcoran up for his third flight in Reese's UPT program. (USAF Photo)

AIR FORCE MILITARY PER-SONNEL CENTER, Randolph AFB, Texas (AFNS) — First-term airmen wishing to re-enlist in 10 additional Air Force Specialties will have the opportunity to do so this year.

Ten skills recently were deleted from the "constrained list" after an Air Force evaluation of manning levels.

The career job reservation program is designed to manage skills that are projected to have more noncommissioned officers than would be required if no CJR limits were established. A CJR is needed by all first-term airmen to re-enlist. Quotas for 11 CJR "constrained" skills are limited and distributed on a proportionate basis.

Airmen selected for re-enlistment by their unit commanders may apply for a CJR through their base career adviser. tion may be filed as ea duty day of the 35th person's current enl month for six-year en is known as the "prote On the 25th day of month, a limited nur are issued to airmen skills.

Airmen not receivi then placed on a waiting list by date and time of application. On the 150th day prior to their date of separation, these airmen are removed from the waiting list and advised to consider retraining.

Following are those skills that

have been removed from the constrained list:

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The applica-	AFSC	Name
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specialist 645X1 Material storage and dis tribution specialist 751X0 Education specialist

914X1 Mental health specialist 981X0 Dental assistant



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in Human Resources Management

A major in Human Resources Management designed to serve the continuing needs of the professional and to develop the skills necessary to achieve the highest level of professional performance.

Courses begin in June, Sept., Dec., & March

Houston Baptist University -Reese AFB-(806) 885-3768

Houston Baptist University provides equal educational opportunity without regard to handicap, race, color, sex & national or ethnic origin

HOUSTON COMMUNITY COLLEGE REESE CAMPUS



Aircraft Mechanic OBTAIN YOUR AIRFRAME & POWER PLANT LICENSE Day/Night Classes Now Forming

Voter inform candidates on available via telep

WASHINGTON (AFNS) -Military people and their families now have access to voter information on candidates for president, vice president, US. Senate and state governor through a worldwide telephone system.

The Voting Information Center, organized by the Defense Department, Noncommissioned Officers Association, Anheuser-Busch Corp., and the Democratic and Republican national committees, will provide recorded messages from candidates.

The telephone system is part of a campaign to increase awareness about national and state elections. In a survey conducted after the

1984 general election, 20.8 percent of military respondents said they did not vote because they were not familiar with candidates and issues, or they had no candidate preference. The system was developed in an effort to serve this need.

The telephone system is available free through the worldwide AUTOVON network. The touchtone number is 285-4333; rotary number is 221-6100.

People also may call from private phones, paying long distance charges if necessary, by dialing rotary (703) 325-6100, and touchtone (202) 504-4323

Callers using touch-tone phones will be able to select messages they

want to hear by touching additional numbers after being connected to the system. Callers with rotary dial phones will reach an operator who will connect them with the messages they wish to hear.

For more information on candidates and issues not covered on the recorded messages, callers can leave their names, addresses and telephone numbers. Requests will

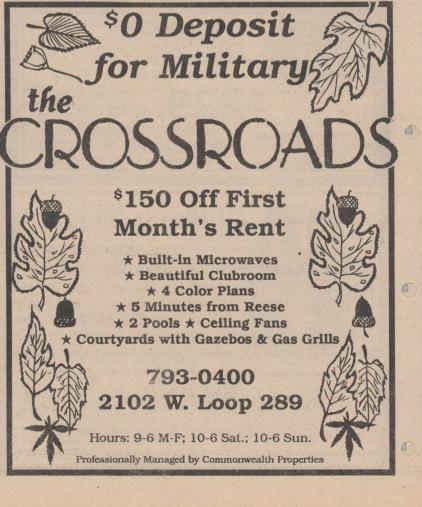
be answered by mail. If AUTOVON telephone service is not available, requests for information may be made in writing to: Defense Department Voting Information Center, 225 N. Washington St., Alexandria, Va. 22314.

Classes on Reese Air Base

For a Personal Interview

Advertisement Paid For By Rice Aviation







Tone, Brown, P. Windows, P. Door Lock, Tilt, Cruise, AM/FM Cass., & CB Radio, Dual Air, Running Boards, 305 V8\$7,995 ★ 1984 Chev 20 Custom Van Silver & Blue P. Windows, P. Door Locks, Tilt, Cruise, AM/FM cass., Dual A/C, CB Radio, 80,600 miles, V8 \$9,295 * 1984 Chev 20 Custom Van Tu-Tone, Beige P. Windows, P. Door Locks, Tilt, Cruise, Dual; Air, Running Boards, 58,300 miles, 305 V8 \$10,995 * 1984 Nissan King Cab Pkp Brown AM/FM Cass, Air, 5 Spd, Camper Shell \$3,995 * 1984 Ford F-150 XLT Pkp Blue & Silver Tilt, Cruise, Radio, Camper Shell, "One Owner", 22,900 * 1984 Dodge 150 Ramcharger Charcoal Air, AM/FM Stereo, v8, Clean, Clean\$5,995 * 1985 Chevrolet S-10 Blazer 4x4 Red Air, AM/FM Stereo, Automatic, V6, 33,900 miles \$9,895 * 1985 AMC Jeep Cherokee 4x4 Blue, Air, AM/ FM Cass, Tilt Cruise, Cast Aluminum Wheels, 39.900 miles

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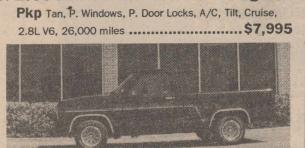
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Bank Rate Financing

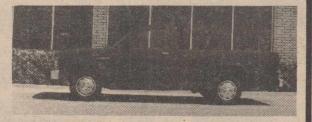
Loop 289 South at Utica in Lubbock



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	Covers, 17,500 miles
*	1987 Ford Ranger Silver, AM/FM Cass., Air, Beauty
	Wheels, 5 Spd, 27,600 miles\$8,995
*	1987 Ford Bronco II Charcoal & Silver, AM/FM
	Cass., Air, Automatic, Beauty Wheels, V6, 17,500 miles
	\$11,995
*	1987 Ford Custom "High Rise" Van P.
	Windows, P. Door Locks, AM/FM Cass., Tilt, Cruise, Dual
	Air, Dual Fuel Tanks & more, 23,600 miles\$15,995



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Some reenlistment bonuses to change

AIR FORCE MILITARY PER-SONNEL CENTER, Randolph AFB, Texas (AFNS) — Monetary bonuses paid to people who reenlist in certain critical career fields changed Sept. 1.

The Air Force will add 10 Air Force specialty codes to the bonus list and post increases to several others.

On Oct. 1, several others will be dropped from the list and the bonus multiple for one AFSC will be reduced.

Selective re-enlistment bonuses

are calculated by multiplying one month's base pay by the designated multiple for the respective AFSC zone, such as those following. That amount is then multiplied by the year and months of the additional obligated service.

Airmen falling in zone A have less than six years of federal active military service. Those in zone B have more than six years but less than 10 years of active military service.

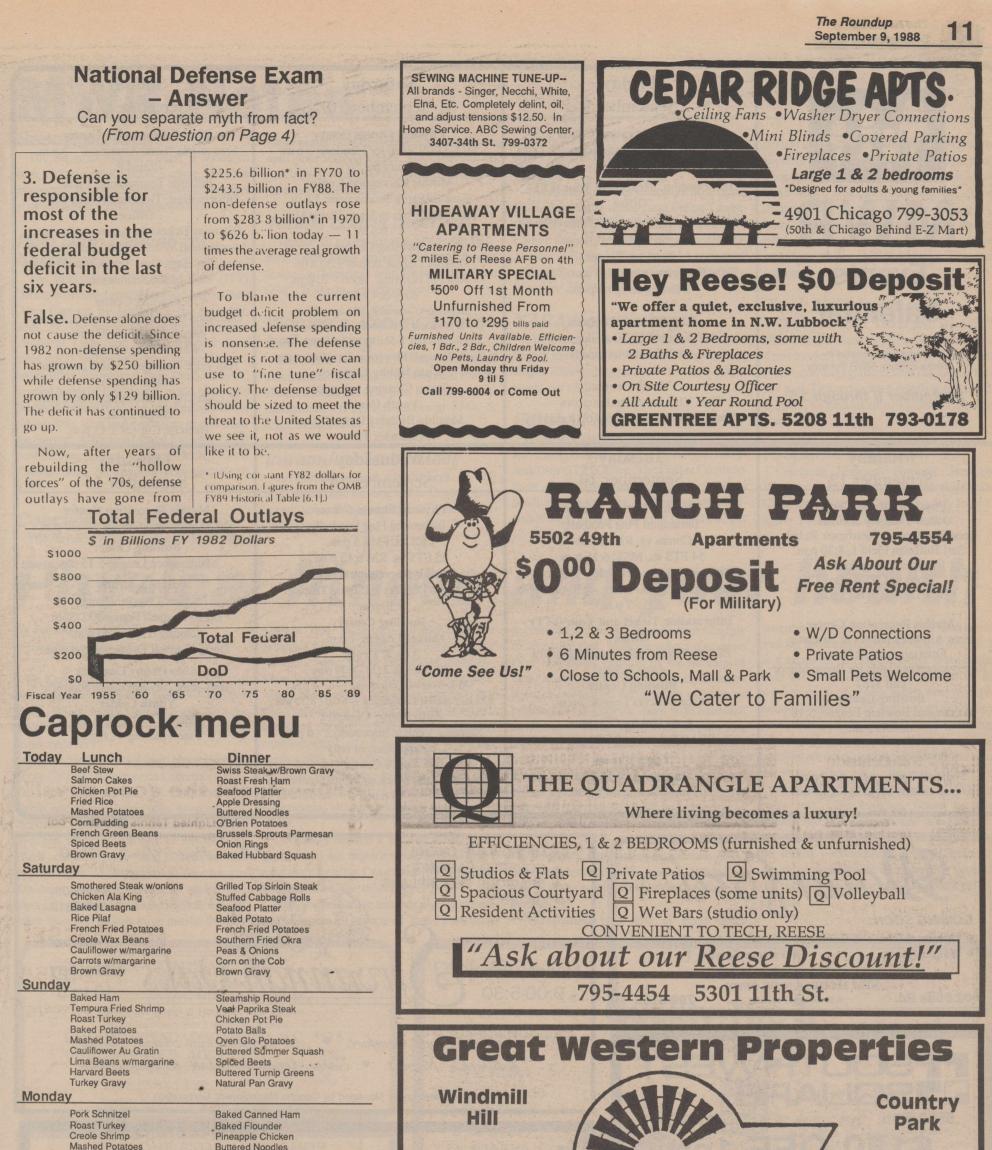
Sept. 1 SRB changes are as fol-

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208X3A	1	2	1	2
208X4A	1	2	1	2
208X4G			0	1
208X5A	2	3		
209X0			0	1
274X0	and the second		1/2	1
275X0			1/2	1
277X0			0	1
391X0	1/2	1	0	1
463X0	0	1/2		
904X0	0	1		
912X5	1/2	1		
912X5A	1/2	1		
913X0	0	1/2		
913X1	0	1/2		
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Oct. 1 SRB char	nges are as follo			
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Fried Rice Mixed Vegetables Marshmallow Sweet Potatoes Corn on the Cob Turkey Gravy Tuesday	Buttered Noodles Franconia Potatoes Okra & Tomato Gumbo Green Beans Cauliflower Brown Gravy	Windy		9.88 Farrar West
Beef Stew Fried Fish Fillet (Flounder) BBQ Chicken Rice Pilaf Oven Brown Potatoes Stewed Tomatoes Corn Combo Blackeye Peas Brown Gravy Wednesday	Sweet & Sour-Chicken Baked Stuffed Pork Chops Oven Fried Fish (Flounder) Baked Beans Mashed Potatoes French Fried Cauliflower Southern Style Collard Greens Green Beans w/margarine Brown Gravy-	Ridge 5702 5 797-8		5720 66th 794-5945
Enchiladas Tacos	Baked Canned Ham Baked Chicken & Noodles	hha	Couchai	
Burrito Fajitas Mexican Rice Refried Beans	Southern Fried Catfish Mashed Potatoes Cottage Fried Potatoes Fried Summer Squash	A CONTRACTOR AND A CONT	fountai	
Mexican Corn French Fried Okra Jalapeño Sauce	Mustard Greens Mixed Vegetables Brown Gravy	NO DEPO	DSIT FOR	MILITARY
Thursday Italian Style Veal Cutlets	Caliabura Charle	Covered Parking	• 2 pools	Minutes from Reese
Fried Fish Portions	Salisbury Steak Creole Pork Steak	• Fireplaces	Private Balconies	All Adult
Southern Fried Chicken Rice Pilaf Rissole Potatoes Hot Spiced Beets	Baked Chicken Steamed Rice Mashed Potatoes Brussels Sprouts	Ceiling Fans	• Gas Grills & Gazebos	Laundry Facilities
French Fried Okra Lima Beans	Cauliflower w/margarine Succotash w/margarine	5001 Chicag	0	796-2244
Brown Gravy	Brown Gravy	Professio	nally Managed by Conch	o Management

Friday Saturday September 9 September 10 **Mathis Recreation Center Physical Fitness Center** Free Movie -- "Switching Channels" 7 p.m. MIA-POW Race for Freedom: 9 a.m. Free movie "Fatal Attraction" 3 p.m. Rated PG entry fee \$6 **Mathis Recreation Center** Information, Ticket and Tour (ITT) Base Billiards Tournament: 1 p.m. Office Free shuttle bus to South Plains Mall Palo Duro Canyon by Horseback, Sept. 24 2 - 6 p.m. Sign up NOW! **Bowling Center Bowling Center** YABA League begins 9:30 a.m. **Events** T.G.I.F., 3 games for \$1, 7 a.m.-10 p.m. Red Pin Bowling: noon - 10 p.m. Bowling Bingo 7 p.m. Arts & Crafts Calendar Beginners Ceramics: 10 a.m. - 2 p.m. Auto Hobby Complex Do-It-Yourself Woodworking: 10 am-2 pm Lift Special: \$1.50 all day long Do-It-Yourself T-Shirt making:11am-1pm (stall fee not included) Information provided by Do-It-Yourself Flowermaking: 10am-noon Becky Pillifant, MWR Publicity **Auto Hobby Complex Youth Center** Steam Cleaning half price September 9 through 15 Free VHS movie and popcorn -**Youth Center** "Sword and the Stone" 5 p.m. Rated PG Monthly Birthday Party: 2 p.m. Charades 3 p.m. Monday Tuesday Wednesday September 13 September 12 September 14 **Physical Fitness Center Physical Fitness Center Physical Fitness Center** Men's Varsity Softball Intramural Flag Football: **Intramural Flag Football** Reese Rattlers vs. Westbrook Rebels Comm vs. RM: 5 p.m. CES vs. FMS 5 p.m. Berl Huffman Field 1, 8:30 p.m. 54 FTS vs. MSS: 6:15 p.m. 35 FTS vs. RM 6:15 p.m. Intramural Flag Football Aerobics - Mon.-Fri. 8:30 - 9:30 a.m. **Mathis Recreation Center** Hosp vs CES 5 p.m. Noon - 1 p.m., Mon.-Thurs., 4:30-5:30 p.m. Hispanic Dancers and Food Tasting: 54 FTS vs RM 6:15 p.m. & 6 - 7 p.m. 5:30 p.m. **Information Ticket and Tour (ITT) Bowling Center Mathis Recreation Center** Mixed League, 7 p.m. Office Free Airman's Dinner & Hispanic Arts & Crafts Pick up Texas Tech discount football Entertainment, 4:30 p.m. Reservations available for Reese Manor Oil Painting, 6:30 - 8:30 p.m. game tickets call 3787 Do-It-Yourself Engraving --- 6 - 8 p.m. **Bowling Center Bowling Center** Do-It-Yourself Laminating -6:30 - 8:30 p.m. Peace Officers League 7 p.m. Intramural Bowling League, 5:15 -**Auto Hobby Complex Auto Hobby Complex** & 7:45 p.m. Summer Vehicle Inspection 2 - 6 p.m. Wheel Balancing \$1.50 per tire by appointment only **Youth Center Youth Center Youth Center** Foosball Tournament, 4:30 p.m. Martial Arts 4:30 p.m. Arts and Crafts Mexican Fiesta Sombreros Dance classes begin in September Free Tutoring 4 - 6 p.m. 5 p.m. "Best Move You've Made" MICROWAVE OVENS COVERED PARKING

Information, Ticket and Tour (ITT) Office Discount Tickets for Aquarena Springs, International Wildlife Park, Sea World of Texas, Six Flags Over Texas, Wax Museum of the Southwest **Bowling Center** Unlimited bowling games noon - 6 p.m. Mixed League, 6:30 p.m. **Auto Hobby Complex** Half Price Car Wash (inside complex) **Youth Center** Jr. Club Trip to Showplace Six: 2 p.m. Bingo 3 p.m. Exercise Classes 3:45 p.m. Thursday September 15

Sunday

September 11

Mathis Recreation Center

Rated R Billiards Tournament: 1 p.m.

Mathis Recreation Center Cake Decorating Classes 6-7:30 p.m. **Bowling Center** Maintenance League 5:15 p.m.

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Arts & Crafts Mini "You"niversity Do-It-Yourself Framing, T-Shirt painting 6:30 - 8:30 p.m. Do-It-Yourself Engraving 6-8 p.m.

Auto Hobby Complex Half-price carwash inside complex **Youth Center** Martial Arts 4:30 p.m. Free Tutoring 4 - 6 p.m.



SPACIOUS FLOORPLANS 5204 50th 797-8612 Saturday Monday-Friday 10 to 5 9:00-5:30 Southern Style Comfort . All Professional Adult Living Lubbock's Newest . Easy Access to Mall & Bus Stops Professionally Managed by Concho Management Corporation

\$150 OFF 1st MONTH RENT **No Deposit For Military!**

1, 2 & 3 Bedrooms Washer/Dryer Connections (all units) Covered Parking Easy Loop Access to Reese Fireplaces (all units) **2** Pools

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*****\$150 Off 1st Month's Rent ***** \$0 Deposit for Military * Children Welcome



- ome w aon by!
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- Clubroom
- Fireplaces
- Sauna
- Laundry Facilities

Lubbock Square Apartments 4602 50th 797-5739

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MWR Notes

Soccer players

The Physical Fitness Center is trying to start an Intramural Soccer League. Anyone interested in participating should contact your squadron sports representative.

Palo Duro Canyon by horseback

The Information, Ticket and Tour (ITT) Office is offering another scenic tour to Palo Duro Canyon by horseback on Saturday, Sept. 24. The bus will leave the Recreation Center at 7 a.m. and return at 7 p.m. Tour price is \$21 and includes two hours of horseback riding throughout Palo Duro Canyon, several hours of free time to walk, hike, take the Sad Monkey Railroad, eat, rent additional riding time, plus transportation to and from the canyon. Additional rental for horses is \$6 per hour, per person: Registration deadline is Tuesday Sept. 20. For more information call 3787.

Flag Football and Basketball coaches. Please send your resume to Mr. Jake Treviño, 64 ABG/SS/8, Reese AFB, Texas or call 3207 for more information.

Tennis courts reserved

The tennis courts located beside the Officers' Open Mess are reserved until further notice on Mondays and Wednesdays from 6:30 - 7:30 p.m. for tennis lessons.

Women's Varsity Basketball meeting

The Reese Women's Varsity Basketball Team holds a meeting at the Physical Fitness Center Monday at 4:30 p.m. For more information call 1st Lt. Jeff Moore at 3744, or SSgt. Tony Friday at 3578.

An Intramural track meet is Sept. 17, at 8

a.m., at the base running track. Contact your

sports council representative if you care to

Intramural Track Meet

participate.

New pet vaccinations offered The Reese Veterinary Services now offers

Feline Leukemia testing and Feline Leukemia vaccinations for cats. Also offered is the Canine Corona vaccine for dogs. Remember, all pets in Reese Village must be registered with the Reese Veterinary Services annually. For more information call 3535.

YABA leagues begin

The Young American Bowling Alliance begins tomorrow at 9:30 a.m. This bowling league is for 4 - 18 year olds. Cost is \$3.50 per week, per child.

Football tour

A Dallas Cowboys Football Tour on Oct. 8 and 9 is sponsored by the Information, Ticket and Tour (ITT) Office. The Dallas Cowboys meet the Washington Redskins in Texas Stadium at noon, Oct. 9. Registration deadline is Sept. 16 at 3 p.m. Tour cost is \$60 per

person and includes: admission ticket for the football game plus double-occupancy accommodations for one night at a luxurious hotel with a welcome reception and special departure treat prior to the game. During your hotel stay, enjoy the indoor/outdoor rooftop pool, Jacuzzi, health club, gift shop, restaurant/diner, dance club and lounge. For more information call 3787.

Tech tickets on sale

The Information, Ticket and Tour (ITT) Office is the place to go for discount Texas Tech football tickets. Baylor vs. Texas Tech (Homecoming) game is Sept. 24. Game time is 7 p.m. Ticket purchase deadline is Sept. 20 at 3 p.m. Tickets are on a first come first serve basis.

Hispanic luncheon

Celebrate National Hispanic Heritage Week by having lunch with your child at the Child Development Center Tuesday from 11 a.m. - 1 p.m. Cost is \$2.50 per plate.

Coaches needed

The Physical Fitness Center needs Varsity

Physical fitness and your health

By Rosemary Grady Physical Fitness Instructor

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On a regular basis I lift weights, run and bicycle, at a level of about five activities per week. What foods should I eat to help maintain my energy levels and to aid in quick recovery?

Recent studies from the University of Texas Human Performance Laboratory suggest that consumption of carbohydrates within one to two hours after exercise will encourage rapid replenishment of muscle glycogen stores. Glycogen is the form in which carbohydrates are stored in our muscles to provide energy to us. You can also maximize glycogen storage by eating frequent carbohydrate meals throughout the day rather than one or two large meals. Studies

provides a steady supply of glycogen to our muscles. Some examples of high carbohydrate foods are fruit, brown rice, pancakes, wheat bread, pasta, and even popcorn. But don't rely on carbohydrates alone to refuel. Use them during the first 6 hours following exercise, especially if you plan to work out again within 12 to 24 hours. Be sure your diet includes vegetables, legumes (beans and peas), grains, fish and chicken to also replenish essential vitamins, minerals and fiber.

I recently started a weight lifting program and I am experiencing a lot of soreness the day after I work out. Why is this, and will it be like this forever?

Sore, stiff muscles, tendons and ligaments and joints are all aspects of "good pain" that

suggest that "grazing" on carbohydrates occurs when changing from an inert lifestyle to an active one. Muscles ache a day or so after a workout because of the buildup of lactic acid, a waste product. Lactic acid accumulates in muscles because the circulatory system fails to provide them with adequate nourishment during exercise. The pain you feel is an indication that your muscles are responding to the challenges you've been giving them. Over time, as your body becomes used to these new activities, the soreness will decrease in length and severity, as long as you exercise on a regular basis.

> I've heard that osteoporosis is a common problem for older women. What is it and is there anything that can be done to prevent it?

Osteoporosis is a loss of bone mass

wherein the bones become thin and weak, making them more susceptible to fractures. It is a common part of the aging process and may affect as many as 25 percent of all women over 65. First, make sure you get adequate amounts of calcium in your diet. Women need between 1,000 and 1,200 mg. of calcium per day. Excellent sources of calcium are dairy products, broccoli and tofu. There are also many calcium supplements available. Exercise can help prevent osteoporosis, too. Like muscles, bones become thicker and stronger with use. Weight-bearing exercise such as walking or jogging can be useful preventatives. Weight training, which strengthens the muscles that support the skeleton, is also useful to prevent osteoporosis.





Revival Broadview Baptist Church

1402 N. Frankford • 797-3038 September 11 through 15

KED

Tuesday Wednesday Family Night Youth Night Thursday Bring a Friend Night

Monday through Thursday 7:00 p.m. Nightly

Dr. W. I. "Bro. Bill" Thomas Pastor - Evangelist - Author - Bible Expositor

Larry Wilson - Music



"Bro. Bill"

Want to Run a "WANT AD"?

Reese personnel may run FREE ads in The Roundup.

FREE ADS to sell personal items.

Take written ad to Public Affairs Office, 2nd floor, Bldg 800 by Tuesday of the week you want ad to run, or mail to **The Roundup**, P.O. Box 2415, Lubbock, TX 79408. (Ad must reach publisher by noon on Wednesday of the week you want ad to run.)

Every effort will be made to run all ads received on time. Free ads are run on a "space available" arrangement are not guaranteed to run. Real estate is not considered a personal item.

\$4.00 Ads to sell real estate and business items. Call in Want Ad to Roundup Publisher, 763-4551.

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PIONEER USED CARS



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1978 Chevrolet Impala 4Dr Gold	. \$2,995
1980 Buick Riviera Brown 2Dr	\$3,995
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1982 Cadillac Fleetwood D'El 2Dr Cream.	\$6,995
1982 Buick LeSabre 4Dr Charcoal	\$4,695
1983 Mercury Gr. Marq. 2Dr Brown	\$5,995
1983 Lincoln Town Car 4Dr Cream	\$4,995
1983 Mercury Gr. Marq. 4Dr Tan	\$6,495
1984 Lincoln Town Car Gray	\$10,995
1984 Cadillac Cpe D'Ville 2Dr Blue	\$7,495
1984 Mercury Colony Park S/W Tan	\$8,995
1984 Olds Delta 88 2Dr Maroon	\$6,995
1985 Chrysler New Yorker Leather	\$7,995
1985 Audi 5000s 4Dr Blue	\$11,995
1985 Lincoln Mark VII 2Dr Blue	\$10,995
1985 Mercury Colony Park White	\$8,995
1985 Buick Century 2Dr Green	\$7995
1985 Olds Delta 88 2Dr 36,000 mi	\$8,995
1985 Toyota Corolla 4Dr Blue	\$6,995
1985 Olds Delta 88 2Dr Cream	\$7,995

1985 Lincoln Mark VII Gold\$13,995 1986 Merc. Gr. Marg. 4Dr TuTone Beige\$11,995



1986 Lincoln Continental Leather \$16,995 1986 Mercury Sable 4Dr Beige\$10,995 1986 Mercury Gr. Marq. 4Dr Blue \$12,995 1986 Nissan Sentra 2Dr White \$6,995 1986 Chrysler LeBaron Turbo \$8,995 1986 Ford Tempo 4Dr Red\$7,995 1986 Ford T-Bird Black \$9,695 1986 Buick LeSabre 4Dr White\$11,995 1986 Pontiac 6000 4Dr White\$7,995 1986 Toyota Celica 2Dr Silver\$10,495 1986 Buick LeSabre 4Dr Brown\$10,495 1987 Olds Delta 88 4Dr Burgundy \$12,995



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Used Cars

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1987	Nissan Maxima 4Dr Blue	\$11,995
1987	Ford Taurus S/W	\$11,495
1987	Nissan Pulsar White T-Tops	\$11,495
1987	Nissan Sentra 4Dr Tan	\$7,495
1987	Nissan Sentra 2Dr Blue	\$8,995
1987	Ford Escort 4Dr Red	\$7,995
1987	Lincoln Continental Rose	\$18,995
1988	Mercury Tracer 4Dr Blue	\$8,995

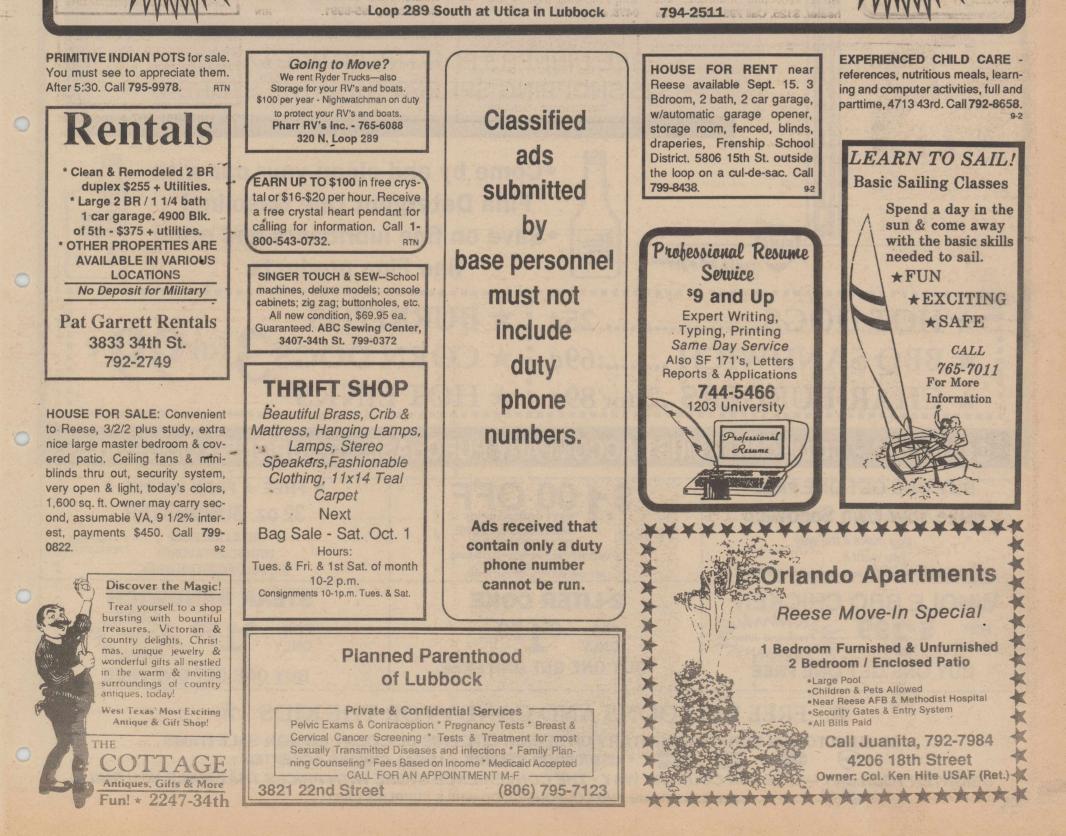


1988 Ford Escort GT 2Dr White	\$10,495
1988 Ford Tempo 4Dr Beige	\$9,495
1988 Nissan Sentra 2Dr Red	\$6,495
1988 Ford T-Bird Red	\$12,995
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1988 Lincoln Town Car Maroon	\$19,895
1988 Lincoln Town Car Red	\$21,495
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