Space Capsules

Graduation modification

The graduation for Undergraduate Pilot Training Class 89-04 is today, 6 p.m., at the Officer's Open Mess. Seating during the graduation is in the ballroom for all who attend the graduation and then the dinner-dance. All who attend only the graduation will be seated in the reception room. A time for family or friends to pin on the wings of our newest pilots has also been added to the graduation ceremony.

Sweetheart Ball tickets available

Tickets for the Base Sweetheart Ball, Feb. 11 at the Officer's Open Mess, are available for \$9.50 per person. The ticket includes dinner and dance. Cocktails begin at 6.30 p.m. and dinner at 7.15 p.m. Dress is coat and tie.

Tickets may be purchased through squadron representatives (check with orderly rooms for contact) or call 885-2632. Proceeds from the contest go to the Enlisted Wives' Club Scholarship and Welfare Fund.

Last year, over \$1,500 was raised and over \$1,200 in scholarships were given out to graduating seniors.

Ten squadrons sponsor candidates for Base Sweetheart. The winner is the sweetheart of the squadron that collected the most money. Last year's Base Sweetheart was Linda Prince, representing the 3500th Mission Support Squadron.

Pictures of the candidates and voting boxes are located at the Enlisted Open Mess, Officer's Open Mess and Caprock Cafe. Every penny counts as one vote.

Product warning

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Black and Decker has issued a voluntary recall of their "Spacemaker Plus" coffeemaker, Model PDC 403, because of a water flow problem.

In some units, temperatures have reached abnormally high levels producing excessive steaming. It is possible, that if the safety backup devices failed, the overheating could create a fire hazard.

Customers who purchased a Black and Decker "Spacemaker Plus" coffeemaker, Model PDC 403 only, should return the unit to any base exchange service desk for a full refund.

Enrollment extended

WASHINGTON (AFNS) - About





Reese Fire Department members practice their quarterly Emergency Egress Procedures. The victims, student pilots, get a chance to experience getting yanked out of the aircraft in under one minute. Student pilot inputs are used to correct any deficiencies noted. (U.S. Air Force photo)

Staff Sergeants

Promotions usher local recognition

AFMPC, Randolph AFB, Texas (AFNS) — Air Force picked 9,133 of 91,649 eligibles for promotion to staff sergeant during cycle 89B5, a 9.96 percent selection rate.

Air Force selected 9,028 of 84,019 for a 10.74 percent rate during the previous cycle. Average total score of those selected was 295.73.

The selectees at Reese are: David L. Higbee, Jessie P. Hyman Jr., Randolph M. Johnson, Gregory S. Myers, Paul R. Ryan and Todd L. Schnell assigned to the 64th Organizational Maintenance Squadron; Anthony M. Cohns, Jeffrey L. Gillette, George D. Lewis Jr., and Michele Roberto assigned to the 64th Field Maintenance Squadron; Sharon K. Harrell, assigned to the 1958th Christopher Ayars and James E. North III assigned to USAF Hospital-Reese; Michael W. Jobb assigned to the 64th Student Squadron and Stephen J. Morris, a projected gain to the Student Squadron; James E. Graves and Armando Quinones assigned to the 64th Supply Squadron; Randall A. Clark and Marlon J. Taylor assigned to the 64th Civil Engineering Squadron; John M. Wolfe assigned to the 3500th Services Squadron; John M. Slusser II, assigned to the 3500th Mission Support Squadron; Stephen P. Humphrey assigned to Det. 11, 24th Weather Squadron;

Communications Squadron; and Daniel Jaburg, a projected gain to the Comm. Squadron.

Average score breakdowns were: 133.58, airman performance reports; 64.48, promotion fitness exam. 64.82, specialty knowledge test; 23.0, time in grade; 13.66, time in service; and 1.29, decorations.

75,000 Air Force people who declined enrollment in the Montgomery GI Bill have until June 30 to change their minds.

The Veteran's Benefits and Program Improvements Act of 1988 gives a second chance to enroll to people who entered the military between July 1, 1985, and June 30, 1988, and who have not had a break in service.

The base education office has the enrollment form, DD Form 2366, that must be completed before discharge, but not later than June 30.

For a \$1,200 reduction in pay, the Montgomery GI Bill provides \$300 per month for 36 months or \$10,800 in total benefits.

Commanders this month are notifying all officers and enlisted people who are eligible to enroll. Also, notices will be included in the January and April leave and earnings statements. A second letter will be sent to eligibles in May.

Maj. Gen. Larry D. Dillingham, assistant deputy chief of staff for personnel, said, "the Montgomery GI Bill is an important education benefit."

The average selectee had 3.26 years time in grade and 6.18 years time in service, and was 26.449 years old at the time of selection. For more information, call or visit the base personnel office customer service unit.

Course preparing tomorrow's NCOs

The Noncommissioned Officer Preparatory Course Class 89-3 graduated Jan. 13 during a ceremony in te enlisted Open Mess. The Honor Graduate is SrA. John L. Wyman, assigned to Det. 11, 24th Weather Squadron.

The Distinguished graduates are SrA. Vincent A. Rosas and A1C Martin W. E#dester assigned to the 64th Field Maintenance Squadron, and SrA. Thomas P Lehner assigned to the 64th Supply Squadron.

Other graduates of the class are Senior Airmen Daniel J. Foster, Judy D. Santangelo and April D. Cook assigned to FMS; Senior Airmen Jeffrey J. Bellanger, Vincent W. Bowling, Kent A. Miller, Rex J. Stills, Jody S. Frazer, William D. Packett, Lori L. Oliver, and Airmen First Class James O. Banks and Richard H. Angell; SrA. Monica J. Tharp assigned to USAF Hospital-Reese; SrA. robert M. Miller Jr. assigned to the 64th Civil Engineering Squadron; SrA. Johnny Champion assigned to the 64th Security Police Squadron; and Senior Airmen Keith L. Barnes and Lenette T. Patterson assigned to the 1958th Communications Squadron.

The guest speaker for the event was Lt. Col. William Duncan, Assistant Deputy Commander for Maintenance. The colonel spoke on the saying, "lead, follow, or get out of the way."

Regarding leadership, the colonel said, "The Air Force depends on you now ... and even more when you sew on NCO status."

When is concerns followership, the colonel emphasized, "We all have got to follow ... at times you may think that's all you do, but is prepares the foundation for your

future leaders..allows you to see both the positive qualities, and yes, the negative actions of people more senior to you.

"Perhaps a more familiar name for the phrase "get out of the way" is decentralized management," said the colonel. "Not avoiding responsibility, but to let people exercise their authority and leadership to get the mission done...something they take pride in and are trained to do...and want to do."

"This is not just another snappy phrase, but viewed in a slightly different manner...three types of leadership that we exercise daily...depending on the situation," he said.

The colonel finished by quoting the CMSgt. of the Air Force James Binnicker. "I congratulate you as graduates...and challenge you to become outstanding Noncommissioned Officers."

Commander's Perspective By Col. Monroe S. Sams Jr.

This week I signed out a plan detailing the wing's responsibilities for the maintenance conversion which will occur Oct. 1. It is a comprehensive work, reflecting a year's worth of effort starting with the establishment of a Steering Group last January and culminating with the actual writing done by a Task Force starting in October. As I've stated before, this maintenance conversion is not an 'ops-maintenance problem. It impacts the entire base and



representatives from all wing **Col. Monroe S. Sams Jr.** and tenant agencies who are in on the planning. Lt. Col. Tim House, and all the members of the Planning Task Force should be pleased with the result — we now have a plan of action to guide us through this difficult transition.

The key to making the plan work for a successful conversion is our attitude.

First of all, we must accept the decisions of the Air Force to submit the maintenance activities at our flying training bases to the cost comparison process. As you know, Columbus AFB, Miss., converted to contract maintenance last Spring. Laughlin AFB, Texas will go to a civil service operation this April. Depending on the results of the cost comparison study to be completed in April, Reese and Williams AFB, Ariz. will be converted either to civil service or contract in October. This will complete the conversion of all UPT wings, since Vance AFB, Okla. and Sheppard AFB, Texas have had contract operation for some time.

The conversion will save the taxpayer money, at the cost of some flexibility in our ability to utilize personnel. Most important, it will allow the Air Force to apply its limited "blue suit" maintenance authorizations against combat critical aircraft.

Just as we accept the decision, we must accept the people who will come with the new organization — whether they be contract or, civil service. If we receive them warmly as partners in accomplishing our critical pilot training mission, we will ease the transition and lessen the disruption to our flying operation. In many cases, the "new" people will be members of our current maintenance organization — both military and civilian — who choose to join the new operation. We want to make it easy for them to make their transition, also.

Since we are professionals who realize the critical importance of good maintenance to our primary mission, we must endeavor to have our fleet of aircraft and our maintenance complex in the best possible shape for the changeover. We can start by preparing for excellent marks on the upcoming Management Effectiveness Inspection.

We will be watching our maining levels closely throughout the conversion process, so we'll be asking most of our current maintenance community to stick with us throughout the conversion. We want to turn over a healthy fleet of aircraft and "phase in" the new operation by assisting the civil service or contract people during the critical first few weeks.

Since so much is being asked of our current maintainers, expect the rest of the wing to provide them the support they deserve and need as they prepare for a major disruption in their lives. We must follow our plan to provide timely personnel, transportation, financial and other necessary support to a large number of our people who will be on the move next Fall.

We have almost a thousand people in our current maintenance complex who, with their families, will be directly af-

Maintenance conversion requires the utmost in all communication

By Lt. Col. William D. Duncan Jr Assistant Deputy Commander for Maintenance

In defense strategy it is called the triad-the mix of land-based missiles, submarines and the bomber forces that combine together to enhance the defense. posture of the United States. A few years back, MSgt. Phil Lovell-my Pneudraulics Shop Chief at Columbus AFB, Miss., took this theme and developed a triad with OMS, FMS and the Deputy Commander for Maintenance Staff along each side of the triangle. In the center, surrounding the Wing emblem, were the words, "Communication is Maintenance Essential." But this phrase is not limited to aircraft maintenance. It applies to everyone in the Wing. Communication is essential!

Recently, Lt. Gen. Oaks remarked that the command faces one of the most turbulent periods in its history. Issues such as the maintenance conversion, the changes to career development courses and AFSCs as a result of Project RIVET WORKFORCE, and Specialized Undergraduate Pilot Training are just a few examples. Add to these the combined Unit Effectiveness Inspection/Mission Capability Inspection coming up in May, it doesn't take a genius to figure out we've got a full plate here at Reese! These issues will take our best efforts and certainly demand a high level of communication across the wing.

In my last article, I highlighted the important dates coming up for the maintenance conversion. Right now, two members of out maintenance organization are at Randolph AFB and deeply involved in the "source selection process"... the process of selecting the "best" civilian work force...the process of selecting the best employees from the proposals submitted. This effort will go on through April, when the wing commander joins the source selection effort and the panel selects the best option. April 24, this proposal is compared to Reese's "most efficient organization" (our proposal to do aircraft maintenance with a civil service work force) and a decision is announced. At this point, the real work for the wing begins. We dig out the Wing Conversion Plan and begin to execute-to work toward a smooth conversion of our maintenance organization. Now the best efforts and teamwork of the wing must come together. Now we hit the absolute-Communication is Essential!

The ability fo the Maintenance Complex to transfer the equipment, facilities, property and responsibility to a new work force will be a tremendous undertaking. The Wing Maintenance Conversion Plan details the myriad of actions that must take place to keep the mission going—and equally as important—to take proper care of our military and civilian employes. Tough times are certainly ahead, but we can work these issues if we keep remembering—Communication is Essential!



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Lt. Col. William D. Duncan Jr.

Take credit when credit's due

By Capt Mark Garrard

Base Legal Office A tax credit of up to \$874 is available to taxpayers who have earned income and adjusted gross income, each less than \$18, 576. To claim the credit, the taxpayers must keep up a home in the United States for a child who lives with them for more than half the tax year. A foster child or the child of a qualifying widow/widower must live with the taxpayer all year long.

To claim the credit, taxpayers must file as:

- * Married filing jointly
- * Head of household, or
- * Qualifying widow or widower

Also, the taxpayer generally must claim the child as a dependent on the Form 1040A unless you released your right to claim the child in writing or the child's exemption was given to the other parent in a pre-1985 divorce decree or separation agreement.

Most troublesome to military members is the \$18,576 dollar cap. The code requires the taxpayer to include everything of value received for providing services, even if not taxable. So when you calculate your eligibility for the Earned Income Credit, don't simply use the dollar figure from your W-2. You must also add BAS, BAQ and VHA and the like in addition to wages, salaries and tips received during 1988. So dig out those old LES's. (1040,page 20; 1040A, page 35) and keep it with your records.

If you are not eligible for the Earned Income Credit because of your earned income level, or any other reason, write "No" on line 23b of Form 1040A or line 56 of Form 1040. The best way to avoid an audit, notice of additional taxes due, interest and penalties is to follow the instructions carefully, remember to include nontaxable earnings as earned income, and write "No" on the return if you're ineligible for the credit.



fected by the conversion. I have pledged to them our maximum support. This doesn't mean we can guarantee their desired assignments — Air Force requirements will dictate those but we can make the process as hassle-free as possible for these valued members of the Reese team.

Let's follow our plan, revise it as necessary, to make the Maintenance Conversion a successful chapter in Reese's history. I will continue to use the chain of command — and this forum — to keep you informed on the latest news regarding the conversion.

Thanks

As everyone knows, we celebrated a holiday this past Monday in honor of a great American, Martin Luther King Jr. I would like to thank all those involved in organizing and running Wednesday's luncheon in recognition of Dr. King. I want to give special thanks to the Black History Committee and its chairmen, TSgt. Randall L. Sutton and Capt. Gregory A. Cummings for all of their hard work. There will be many more activities in the coming weeks as we prepare for Black History Week. I urge everyone to participate. Kudos

To Capt. Bob McManaway, 64th Student Squadron, for being awarded the Boy Scouts of America's District Award of Merit. This award is the highest award given by the local district which composes 20 counties. Visits

There will be a Social Actions Staff Assistance Visit next week, Jan. 23-27. I would like to welcome CMSgt. George A. Walton Jr. and SSgt. Linda D. Murphy to Reese. What form do I use to calculate the credit? There is no form that must be turned in with your Form 1040 or 1040A. Complete the worksheet included with your instructions

The Roundup +

Reese Air Force Base Editorial Staff

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|------------------------|-------------------------|
| Chief of Public Affair | sMaj. Krist Vasilo |
| Editor | SrA. Greg Spraggins |
| Staff Writer | SrA. Kimberly Nelson |

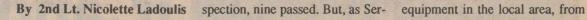
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INCOME TAX

DEADLINE

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Precision Measurement Equipment Lab measures up



Public Affairs Division Imagine a "No-Notice" Unit Effectiveness Inspection or a "No-Notice" Mission Capability Inspection. Unthinkable? For the 64th Field Maintenance Squadron's Precision Measurement Equipment Laboratory, it's a fact of life. To remain in operation, PME Laboratories must pass bi-annual certification inspections on no notice. "To us this is worse than a UEI," claimed MSgt. Larry Webb, Avionics Branch Chief.

While the rest of the base busied itself with the long-awaited ATC Readiness Staff Assistance Visit, the 17 people assigned to PMEL proved they're mission-readyany day, any time. Jan. 10, evaluators from the Aerospace Guidance and Metrology Center, Newark AFB, Ohio, "popped" in. Upon arrival, they immediately froze all shipments of outgoing and incoming equipment to PMEL. For three days, PMEL underwent a rigorous inspection in four areas of evaluation: Calibration Accuracy Audit, Quality Assurance Program Review, Facility Assessment and Environmental Control System Performance.

Reese's PME Laboratory beat Air Force and Air Training Command averages in all areas. The evaluation report cited Reese's PMEL for effective customer support, a good facility and excellent environmental control.

Effective customer support includes calibrating equipment on time and returning it to customers promptly. PMEL's customers get test equipment recalibrated on time 99.4 percent of the time, an average higher than Air Force and ATC averages. PMEL also returns equipment promptly with a workable backlog of only 4.2 days. The Air Force-wide average is 6.3 days and ATC's overall average is 5.6 days.

Of the 10 items selected for in-

geant Fleenor explained, " In PMEL it's either in or out." Overall, there were no faulty write-ups and no items overdue. Finally, the environmental control system constructed by Civil Engineering and maintained by PMEL personnel keeps temperature and humidity within required tolerances over 96 percent of the time.

The recertification recognizes that PMEL's calibration and measurement is accurate and traceable to Air Force Measurement Standards and to the National Bureau of Standards. PMEL maintains and repairs over 1,734 different pieces of equipment in the local area, from Air Force tire gauges to the Lubbock Post Office scales and National Weather Bureau instruments. Although it is a small, "behind-the scenes" operation, PMEL's mission plays a critical part in maintaining Air Force weapons and operating systems.

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Jan. 13, Col. Monroe Sams, wing commander, visited PMEL and presented the new operating certificate to PMEL Chief, Ed Kohanek. In the words of Colonel Sams, "PMEL's outstanding performance is another indication of how effectively the whole maintenance shop does its job."



SSgt. Jennifer Fleenor (left) and Sgt. Daniel Bonaparte check the accuracy of a multi-meter.



A1C Daryl Holley (left) and A1C Ray Roman work on an engine trim test set.



Anthony Montefusco checks paperwork for quality assurance.

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MSgt. Lawrence McDermett (right) and A1C Christy Schwartz calibrate a new engine analyzer.

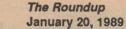
(U.S. Air Force photos by Mike Parrish)



A1C Paul McCann (left) and SrA. Michael Robinson calibrate and adjust a frequency counter.



A1C Michael Kreamer (left) and SrA. David Boas trouble-shoot a signal generator.





Sgt. Sharon Harrell fills out a Hometown News Release, DD Form 2266. The Materiel Control Specialist for the 1958th Communications Squadron is one of the recent Reese staff sergeant selectees. (U.S. Air Force photo by SrA. Greg Spraggins)

Grandmother read it and smiled

By SSgt. Rickey E. Harrell **ESC** Public Affairs

SAN ANTONIO, Texas -As the noncommissioned officer in charge of media relations at Electronic Security Command headquarters, I monitor the Hometown News Release Program.

When I receive the forms, I check for a valid reason for submission and other factors, including timeliness, accuracy and a valid signature.

At times, the checking and logging of names is tedious. The other day, though, while going over several forms, I noticed something that underscored the whole meaning and purpose of the hometown program.

The young airman who submitted this particular release was from Torrington, Wyo. She had just arrived at her first duty station in Germany, according to block eight on the form which lists the event or reason for submission.

Under the section about parents, guardians or other relatives, the young airman had put her grandmother's name. That's not unusual, so I continued checking the form. I noticed that she had put one year in block 15 that asks for "total years active duty."

She had filled in all the required blocks correctly, even signing a readable signature in block 20 at the end. It was at this time I noticed the comments she had scribbled in the "remarks" section. Most people who make remarks in this section add information concerning the event. Others ask for a specific hometown newspaper they'd like the release to go to. Usually, the section is left blank.

On this particular release, the one-striper had written, "Thank you so much for caring. I miss you so much."

frame of mind when she penned read it and smiled.

that personal message. Maybe she wanted her grandmother to know that she had arrived safe and sound and simply missed home. Maybe she hoped her grandmother would read the words of appreciation and smile in silent understanding.

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Whatever her reasons, they were important enough for her to use the Hometown News Release Program as a means of expressing herself to friends and family back home in Torrington, Wyo.

Turning in a hometown news form is not a requirement for anyone. Most people, regardless of the miles or years involved, like to maintain a positive image in their hometown community...be it through a promotion, move or decoration.

I'm glad the airman from Torrington was given the opportunity to complete the hometown news release. More impor-Now, I know nothing of her tantly, I hope her grandmother





News Briefs

Job openings

GENTILE AFS, Ohio (AFNS) - Air Force Orientation Group's exhibit unit needs qualified people to fill nine job openings.

Two technical sergeant positions are available, one in refrigeration and air conditioning and another in corrosion control.

Staff sergeant positions include vehicle-dispatcher operator, special purpose vehicle mechanic, financial management, electrician and production control.

A sergeant is needed in airframe repair, and a senior airman, sergeant or staff sergeant is needed to fill a metals processing position.

Second-term or career airmen applying for the positions must have three years' time on station. First-termers must have two years time on station.

The orientation group designs, builds and displays exhibits about Air Force people, their equipment and contributions to the United States, then takes the Air Force story to the public. For more information, check Air Force Regulation 39-11, Chapter 8, item 22, or call the Orientation Group's personnel office at AUTOVON 986-5693.

Renewal vows

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When was the last time you exchanged your marriage vows in a Catholic ceremony? The Catholic Women of the Chapel are sponsoring a marriage renewal Feb. 3, 6:45 p.m., at the chapel. There will be a rosary and Mass followed by a dessert pot luck. Child care will be provided. For more information, call Ellie Towe, 885-4369, or Danni Saenz, 885-2217.

Distinguished graduate

Competing with 786 students in Squadron Officer School Class 89-A, Capt. Scott W. Steckel, 54th Flying Training Squadron, graduated in the top 9.0 percent of the class. In addition, selection for this distinctive honor was recomcommandant.

SOS is the first of the USAF's professional military education schools. The mission of the eight and one-half-week course is to provide for the professional development of company grade officers so they can better perform and value their role in the conduct and support of the Air Force mission.

\$500 Scholarship

The American Society of Military Comptrollers will award a \$500 scholarship to a graduating senior in the local area. All military and civilian dependent seniors are eligible to apply for a scholarship if they are entering a field of study related to financial/accounting management and have a grade point average of 3.0. Deadline to turn in applications is Feb. 1. For more information, call Carmen Lopez, 3518.

Lost and found

The Security Police Investigations section has the following lost or abandoned property: one key, a set of keys and one car battery. If any of the property listed above belongs to you, please contact the Investigations Section at 3999.

CGOC

The next Company Grade Officer's Council meeting is Feb. 1, 4:45 p.m. in the Jack Davis Room at the Officer's Open Mess. All company grade officers are encouraged to attend. The council meets on the first Wednesday of every month, same time and location.

The council supports community activities and promotes professional development through different social activities. For more information, call 1st Lt. Joan Kinsey, 3074, 1st Lt. Hawk Hawkins, 2nd Lt. Chris Walker, or 2nd Lt. Kate Russel, 3617.

Housing occupants

The Housing Office and the Fire Department will conduct an exterior inspection of each housing unit during January. The inspection includes patio and carport areas.

Financial planning

Have you made a New Year's resolution to manage your mended by a review committee and approved by the SOS - money more wisely? Perhaps you want to pay off your credit cards or start saving money? Maybe you just want some information on sound financial management. The American Society of Military Comptrollers hosts a program of Financial Planning Tuesday, 11:30 a.m. at the Officer's Open Mess. The guest speaker is Mary Ellen Sullivan from IDS Financial Services (an American Express Company) in

Lubbock. All members and guests are invited and encouraged to attend. For more information, call 1st Lt. Joan Kinsey, 3074.

The Roundup

January 20, 1989

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AFR 35-10 tip

When wearing the battle dress uniform (BDU), thermal underwear is authorized from Oct. 1 to March 31. The white part of the thermal underwear shirt can be exposed. This is part of a recent change to Air Force regulation 35-10.

Childbirth class

St. Mary of the Plains Hospital in cooperation with Reese is proud to announce the arrival of Prepared Childbirth classes. The six weeks session will be held Saturdays, Feb. 4 to March 11, 4-6 p.m.

Deborah Ray, a registered nurse skilled in labor, delivery, recovery and postpartum will lead expectant parents through all phases of childbirth education.

Centering on the idea that education helps to relieve fear and anxiety, the classes will focus on topics such as nutrition, exercise, healthcare for the mother, breathing techniques, breast and bottle feeding, medication and anesthesia, Caesarean section, delivery, postpartum and care of a newborn.

In addition to films and presentation, the classes will allow for discussion and questions among the participants.

The fee for this six week course is \$25. Preregistration is necessary and can be made by calling Kathryn Abbey, 796-6667.

702 needed

The Public Affairs Division is looking for an administrative specialist to fill a position that will be vacant this spring. Interested applicants should visit Public Affairs, located in Bldg. 800, Room 204. For more information, call 3410.

Sports writers

Got a hot sports tip or a unique photo? If so, the Roundup may be interested in publishing your stuff. Volunteers are needed for this special assignment.

Come to the Public Affairs Division to get your application. You could be a part of the sportswriting team! For more information, call SrA. Greg Spraggins, 3843.





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Capt. Daniel R. Fernandez



1st Lt. Gregory H. Moore



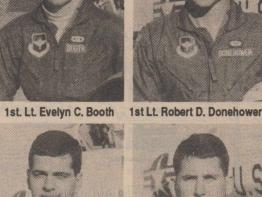
2nd Lt. David S. Busenitz



2nd Lt. Scott A. Graham



2nd Lt. Gary K. Ingham



2nd Lt. Terry B. Abel



2nd Lt. Keith P. Boone







2nd Lt. Bruce P. Hamilton





ATC/IG to speak at today's graduation

CLASS 89

Class 89-04 graduates

Brigadier General Albert A. Gagliardi Jr., inspector general, Headquarters Air Training Command, Randolph AFB, Texas, is the featured guest speaker for Undergraduate Pilot Training Class 89-04's graduation today.

General Gagliardi was born June 29, 1937, in Newport, R.I. He graduated from the U.S. Air Force Academy in 1959 as a member of the first graduating class and received a bachelor of science degree.

aerospace engineering from the 3510th Flying Training Wing. Air Force Institute of Technology Officer School in 1965, Naval George AFB, Calif., Cam Ranh

1974 and the Air War College in 1979.

Upon graduation from the academy, he was commissioned in the Air Force and assigned to Laredo AFB, Texas, for pilot training.

In July 1960 he received his pilot wings and remained at Laredo as a flight instructor. He transferred to Randolph AFB in August 1962 as a T-33 flight instructor and later served as an a He earned a master's degree in academic instructor with the

Command and Staff College in Bay Air Base, Republic of Vietnam (as an F-4 fighter pilot, he flew 186 combat missions), the Air Force Academy, Laughlin AFB, Texas, Mather AFB, Calif., Lackland AFB, Texas, Fairchild AFB, Wash. and Brussels, Belgium.

> The general is a command pilot with more than 3,800 hours in jet fighter aircraft.

> He was promoted to brigadier general Dec. 1, 1985, with date of rank Oct. 1, 1985.

He is married to the former Katharine F. McMahon of San

















2nd Lt. Christopher M. Long



2nd Lt. Wayne B. Reed



(U.S. Air Force photos)



2nd Lt. Paul F. Schultz 2nd Lt. Matthew T. Stephens



2nd Lt. Robert S. Vaughn

2nd Lt. Kirk D. Willburger

in 1967. He completed Squadron Wright-Patterson AFB, Ohio,

The general has served tours at Antonio, Texas. They have three children; Michael, Gina and Mia.



Returning members of UPT Class 89-04 stand with commanders at assignment night. (left to right) Col. Gerald W. Deakin, deputy commander for operations, 2nd Lt. Robert S. Vaughn, 2nd Lt. Kirk D. Willburger, Lt. Col. John W. Dalton, commander, 54th Flying Training Squadron, 2nd Lts. Gregory H. Moore, Christopher M. Long and David S. Busenitz and Lt. Col. Edward R. Ellis, commander, 35th Flying Training Squadron. (U.S. Air Force photo)

January 20, 1989 requiem' for Class 89-04

By 2nd Lt. James D. Deleo A long, long time ago, in a land far, far away, there assembled an odd collection of individuals. They travelled from new and far-as far as Iceland, as near as Texas Tech.

The Roundup

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Class 89-04, "the worst ever to attend UPT," began Phase I with all the enthusiasm of a mongoose working a cobra. Each fledgling aviator treated every question, every volleyball point, every witty comment, as the crucial event upon which the receipt of their Air Force wings turned. They had much to learn.

The challenges began to mount for 89-04. Endless late night study groups, hour after dreary hour of boldface memorization, relentless academic classes all contributed to the students' preparation for flight.

But all work and no play only made the aspiring aviators want to play that much harder. So every Friday night the boys and girl ventured to that den of iniquity known affectionately as "The Smokin' Hole." It became a haven for the injured and bruised Class 89-04 that only three short weeks before had taken Reese AFB by-pardon the pun-storm. There was, however, a beacon of light to which these fine students looked forward...the flight line.

AL ST

After roughly three and one-half weeks of ground training, the class was finally sent to the 35th Flying Training Squadron to begin handson work in that metallic hazardous noise generator, the T-37 "Tweet." If any student still harbored visions of becoming a "natural" and sailing with ease through the program, they were firmly extinguished by the commander and instructors of the Bulls. The first basic simulators demonstrated how hopeless each aspiring aviator really was. It was a chore just to get the gear down, let alone put the airplane safely onto the runway. Nonetheless, progress was made, and soon it was time for the first "dollar" ride.

tant first flight teach? Perhaps how

difficult it is to fly when one is visiting the magic air sickness bag. But with each subsequent sortie, the students grew stronger, and the immortal phrase "I have the aircraft" rang out less often. Some blood was shed, and 89-04 lost two good men before solo in the Tweet. The rest, however, strapped their behinds into the flying dog whistle, launched themselves into the wild blue, alone for the first time. After initial solo, each bold stu-

dent was unceremoniously slammed into a pool of freezing cold water, usually already having had his or her flight suit filled to the brim with ice cubes. One intrepid student handcuffed himself to his instructor so both could enjoy the watery ecstasy.

And then it was time to fly the T-38. The Storm Riders, after tearing the T-37 program apart, charged up the road to show the 54th Flying Training Squadron what tough aviators really looked like. Once again they had much to learn.

Class 89-04 took its knocks, more blood was shed, and soon it was time for the most exhilarating experience in UPT: solo in the White Rocket. The young aviators were struck dumb when presented with three wheels, two wings, one cockpit, two afterburners, and the keys-courtesy of the USAF. It actually became easier to spur the Talon on without a screaming monster in the rear cockpit.

The formation phase of T-38 training challenged the fierce flyers, and stories of fingertip at the speed of sound, lost wingmen, oversped landing gear, and attempted rejoins on Southwest airliners filled the flight room.

Once again 89-04's incredible stand up emergency procedure performance alarmed the Hawg instructors. Early on, the aggressive airmen demonstrated their desire to eject if any problem was encoun-

What lesson did this all-impor- tered. Engine failure? Eject. Air conditioning doesn't work? Eject. Hangnail? Eject. Needless to say, Captain Mayo and "The Lark" were not impressed.

> Soon the ATRB met, and the adventurous aviators were surprised to learn that twelve of their number had received FAR ratings. (Can you say FAIP city?, And then they graduated, whereupon the U.S. government conferred upon the mischievous misfits the title of Air Force Pilot; hence the phrase, "In God We Trust."

In the final analysis, however, it may be said of these men and woman that they were of the finest character I have ever known. As I reflect upon the past three hundred days I cannot help but wonder whether I shall ever encounter another group as excellent as this. Through their tenacity, intensity, honor, and most importantly, their care for one another, they were able to transform themselves in one short year from mere college graduates, to military aviators. And though he wasn't able to make that transition with us, I believe Lieutenant Peck taught us about a fifth quality, personal bravery, because he had more of it in his little finger than the rest of us in our entire collectivity. Others who have never experienced the mountain that UPT represents cannot possibly understand the development that 89-04 underwent in its conquest of it. We are now quite different people.

The silver wings that we now display on our chests embody a struggle, an effort, and a goal that we value above all else. For this, Storm Riders, I salute your courage, and I bid you...farewell.

And there you have it. Far better it is to dare mighty deeds

than to rank with those poor, miserable souls who know neither victory nor defeat.

T. Roosevelt



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9

Viruses infect computer systems,

By SMSgt. Steven J. Guenther and Amn. Michael W. Robison 1958 Communications Squadron

Well, we've all been reading about the dread Computer Virus in the newspapers recently.

As a computer user, you might be wondering how it can have such a disastrous affect on those bits of wire, metal and whiz-bang electronic parts.

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First of all, a computer virus is not the same as the critter that gives you a cold. It's nothing more or less than a computer program. It does, however, have a similar effect on computers, because once caught, it multiplies and can eventually cause a total breakdown of the computer system.

Recently, a virus was introduced into the DOD computer system known as Internet. Internet ties together systems on several different networks throughout the nation, including DODs ARPANET (Advanced Research Project Network), and the DDN Milnet (Defense Datas Network Military

Network)

The Internet virus was what those in the computer world call a "worm"-it slips in through a tiny fault in the system security and reproduces itself. The individual who created the virus found this fault and designed a program that caused the memory disks to fill up. The virus program then tried to contact as many other computers as possible, copying itself to these systems when possible.

Some 6,200 host computers were attacked at a cost if \$98 million worth of lost machine time and manpower to eliminate the program.

Computer viruses don't just affect the big systems. Your PC, the one on your desk at work or at home, is also open for a computer virus.

Even though there are safeguards built into a system, there is always the possibility some clever "hacker" out there can and sill create a virus that will affect your system. It may be the guy who was just fired-or someone, as in the Internet case, who was just bored. While the only computer that is absolutely

secure is one that is turned off. There are a few things you can do to protect yourself against such problems.

First, keep a current backup of your system. If you don't keep a backup, you're in danger of a lot more than viruses.

Second, be sure you only use programs that have been licensed to you-KNOW where your programs come from. Don't just go and pick up any old program from Joe D. Jerk down the street.

If you get something from a computer bulletin board, be sure the operators of the bulletin board vouch for the code.

Remember, anytime you get a copy of someone else's program, you not only risk a copyright infringement, but there may very well be something just waiting to spring itself loose. It might do anything from flipping your video display upside down right in front of your eyes to reformatting your hard disk. Even worse, it may silently and insideously begin wiping out each of your floppies as you use them.

Unless you're willing and able to purchase commercially produced "anti-virus" programs-which can't really guarantee protection either—your only defense against a virus is to watch out what you introduce into your system.

One last thing, keep an eye out for the sizes of program files and watch to ensure they stay the same.

Viruses are a huge, industry-wide problem. Through the AFCC Standard Systems Center, we're watching-and detecting viruses.

If you feel your system has "caught a cold," run, don't walk to the nearest telephone and call Amn. Mike Robison of the Reese Small Computer Tech Center, 6090. Part of the 1958 Communications Squadron, the Small Computer Tech Center was established to help you fix your computer problems-from deciding on software application to system configuration. The Small Computer Tech Center may also be just what the doctor ordered to diagnose and cure a virus.

Family Services volunteers keeping people happy

The Family Services Quarterly Awards Luncheon was Jan. 11.

The following awards were presented by Judy Bellinger, acting Family Support Director:

*Family Services pin and name tags; Sharon Chaplar, Linda Finimore, Cindy Gumm, Diane Mitchell, Danni Saenz and Barbara Villarreal.

500-hour guard; Pat Bickers and Julie Slaughter

1,000-hour guard; Debbie Barber

1,250-hour guard; Terri Pace

* 1,750-hour guard; Tami Grochowski and **Dorothy Jones**

* 4,000-hour guard; SSgt. Linda Horn

* Year pins; Julie Slaughter, one year, Stacey Kampe, two year, Lynnette Madgwick, three year and SSgt. Linda Horn, 4 year.

After the awards were presented, the family Services volunteers honored Nancy Higham, their advisor, with a token of appreciation for her assistance and guidance from May 1988 to January 1989. Mrs. Higham was given a cross-stitch picture of the Family Services Shield made by Cathy Straub and

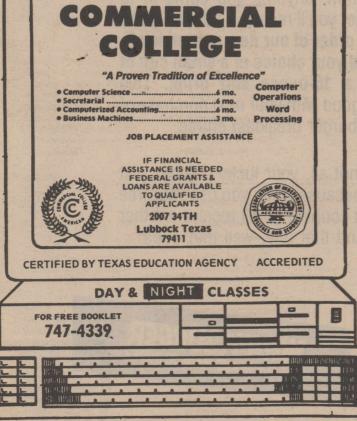
several momentous items of Family Serv- Runyan, proud parents of Dorothy Pearl ices. Good luck, Nancy and Colonel Higham on your new assignment to Columbus AFB, Miss.

Family Services also welcomed three new additions to the Reese community with special gifts from our Project Stork volunteers. Christmas baby sets, consisting of an afghan, tissue box an door knocker, all crocheted by the volunteers in Christmas colors of red and white, were given to the first eligible parents whose baby was born closest to Christmas day: MSgt. and Mrs. Harold W. Chang Runyan, born Dec.12, and SSgt. and Mrs. David Miller, proud parents of Allan Justin Miller, born Dec. 30.

The third baby born was Family Services' New Years Baby. She is Megan Loraine Reece, born Jan. 2. The proud parents are SrA. and Mrs. Brad Reece. They received a very special layette consisting of bib, diapers, rattler, cap, booties, gown, car seat, a very special hand-sewn blanket and more.

For more information on Project Stork, call 3366.





How much pain can you stomach?

Stomach pain? If reaching into the medicine cabinet is no longer helping, then the problem may be more than just a simple stomach ache. Persistent abdominal pain may be a sign of a more serious underlying problem such as an ulcer, gallstones, or even cancer.

The Gastrointestinal Diagnostic Center offers a full range of state of the art services and procedures to diagnose and treat disorders of the digestive system. If you are having a problem with abdominal pain, see your doctor or contact the Gastrointestinal Diagnostic Center for an appointment. Do your stomach a favor.

Appointments by physician referral 743-2517 or 743-3332. **Champus Assignment Accepted**



Gastrointestinal Diagnostic Center

602 Indiana Ave. A Service of Lubbock General Hospital

Newsmakers

News items on this page are brought to you by the advertisers in the Roundup, who actively solicit business from the military and civilian personnel at Reese Air Force Base.

History of espionage examined in special series beginning Monday

that examines the controversial and turbulent history of American espionage, premieres nationally over PBS on Monday, Jan. 23 at 8 p.m.

The series will be hosted by veteran broadcast journalist Bill Kurtis.

Through the use of extensive archival footage, much of it never before seen, and interviews with dozens of former espionage agents and intelligence professionals, the series traces the growth of America's espionage community from its modest begin-

Gifted students institute available at Texas Tech

The Institute for the Gifted at Texas Tech University provides programs for gifted and talented children.

Spring programs include: Super Saturdays for gifted/talented and high-achieving students in kindergarten through twelfth grade. A variety of classes are offered including animal science, art, architecture, astronomy, computers, creative writing, French, German, law, meteorology, microbiology, paleontology, photography, puppetry, rock and jazz, and self-esteem.

Classes meet every Saturday, Feb. 4 through March 11 for two hours each.

The Young Actors Workshop offers stage-related classes to students in grades 2 through 10 who have a superior academic and performing arts potential and skills. Classes meet Saturdays, Feb. 4 through March 18. For more information contact the Institute for the Gifted at 742-2353.

"Secret Intelligence," a four-part series nings as a World War I era "back room" operation to a multi-billion dollar international empire.

> Appearing throughout this series, in rare interviews, are six former CIA directors, including William Casey in his last television interview.

> Along with the other witnesses and participants, they provide a unique look at a world too often shrouded in secrecy.

> A major theme exposed throughout this series is the constant tension between security and democracy, the delicate balancing act of keeping secrets in an open society.

> According to host Bill Kurtis, "the intelligence community has evolved over the years into a massive institution. It helps guard our liberties, but there's always the potential for abuse. 'Secret Intelligence' goes beyond mere spying to explore how intelligence protects us and how it threatens us, how it fails and how it succeeds."

Each episode of "Secret Intelligence" investigates a different era of American espionage.

The first hour, "The Only Rule Is Win," examines the origins of the FBI and the wartime OSS (forerunner of the CIA), and takes a new look at critical events ranging from the disaster at Pearl Harbor to the OSS guerrilla operations in Burma.

The second episode,"Intervention," picks up after World War II and shows how the Central Intelligence Agency, in covert operations around the globe, became the President's secret army of intervention.

Episode three, "Learning To Say No," explores the excesses and scandals of the intelligence community in the 1960s and '70s, and battles that ensued when Congress attempted to restrain the power of this secret



Senate Intelligence Committee Chairman Frank Church displays a poison dart gun as co-chairman John Tower looks on during the panel's 1975 probe into CIA activities. This and other pivotal events in the history of U.S. espionage are explored in "Secret Intelligence," a four-part series from KCET-TV/Los Angeles which premieres Monday, Jan. 23, at 8 p.m. on KTXT, Channel 5.

arm of the government.

"The Enterprise," the fourth and final episode, examines the most recent-and most controversial-era in CIA history, a period that culminated in the divisive Iran/ Contra arms scandal.

The series follows "Spy Machines," a Peabody Award-winning program tracing the history of intelligence-gathering technology, which aired over PBS on the Nova series in October 1987.

"Secret Intelligence" is made possible by major funding from public broadcasting stations.

Additional funding is provided by the Corporation for Public Broadcasting and United Airlines.

Schools, libraries and institutions will be able to purchase videocassettes of the entire series from PBS Video.

The companion book, Secret Intelligence, is currently available in bookstores.



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This message was recorded Jan. 13 and contains the following items of interest:

 Air Force sports looking for coaches

UFT selection board

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Today Lunch

Braised Beef Cubes

Fried Fish Portions

Grilled Ham Steaks

French Fried Eggplant

Baked Whole Catfish

Swiss Steak w/onions

Buttered Succotash

Cauliflower Combo

Buttered Cabbage

Brown Gravy

BBQ Chicken

Fried Rice

Mashed Potatoes

Cream Style Corn

Fried Fish Portions

Mashed Potatoes

Buttered Potatoes

Mexican Corn Brown Gravy

Buttered Green Beans

Baked Hubbard Squash

Buttered Broccoli

Brown Gravy

Baked Ham

Fajitas

Saturday

Sunday

Buttered Noodles **Oven Glo Potatoes**

 Rated Aerospace Physiology **Training Officers wanted**

 Foreign language proficiency pay.

Caprock menu

Dinner

Chipper Perch

Steamed Rice

Sauteed Com

Brown Gravy

Creole Shrimp

Steamed Bice

Brown Gravy

Filet Mignon

Fried Rice



The Roundup

January 20, 1989

11

Monday Tempura Fried Shrimp Pepper Steaks Steamed Rice

Grilled Polish Sausage Baked Macaroni & Cheese Buttered Succotash Buttered Lima Beans

Fried Rabbit Spaghetti w/meatballs **Grilled Salmon Cakes Rice Pilaf** Golden Potato Balls Fried Cabbage w/bacon **Buttered Carrots**

| Tuesday | * | Protessionally Managed b | y Concho Management Corporation | Constant of the State of the State of the |
|---|--|--|---------------------------------|---|
| Chicken Yakisoba Baked Halibut Steaks Chicken Fried Beef Patties Au Gratin Potatoes Buttered Noodles Buttered Asparagus Buttered Corn on the Cob Simmered Blackeye Peas Cream Gravy | Roast Beef Chill Macaroni Savory Baked Chicken Mashed Potatoes French Baked Potatoes Buttered Mixed Vegetables Buttered Broccoli Cauliflower Polonaise Natural Gravy | Reese people are special to us - ask us! Ce Chateau | WESTERN | OAKS |
| BBQ Spareribs | Grilled Salisbury Steak | apartments | TWO BDR. UNFU | have a second to the second |
| Fried Catfish | Baked Ham | 11 1 N N N N N N N N N N N N N N N N N | APARTME | NTS |
| Fried Chicken | Swiss Steak w/onions | "On Maxey Lake" | | 792-9423 |
| Steamed Rice | Buttered Noodles | FOIS OF SUN SPACE A SUSSESSMENT | 4601 52nd | 192.9423 |
| Buttered Potatoes Turnip Greens | Mashed Potatoes Buttered Wax Beans | 4345 28th 795-6583 | | E |
| Candied Sweet Potatoes | Southern Fried Okra | | | |
| Simmered Pinto Beans | French Fried Eggplant | | 4602 54th St. | in |
| Brown Gravy | Brown Gravy | - tas 31 a | 4002 3411 31. | - 65- |
| | | I ESOLOGI MART | 797-2656 | |
| Thursday | | the the the the | | |
| Beef Stew Baked Fish Fillets | Steak Ranchero Pineapple Chicken | | 600 | |
| Roast Turkey | Simmered Knockwurst | | | |
| Buttered Noodles | Steamed Rice | | | |
| Mashed Potatoes | Franconia Potatoes | | NS COME | |
| Buttered Asparagus | Glazed Carrots | | | |
| Buttered Broccoli | Buttered Brussels Sprouts | | N33.07/ | |
| Buttered Cauliflower | Buttered Corn | | | |
| Turkey Gravy | Brown Gravy | | OMNIthe ON | NE for ALL !! |

| doing | Friday | Saturday | Sunday | |
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| good | Jan. 20 Jan. 21 | | Jan. 22 | |
| Physical Fitness Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Mathis Recreation Center Running track closed for repainting lines Running track c | | Mathis Recreation Center Free shuttle bus to South Plains Mall: 2 - 6 p.m. Bowling Center YABA bowling 9:30 a.m. Rock 'n Bowl for kids only: 2 p.m. Bowling Open Mess Disco with Maestro Lee 9 p.m2 a.m. Mamma Reeseione's Phone in orders and delivery service on base and in Reese Village Rod and Gun Club Rifle bid opening today Skeet range open 11 a.m 4 p.m. Youth Center Martial Arts 1:30 p.m. Lock-in 9 p.m 8 a.m.; ages 10 and up - \$7 | Mathis Recreation CenterFree movie "Batteries Not Included" 3 p.m.Rated PGBowling CenterUnlimited games of bowling \$5noon - 6 p.m.Auto Hobby ComplexHalf price car wash at the compound \$.50 | |
| Monday | Tuesday | Wednesday | Thursday | |
| Jan. 23 Mathis Recreation Center Discount tickets on sale for the Fox, Mann and United Artist theaters \$3.75 each Bowling Center Intramural League Bowling 5:15 and 7:45 p.m. Enlisted Open Mess Games night 5:30 p.m. Officers' Open Mess Blast-Off 90-04 Youth Center Dance classes 4 p.m. Karate 4:30 p.m. Shuffleboard tournament 5 p.m. | Jan. 24 Physical Fitness Center Men's Varsity Basketball: Reese Rattlers vs. Frontier Dodge 7 p.m. MacKenzie Jr. High Intramural Basketball: FMS 'B' vs. CES - 5 p.m. RM vs. MSS - 6 p.m. HOSP vs. 54 FTS 'B' - 7 p.m. OMS vs. 35 FTS 'B' - 8 p.m. Bowling Center Local Law Enforcement League - 7 p.m. Officers' Open Mess Lunch served MonFri. 11 a.m 1:30 p.m. Auto Hobby Complex Tire balancing special: \$1.50 per tire Mouth Center Aerobics - 5:30 p.m. Jr. Club - 6:30 p.m. Free tutoring - 4 p.m. | Jan. 25 Physical Fitness Center Ladies' Varsity Basketball: Reese Rattlers vs. Coca-Cola 8 p.m., Hutchinson Jr. High Intramural Basketball: FMS 'B' vs. COMM - 5 p.m. GOATS vs. 35 FTS 'A' - 6 p.m. GOATS vs. 35 FTS 'A' - 7 p.m. CES vs. SPS - 8 p.m. Mathis Recreation Center '1 Ought to be in Pictures,' Base theater 7 p.m. Advance tickets: \$3.50 At the door, \$5 Enlisted Open Mess Jody Max 7 - 11 p.m. Youth Center Arts and crafts - 4:30 p.m. | Jan. 26 Physical Fitness Center Intramural Basketball: COMM vs. HOSP - 5 p.m. OMS vs. STURON - 6 p.m. RM vs. 54 FTS 'B' - 7 p.m. FMS 'A' vs. 35 FTS 'B' - 8 p.m. Mathis Recreation Center Discount tickets for the Fox, Mann and United Artist theaters - \$3.75 each Bowling Center Thursday Mixed League, 5 p.m. Enlisted Open Mess Disco with Jody Max - 7 - 11 p.m. Kouth Center Free tutoring - 4 p.m. Aerobics - 5:30 p.m. | |
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Basketball Court

13

Super Bowl snacks score nutritional touchdowns

By SrA. Greg Spraggins Editor, Roundup

Sporting events such as the world series, NBA play-offs and now the Super Bowl, give good excuses to kick back and chow down on hoards of munchies.

If chips and dip, honey roasted peanuts, pepperoni pizza, your famous "hero" sandwich, and various beverages sound like what you'll be serving at your big Super Bowl Party for your friends and family, you'll be handing off a big nutritional "0."

Before your health is sacked, consider this strategy from LuAnn Latham, R.D., L.D., a registered dietician at Methodist Hospital.

According to Latham, most traditional Super Bowl snack foods won't even get you off the bench.

Latham advises that hosts should not fear substituting the usual munchies with nutritious snacks,

because good taste and nutrition the high-caloric/fat/salt -laden can team up quite successfully.

Try the following low-fat, lowcholesterol tips and score a victory for good nutrition.

Regardless of which team wins (hopefully mine), these tasty snacks are guaranteed to please even the most finicky fan. And you'll have the satisfaction of knowing that each item you serve is contributing to the health of your family and friends.

Today's supermarket is wellstocked with tasty snack alternatives which are low in salt and saturated fat: two of the biggest nutrition villains.

When selecting crackers and nuts, read the labels to determine the best selections.

You should also consider the saltless variety of pretzels and popcorn.

Latham recommends, instead of

dips, try stocking up on low-fat yogurt which makes the base for a tasty dip. Mix the yogurt in a blender or food processor with fresh herbs or vegetables (e.g., basil and broccoli), add a little lemon juice and/or skim milk, and you have a delicious dip. (For a spicier version, try a little horseradish, freshly-pressed garlic or hot sauce.)

To complete the line-up, stock up on lots of fresh vegetables which can be served raw with your dips. Try cauliflower, green and red pepper, radishes, mushrooms, zucchini and scallions for a colorful and flavorful platter.

How about a secret play? Try substituting juice for caffinated or alcoholic beverages.

Parties don't have a required format. Try a few of your own plays, and you'll be setting up a good foundation for next season.



CEDAR RIDGE

Fitness and Health

By SSgt. Randy Pratt Base Fitness Advisor I would like to start a weightlifting program. Should I take protein, amino acid and vitamin supplements to increase my muscle mass?

It is necessary to have a certain amount of protein and various vitamins present in the body to carry on the muscular growth processes once they have been started. But, if a person eats a balanced diet composed of a variety of foods, he is certain to get more than enough of the various nutrients for maximum muscular growth. The quality of protein provided by such foods as meat, fish, poultry, milk and eggs is the best source of tissue-building

when the diet is supplemented with a single amino acid, an unbalanced mixture of amino acids, or a protein of poor nutritional quality. Such supplementation in human beings is expensive and at best useless. Extra protein is not directly related

lower back pressed flat on the floor. Only lift far enough to feel your muscles tighten. You can hold your feet up or place them flat on the

strain your lower back. Put your hands near your head, but not behind it, and your elbows may be in front of your head, not necessarily flat out to the side. You might want to try placing them on your chest. Do four or five sets of 30 sit-ups, and the best place to do them is in our aerobics classes. You're motivated to do twice as many sit-ups when you know other people are pushing as hard as you are.

Questions about exercise, fit-The best way to do sit-ups is ness or sports, may be written down and sent to the Reese Physical Fitness Center, 64 ABG/SSRS, or called in to 6020. An answer will be given in writing and some of the select ones will be published in the Roundup. All questions submitted





to extra muscle mass; calories are just as important. What is the best way to do situps to maximize the results, but not put undue stress on the lower back? with no momentum (bouncing) and a lot of concentration. Keep your



MWR Notes

Kids Rock 'n Bowl

A Rock 'n Bowl for youth 6 - 18 years old is tomorrow at the Windmill Lanes beginning at 2 p.m. The entry fee is \$5 and includes: pizza, prizes and three games of no tap bowling. Bring your own tapes and dance to your favorite tune.

Maestro Lee Disco

Get down, get funky and move it all around, at the Mathis Recreation Center tonight from 10 p.m. - 2 a.m. Maestro Lee will play those great disco sounds. Admission is free.

Discount theater tickets

Did you know that the Mathis Recreation Center handles discount theater tickets for the Fox, Mann and United Artist Theaters in Lubbock. Enjoy an evening at the movies for only \$3.75 per ticket.

Racquetball tournament

The 8th Annual Showboat Military Racquetball Tournament is Feb. 5 - 10 in Las Vegas, Nev. Anyone interested in participating should contact Jake Trevino at 3207. This is a permissive TDY at no expense to the government. Entry deadline is Jan. 31.

MWR to present 'I Ought to be in Pictures'.

Get your tickets early! Tickets are now on sale for Neil Simon's, "I Ought to Be in Pictures," being presented at the Simler (base) Theater Jan. 25 at 7 p.m.

This heart warming and funny comedy hit, by one of America's favorite playwrights, is being performed by The Repertory Theater of America/Alpha-Omega Players, a nationally acclaimed touring company. During their 21 year existence, The Repertory Theater has performed on stage over 10,000 times.

"I Ought to Be in Pictures," is the story of Herb, a fading Hollywood scriptwriter who abandoned his family 16 years earlier, and of Libby, Herb's 19 year old tomboy daughter, who one day appears on his doorstep.

Libby pretends to be a young aspiring actress, making her way to California and —

hopefully — into her father's heart. John Talmadge-Wright plays Herb with Heidi Schwarzenbart appearing as Libby.

Don't miss this spectacular event presented by the Morale, Welfare and Recreation Division.

Doors open at 6 p.m. and tickets, if purchased then are \$5.

Advance tickets can be purchased for \$3.50 from the Mathis Recreation Center, Base Library and Windmill Lanes during normal operating hours.

Tickets may also be purchased at the following 7-11 stores in Lubbock until noon, Jan. 25, 1989: 2318 19th St., 4401 19th St., 2501 34th St., 5710 4th St., 6101 19th St., 2102 50th St., 8126 University, 5002 Quaker, 4324 82nd St. and 8208 Slide Road.





6002 Slide Rd.

799-4121

The Experts

PG-13

2:00 - 3:45 - 5:30 - 7:30 - 9:40

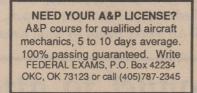
UNITED ARTISTS

15

Want ads - Want ads -**UA SOUTH PLAINS CINEMA 4** 1974 PORSCHE 914 White sport SEWING MACHINE TUNE-UP-Flos car \$2,750; 1970 VW Bug, depend-All brands - Singer, Necchi, White, My Stepmother PG-13 able \$850; 1982 Mazda RX 7 GSL, Elna, Etc. Completely delint, oil, Fingers & Toes leather interior, all power, \$4650. and adjust tensions \$12.50. In is an Alien Call 793-9328 or 744-3533. RTN Home Service. ABC Sewing Center, 2:00 - 4:15 - 7:20 - 9:20 3407-34th St. 799-0372 **HEY REESE! STORAGE PROBLEMS?** \$10 OFF any set of nails (Reg. \$40 **GUITAR LESSONS:** Concert art-**Colonial Self Storage** + tax) \$3 OFF a fill-in. \$1 OFF all ist. Beginners/advanced. All styles, has the answer! manicures & pedicures. low rates. Elegant Park Tower loca-Call 765-6844 Ask about our Gift Certificates. 4602 Englewood

(Rock Ridge Plaza) FOR SALE Water softener system tank, hose, and 320 lb. salt tank, came with newly bought house and owners don't want it. All new valves, timers and wiring recently installed. All offers considered. To see or make offer, call 792-1670 evenings, or leave message. RTN

> VCR REPAIRS - Morgans TV-VCR-Repairs on microwaves, free estimates; 6138 37th 791-1348. No service calls. Call anytime. RTN



FOR RENT: 14x60 Mobile Home. West 82nd St. Two bedroom, one bath, large living room with wet bar. No pets. Call after 3:00 p.m., 794-2986.

ASSUMABLE LOW INTEREST Loan, 3-2-2, Great floor plan, large master bedroom, storage building, many extras, 794-8409. 1-20

1983 BLUEBIRD MOTOR HOME forward control Turbo-Cat Diesel, Loaded, Low Mileage, Road Ready, 1-894-5303. RTN

Repair all makes. Washers - Dryers -Dishwashers - Refrigerators - Ranges.

tion. Grisanti Guitar Studio 747-6108.

CLOSEST KENNEL TO REESE K-9 KENNEL - HORSE CARE **CENTER & CATTERY** Alcove Rd. between W. 19th & 4th St. Phone 792-1325 Hours - 8:30-5:30 Mon. thru Sat. 4 p.m.-8 p.m. Sundays

VILLAGE WEST APARTMENTS, 5401 50th. Furnished or unfurnished, large apartments, private patio, beautiful grounds. Resident security. Convenient to Reese and Mall. Reasonable. Open seven days. All adult. 799-7900.

COLLECTOR WANTS TO BUY old dolls and jointed teddy bears, old children's dishes and books; also old buttons, 795-6991.

PRIMITIVE INDIAN POTS for sale. You must see to appreciate them. After 5:30. Call 795-9978.

THE STASH WAREHOUSE

The Best Little Storehouse in Texas **Convenient to Reese** Also RV Storage.

7904 W.19th 797-7344

FOR RENT 3-1-1, Large fenced yard on a cul-de-sac, stove furnished, washer/dryer hook-up, \$430 monthly, deposit required, available February 1st, 5110 43rd St. 792-8425 after 4:30. 1-20



oil refining, mechanics, etc., excellent pay & benefits. Hundreds of jobs listed. CALL NOW! 206-736-7000 EXT. E-111 2-10

NOW LEASING large one bedroom quadraplex, fenced yard private drive. Available February -44th & Boston

Gatewood Apartments 795-5514

RUSSIAN LANGUAGE INSTRUC-TION for Reese, civilian and military personnel or retiree. Experienced teacher and traveler to the Soviet Union. Flexible schedule. Prefer limit of 8 students. Leave message, 792-1195. RTN

\$200 REWARD for information leading to the recovery of a 1986 Honda fourtrax ATV. The bike was taken between Friday Jan. 13 and Sunday morning Jan. 15. The four wheeler was parked at the MWR storage lot near TLF and India Flight. Call 794-9613, home, ask for Bill Crawford. 1-20

COUNTRY LIVING, 4th & Alcove Rd., 3-2-2, large, 1950sq. ft., living room & den, storage shed, over 1/2 acre. Price reduced to \$58,000. Call 795-8599.

FOR SALE - BRASS BED - Queensized. Mattress & box springs included, good condition. \$300. 885-2470. 1-20



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798-FLO'S

(3567)

Rentals

* Freshly Remodeled 2 BR

* Large 2 BR / 1 1/4 bath

of 5th - \$400 + utilities.

* OTHER PROPERTIES ARE

duplex \$255 + Utilities.

1 car garage. 4900 Blk.

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LOCATIONS

No Deposit for Military

Pat Garrett Rentals

3833 34th St.

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AUTO PARTS

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An Import Auto Parts Warehouse.

Retail and Wholesale

We Also Have Parts For

American Cars With

Foreign Engines

Open Monday-Friday 8-6; Saturday 8-12

2553 34th

82nd & Slide





The superior speed and cargo capacity of the Boeing B-29 Superfortress and development of U.S. warplanes, will air with seven new episodes in World War II. "Great Planes," the 13-part series chronicling the history Channel 5. (U.S. Air Force photo by Maj. Krist Vasilo)

(pictured above) made it the single greatest factor in the defeat of the Japanese beginning on Wednesday, Feb. 1, at 8 p.m. on The Discovery Channel,

Lubbock churches invite Reese personnel to attend church

| HURLWOOD BADENST CHURCH Military Families' Home Away From Home Sunday Morning 9:45 a.m. Worship 9:45 a.m. Morship 11:00 a.m. Church Training 6:00 p.m. Church Training 6:00 p.m. 7:00 p.m. Nursery Available During All Services 9417 W. 4th (Across from Reese Village) Pastor, DARRELL STRICKLAND 885-4862 | NEW HOPE BAPTIST CHURCHFaith Cometh By HearingSunday SchoolMorning Worship11:30 a.m.Wednesday7:30 p.m.William J. Watson, Pastor 806-793-0570Hwy 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 AWANA 6:20 p.m. Wednesday Bible & Prayer Service Prayer Service 7:45 p.m. There is a Difference Come and Se 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 | 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 MonFri. 9:00-11:30 a.m. Mother's Day Out Tues. & Thurs. 9:00 a.m2:30 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 | QUAKER AVENUE CHURCH OF CHRIST 1701 Quaker Avé. 792-0652 Sunday Worship Service 10:30 a.m. & 6:00 p.m. Family Bible Study Hour Wednesday 7:30 p.m. | CRÉDEROMINATIONAL 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 |

