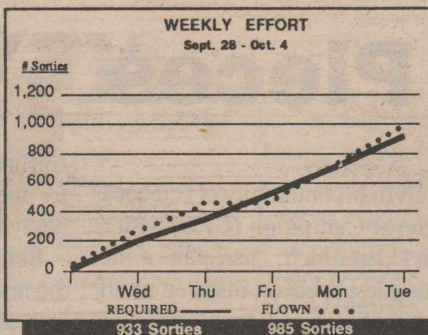


# The Roundup

Vol. 40, No. 40      October 7, 1988      20 Pages      Lubbock, Texas 79408



## Mission Milestones

Although we flew a limited schedule last Friday, we still managed to gain 52 sorties. T-37s currently are 3.1 days ahead and T-38s are 4.1 days ahead of the timeline.



Johnny (right) and Steven Torok and Cookie try out the inside of one of the Reese fire trucks. Reese observes Fire Prevention Week Oct. 9-15. See page 8 for more information. (USAF photo)

## Retiree Appreciation Days kick off today

Reese's Retiree Affairs Office hosts the third annual Retiree Appreciation Days today and tomorrow. Reese personnel, retirees, spouses and downtown friends are joining forces to bring to the retiree community a most beneficial two days of activities, according to 1st Lt. Jeff Moore, project officer. A Retiree Golf Tournament will start activities with tee time at 1 p.m. today at Reese's High Plains Golf Course. Non-golfers have an afternoon filled with activities.

The banquet starts at 6:30 p.m. tonight at the Reese Officer's Open Mess. Colonel Frank L. Miller, Jr., chief of staff at the U.S. Army Field Artillery Center, Fort Sill, Okla., is the distinguished guest speaker.

Tomorrow, the schedule calls for an in-depth medical briefing and numerous shorter briefings at the base theater, followed by counseling centers at the Mathis Recreation Center and the CBPO from 8 a.m. to 1 p.m. From 9 a.m. to noon, the hospital will conduct medical screenings for retirees.

The counseling centers will include such subjects as CHAMPUS, Medicare, social security, supplemental health insurance, scheduled airline ticket office, casualty assistance, Family Services, legal assistance, finance, Morale Welfare and Recreation, survivor benefit plan, American Association of Retired Persons, tax laws, and Pass and ID Registration.

In addition to every member of the retiree community, retired Air Force Col. Haynes Baumgardner, director, Retiree Activities Office (RAO), cordially invites Reese per-

sonnel, especially those approaching retirement, to join with retirees in the two days of activities.

## Army speaker to update retirees

Brigadier General select, Col. Frank L. Miller, Jr., Chief of Staff at Fort Sill, Okla. addresses members of the Reese retiree community at the annual Retiree Appreciation Days Banquet this evening at the Officers Open Mess.

Colonel Miller was born in Atchison, Kansas on Jan. 27, 1944, to retired MSgt. Frank L. and Evelyn A. Miller. He entered the Army in 1965 as a private and attended the Field Artillery Officer Candidate School immediately after basic training. Colonel Miller served in the Republic of South Vietnam from 1967 to 1968.

Colonel Miller was then assigned to Fort Sill, to attend the Field Artillery Advanced Course, and upon graduation, returned to Fort Lewis. From Fort Lewis, he served a tour

(continued on page 3)

## Mutual Aid Association briefs Wednesday

Reese AFB officers and spouses may attend a briefing given by the Army and Air Force Mutual Aid Association Oct. 12, 3 p.m. in the Officer's Open Mess. The briefing has received favorable reviews throughout the Army and Air Force.

The primary mission of the association is to assist survivors.

Membership in the association entitles you to assistance in organizing your estate, a summary of benefits each year, baseline insurance (\$5,000), central storage of docu-

ments in a vault, retirement counseling, assistance for survivors in filling out government and life insurance claims, and ensures survivors continue to receive all of their benefits.

\* The main purpose of the briefing is to demystify the many aspects of estate planning for the military family. Emphasis is placed on concrete actions that each family should take now.

\* The briefing provides a clear explanation of family entitlements from the military, the

Veterans Administration, and the Social Security system with a look at how they affect each other.

\* To round out the benefits picture, the facts about the Survivor Benefit Plan (SBP) are provided in an understandable and unbiased manner.

\* The briefings serve the military family as a departure point for prudent estate and financial planning (which is discussed generically without reference to any specific product).

\* The association is a non-profit tax exempt organization founded in 1879 as a result of Custer's massacre at Little Big Horn. The name was changed to include the Air Force in 1987.

\* The chiefs of staff of the Air Force and the Army both serve on the Association's Board of Directors. At the direction of the board, the briefings are provided as a public service.

For more information, call 2nd Lt. Dave Evans at the Family Support Center, 3306.



The Blue Angels visited Reese Wednesday for a practice show. They will perform at Reese Oct. 16 during Commander's Day activities. (See story on Blue Angels, page 10) (U.S. Navy Photo)

## Survey shows need for FSC programs

By Mr. Jerry R. Meyer  
Director, Family Support Center

The Reese AFB Family Support Center (FSC) recently completed its base assessment. It was distributed to all commanders, first sergeants, single parents and other active duty members whose social security number ended with an even number. A total of 1279 assessments were distributed with 668 returned for a 52 percent response rate. The assessment covered eleven broad areas with 74 items addressed.

The assessment indicates a definite need for the services an FSC can provide. The

three broad areas receiving the strongest support were: personal safety programs/training, financial management workshops and teen/youth programs. In personal safety programs/training, respondents indicated the most interest in the availability of CPR and first aid training. In fact, these two items had the highest score of all 74 items assessed.

Financial management workshops was next, with money management, income tax, estate planning/wills, and part-time spouse employment generating the highest interest.

Some individual items identified as ar-

(continued on page 3)



# Bits & Pieces

## CFC

This week the military and civilian community of Lubbock launched our Combined Federal Campaign (CFC) with a "kickoff luncheon." Mr. Carl Gundlach, chairman of the Lubbock United Way and our guest speaker, inspired us all with his presentation. CFC touches each and every one of us. Not a day goes by when we don't see, close at hand, the good works from the United Way. At Reese the CFC supports our Boy and Girl Scout troops, Camp Blue Yonder, the Youth Center, and our new "Air Camp" to name just a few activities. Reese has always been at the forefront of giving. That means each of you has given a little bit of yourself, your time, your effort, as well as your money. This year, give your fair share and target those needy groups which require your help.

The campaign is designed so you may contribute to a particular agency. This is your opportunity to help literally thousands of needy individuals. The important thing however, is not who you benefit or what amount you give — just help! Some day you, or someone near to you, may need the aid of an agency you once helped. We all need to support one another. I know this campaign will be a successful one.

## Pride Day : A Success

Last Friday, we celebrated a day which was earned by the hard work of everyone on base. I thoroughly enjoyed the cookout and festive atmosphere at the picnic. From the smiles I observed, I think everyone else did too. I want to thank TSgt. Don Carroll, Ms. Jean Ray and the super Recreation Center staff for coordinating all servicing agencies for the event. I also want to thank the Chiefs, First Sergeants and Squadron Commanders for all the great cooking and crowd control. Most of all, thanks to everyone for attending and making the affair a huge success.

I might also mention the close games the Chiefs and Eagles had in volleyball. The Chiefs sorely missed their "Head Spiker," Chief Arthur C. Lowery Jr. He, of course, was busy with a higher calling, Torchlight. I salute his dedication and talent. Maybe a rematch is in order.

Pride Day was a great opportunity for the base to meet the Torchlight Team. The dedication shown by all members of the team, pilots and crew chiefs alike, is admirable. However, I want to give special thanks to SSgt. Don Dougherty, Sgt. Jim Starnes, Sgt. Jorge Bustamante from the T-38s and SSgt. Ken

Heflin, Sgt. Jim Tyler and A1C Calvin Hobbs from the T-37s for their outstanding work in getting the Torchlight Team ready for competition. Great job guys!

Before I go on, there is a special group I want to praise who did not participate in the festivities of Pride Day. They are the men and women from Resources Management. These folks were doing fiscal year closeout 'til midnight on Friday. The closeout is when we pay the bills and budget with ATC for the final countdown of dollars. Members from contracting, budgeting, supply and accounting and finance pitched in to make sure our 1988 books were balanced. Thanks for the hard work!

After Friday's festivities at the picnic and on the flightline, I had the opportunity to join the 35th Flying Training Squadron and judge their Chili Cook Off. Besides the fact that I was left speechless from the fire that burned away my tongue, I would say the chili was outstanding. I want to congratulate C Flight on their outstanding "Contra Chili" which won the overall contest.

## Future events

I'm really looking forward to Retiree Appreciation Days. It's our chance to thank our retirees for their dedicated work to the Reese community over the past year. We will host them for briefings, a golf tournament, and a banquet to thank them for their outstanding spirit of volunteerism. You are not forgotten, you are still a vital part of the team.

If any of you caught it, the Blue Angels gave us as practice show on Wednesday this week. I know this show whetted my appetite for the real thing on Commander's Day, Sunday, Oct. 16. I encourage and invite each of you to take part in the day's events.

## Kudos

This week I had the opportunity to take two special trips. On Monday, I was privileged to view Maj. Gen. Robert S. Delligatti's pinning on ceremony for his second star. I know we all want to congratulate him on this well deserved promotion and announcement as the new ATC Vice Commander. Maj. Gen. Delligatti is the author of the ATC Road Map, a comprehensive document on the future of ATC. We are looking forward to him addressing the graduation of Class 89-03 on Dec. 16.

On Wednesday, I had the unique opportunity to watch the



Col. Mark H. Lillard III, Wing Commander



graduation of the Senior NCO Academy at Gunter AFB, Ala. Reese was well represented there with two graduates. Congratulations to CMSgt. Joseph G. Marrow and SMSgt. Neal E. Silar. You represented Reese well!

Although I didn't make the trip, I was told by Col. Tom Goslin, the Base Commander at Whiteman AFB, Mo., that the four-ship flyby from Reese was right on the money and "as tight a formation as he has ever seen." Thanks to Maj. Rob Wittenberg, Capts. Rusty Richards and Tom Guyton and 1st Lts. Mike Jordan, Chris Anderson, Jimmy Wendland, Hawk Hawkens and Jeff Kopinski for their excellent work and display of Reese Pride!

Finally, I would like to honor someone who for years has defined the meaning of the word "excellence" here at Reese. Mrs. Ruede Turner has received eight "Outstanding" ratings in a row from Headquarters ATC on her 64 FTW histories. This chain of unbroken perfection speaks very highly of Mrs. Turner's skill and dedication. Thank you for making Reese shine throughout the command.

# War hero was sharecropper's son

By Marty Brazil

Company of Military Historians

KEESLER AFB, Miss. (ATCNS) — Audie L. Murphy was born in Kingston, Texas, June 20, 1924, one of 11 children of a poor sharecropping couple who lived on a small cotton farm.

When Audie was 15, his father, despondent over the circumstances which he faced, left his wife and children and was never seen or heard from again.

Several years later, Mrs. Murphy passed away, leaving Audie and the older children to keep the family together. Audie got a job as a grocery store clerk for \$14 a week and shot wild game in the woods to put food on the table.

As the older children married, the younger ones who could not take care of themselves were placed in an orphanage.

By this time, World War II had erupted. Audie decided to enlist in the service. He was turned down by the Marines, Navy and the Army paratroopers because of his age and slight build.

However, he wouldn't give up. He persuaded one of his married sisters to falsify his enlistment papers and was accepted by the Army infantry.

He received his basic training in Texas and Maryland. In February 1943, Audie was shipped overseas with the 3rd Infantry Division.

The division was exposed to plenty of battle, mostly in Sicily and Italy. Audie won many awards for valor in both the Sicilian and Italian campaigns. For heroic leadership, he received a battlefield commission to lieutenant.

The 3rd Division was in the first waves of the invasion of Southern France and the

advance into Austria. It was in France that Audie won the Medal of Honor. His citation reads:

"Second Lt. Murphy commanded Company B, which was attacked by six tanks and waves of infantry. Lieutenant Murphy ordered his men to withdraw to prepare positions in the woods, while he remained forward at his command post and continued to give fire directions to the artillery by telephone.

"Behind him, to his right, one of our tank destroyers received a direct hit and began to burn. Its crew withdrew to the woods. Lieutenant Murphy continued to direct artillery fire which killed large numbers of advancing enemy infantry. With the enemy tanks abreast of his position, Lieutenant Murphy climbed on the burning tank destroyer, which was in danger of blowing up at any moment, and employed its .50 caliber machine gun against the enemy.

"He was alone and exposed to German fire from three sides, but his deadly fire killed dozens of Germans and caused their infantry attack to waver.

"The enemy tanks, losing infantry support, began to fall back. For an hour the Germans tried every available weapon to eliminate Lieutenant Murphy, but he continued to hold his position and wiped out a squad that was trying to creep up unnoticed on his right flank. Germans reached as close as 10 yards only to be mowed down by his fire.

"He received a leg wound, but ignored it and continued the single-handed fight until his ammunition was exhausted. He then made his way to his company, refused medical attention and organized the company into a counterattack which forced the Germans to withdraw.

"His directing of artillery fire wiped out

many of the enemy; he killed or wounded about 50. His indomitable courage and refusal to give an inch of ground saved his company from possible encirclement and destruction and enabled it to hold the woods which had been the enemy's objective."

By the time the war ended, Audie had won every medal for valor his country could bestow. Life Magazine featured him as the "Most Decorated Soldier of World War II."

In addition to the decorations and citations, he was given a 50 percent disability rating because of his three wounds and mustered out of the Army.

He went on to become a film actor.

Although Audie Murphy the actor was best known for western roles, his two best performances were in war films. One was "To Hell and Back," his autobiography. The other

was John Huston's adaptation of Stephen Crane's Civil War novel, "The Red Badge of Courage." Both films provide a rare glimpse of the warrior ethic as portrayed by a truly great warrior.

Audie Murphy's glory days of the 1940s and glitter days of the 50s were followed by the gloomy 60s, a decade of personal troubles and disappointments. Ironically, just as his life seemed to be turning around with the beginning of a new decade, he was killed in a plane crash, May 18, 1971.

Four years after his death, a large bronze statue of Audie was unveiled at the Veterans Administration Hospital named for him in San Antonio, Texas. His World War II decorations are also on permanent display there. (Courtesy of the Keesler News)



The Roundup

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# Reese CFC drive underway

(From Friday, Sept. 30, 1988 Lubbock Avalanche-Journal)

Almost every day during the summer and every afternoon while school is going on, Drew Cheatam, 11, and Virginia Riley, 8, spend their free time at Reese Youth Activities.

The youth center provides a place for children of U.S. Air Force personnel to spend time in supervised activity with other children. The center offers a wide variety of activities.

"I enjoy the martial arts classes and

going to the movies," said Drew.

Besides daily aerobic classes, Virginia said, "I like playing bingo and going on the trips."

Drew said, "It's not just the fun stuff, we can get help with our homework too."

The trips mentioned by Riley are part of a summer day camp called Camp Rainbow. During the camp the youngsters took trips to the circus, Joyland Amusement Park, Palo Duro Canyon, Cannon Air Force Base in Clovis, a tour of the Frito-Lay plant, and, of course, the movies. According to Jean Ray,

director of recreation at the youth center, the camp was a real success this year.

Ray said participation at the center is greater for the preteens. Vince Taylor, who has been acting director of the youth center since December, attributes preteen interest to kids wanting to become more independent.

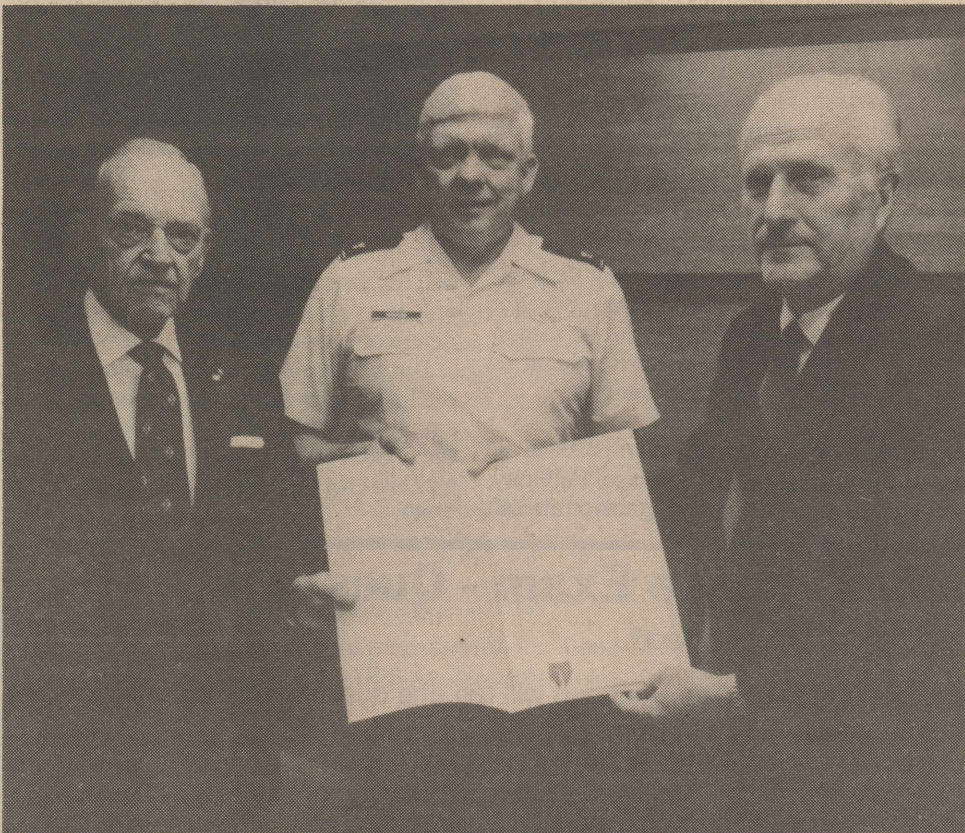
Ray and Taylor say they hope for greater teen involvement when they initiate new programs next year. New programs being considered include soccer, flag football and guitar and piano lessons.

One of the most successful programs in

the past has been the Little League program. Teams, composed of youngsters from the base, participate in the Wolfforth Little League. According to Ray, the teams receive a tremendous amount of support from a strong private booster club.

In 1989 the center will receive \$22,000 from the United Way.

The remainder of their funding comes from Reese AFB funds, fees from classes, and also funds raised by the Combined Federal Campaign, which is being conducted during October.



Colonel Sanford B. Hunt (left), United States Marine Corps, looks on, representing the 3,800 members of Reese's retiree community as Mayor B.C. "Peck" McMinn (right), City of Lubbock, proclaims Oct. 7-8 as "Military Retiree Appreciation Days." Colonel James L. Higham, commander, 64th Air Base Group, received the proclamation on behalf of Reese, as the host for the two-day occasion.

## Army speaker - continued from page 1

attended the University of Washington where he earned his bachelors degree in business administration. His next assignment was to the 1st Infantry Division at Fort Riley, Kan. Following this, Col. Miller was assigned to Fort Leavenworth, Kan., to attend Command and Staff College. He graduated with distinction, and then was sent to Mildenhall, England to serve aboard the USCINCEUR Airborne Command Post, as a battle team operations officer. While in England, he completed his masters degree in systems management from Troy State University. Returning to the United States in 1980, he commanded the 1st Battalion, 35th Field Artillery, at Fort Stewart, Ga. After thirty months, Col. Miller was selected for promotion to his present rank and attended Naval War College where he graduated with distinction in June 1984.

Colonel Miller served as Chief of Staff of the United States Army's National Training Center from July 1984 to July 1986.

In August 1986, Col. Miller and family were reassigned to Athens, Greece where he assumed command of the 558th United States Army Artillery Group.

Colonel Miller's decorations and awards include the Legion of Merit, the Distinguished Flying Cross, the Bronze Star Medal with "V" and 19 oak leaf clusters, the Army Commendation Medal with four oak leaf clusters, the State of Georgia Meritorious Service Medal, and the Vietnamese Cross of Gallantry with Silver Star.

Colonel Miller is married to the former Paulette C. Duncan of Tacoma, Wash. The Millers have three children: Frank III, age 18; Michael W., age 15; and Toni K., age 13.

According to Col. Haynes Baumgardner, USAF retired, Director of the Retiree Activities Office (RAO), Col. Miller's visit fulfills another milestone in the RAO's long range planning for this annual occasion - to share with our multi-service retiree community a distinguished speaker from each of the military services.

Major Dolph Blodgett, USAF retired, reminds all retirees of the extremely beneficial, productive day scheduled for them tomorrow. The day starts with registration at the Mathis Recreation Center from 8 to 9 a.m. Major Blodgett invites all Reese people, especially those nearing retirement, to attend.

## Survey shows need for FSC - contd. from p. 1

areas of concern were: 1) stress management classes, 2) child abuse awareness/prevention, 3) alcohol/drug awareness and prevention, 4) smooth move, 5) neighborhood watch, 6) rape prevention, 7) marriage counseling, 8) individual counseling, 9) parent-child communications, 10) parent effectiveness training, 11) alcohol/drug education for teen/youth, 12) youth employment, 13) youth job-training, 14) child care training, 15) pre-retirement workshops, 16) Alcoholics Anonymous (AA), 17) single parents, 18) living with a handicapped family member, and 19) ALANON.

Hobby and leisure interests included: 1) places to visit in West Texas, 2) aerobic dance, backpacking, hiking, camping, 3) arts and crafts.

The last area, other programs and interests, revealed strong support for: 1) spouse employment, 2) spouse awareness of Survi-

vor Benefit Plan, 3) burial and mortuary affairs; 4) resumé preparation workshops, and 5) family valuable record keeping.

Our assessment shows many folks are apprehensive about using Air Force facilities for help. This is a concern Air Force wide and one of the reasons the FSC provides help without undue documentation of their requests. The Reese Air Force Base FSC is chartered to be a focal point for a full range of Air Force and civilian resources, services, and programs that can support and assist Air Force families. Now that the base assessment is done, our FSC will begin to design programs according to our local needs as discussed above.

We want to invite everyone to stop by the newly refurbished offices within the Mathis Recreation Center. For further information, contact Mr. Jerry Meyer, director, Family Support Center, 3306.

### AGENDA

#### RETIREE APPRECIATION DAYS 1988

Friday, October 7, 1988

TIME	EVENT	LOCATION/INFORMATION
1 p.m.	Golf Tournament	Reese Golf Course SMSgt. Harry Eastus, Chairman
1:30 - 2:30 p.m.	Simulator Tour (non-golfers)	Meet in front of Bldg. 920, CBPO, by 1:20 for escort
3:15 - 4:30 p.m.	Llano Estacado Winery Tour (non-golfers)	From Loop 289, south on US 87, 3.7 miles to FM 1585. East on FM 1585 three miles.
6:30 p.m.	Banquet Social Time	Officers Open Mess Colonel Haynes Baumgardner, Director, RAO, Chairman
7:15 p.m.	Presentation of Colors Pledge of Allegiance Invocation Welcome	Reese Honor Guard  Chaplain (Lt. Col.) Ed Grimmett Colonel James L. Higham Commander, 64th Air Base Group
7:35 p.m.	Introductions Special Presentation Dinner	Colonel Baumgardner Colonel Higham
8:20 p.m.	Intermission	
8:30 p.m.	Introduction of Distinguished Speaker Kennedy	Brigadier General Sabe M.  Colonel Frank L. Miller Jr. Chief of Staff Fort Sill, Oklahoma
9:15 p.m.	Special Presentations	Mayor B. C. "Peck" McMinn City of Lubbock Commander Neil C. Vanzant Colonel Baumgardner
9:20 p.m.	Closing Remarks	Colonel Baumgardner
9:25 p.m.	Colors Retired	Reese Honor Guard
9:30 p.m.	Adjourn	

### AGENDA

#### RETIREE APPRECIATION DAYS 1988

Saturday, October 8, 1988

8:00 a.m.	Registration/Packets Coffee/Doughnuts	Mathis Recreation Center
9:00 a.m.	Briefings  Welcome	Base Theater Major Dolph Blodgett, Chairman Colonel James L. Higham Commander, 64th Air Base Group
9:05 a.m.	Base Exchange Overview	Mr. Pat Sprow, Manager
9:15 a.m.	Base Commissary	Lt. William McNeill, Manager
9:25 a.m.	Medical	William McCoy, Physicians Assistant, Health Promotions Coordinator Doreen Butzer
10:00 a.m.	SATO (Scheduled Airline Ticket Office)	
10:15 a.m.	Reese services available to Retirees	Mr. Jerry Meyer, Director Family Support Center
10:25 a.m.	AARP/Tax Laws	Mr. Bob Bobrowski AARP Counselor
10:35 a.m.	Special Remarks	Colonel Haynes Baumgardner Director, RAO
10:45 a.m.	Counseling Centers CHAMPUS  Social Security/Medicare/ Supplemental Health Insurance Legal Assistance/Wills/Power of Attorney Retired Pay	Mathis Recreation Center Carolyn Johnson, Health Benefits Advisor Colonel Haynes Baumgardner  Captain Mark Garrard Legal Assistance Officer TSgt. Camara, SSgt. Welch, Military Pay Section Doreen Butzer and Staff Lt. Colonel Ron Preston Mr. Stan Bobrowski Becky Pillifant
	SATO Space Available Travel AARP/Tax Laws Morale, Welfare & Recreation	John Bueermann, Nat Kizer, Counselors for Senior Citizens
	Confidential individual reviews of Supplemental Health Insurance Policy (under auspices of Texas Insurance Commission) Additional Counseling Centers Reception Center	CBPO, Bldg. 920 SSgt. Donna M. Bergevin NCOIC, Customer Service  SSgt. Robert W. Holmes Asst. NCOIC, Customer Service TSgt. Harry Wilson Jr. NCOIC, Personal Affairs
	Personal Affairs/ Survivor Benefits/ SBP/Casualty Assistance ID and Vehicle Registration	SSgt. Scott W. Bryson NCOIC, Pass & ID  SSgt. Michael G. Shirel Pass & ID Reese Hospital
9:00 - 12:00	Medical Screening (Pick up your screening time at the Registration Desk, Mathis Recreation Center)	
1:00 p.m.	Shopping at Base Exchange and Base Commissary. NOTE: Both stores are offering special bargains on October 7 and 8 for Retiree shoppers.	



# What's new from the flightline

By Col. Ford H. Barrett  
Deputy Commander of Maintenance

The Wing is preparing for the Maintenance Conversion that will take place in Oct. 1989. At that time, responsibilities for aircraft maintenance will be realigned either to a civil service organization or a contractor. The Statement of Work (SOW) — the document that outlines the work that must be performed by a contractor — has been tailored to Reese operations by our Base Steering Group. The SOW is now being evaluated by the ATC staff which will "issue solicitations" to bidding contractors on Oct. 14.

While this effort was underway, a select group of civilian and military members were working with the local Management Engineering Team to build the Most Efficient Organization (MEO) proposal. This is our effort to put together a civil service maintenance organization which will be compared with the proposals from the contractors. This project has been completed and approved by the command.

The next major milestones include:

Nov. 3 ..... Site Visit by potential contractors.

Dec. 22 ..... Contractor's proposals due at ATC.

Jan/Feb 89 ..... Source Selection Panel re-

views contractor's proposals.

Apr. 1 ..... Decision whether to accept the Civil Service Bid (MEO) or Contractors' proposal.

The Wing's efforts up to this point have largely concentrated on formulating the SOW and the MEO proposal. Now we must focus our attention on how we will complete the conversion to either contractor or civil service. This conversion will impact nearly every portion of the Wing. One of my major concerns is related to personnel questions: how to handle the huge number of assignments, retirements and separations in a short period of time.

Also important is the number of decisions that will need to be made involving facilities, equipment, supplies and the impact on the base from the departure of 850 military members. Colonel Lillard appointed Lt. Col. Tim House to chair a task force to write a conversion plan.

We must plan now so the transition will be smooth — for our folks, both military and civil service, the new maintenance organization and for the Wing. Hand in hand with that goal is the absolute requirement to continue the highest quality of aircraft maintenance possible before, during and after the conversion.

I hope you all had a chance to see your

Torchlight Team in operation last Friday. We all can be proud of the way our pilots, maintainers and aircraft looked and performed. All of the indications are there for a winning team. On the maintenance side, it really has been a complete team effort. Cockpit refurbishing started early in July, and Corrosion Control's paint program was in full swing several weeks later.

Major efforts by the egress folks and sheet metal shop insured that the program stayed on track. Avionics, AGE, and hydraulics have also put extra work into providing the highest quality systems support.

All that help for our "Torch" crew chiefs and propulsion specialists brought us the beautiful, reliable jets you saw in the Torchlight "pre" competition. My hat is off to the whole organization.

Sunday we will send our Torchlight Maintenance Team to San Antonio. The Maintenance Team will be in place at Kelly AFB on Monday to receive our jets. They then will have time Tuesday to put the final touches on our planes and equipment before the inspection and competition start at Randolph on Wednesday. We wish them our best.

FOD — We have a full court press on the causes of foreign object damage. Publicity, ramp washes, use of large magnets on aircraft



Col. Ford H. Barrett  
Deputy Commander of Maintenance

parking spots, vacuums to clean engine bays and fuselage interiors, support from the civil engineers to reduce the impact of concrete deterioration—are all paying dividends.

But we have to keep the pressure on. It was the little things like pebbles, paper clips and small pieces of safety wire that gave Reese the poorest FY88 FOD record in ATC. Help us Zero Out the damage to our jet engines in 1989.

## Energy — the mission

By Bill Orr  
Wing Energy Manager

I want to take this opportunity to introduce myself to the Reese family. I am Bill Orr, the Wing Energy Manager. I'm located in Bldg. 930 and can be reached at 3066 or 6094. My job is to see that we do everything possible not only to meet, but to exceed our energy goals each year.

Energy conservation is not new. It will continue to be a critical part of our everyday lives for years to come. Nearly every form of energy we have today comes from some natural re-

source. However, natural resources are not limitless. There comes a point in time when excessive use of our natural resources will result in the extinction of many of our current forms of energy. Therefore, it's up to us to do our very best to conserve all forms of energy.

We have done well in the past at Reese, but the past is history. We must realize that where energy consumption is concerned, the future is now. We cannot rely on past successes or future promises to assure us of the energy supplies we need for the present. I am here to help you. Please don't hesitate to contact me

## National Defense Exam - Question

Can you separate myth from fact?

Part 7 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 —

If we just cut the waste and fraud from the defense budget, we could do with a lot less funding for defense, and defense contractors would not get away with high profits by overcharging the taxpayers.

(See answer on Page 15)

# EUREKA PRICE BREAKS



4.0 Amp Motor  
**EUREKA UPRIGHT**

Model 1432



1.0 Peak H.P. Motor  
**MIGHTY MITE**

Model 3110

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5.5 Amp Motor  
6 Position Dial-A-Mat



Model 1945  
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High Performance  
6.5 Amp ULTRA  
Tools Included



Model 7575  
**\$159<sup>95</sup>**

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6.7 Amp Motor  
Vibra-Creaser II™  
Beater Bar  
Brush Roll



Model 5075  
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The Facility of the Week, Sept. 19-23, was awarded to USAF Hospital-Reese, Bldg. 1300. Pictured is Col. Ed McGovern, Hospital Commander, Capt. Donald Sampson, 1st Lt. Ronald Carrell and Col. James Higham, Base Commander. (From left to right.)

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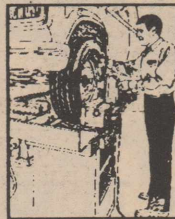
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# Fire Prevention Week

## Let's be partners in fire prevention

By Bob J. Hitch  
Base Fire Chief

Air Training Command's theme for Fire Prevention Week, Oct. 9-15, 1988 is "Let's be Partners in Fire Prevention." Fire Prevention Week was initiated by President Warren Harding in 1922, to commemorate the Great Chicago Fire of 1871. The purpose is to educate and inform the American public of fire dangers, hazards and the availability of preventive measures which can ensure safety in the event of a fire experience.

EDITH (Exit Drill In The Home) is a regularly practiced, family fire escape plan. EDITH can help you evacuate your home or apartment quickly and safely in case of an actual fire or other emergency. The National Fire Protection Association and the fire department offers these basic guidelines to help you set up your plans.

An approved smoke detector installed outside of your bedroom door, between the bedrooms and the rest of the house, offers occupants the earliest possible detection of smoke and fire. Most lethal home fires occur between the hours of midnight and 6 a.m. Also, have some simple signal device (like a whistle) at each person's bedside to help arouse everyone if fire is suspected even before the alarm sounds.

As a part of the programmed modernization of the military family quarters, smoke detectors are installed in each residence by the Air Force.

Before opening a door, feel it with the back of your hand. If it is hot, don't open it. When opening the door, open it only an inch or so at first, if smoke enters the room, close the door and seek an alternate way out. If you sleep with your

bedroom door open and you are aroused by the smell of smoke, don't stand up. Roll out of your bed and crawl along the floor. Standing up may put you high enough to be overcome by the superheated air that forms and progresses downward from the ceiling.

Figure at least two routes to the outside from every room in the house. Always allow for the possibility of fire and choking smoke and fumes blocking the halls and stairways.

A window may be the only alternate escape route from an upper floor. Be sure exit windows work easily and are large and low enough to get through. Use any available porch, shed or garage roof to reach safety. If needed, install an escape ladder. If possible, assign children to bedrooms with easy rooftop or ladder escape.

Include specific plans for evacuating infants, disabled and invalid members of the household who would need special help. Totally disabled or bed-ridden household members in Reese Village should be reported to the Fire Prevention Section at 3686/3311.

Pick an assembly point well away from the house, where all members of the family will meet for "head count." Be sure everyone understands that the house must not be reentered for any reason.

Plan to notify the fire department, 3458, from a neighbor's phone — not from inside your own burning home. When reporting the fire by phone, be calm, speak clearly and give the complete address of the fire-involved house. Tell the alarm dispatcher if all family members are accounted for. In duplex homes, notify neighbors of the presence of fire.

The Fire Prevention Week Pa-

rade is tomorrow, beginning at 10 a.m. The following vehicles and personnel are in the parade:

- \* Reese Honor Guard
- \* Reese Boy Scouts and Girl Scouts
- \* Reese P-19 Crash Truck, P-8 Pumper and Rescue vehicle
- \* McGruff from Security Police Squadron
- \* Fire trucks from Levelland,

Wolfforth, Daco Fire Equipment Co., KKIK Radio Station, a stage coach from the Lubbock City Bus Co. and a 60-foot ladder truck from the Lubbock Fire Department.

- \* Clowns from Khiva Temple Shrine group with candy for kids
- The Reese Fire Department holds open house all week, 8 a.m. to 4 p.m.
- The Base Exchange will display

fire extinguishers and smoke detectors for sale.

The Commissary will sack groceries in fire prevention sacks all week.

The Reese Fire Department will give a demonstration at Reese Elementary Monday, 10 a.m.

Lectures, demonstrations and fire drills will be held in various buildings on base throughout the week.

### Follow fire safety practices

By Maj. Peter K. Kloeber  
Base Fire Marshal

Air Training Command's theme for Fire Prevention Week 1988 is "Let's Be Partners in Fire Prevention." They must surely have been thinking of our Reese community when selecting the theme, for it perfectly describes all of your sustained efforts and support in fire safety. With everyone's help at work and at home, we have been able to keep our fire losses to an absolute minimum. We now solicit your continued good work and support — "Let's continue to be partners in Fire Prevention," not only during the week of Oct. 9 - 15, but all year long.

By Col. Mark H. Lillard  
Commander, 64 FTW

During Fire Prevention Week, it is important to consider all aspects of fire safety. One area commonly overlooked is the human factor: You, me, us, ...People. Fire injures people — over 300,000 every year. Fire kills people — 10,000 plus each year. Fire puts people out of homes and businesses in uncounted thousands, year by tragic year. Yet, it is people who let fires happen — over half of all fires are preventable and it is people who fail to take advantage of the technology available today to protect themselves from fire. Fire prevention does not receive nearly the attention it deserves. Fire Prevention Week is a great start, but what makes a program a true success is people who participate. I ask each of you to do your part. Fire Prevention Week (Oct. 9-15) is just that: One week out of the year when special emphasis is placed on the awareness of fires and the mental preparation to learn how to react calmly in a fire emergency. It's a great idea — but what about the rest of the year? Let's make every week at Reese Fire Prevention Week.

By Col. James Higham  
Commander, 64 ABG

Fire disaster can strike fast — sometimes there is nowhere to go and nothing to do. The survivors get out by the skin of their teeth; just like they did when the Kansas City Hyatt Hotel skywalk collapsed and when the MGM Grand Hotel burned.

Must we necessarily become the victims of fire? Is it merely luck that chooses who will live and who will die?

The answer is NO. Over half of all fire victims might have been saved by two important keys: Preplanning a fire escape route, and keeping a good presence of mind. Check out the exits, such as the stairways, when you're staying in motels; choose tables near exits in restaurants and clubs; make a mental note to know one — or better yet — two ways out of any building you enter. Knowledge can save your life.

I strongly support the Fire Prevention Program outlined in President Reagan's proclamation of "Fire Prevention Week." I urge everyone to follow fire safety practices — you might save your life and that of a loved one.

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# ATC's IG inspection system changes

By MSgt. Kathleen Grey  
Headquarters ATC Public Affairs

RANDOLPH AFB, Texas (ATCNS) — When ATC commanders talk, the IG listens.

Brig. Gen. Albert A. Gagliardi Jr., Air Training Command inspector general, wrote to commanders a few months ago. He told them he wanted to review the whole inspection system and asked them how they thought it should be done. He didn't provide any guidelines, but said everything was fair game. The commanders are about to benefit from their suggestions.

Virtually all the commanders suggested that the Unit Effectiveness Inspection and Mission Capability Inspection be combined. Most of them said: "Go to a two-year cycle." General Gagliardi and his staff saw the merits in these ideas, and ATC Commander Lt. Gen. Robert C. Oaks agreed.

"General Oaks has approved combining the UEI and MCI, and we will shift to a two-year inspection cycle for our technical training centers," General Gagliardi said. Undergraduate flying training units will continue to be inspected on the

current 18-month cycle.

The IG said there are many benefits to be obtained from these changes. In addition to the money-saving benefits, the two-year cycle and MCI/UEI combination means less disruptions at bases. "An IG system is a worthwhile system," General Gagliardi said, "but it's also disruptive and time consuming for people. This way, we'll be better able to keep people focused on the mission and not so much preparing for inspections. We need to inspect, but not over-inspect."

The current system calls for inspections every 18 months. However, the general pointed out, since they're doing two inspections, the IG team is on a base every nine months. "The 18-month inspection cycle runs UEI to UEI, MCI to MCI. Basically, we'd do an MCI, follow that roughly nine months later with a UEI, then another MCI nine months later and a UEI nine months after that — all at one base! Everybody in ATC benefits from combining the two inspections."

The UEI assesses management efficiency and quality control at the unit level, while the MCI is con-

cerned with the combat support functions of a unit.

General Gagliardi feels the changes to a new inspection system are justified. "When things are going well, as they are in ATC, it means that commanders, senior NCOs, everybody out there is doing their job. So, the commander feels he doesn't have to have me out there looking so often. His people are doing their jobs and doing them well."

The undergraduate flying training units will continue with the 18-month cycle because of the risk. "In the flying business," the IG said, "we run a much greater risk. Our bases fly hundreds of sorties every day, with student pilots flying airplanes for the first time. Since that's where most of the risk is, in terms of accident potential, the commander wants us to look at that more often."

General Gagliardi added that there are many changes happening in the flying arena — specialized undergraduate pilot training, the

four squadron concept, contract aircraft maintenance. "We can help General Oaks by looking at these things and providing an evaluation of how they're going."

There are other benefits to the changes, the general said. "This frees up some of my inspectors, so we can start traveling with other major command IG teams. I think we need to get out and look at the product of ATC in the field. I want to see that tech training graduate when he's loading munitions on an F-15, talk to his supervisor and see if there are ways we in ATC can do it better."

"It will also allow us to start doing FMIs — Functional Management Inspections," General Gagliardi said. "I've not had the time or resources to do FMIs before."

He explained that an FMI is where you take a slice across the entire command of a particular problem. Using environmental hazards as an example, the IG said

he would put together a small inspection team and go from base to base looking at environmental hazards at all the bases and see if there are ways we could handle them better.

"We'd see if one base was doing it better than another base, then crossfeed that information to the rest of the command. I think these FMIs are very important because you can zero in on something that's a particular problem across the command," he said.

It will take some time to get the new inspection cycle rolling, the general said, and some bases might get inspected earlier than originally planned, some a little later. Also, he emphasized, this is a flexible two-year cycle. "If, for example, you did well on your last inspection, then you might not see us for 25 or 26 months. If yours wasn't one of the better inspections, then we may come see you at 21 months. The two years is a guide — there's a window in there from 21 to 26 months."

## Park College awards scholarship

By Jeffrey Z. Wilbur  
Education Services Officer

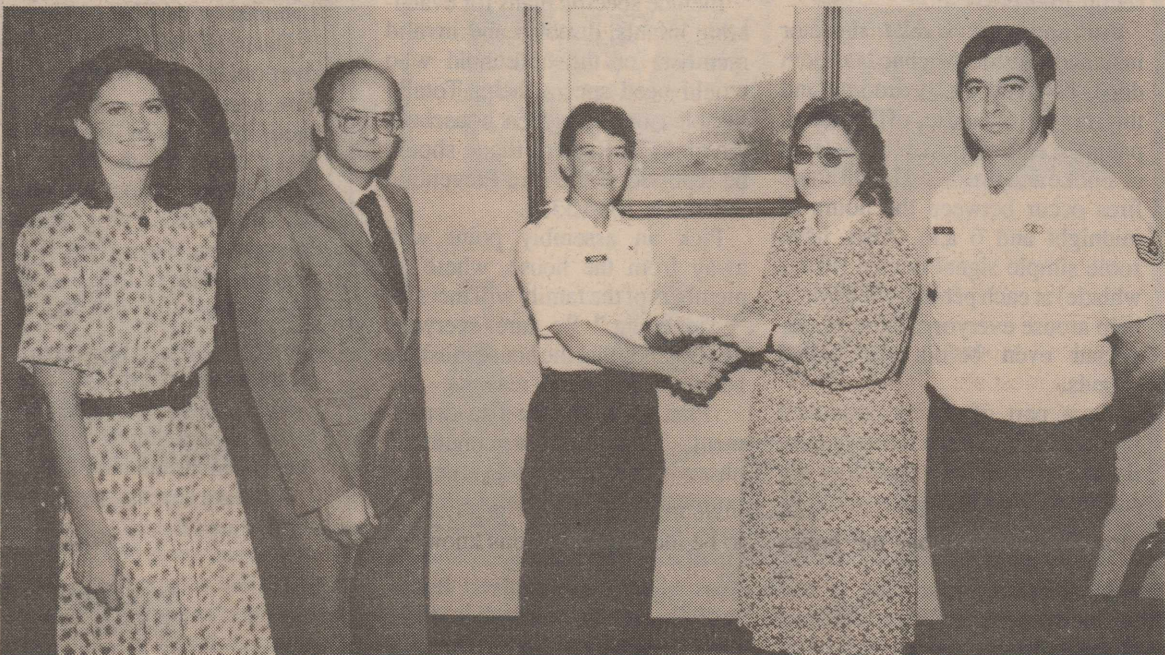
At a ceremony Oct. 3, Barbara A. Bullard was presented the annual Park College Military Family Scholarship by Maj. Sherill L. Donaldson, commander, 3500th Mission Support Squadron.

Mrs. Bullard is the first recipient of the scholarship at Reese. She was selected to receive the full one-year scholarship for the 1988-89 school year, and plans to graduate from Park College in May of 1989.

Mrs. Bullard is the wife of TSgt.

Monte Bullard, who works in the 1958 Communications Squadron. Sgt. and Mrs. Bullard are the parents of three children.

Park College offers bachelor of science degrees in management, human resource management and social psychology, and associate of science degrees in management and social psychology here. These programs are open to active duty members, dependents and all Reese personnel. Park College is located at the education center, Bldg. 920, Room 130C, 6318 or 3634.



Carol Kaliamos, administrator, Park College, and Jeffrey Wilbur, Reese Education Services Officer, look on as Maj. Sherill L. Donaldson, commander, 3500th Mission Support Squadron, presents the annual Park College Military Family Scholarship to Mrs. Barbara A. Bullard. Her husband, TSgt. Monte Bullard, is assigned to the 1958th Communications Squadron.

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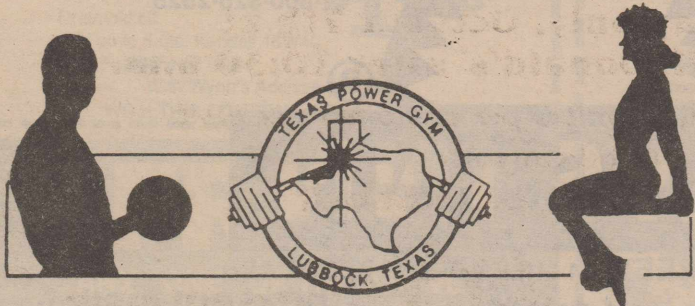
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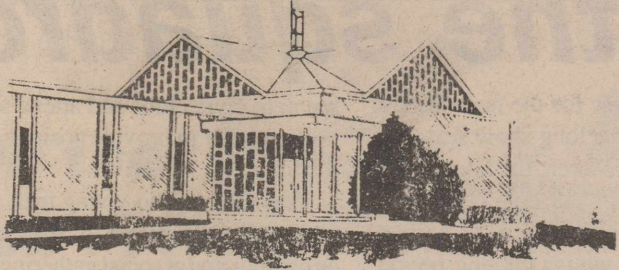
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## Chapel Notes

### Protestant Women's Retreat

The Protestant Women of the Chapel have set Wednesday as their Fall One-Day Retreat. Catherine Dittman of Ft. Walton Beach, Fla., the wife of a former squadron commander, is the guest speaker. She is the Florida trainer for the "Precept Upon Precept" program which is used at many bases and churches. The topic for this retreat will focus upon the 1989 Chaplain Service Theme: People Who Care. All women are invited to attend this retreat from 9:30 a.m. to 2 p.m. in the Chapel Center. Child care will be provided at the chapel, but registration is needed.

### Spider bites dangerous

By Maj. William R. Moore  
Chief, Environmental Health

In his book, *Dangerous Plants, Snakes, Arthropods & Marine Life of Texas*, author Michael D. Ellis singles out the black widow and brown recluse spiders for special attention because they are relatively common, and also because their bites are troublesome to treat, even if they are not life-threatening. He emphasizes that numerous other spiders also possess venom and are capable of producing an irritating bite, but most are infrequently involved in bite incidents.

Other medically important arthropods listed by Mr. Ellis include: the puss caterpillar, the common striped scorpion, the honey bee and bumble bee, the paper wasp and fire ants. The severity of lesions produced by bites and stings of

these arthropods varies greatly depending on the species and quantity of venom injected and also upon the highly variable degree of sensitivity of the victims. Most reactions are of a local nature although in some cases severe illness or death may result.

The article should remind the reader of two basic precautions. First, be alert to the possible presence of spiders when working in little used storage areas, or when moving logs, stones or other possible hiding places for spiders. Second, if a bite or sting produces a serious reaction, see a physician promptly. If possible, take the biting/stinging insect to the physician to be identified. Persons known to be hypersensitive should consult their physician concerning special precautions.

### ATC takes lead once again

By SSgt. Daniel Sherwood  
12th Flying Training Wing Public Affairs

RANDOLPH AFB, Texas (ATCNS) — Air Training Command has taken the lead to refine a new aircraft paint removal system which will be eventually implemented command-wide.

The "plastic media blast" process, commonly called the plastic bead blast system, removes both primer and paint from aircraft with minimal environmental impact. Maintenance officials noted that while the system is initially being tested in Randolph's hangar 61, the noise level probably seems too high for base housing residents near the test site. Officials explain, however, that any noise problems will be fixed before the system becomes operational in January.

The system involved is very similar to sandblasting, according to Dan Rein, maintenance supervisor for the 12th Field Maintenance Squadron. "Instead of using sand, the system uses special plastic beads. The beads are harder than the paint, yet softer than the aircraft skin. Thus, we can remove the paint without damaging the aircraft."

This system, still in development, has been in research and development for three years. Similar units have been tested at Hill AFB, Utah, and Bergstrom AFB, Texas.

"However," said Mr. Rein, "our system is much more advanced. The leadership of the Air Force, Air Training Command and the wing decided that this method of paint

removal will be more economical and significantly enhance Randolph's ability to provide corrosion control on aircraft and support equipment."

The chemical method of paint removal caused several problems, said Mr. Rein. "These included personnel hazards, cost of disposition, extensive stripping time and environmental pollution considerations."

The new method changes all that. "We will be able to strip an aircraft, say a T-37, in one day, where before it took two or two and a half days," Mr. Rein said. "One of the most significant advantages of this process is the fact that we won't have to deal with dangerous chemicals. Thus, the bead blast concept of aircraft paint stripping is an improvement both economically and environmentally."

The beads, according to Mr. Rein, are also recyclable. "We can use the same beads 10 to 12 times before they're destroyed. The cost of new plastic beads equals that of the chemical stripper, but there is a large savings in the disposition costs. To dispose of the beads needed to strip one aircraft is about \$1,000, as compared to \$6,000 to dispose of the chemicals required to strip an aircraft."

According to Mr. Rein and other sources in the Randolph maintenance complex, the 12th Flying Training Wing will start saving about \$250,000 to \$500,000 a year when the full scale plastic bead blasting starts. (Courtesy of the Randolph Wingspread)

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**25¢** PLUS TAX  
**Hamburgers**  
**for you,**  
**Lubbock!**

**This Friday, October 7, 1988**

In 1955, Ray Kroc started the long McDonald's® tradition of serving hot, fresh food at reasonable prices.

This Friday, McDonald's® restaurants are celebrating Ray Kroc's birthday by offering you our world-famous hamburgers for only **25¢** (Plus Tax)!

**This Friday only, October 7th at participating McDonald's® after 10:30 a.m.**

Prices may vary - Limit 6 per customer per visit.

Good Only At:

**McDonald's® of Lubbock**



Ray Kroc, Founder

*Founder's Day '88*  
M

**GOOD TIME.  
GREAT TASTE.**



©1988 McDonald's Corporation



# The Blue Angels . . . the squadron

On June 15, 1946, the Blue Angels flew their first airshow to "demonstrate precision techniques of naval aviation to naval personnel and to the public." Today, after 42 years, the 1988 Blue Angels accomplish essentially the same mission. However, that mission has taken on new perspectives.

By representing a faultless display of aerial artistry to nearly 210-million spectators, the Blue Angels seek to attract talented and qualified youth to join them in the U.S. Navy and Marine Corps. This is an important function in an all-volunteer naval force. As "Ambassadors of Good Will," the Blue Angels take naval aviation to the public as a means of demonstrating the quality of personnel and equipment comprising the U.S. Naval Service. When traveling abroad, this role is expanded as these young men and women represent our country and those who serve it.

Internally, the flight Demonstration Squadron strives to set a standard of perfection for its contemporaries in naval aviation thus enabling our Navy and Marine Corps to continue to produce the finest aviators in the world.

Sixteen officers and 95 enlisted personnel comprise the Navy Flight Demonstration Squadron, the Blue Angels. Seven of the officers are tactical jet pilots, four of whom fly in the diamond formation, two as solo maximum performance demonstrators and the seventh is the Narrator for the aerial demonstration. He also provides jet orientation flights for selected news media representatives. The Events Coordinator is a Naval Flight Officer who is responsible for all logis-

tics coordination. The Maintenance Officer is in charge of the enlisted maintenance crew and is responsible for ensuring the ten aircraft assigned are kept in top-notch condition. The squadron's Flight Surgeon administers to both the physical and psychological needs of the officers and enlisted personnel. The Public Affairs Officer is responsible for all public matters and media relations. The Administrative Officer and Supply Officer perform their duties and maintain normal operations while the "Blues" are on the road.

There are also three Marine Corps transport pilots and five enlisted crewmen assigned to fly the C-130 support aircraft that carries the necessary equipment and personnel needed to perform demonstrations at show sites. The 95 enlisted personnel are specialists in all of the aviation roles required to support and maintain the Squadron's maintenance, administration and public affairs requirements.

Early January finds the squadron moving to their winter training home at Naval Air Facility, El Centro, Calif. The Imperial Valley provides the excellent weather conditions and training environment for the Blue Angels to prepare themselves for the upcoming season.

For the next 60 to 70 days, all hands devote total concentration to honing flying skills to the fine edge of perfection required to carry on the Blue Angels tradition. The pilots fly twice a day, six days a week, with each day beginning at 5:30 a.m. and ending in the early afternoon with the remainder of the day being occupied with a self-imposed physical fitness program. All emphasis is put on prepar-

ing the pilots and crew for the no-nonsense flight operations of the long show season to come. By mid to late March, the Squadron is ready to debut the skills and teamwork which they have worked so diligently to perfect. Near the end of the winter training period, anticipation is felt throughout the unit to "get on the road" as the Blue Angels are once again groomed for the next show season.

While visiting airshow sites, the Blue Angels visit hospitals, youth organizations,

speak to civic clubs and attend school functions in order to provide positive community relations.

They also talk to young men and women with potential interest in Navy careers both on campus and at social gatherings sponsored by local Navy and Marine Corps recruiters. In addition, they devote a portion of their time to publicizing the flight demonstration in each city by way of TV appearances, radio and newspaper interviews.

## Foreign Object Damage

With the money (\$240,000) lost on FOD (foreign object damage) we could:

Purchase 30 new pickup trucks for Transportation and Pickup and Delivery Sections.



FOD is damage to equipment caused by something foreign to the area. For example, a bolt that somehow turns up in the blades of a T-38 Talon's J-85 jet engine.

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2 miles E. of Reese AFB on 4th  
**MILITARY SPECIAL**  
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Unfurnished From  
\$170 to \$295 bills paid  
Furnished Units Available. Efficiencies, 1 Bdr., 2 Bdr., Children Welcome  
No Pets, Laundry & Pool.  
Open Monday thru Friday  
9 til 5  
Call 799-6004 or Come Out

## Tanglewood West Apts.

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2801 Slide Rd. Welcome  
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• SNAKE • LIZARD  
• SMOOTH LEATHER  
Ervin & Jann Brewer  
Owners

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two 5-gallon bottles of Sparkletts drinking water... plus first month's cooler rental FREE.

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Call collect 806-765-9455

This coupon redeemable for 2 FREE bottles of Sparkletts drinking water as part of your first month's service when you order regular home delivery of Sparkletts water in 5-gallon bottles. Present this coupon to your Sparkletts Representative at time of your first delivery.

Regular service includes delivery of at least one 5-gallon bottle of Sparkletts water every two weeks. Offer not intended for those people already using Sparkletts 5-gallon bottled water.

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Lubbock Texas  
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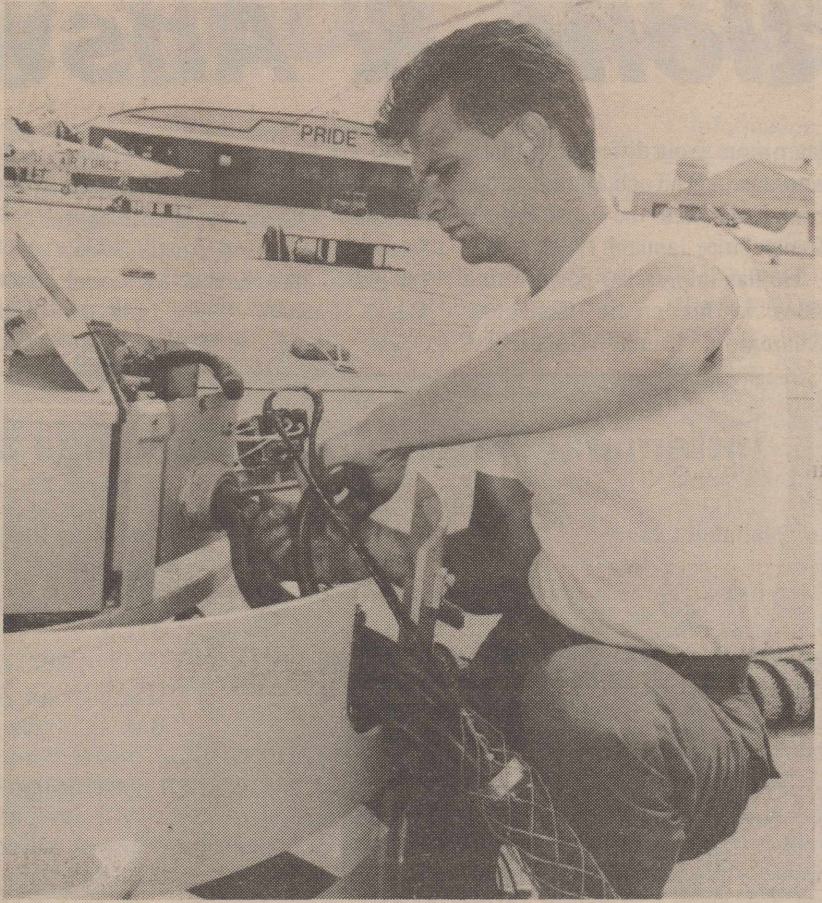
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DAY & NIGHT CLASSES

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## On the Job . . .



Senior Airman Rance Standridge, 64th Field Maintenance Squadron, installs new cables on a Centralized Aircraft Support System (CASS) unit. (USAF Photo)

## Holiday gifts and your budget

By MSgt. Bonnie Binzer  
Wright-Patterson AFB, Ohio

"Tis the season to be jolly." In this case that means jolly well aware of what kind of strain the holidays can put on your budget. Seasonal expenses for gift giving can throw your financial plans way out of whack. So before the season of "good will among men" gets started, let's take a look at some things you can do to avoid the January financial blues.

First of all, keep in mind that the so-called Christmas shopping season is probably the worst time of the year to buy quality merchandise at a reasonable price. Do you wait until "the night before Christmas" to rush out just before the stores close and buy, buy, buy?

You can buy more for less if you spread your purchases out over the January through October time frame. Even if you have small children (who often ask Santa for something you've never heard of before just five days before Christmas) you can still have the majority of your shopping done before the holiday price increases.

You might save a planned amount of money to buy that last minute "must have or the world will

end" item for the kids. That way the money is built into the budget and won't give you such a jolt.

Second, save some money in advance. Sounds easy, but unless you think about it, the money can be spent bit by bit leaving nothing for the holidays. If you can't seem to do it on your own, banks and credit unions offer several different plans to help you save.

Before you jump into a Christmas Club, however, be sure to know exactly what the program offers and how much it will cost per month. Look at several plans rather than just one. Compare one to the other and choose the one that best meets your needs and budget.

What about the gift itself? If you're running on a limited budget (as many of us are in these days of fast rising prices) consider giving more gifts made at home as opposed to those which are store-bought.

With the hobby boom currently taking place, homemade gift ideas have expanded beyond traditional baked goods and jellies. Speaking of baked goods, costs here can be reduced by limiting the recipes requiring chocolate and nuts and substituting raisins, oatmeal, or

peanut butter.

Let's suppose you either don't have the time or the ability to make gifts. What can you do to reduce gift costs then? Comparative shopping for one thing. In some cases, the identical product (same size, color, manufacturer, etc.) can be purchased several dollars cheaper depending on the store.

Another method is to reevaluate the gift list itself. Would a less expensive gift chosen with care be more appropriate than a higher priced one chosen at random? Consider negotiating spending limits on gifts you exchange with relatives or friends; i.e., no more than \$15.00 per family member for nephews, nieces, aunts, uncles, and others. Possibly one gift that can be used by the whole family as opposed to individual presents might reduce overall costs.

The holidays should be a happy time for the giver of gifts as well as the receiver. A little thought ahead of time can carry that happiness into the New Year with your budget still intact.

For information about the Personal Financial Management Program (PFMP), contact Capt. Russell Roberts at 3432.

## Credit billing errors on credit card bill?

By 2nd Lt. Darril C. Bill  
Base Legal Office

Does something seem out of place on your monthly credit card bill? If so, check your statement carefully because credit card billing errors do occur. If this happens to you, relax. The problem is easy to solve.

The Fair Credit Billing Act provides many legal safeguards to the consumer when billing errors occur.

If you have had a billing error, here's what you need to do to receive that protection:

1. Write (don't phone) to the bank or retailer who issued you the card. In your letter, include your name, account number, the date, type of charge and the dollar amount you are contesting. You should also explain why you think an error may

have occurred. When you mail your letter, it is best to send it by Certified Mail/Return Receipt Requested.

2. In order for the protection of the Fair Credit Billing Act to go into effect, your letter must be received by the creditor within 60 days of the date the bill was mailed to you. Do not send the letter in the same envelope as your monthly payment. Instead, your statement should include another address under a heading such as "Send Inquiries To..."

3. It is important to note that under the Act, you are still required to send in payment for all other items, including finance charges on your statement that aren't being contested.

If you follow these steps, here's what the creditor is required to do under the same Act:

1. They must acknowledge your letter, in writing, within 30 days of its receipt unless the problem has already been resolved within that time.

2. They must conduct a reasonable investigation, and within 90 days, explain why the bill was correct, or correct the mistake.

3. They must send you documents showing the results of their investigation if you asked for "proof" in your letter, or if they maintain the bill was correct.

4. The creditor cannot legally close your account because you disputed an item on your statement.

If, after going through the steps above, you continue to have problems with the creditor, we urge you to make an appointment for free legal assistance at the Base Legal Office at 3505.



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- Hot Tub • Weight Room
- Easy Access to Loop 289 & Mall

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794-9933



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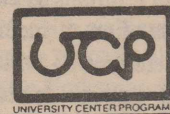
- ◆ Lighted Basketball Court
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Reserve Your New Apartment Today!  
NEW MODELS NOW OPEN

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A McDougal Property

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## Concerts Committee Presents



## LIVE IN CONCERT PAT BENATAR

Friday, Oct. 21, 1988 8:00 p.m.  
Lubbock Municipal Coliseum

with special guest  
**RHYTHM CORPS**  
"Common Ground"

All Seats Reserved

Tech Students - \$16 in advance

\$18 at the door

General Public- \$18

Tickets available at the University Center Ticket Booth & Sears. For more information or to order by telephone, call 742-3610



# Sports Questions & Answers

By A1C Todd Hamilton  
Physical Fitness Specialist

If you have questions about exercise, fitness or sports, write them down and send them to the Reese Physical Fitness Center, 64ABG/SSRS, or call 6020 and ask your question. We will provide an answer to your question in writing and publish the best ones in the Roundup.

I have been lifting weights for two years straight and have not made much progress in building muscle mass. What can I do?

There could be several reasons for your not reaching your goals. One reason is probably the most common: overtraining.

Some symptoms are: loss of enthusiasm and drive; generalized apathy; muscle and joint pains; persistent muscle soreness from

session to session; and gastro-intestinal disturbances, in particular diarrhea. If this is the case, maybe you should take some time off from your workout.

Look at your workout schedule to ensure sufficient rest and recovery time between workouts.

If you're not getting six to eight hours sleep each night, consider a nap before your workouts. Your muscles will shrink or grow to adapt to the amount of stress placed on them.

Use more variety in your workout by using different muscles and add more weight to the exercises you do.

If you don't work those muscles to exhaustion they won't have the incentive or need to grow.

Pick up one of the several bodybuilding magazines and books at any bookstore. They can help you

learn more about different specialty routines. A1C Todd Hamilton has been assigned to the Reese Fitness Center since January 1988.

He has impressive powerlifting titles to his credit: Collegiate Champion, Lamar University,

1985; Six State Gulf Coast Champion, 1985; 4th place, Summer Nationals, Oklahoma, 1986; Texas State Championship, Austin, 1986; 1st place, Hal Hudson Memorial Meet, Houston, 1987; Lubbock Open, Bench & Powerlifting

Champion, 1987; Lubbock Open Bench Champion, 1988.

If you want to learn more about weight lifting, powerlifting or bodybuilding, contact Airman Hamilton. He'll help design a program to meet one's personal goal.

## Intramural Flag Football Standings as of Sept. 29

National League		American League	
	W L		W L
35 FTS	4 0	FMS	4 1
1958 Comm/24 Wea	5 1	STUS	3 1
54 FTS	4 2	OMS	3 3
3500 MSS/SVS	2 3	USAF HOSP	2 3
		RM	2 5

NOTE: CES forfeited out of League on Sept. 28, 1988. All games against CES have been posted as of Sept. 29, 1988, no intramural awards will be given.

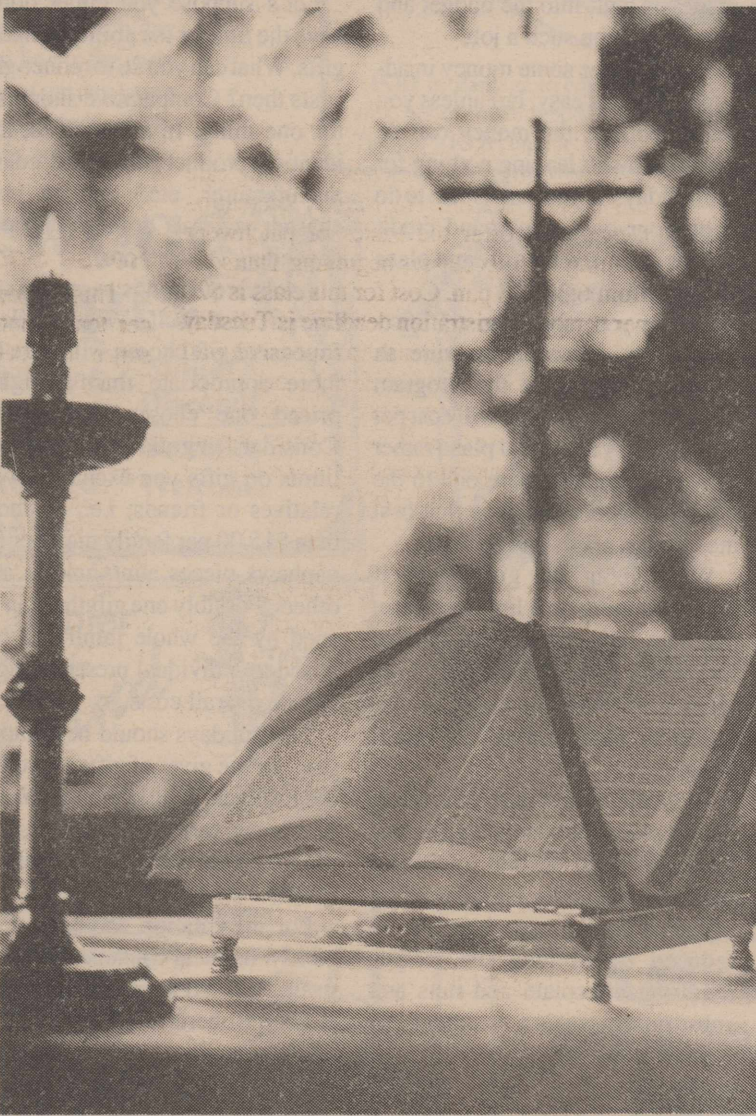
## Lubbock churches invite Reese personnel to attend church

### HURLWOOD BAPTIST CHURCH

Military Families' Home  
Away From Home  
Sunday Morning 9:45 a.m.  
Worship 11:00 a.m.  
Church Training 6:00 p.m.  
Evening Service 7:00 p.m.  
Nursery Available During All Services  
9417 W. 4th (Across from Reese Village)  
Pastor, DARRELL STRICKLAND  
885-4862

### NEW HOPE BAPTIST CHURCH

Faith Cometh By Hearing  
Sunday School 10:00 a.m.  
Morning Worship 11:30 a.m.  
Wednesday 7:30 p.m.  
William J. Watson, Pastor  
806-793-0570  
Hwy 84 West to FM 1294  
South 1 mile.



### Temple Baptist Church

Sunday School 9:45 a.m.  
Preaching Service 10:45 a.m.  
King Kid Class 5:00 p.m.  
Sunday Evening Bible 5:00 p.m.  
Sunday Evening Service 6:00 p.m.  
Wednesday Evening  
AWANA 6:20 p.m.  
Wednesday Bible & Prayer Service 7:45 p.m.  
There is a Difference... Come and See  
Rylan Millet - Pastor  
795-5245  
5413 38th  
Just West of City Bank  
38th and Brownfield Hwy.

### Hope Lutheran Church

5601-G Aberdeen  
On the north edge of the  
South Plains Mall  
Worship -- 9:30  
Sunday School -- 10:45  
There's more to life  
than just living  
797-9431 794-1967

### FIRST CHURCH OF CHRIST SCIENTIST

Sunday School 11:00 a.m.  
Church Service 11:00 a.m.  
Reading Room 12:00-3:00  
Daily Except Sunday  
2202 Broadway

### BACON HEIGHTS BAPTIST CHURCH

Sunday School 8:30, 9:30, 11:00 a.m.  
Worship 9:30, 11:00 a.m., 6:15 p.m.  
Church Training 5:00 p.m.  
Weekday Pre-School  
Mon.-Fri. 9:00-11:30 a.m.  
Mother's Day Out Tues. & Thurs.  
9:00 a.m.-2:30 p.m.  
Wednesday Evening 6:30 p.m.  
Meal 5:45 p.m.  
H.F. SCOTT, Pastor  
5039 53rd St. (53rd and Slide)  
795-5261

### FIRST FOURSQUARE GOSPEL CHURCH

Sunday School 9:30  
Morning Worship 10:50  
Evening Service 6:00  
Wednesday 7:00  
Pastor: PHIL DEMETRO  
Assistant: DANA FLUD  
3115-2nd St. 762-8481

### QUAKER AVENUE CHURCH OF CHRIST

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  
conducted week nights  
ELLMORE JOHNSON  
Evangelist

### trinity church

INTERDENOMINATIONAL...  
WE are ONE in the Bond of Love  
Sunday Worship Services  
9:00 a.m., 10:45 a.m., 6:00 p.m.  
Sunday Bible Classes  
9:00 a.m. and 10:45 a.m.  
Wednesday Family Night Services  
7:15 p.m.  
TRINITY CHRISTIAN SCHOOLS  
(A Private Christian School)  
Loop 289 & So. Canton  
792-3363

### LAKERIDGE

UNITED METHODIST CHURCH  
4701 - 82nd Street  
Lubbock, Texas 79424.  
(806) 794-4015  
BILL COUCH, Pastor  
Worship 8:30, 9:45 & 11:00 a.m.  
Sunday School 9:45 & 11:00 a.m.

### HIGHLAND BAPTIST CHURCH

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  
Kennon Rider  
Minister of Education  
2002 60th at Ave. T 747-8439

### BEREAN BAPTIST CHURCH

Sunday School 9:45 a.m.  
Morning Worship 10:50 a.m.  
Evening Worship 7:00 p.m.  
Wednesday Prayer Service  
7:30 p.m.  
I.W. GREER, Pastor  
60th & Hartford  
799-8141 - Church  
Bus Service Available  
Presenting Christ as the Answer

### Welcome to CALVARY TEMPLE

Good Spiritual Singing  
and Preaching  
in every service.  
QUENTON NEWTON  
Pastor  
2002 N. Ash 762-4202

### PILGRIM BAPTIST CHURCH

Extends to You a Welcome  
Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.  
Church Training 6:00 p.m.  
Evening Worship 7:00 p.m.  
Mid-Week Service  
Wednesday 7:30 p.m.  
Leon Anderson, Pastor  
6119 19th St.

### FAITH ASSEMBLY OF GOD CHURCH

5426 50th  
Sunday School 9:45 a.m.  
Morning Worship 10:40 a.m.  
Evening Evangelistic  
Services 6:30 p.m.  
Wednesday Bible Study 7:30 p.m.  
DENNIS STUART, Pastor  
792-4400. Rides Available  
A PENTECOSTAL FELLOWSHIP

### Community Christian Church

(Disciples of Christ)  
Randy Mark Miles - Pastor  
• Sunday School 9:30  
• Worship Service 10:40  
7803 University

### CHURCH ON THE ROCK

Jackie White - Pastor  
2002 W. Loop 289  
Lubbock  
Church Facilities  
7200 Quaker, Suite 75  
Lubbock  
Office Facilities  
• SUNDAY WORSHIP 10:00 AM  
• SUNDAY EVENING CARE GROUPS  
• BELIEVERS MEETING  
Wednesday 7:00 PM  
791-4471  
INTERDENOMINATIONAL

### Flint Ave. Baptist Church

"The Church That Cares"  
Sunday School - 9:45  
Morning Worship - 11:00  
Training Union - 6:00  
Evening Worship - 7:00  
Dean Thomas - Pastor  
765-5444 - 763-9169  
900 N. Flint  
One Block Off (The Littlefield) Clovis Hwy



# Doing good things for people

AIR FORCE MILITARY PERSONNEL CENTER, Randolph AFB, Texas (AFNS)— Air Force morale, welfare and recreation employees worldwide will be "doing good things for people" during a year-long marketing initiative that begins this month.

Morale, welfare and recreation will use the "doing good things for people" slogan to re-emphasize pride in service and job performance.

Colonel Duane G. Divich, Division Chief of MWR marketing and business activities, said the campaign will benefit both the Air

Force family and MWR employees.

"The Employee will gain pride through professionalism while the patron will enjoy better service," Col. Divich said.

Quarterly themes will supplement the main slogan. These themes are "good and getting better," "your pleasure is our business," "relax, refresh and recycle," and "we're here for you."

"During the year, heavy advertising and promotion is expected to create a widespread, strong identity for the campaign," Col. Divich said.

Information kits containing posters, buttons, sample fliers, press releases and other items have been mailed to all Air Force installations.

"The beginning of the fiscal year will mark the beginning of an enhanced customer-service-oriented approach, as an individualized customer service training program becomes available for every Air Force MWR employee," Col. Divich said.

Employees successfully completing training will receive certification that they are "doing good things for people."

Janie Barrera, Branch Chief of marketing, emphasized that involvement of the designated managers and trainers, MWR chiefs, and base commanders will provide key ingredients for a successful campaign.

"MWR divisions that successfully promote 'doing good things for people' should see marked improvements in customer satisfaction and employee morale," Ms. Barrera said.

For information, contact the base MWR office.

## MWR Notes

### Square dance demonstration

Tuesday, 7 p.m., the Mathis Recreation Center holds a square dance demonstration. If you are interested in learning how to square dance, the Recreation Center is offering square dance classes at \$2.50 per week. The first three lessons are free. The first class is the night of the demonstration. If you are an experienced dancer you are welcome to join in the fun. For more information call the Mathis Recreation Center at 3787.

### Base Table Tennis Tournament

The 1988 Base Table Tennis Tournament is Oct. 19-20, 6 p.m., at the Mathis Recreation Center. This tournament is open to active duty military only. Registration deadline is Oct. 17. The table tennis tournament is double elimination with each match consisting of the best two out of three games per match. First and second place winners represent Reese AFB at the ATC Table Tennis Championships at Reese Nov. 7-9. For more information contact the Mathis Recreation Center, 3787.

### Discount football tickets

The Mathis Recreation Center has discount football tickets for all the Texas Tech home games for only \$10.75. Tech's next home game is against Texas on Oct. 29. Kickoff is at noon. Tickets are on sale Monday - Friday from 11 a.m. - 3 p.m. Tickets must be purchased by Tuesday of that week's game.

### Museum tour Oct. 21

The Child Development Center is getting ready for a trip to the Texas Tech museum Oct. 29 at 10 a.m. The tour is for children in

Blue Bird, Kitty Flight, and the Preschool. For more information call 3541.

### Bodybuilding Championship

Attention all bodybuilders! The Reese Physical Fitness Center holds its first Bodybuilding Championship at the Simler Theater on Nov. 12. Trophies for 1st, 2nd, and 3rd places in each division will be awarded. Divisions are: Men pre-novice, Men novice, Men open, and Women. Entry fee is \$20 if you register by Oct. 15. Registration after Oct. 15 is \$25. Contest requirements are mandatory poses, 90 second routines to music. (You must supply cassette with music routine.) Contact SSgt. Randy Pratt at 6020 or SSgt. Gary Gartenman, 2277 or 3230, for more information.

### Learn to quilt

Give a gift made with tender loving care this holiday season! The Mathis Recreation Center will offer the basics of patchwork quilting with six classes beginning Thursday from 6:30 to 8 p.m. Cost for this class is \$20 per person. Registration deadline is Tuesday at 6 p.m. Students will make a four-patch wall sampler and learn how to select fabrics, pattern drafting, piecing, marking, quilting and binding. All work is done by hand and no previous sewing experience is necessary. For more information call 3787.

### Youth trip to Palo Duro Canyon

The Youth Center is planning a trip to Palo Duro Canyon on Oct. 22 from 9 a.m. - 6 p.m. Enjoy sightseeing, hiking, the Sad Monkey Railroad ride and picnic. Sign up at the Youth Center by Oct. 20.

### Kris Kringle Kraft Carnival

With the holiday season just around the corner, the Arts and Crafts Center is getting ready for their fourth annual Kris Kringle Kraft Carnival. This year's Kraft Carnival is Dec. 1 - 4 at the Mathis Recreation Center. Registration is now being taken for anyone interested in renting a space for the four day event. For more information contact Chris Raynor, Arts and Crafts Director, at 3241.

### CISM ski meet

The 1989 CISM Ski meet is Feb. 28 through March 4, 1989. Special qualifying is needed for this event. If you are interested or would like more information, contact Mr. Jake Trevino at the Physical Fitness Center, 3207. Those interested in participating in the ski meet must pick up AF Form 303 from Mr. Trevino.

### Reese Soccer Tournament

This weekend Reese hosts a two-day soccer tournament with six teams from three states competing for the championship. Teams from Tinker AFB, Okla., Holloman and Cannon AFB, N.M., two teams from Lubbock and the Reese Rattlers will all take part in this tournament.

Tomorrow's game schedule: 8 a.m., Lubbock Warriors vs. Tinker AFB; 9:30 a.m., Reese Rattlers vs. Cannon AFB; 11 a.m., Tinker AFB vs. Lubbock United; 12:30 p.m., Cannon AFB vs. Holloman AFB; 2 p.m., Lubbock United vs. Lubbock Warriors; 3:30 p.m., Holloman AFB vs. Reese Rattlers.

Sunday's games are at 8 a.m., 10 a.m., and the championship will be played at 3 p.m.

### Annual Volksmarch

It's time once again to pull out the walking shoes and get ready for the Eighth Annual Volksmarch. This year's Volksmarch is Oct. 22, with walkers and runners beginning their 10 or 20 KM walk or run between 8 and 9 a.m. The Volksmarch route takes you past MWR Logistics and down Perimeter Road. Aid stations will be placed in various locations along the route to offer refreshments and assistance. When you reach 5 and 10 KM checkpoints, you will turn around and return to the picnic grounds along the same route. Volksmarch entry forms may be obtained from the Physical Fitness Center or from any Morale, Welfare and Recreation (MWR) activity on Reese.

This is a non-competitive walk/run and is open to all. Families are encouraged to participate. Awards for those who complete their walk/run and have paid the \$2 entry fee, will receive a beautiful bronze medal for the 10 KM or a silver medal for the 20 KM. If you would like to walk/run for the pure fun of it, you do not need an entry fee.

Volksmarching is part of Volkssporting—"the sport of the people," as translated from German, which originated nearly 20 years ago in Europe. Volkssporting activities include Volkswalks, Volksbikes, Volksswims and Volksskiing. Volkssporting events are never competitive contests of speed or endurance, but rather an opportunity for everyone to exercise and enjoy the out-of-doors. Volksmarching is a walking event for all to enjoy.

The Volksmarch is open to anyone who enjoys the out-of-doors. To enter, contact the Physical Fitness Center, 3783.

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# Newsmakers . . .

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## Fine arts competition deadlines set

Entries are now being accepted for artists wishing to compete in the 4th Annual Lubbock Fine Arts Center December Competition (11/28/88—1/6/89). The deadline for entry is Oct. 28. The competition is open to anyone living in the state of Texas and any type of artwork is allowed.

Artists should submit an appli-

cation and slides of their work to the Lubbock Fine Arts Center, 2600 Ave. P, Lubbock, TX 79405.

There is a \$15 entry fee for the first three entries and \$5 for each additional entry. The juror will be Eugene Binder of the Binder Gallery in Dallas. For more information and application, contact Fine Arts Center at 762-6411 ext. 2686.

## Friends of Library to sell variety of donated books

The Friends of the Lubbock City County Library (FOL) will have its annual book sale from 9 a.m. to 8 p.m., today and tomorrow, Oct. 7 & 8, at the Caprock Shopping Center at the corner of 50th Street and Boston Ave., said FOL President, Carroll Burcham.

More than 80,000 books will be

on sale. Categories include fiction, non-fiction, cookbooks, art, religion and music. Other book topics are Texana, old and unusual, reference, foreign language specials, magazines, and textbooks.

Today's sale will be open to members only. However, anyone

can become a member by paying a \$5 membership fee at the door today.

The membership fee includes the entire family. Saturday's sale will be open to the public.

Saturday will feature an all-day "silent auction." A special category of old books will be sold in auction. A list will be placed beside each book where people may write down their bids.

At 5 p.m. the books will be sold to those with the highest bids.

The FOL, a volunteer organization consisting of 800 members, conducts this sale every year.

Books are donated by the community to FOL throughout the year.

Anyone interested in donating books can do so by dropping them off at either of the two city county libraries in Lubbock: the Goedeke branch on 66th Street and Quaker Ave. and the Mahon library at 1306 9th St.

Carroll Burcham and Vestal Yeats are serving as co-chairmen of the book sale this year.

## Restaurant Association to host The Taste of Lubbock

The Sixth Annual Taste of Lubbock will take place Tuesday, Oct. 25.

Over 35 local restaurants will exhibit their specialties at this food extravaganza, sponsored by the Lubbock Restaurant Association. From simple snacks to the finest cuisine, a great variety of samplings will be offered to the public. Coordinators are expecting 2,000 people to attend this year.

The event will be held in the Lubbock Memorial Civic Center, where each restaurant will set up a booth to represent their establishment. Each booth will be decorated and run by employees of the restaurant.

Along with the abundance of food served by the different establishments, entertainment will also be offered. Joe Gariepy, a renowned ice sculptor will display his craft, and several local celebrities will show off their cooking expertise in the Banana Foster Cookoff.

A drawing will be held for a trip for two to Las Vegas on America West Airlines, and door prizes will be given away during the event.

The Taste of Lubbock will be held from 6:30 p.m. to 9 p.m. Tuesday, Oct. 25, and tickets are \$12.50 each. This includes all you can eat, at your own pace, from each booth, live music by Crystal

Creek, and entertainment. Tickets can be purchased at the Lubbock Chamber of Commerce, Southern

## Abernathy Arts & Crafts Show set for this weekend

The Abernathy Arts & Crafts Association is sponsoring the 10th Annual Arts & Crafts Show at the Abernathy Community Center on Saturday, Oct. 8 from 10 a.m. to 6 p.m. and Sunday, Oct. 9, from 1-4 p.m. Admission is \$1.00. There will be many booths of handmade items and a drawing for a free Dallas shopping weekend.

The American Red Cross will be providing free blood pressure check and cholesterol screen for \$5. The United Blood Services

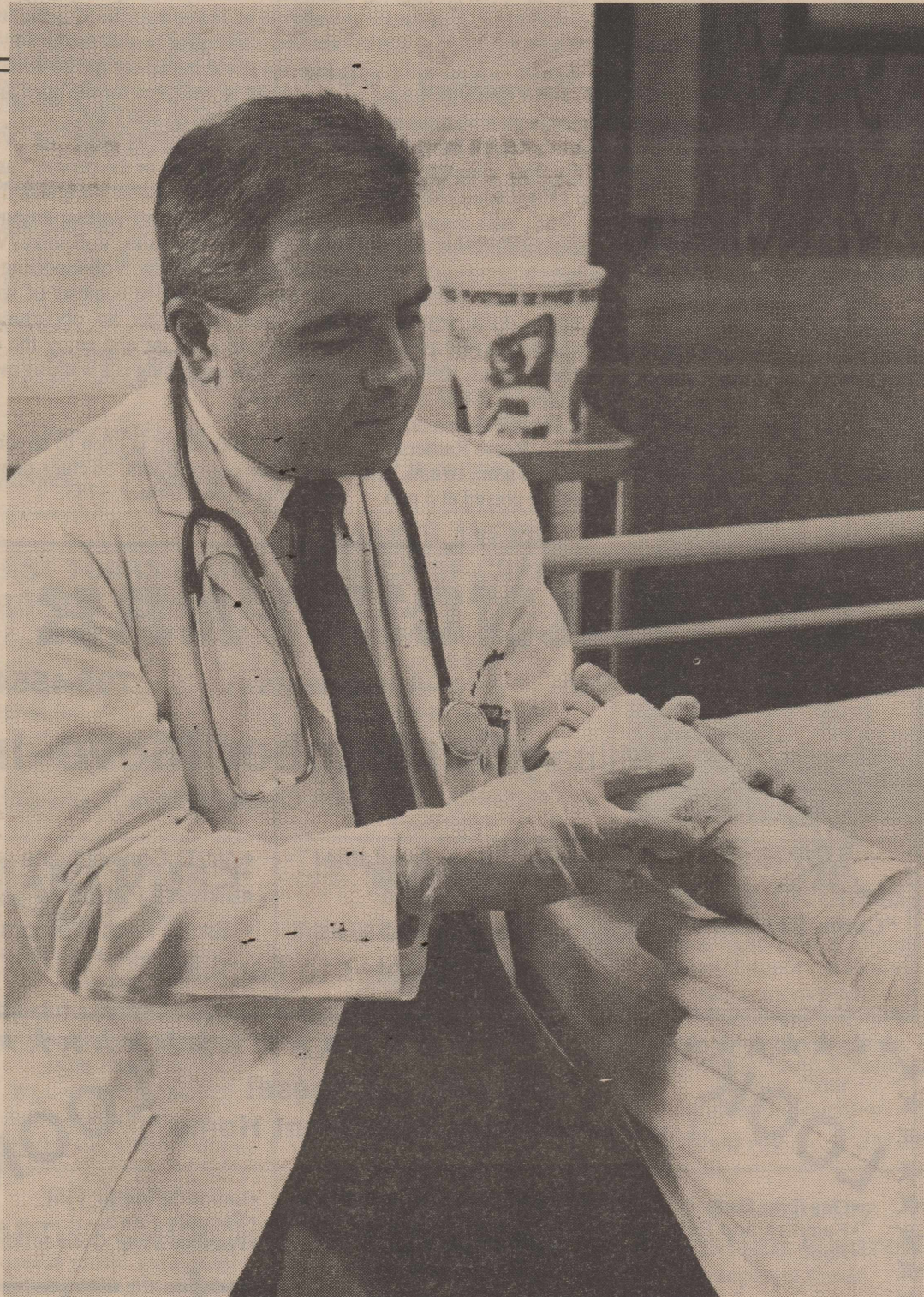
Sea Restaurants, Mission Cafe, Maloufs, Pancake House, and the Holiday Inn Civic Center.

will be offering free blood typing. St. Mary's Flight for Life will be in Abernathy Sunday for the public to view.

## Museum Notes

from Texas Tech University

The Museum of Texas Tech University contains an exhibit which traces the history of the South Plains from the geological formation of the Caprock to the establishment of the Lubbock community.



## Emergency orthopedic care.

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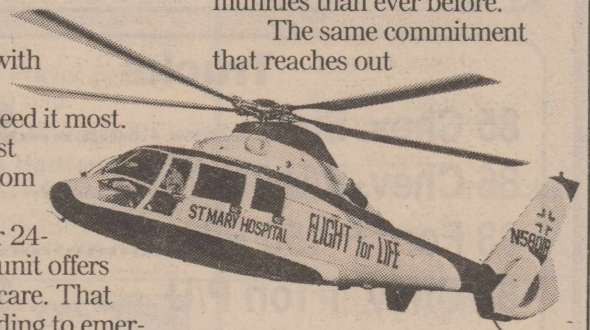
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### National Defense Exam - Answer

Can you separate myth from fact?  
(From Question on Page 4)

7. If we cut the waste and fraud from the defense budget, we could do with a lot less funding for defense, and defense contractors would not get away with high profits by overcharging the taxpayers.

**False.** DOD manages a contracting operation to rival the top Fortune 500 companies. In 1987 alone,

DOD processed more than 15 million procurement items valued at more than \$80 billion. These transactions did not occur without the constant oversight of our auditors. The Defense Contract Audit Agency challenged prices on 22,000 contracts in 1987 with a savings to the government of \$8 billion.

That same year, more than 900 contractors were suspended or barred from doing business with the DOD for intentionally defrauding the government. Nearly \$2 billion was returned to the national treasury and the DOD in fines, penalties, restitutions and recoveries from contractors caught cheating the government. Put in perspective, this amounts to less than 1 percent of the \$300 billion defense budget.

## Caprock menu

Today	Lunch	Dinner
	Beef Stroganoff Fajitas Fried Fish Portions Rice Pilaf Mashed Potatoes Mexican Corn Green Beans Baked Hubbard Squash Brown Gravy	Tempura Fried Shrimp Roast Turkey Baked Ham French Fried Potatoes Mashed Potatoes Broccoli Spears w/margarine Carrot Slices Corn on the Cob Turkey Gravy
<b>Saturday</b>	Smothered Steak w/onions Chicken Ala King Baked Lasagna Rice Pilaf French Fried Potatoes Creole Wax Beans Cauliflower w/margarine Carrots w/margarine Brown Gravy	Grilled Top Sirloin Steak Stuffed Cabbage Rolls Seafood Platter Baked Potato French Fried Potatoes Southern Fried Okra Peas w/onions Corn on the Cob Brown Gravy
<b>Sunday</b>	Baked Ham Tempura Fried Shrimp Roast Turkey Baked Potatoes Mashed Potatoes Cauliflower Au Gratin Lima Beans w/margarine Harvard Beets Turkey Gravy	Steamship Round Veal Paprika Steak Chicken Pot Pie Potato Balls Oven Glo Potatoes Buttered Summer Squash Spiced Beets Buttered Turnip Greens Natural Pan Gravy
<b>Monday</b>	BBQ Beef Cubes Liver w/onions Honey Glazed Cornish Hen Mashed Potatoes Buttered Noodles Beets in orange/lemon sauce Buttered Cabbage Peas w/margarine Cream Gravy	Baked Meat Loaf BBQ Spareribs Turkey Nuggets Sausage Dressing Parsley Buttered Potatoes Brussels Sprouts Cauliflower Spinach Brown Gravy
<b>Tuesday</b>	Salmon Loaf Southern Fried Chicken Jaegerschnitzel Baked Macaroni & Cheese Mashed Potatoes Green Beans w/mushrooms Okra & Tomato Gumbo Broccoli Spears Chicken Gravy	Veal Roast Simmered Corn Beef Oven Fried Fish (Flounder) Cottage Fried Potatoes Boston Baked Beans Sautéed Corn Lima Beans Collard Greens Brown Gravy
<b>Wednesday</b>	Enchiladas Tacos Burrito Fajitas Mexican Rice Refried Beans Mexican Corn French Fried Okra Jalapeño Sauce	Baked Ham Baked Trout Pineapple Chicken Buttered Noodles Franconia Potatoes Okra Tomato Gumbo Green Beans Cauliflower Brown Gravy
<b>Thursday</b>	Beef Stew Fried Fish Fillet (Flounder) BBQ Chicken Rice Pilaf Oven Brown Potatoes Stewed Tomatoes Corn Combo Blackeye Peas Brown Gravy	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

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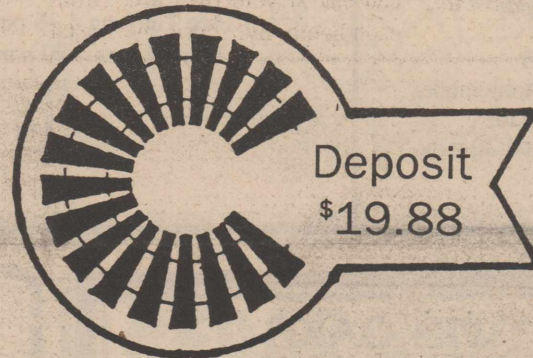
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**Events  
Calendar**

Information provided by  
Becky Pillifant, MWR Publicity

October 7 through 13


	Friday October 7	Saturday October 8	Sunday October 9
	<p><b>Mathis Recreation Center</b> Free movie: "Shoot to Kill" 7 p.m. Rated R</p> <p><b>Information, Ticket and Tour (ITT) Office</b> Discount Tickets for Texas Tech home football games</p> <p><b>Bowling Center</b> Bowling Bingo 7 p.m.</p> <p><b>Arts and Crafts</b> Sign up for booth in 4th Annual Kris Kringle Carnival</p> <p><b>Youth Center</b> Free VHS movie: "Batteries Not Included" 5 p.m. Rated PG</p>	<p><b>Physical Fitness Center</b> Soccer Championship games begin 8 a.m. Base Running Track</p> <p><b>Mathis Recreation Center</b> Free Shuttle Bus to South Plains Mall 2 - 6 p.m.</p> <p><b>Bowling Center</b> YABA League 9:30 a.m. Red Pin Bowling - noon-10 p.m.</p> <p><b>Arts &amp; Crafts</b> Mini "You"niversity Beginner's Ceramics and Do-It-Yourself Woodworking: 10 a.m. - 2 p.m. Do-It-Yourself T-shirt making: 11 a.m. - 1 p.m. Do-It-Yourself Flowermaking: 10 a.m. - noon</p> <p><b>Youth Center</b> Senior Club field trip to Showplace 6: 1 - 5 p.m. Martial Arts 4 p.m.</p>	<p><b>Physical Fitness Center</b> Soccer Championship Finals games times 8 a.m., 10 a.m. and 3 p.m.</p> <p><b>Mathis Recreation Center</b> Free movie "Masquerade" 3 p.m. Rated R</p> <p><b>Bowling Center</b> Unlimited bowling games noon - 6 p.m.</p> <p><b>Youth Center</b> Bingo 3 p.m. Exercise Classes 3:45 p.m.</p>
Monday October 10	Tuesday October 11	Wednesday October 12	Thursday October 13
<p><b>Physical Fitness Center</b> Men's Varsity Softball Reese Rattlers vs. Lubbock Outlaws Berl Huffman Field No. 1, 6:30 p.m.</p> <p><b>Mathis Recreation Center</b> Discount Tickets to the Fox Mann &amp; United Artists Theaters</p> <p><b>Information, Ticket and Tour (ITT) Office</b> Watch paper for details on the local Winery tour</p> <p><b>Bowling Center</b> Holiday - closed</p> <p><b>Youth Center</b> Columbus Day - free homemade ice cream 4 - 6 p.m. Ping Pong Tournament 4:30 p.m.</p>	<p><b>Physical Fitness Center</b> Intramural Flag Football: CES vs. OMS 5 p.m. 35 FTS vs. HOSP 6:15 p.m.</p> <p><b>Mathis Recreation Center</b> Square Dance Classes and Demonstration 7 - 9:30 p.m.</p> <p><b>Bowling Center</b> Peace Officers League 7 p.m.</p> <p><b>Youth Center</b> Free Tutoring 4 - 6 p.m. Martial Arts 4:30 p.m.</p>	<p><b>Physical Fitness Center</b> Intramural Flag Football FMS vs. 54 FTS 5 p.m. COMM vs. STURON 6:15 p.m.</p> <p><b>Bowling Center</b> Mixed League, 7 p.m. After School Special: kids bowl three games for \$1</p> <p><b>Arts &amp; Crafts</b> Mini "You"niversity Oil Painting 6:30 - 8:30 p.m. Do-It-Yourself Engraving 6 - 8 p.m. Do-It-Yourself Laminating 6:30 - 8:30 p.m.</p> <p><b>Youth Center</b> Essay contest - "My Favorite Halloween Night" 5 p.m.</p>	<p><b>Physical Fitness Center</b> Intramural Flag Football: HOSP vs. OMS 5 p.m. 35 FTS vs. MSS 6:15 p.m.</p> <p><b>Bowling Center</b> Maintenance league 5:15 p.m.</p> <p><b>Arts &amp; Crafts</b> Mini "You"niversity Do-It-Yourself Framing and T-Shirt Painting 6:30 - 8:30 p.m. Do-It-Yourself Engraving 6-8 p.m.</p> <p><b>Youth Center</b> Free Tutoring 4 - 6 p.m.</p>

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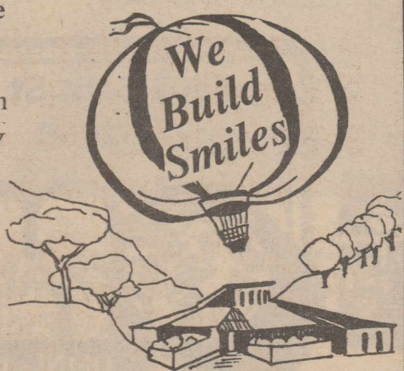
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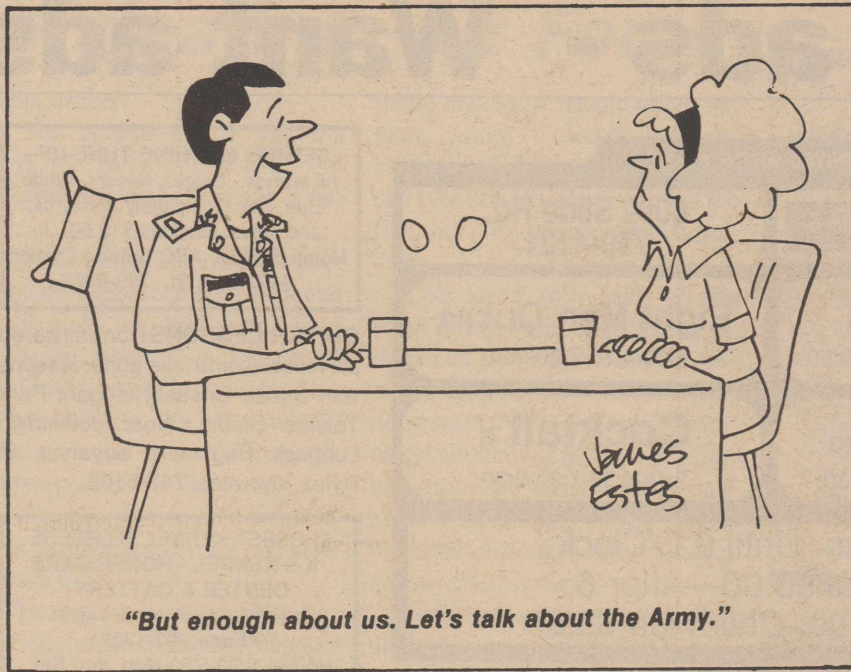
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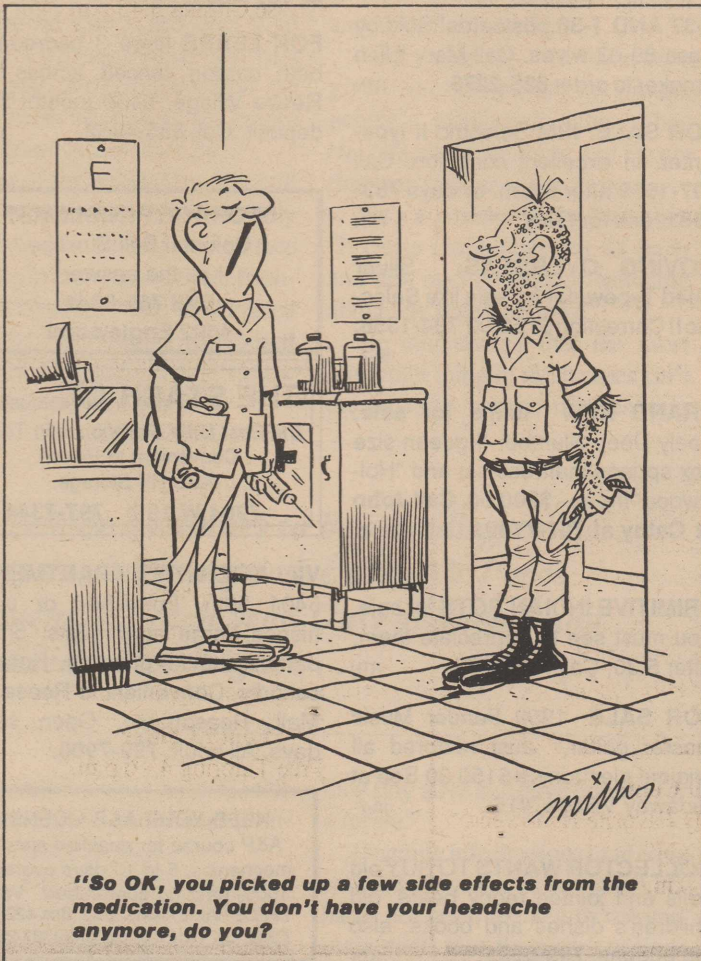
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# Suicide leading cause of death in Air Force

By TSgt. Michael Kelly  
ATC Public Affairs

RANDOLPH AFB, Texas (ATCNS) — The first thing I noticed was the glazed, distant look in his eyes and the listless way he shuffled around the house. Looking back now, there were other signs as well.

I knew he was depressed, but he refused to talk about it. My efforts to help were met with a shrug of the shoulders and a terse, "I'm OK, don't worry about me."

But I did worry, and with good reason. Two days later, my best friend was lying comatose on my living room floor with an empty prescription bottle close by.

Most of the next half hour is still a blur in my memory, but I vividly recall the squawking ambulance radio and those damn lights flashing and blinking while they loaded my friend into the back and closed the doors. At the time, I didn't know if I'd ever see him again.

a certain amount of interdependence," the colonel pointed out.

"We're all in this together, and the individual doesn't have to feel that he or she has to face every crisis alone. Help and resources are available."

One of the most frequently used avenues of help is that of the chaplain's office.

Chaplain (Lt. Col.) Henry C. Irvin, chief of the education and professional development division of the command chaplain's office, supports that belief.

"By regulation, we have been given the authority to protect people's privileged rights. They can talk about anything and expect that that's as far as it will go."

"It's a positive thing," he says, "because individuals can be frank and talk openly without worrying about any repercussions."

He emphasized that the most important thing in these cases isn't the person's career; it's ensuring

health officer.

"The bottom line is that it's never too early to get help, but unfortunately, sometimes it is too late."

Once notified of a person's situation, the support process at mental health kicks into high gear with a same-day, sometimes same-hour assessment of the individual and his or her lethality. "In other words, how much of a risk is this individual," explained Dr. Emmett.

"Based on the outcome of that, there would be several avenues open to us."

The most immediate route is to provide a place of stability, support and safety for the individuals until they can reclaim it for themselves. Namely inpatient care.

Another fairly standard therapeutic tool is a "no suicide contract" with individuals where they agree not to do anything before they call us, said the colonel.

"It is used to make the person aware that all of know suicide is a potential risk — to acknowledge it openly and negotiate around that issue. That's its whole purpose."

"We also want to convey the options individuals have, such as calling the clinic at any time, or the emergency room for help. There are always resources available so one does not have to take the last drastic measure. We provide as many options as possible," he explained.

Providing a sense of hope, optimism and mutual interdependence is a key that often leads individuals away from suicidal tendencies and

home than most people might expect, noted Colonel Emmett. Friends, loved ones and co-workers can often be key observers and the first line of defense against suicides.

"We know they can't do the same sort of assessment that we do in mental health, but there are certain indicators they can look for: depression; no laughter; no spontaneity; withdrawal or sense of isolation from the usual crowds; talk about a 'final solution'; self blame; increased drinking; and not being able to sleep at night."

Supervisors and managers also play a key role and need to be sensitive and aware of their people's needs, the colonel said.

"They should refer them to us when they see various stresses are building up and may be beyond their ability to contain them."

"However, it's been my experience that supervisors and commanders do a darn good job of being aware and sensitive to the needs of their people. With every suicide that occurs, command sensitivity grows and response time lessens. There is less and less time between the acknowledgment of the problem and getting them help."

Acknowledging that suicide is a permanent solution to a temporary problem is the catalyst that gets the process of healing started, Colonel Emmett explained. Given time, caring and concern, losses can be regained and people can overcome the adversities they face, he said.

That message of hope is what all

*Suicide continues to be a leading cause of death among active duty Air Force members each year. Only accidents and diseases rate higher, . . .*

Fortunately, time was on his side and, after doctors pumped his stomach, he pulled through.

The years have softened the shock of that horrible night, and he's doing well now in a distant state, fully recovered. My friend was lucky; he got the help he needed. However, each year, many more are never reached in time and the story doesn't end so happily. It just ends.

Suicide continues to be a leading cause of death among active duty Air Force members each year. Only accidents and diseases rate higher, according to a six-year study on suicides done by the Air Force Office of Special Investigations.

Even though suicide is relatively uncommon, it is still a serious problem and one that Air Training Command mental health officials want to see significantly reduced.

The OSI study points out that the potential for intervention does exist, and Lt. Col. Frank E. Emmett, Ph.D., chief of Randolph AFB's mental health clinic, echoes those thoughts.

"If we can help individuals understand that there are other people who can be sensitive to their needs, who can be caring and who can help them reestablish contacts, then perhaps they won't feel so alienated and so helpless that the only recourse left is in their own self destruction."

Help can be likened to the huge safety nets that protect circus high wire acts, with the Air Force's vast resources and support programs there to catch individuals who are tumbling out of control.

Supported by mental health clinics, the chaplaincy, family support centers and concerned supervisors and commanders, the net is a potential lifesaver.

"We want to help our people understand the concept that the Air Force is a large family, and there's

they stay alive and have options for a future."

Ongoing informational and educational programs at several ATC bases are often the key to helping individuals glue the pieces of their lives back together. Programs include stress management seminars and film ministries dealing with relationships. Co-sponsored programs with family support centers and seminars on how to cope with depression have also met the needs of many.

"Anything we can do to provide a live, viable choice is worthwhile," Chaplain Jones noted.

That choice often leads chaplains into some type of continuing relationship with the individuals where they can deal with the situation from many angles, including possible referrals to other helping agencies, explained the chaplain. "If they don't know where they're going, it's hard for them to get there."

Chaplains traditionally receive training in pastoral counseling in their respective seminaries to aid them in crisis intervention. They also have the opportunity to receive additional training and continue their education to help others find an alternative to suicide.

Their biggest concern is to get individuals to those who do that person the most good.

"There are many ways to deal with this situation, but my first attempt is always to get individuals to see the mental health people," said Chaplain Jones.

It's precisely that professional give and take between the chaplain's office and mental health people that makes the net of support programs even stronger.

"The earlier we're asked to intervene, the better prognosis there is for the individual, his or her career and the potential for salvaging relationships," noted the mental

*"The bottom line is that it's never too early to get help, but unfortunately, sometimes it is too late."*

health expert.

Finding a balance for the individual is a common goal that ties both the chaplains and mental health agencies together. Both take a look at all the different aspects in a person's life and encourage him or her to find a balance in it. They support them when it's not there until they can reclaim it for themselves.

Support can come from other areas as well and much closer to

agencies strive to provide across the command, announced the colonel. Services and resources may vary from base to base in ATC, but that's because any given base has a unique environment.

The OSI study stressed that suicide is a problem which can be understood, dealt with and, to a large extent, prevented.

Mental health professionals, chaplains and other community service agencies within the ATC family are living up to that challenge.

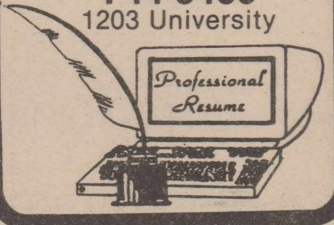
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