the Roundup **16 Pages**

VOLUME XXXVI NUMBER 18

May 11, 1984

LUBBOCK, TEXAS

• **ROTC cadets:** Getting first-hand look at Reese, AF operations



Explanations

Sgt. Larry Welfel, an aircraft maintenance specialist, explains the T-38's fuel drain lines and how they work after the engine shut down to Cadet Keefer.

Reese will host Air Force **ROTC** cadets participating in the Officers' Advanced Training Program throughout the

summer. Cadet Jeff Keefer, a native of Pittsburg PA., and a student of the University of Pittsburg, is the first cadet to arrive for summer training.

The program in which Cadet Keefer is involved provides practical and realistic views of the Air Force to senior cadets who are soon to become commissioned officers.

Cadet Keefer feels that the program does its job. "It has given me the best head start I think I could have gotten," he remarked.

The information science major is assigned to different areas on base to provide him an insight to the daily activities, life, duties and responsibilities of a company grade officer. "It has given me exposure to the real Air Force," he said. "I've seen how important it is to get the job done and how well that

job is completed."

Cadet Keefer, and the cadets that follow him this summer, will learn how to develop relationships on a personal and professional level. In addition cadets become aware of the professional relationship existing between officers and airmen.

Addressed as "cadets," they rank between a chief master sergeant and a warrant officer and are afforded the rights and privileges of a junior officer. They have no command authority over anyone in the service, except another cadet.

They don't rate a salute; however, they will return salutes rendered by airmen and NCOs as a courtesy.

During the few weeks Cadet Keefer is here, he will get a better understanding of the many operations that enable a base to function. This training program is the cadet's only in-depth exposure to the Air Force way of life.

Daedalians honor L.E. Jack Davis

Members of the Caprock Flight, former wing commanders, and Daedalian guests gathered May 1 to honor L.E. Jack Davis and Eddie and Clemons Graham.

During the special meeting Col. Bob Hullender, wing commander, officially renamed the Reese Officers' Open Mess Daedalian Room, the Jack Davis Room.

Before renaming the room; however, Colonel Hullender reminded the Daedalian audience of the dedication to the U.S. and the Air Force Mr. Davis had demonstrated throughout his lifetime.

He spoke of the Air Force Exceptional Service Award



presented to Mr. Davis 13 years ago, and how the retired Army Air Corps lieutenant colonel's community involvement and support for Reese hadn't diminished, but continued. The Exceptional Service Award is the highest award the Air Force can present to a civilian.

The wing commander pointed out that the Daedalians wanted to honor the local founder member for his loyalty, service and friendship.

"You have seen our Daedalian Room in the club, which is lined with pictures and memorabilia of aviation history. Much of the material was presented to, or concerns Jack," he added.

Mr. and Mrs. Graham received a painting in appreciation for the sacrifices they, as a family, have made to helping the U.S. maintain a strong defense posture.

Their son Eddie was paralyzed during a training accident in 1978. He has flown more than 2,000 hours in the EB-57 and Wild Weasals F-105s.

Their other boy, Dennis Lee, was shot down over Vietnam in 1968 and in 1974 officially listed as killed in acton. He flew back seat in the F-4 with Robin Olds. He too had around 2,000 flying hours.

(U.S. Air Force Photo) Maj. Gen. James P. Smotherman, vice commander of Air Training Command, cuts cake with Jack Davis following the Daedalian's dedication of the Jack Davis Room.

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Life is priceless...

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

What are you worth? To Uncle Sam, an enlisted man or woman is worth \$47,000; a non-rated officer is worth \$150,000; and a rated officer is worth \$330,000. These sums are based on training costs.

That's a lot of money, but ask a family member, a best friend or your boss what you're worth to them. I'll bet you're priceless.

Not only is life priceless, but it's also very fragile.

I read a headline recently that young David Kennnedy was "found dead" in a Florida hotel room. "... found dead ... was killed ... died ..."

Headlines like that always hit me between the eyes. They're so final, so hopeless. In the case of young Kennedy, we know we won't be reading about his recovery, or if he would have found peace with his problems or how he would have turned out in middle age. He's just a fading memory now. Others, the living, will suffer the emotional and financial loss.

As we roll our fragile, little eggshells down the road, I see people who don't respect the hazards. You can read about them in the files on fatalities in Air Training Command:

- A 32-year-old second lieutenant was killed after he dumped his motorcycle and was thrown from a bridge. He hadn't been drinking, he was wearing his helmet and he'd taken the required motorcycle training and testing. But he also had serious, personal and emotional problems, stemming from a recent divorce and the Air Force's decision to discharge him. Did the bike riding have his complete attention?

- A 20-year-old airman first class was killed after he was thrown from his car. He apparently fell asleep at the wheel and lost control of the vehicle. Neither speed nor alcohol was a factor. But he wasn't wearing his seat belt and he must have been tired after work-

ing all day. The airman was trying to drive 800 miles, straight through, to his mother's home. He only got half way. His supervisor had counseled him previously on making such long trips without proper rest.

-A 34-year-old master sergeant drowned while trying to cross a river. Shortly before the incident he had been drinking and told friends that he was not a good swimmer. Before he got in the water he put his shoes on to protect his feet from the rocks, while his friends pleaded with him not to make the crossing.

- A 21-year-old airman first class was walking on the wrong side of the road one night when he was killed by a hit-and-run driver. The airman was drunk and he was wearing dark clothing. The hospital was able to keep him alive for two weeks after the incident occurred.

No matter what dollar value Uncle Sam has attached to your life, you're worth nothing to him, your family, your friends or your boss if you're dead.

Chaplain prepares for retirement

by Chaplain (Lt. Col.) Philip E. Grimmett Jr. installation staff chaplain

In the past 31 years I have written many articles for base newspapers around the world. And now I come to that final article, for in less than a week I shall be on leave in preparation for entering the ranks of the retired.

As I write, it is needless to say that I have seen many changes in the Air Force during the time that I have served. A few of them have not been so good, but for the most part the changes over the years have been for the good of the Air Force, the nation, and the people that serve. That is especially true in the Chaplain Service and the chapels around the Air Force that present the programs of the service. It has not been too many years ago that the programs associated with the chapels were dictated by the chaplains assigned and sometimes they fit the needs of the people and the community, sometimes they did not.

One of the significant changes of which I speak is the change that now allows chapel communities to have great autonomy and freedom in choosing what the work of the Chaplain Service will be in that particular chapel, on that particular base. It is a change that has granted people the privilege of deciding what is significant for them in the practice of their religious faith. It has been a change for the good and yet one that carries responsibility.

Reese and the 64th Flying Training Wing

has always had the reputation for doing the best and accepting challenge. I believe that has been true in every facet of the base community. As I look over the past three years of my last assignment I know that there are things that have been done that have served God and country in our chapel community. I also know that there are things that should have been done and were not. Those are the challenges that still lie ahead. And it is up to all of you to accept these challenges and make this chapel program even better than it has been. I shall be with you in spirit and I know that great things can continue to be done at Reese for the glory of God and the honor of our country. It has been good serving here and may God bless all of you.

Attention to detail important

by Capt. Ben A. Calloni 64th Student Squadron

"Who cares if my hair is a little too long, or there's grass in the sidewalk cracks? After all aren't bombs on target, kill ratios, aircraft preparation, and sorties the important factors?" Sound familiar? I guess in the absolute final analysis that's true ... or is tical advantage when they hit the ground.

"That's close enough" won't hack it when you're outnumbered 4-to-1 and every Sparrow and Sidewinder fire has to be fired in parameters to achieve the best probability of kill.

"That's close enough" won't hack it when the pilot relies on your preflight that the tised. Instead of the "that's not my job" attitude, he's there with the specialists making sure the system is fixed right. His interest and pride instills that same sense into the specialist.

You see, getting to the place where you're flying, wrench bending, or pushing paperwork, requires a first rate attitude for atten-

it?!

As a middle-manager at Reese, I want to tell you, "I" care about hair too long, grass in the cracks, lawns kept cut, and all the other little nitnoys that are seemingly unimportant to the "real" mission of flying training, repairing aircraft, and the host of other activities that must be accomplished to support the student training.

It all comes down to attitude! The ability of doing any job and doing that job in a professional manner is determined by attention to details. The idea of "that's close enough for government work" won't do you a whole lot of good when trying to land in 100 and a quarter weather.

"That's close enough" won't hack it when trying to drop an airborne ranger company in precisely the right area to give them a tacbird is ready to fly.

I've had the opportunity to fly with a lot of fighter pilots including students in the RTU environment. There's a common denominator among those "jocks" that do very well when they strap on the aircraft verses those that just do "ok." The "jocks" always display a very neat appearance. Not only do they fly well and conform with 35-10, but their performance in every area of their job responsibility is exemplary. That doesn't mean they have Marine crewcuts but their appearance is always well within 35-10 requirements.

The same thing shows in the flight line. I notice the crew chief who looks sharp and takes pride in his appearance and his aircraft. Invariably his airplane is a little cleaner, the cockpits are neat and ready for the crew and the systems all work as advertion to detail. It must carry over into all areas, not just "stick and throttles."

I can't say I've mastered the ability of getting a handle on all the details, but with experience and growth comes knowledge. Paying attention to detail is an acquired skill that must be worked at. As job knowledge grows it gets easier to grasp the finer points, but without a concentrated effort, it won't happen.

I've come a long way in 11 years realizing that conscientious effort must always be exerted to expand one's grasp of details.

Answering the original question - just perhaps, attention to haircuts, shoe shines, dive-angle, airspeed, and so many little things is the important factor.

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Base sets Spouse Day activities

Spouses of military members will have an opportunity to see what goes on behind the lines in a special tour on National Military Spouse Day, May 23.

The day will begin at 8:30 a.m. at the Officers' Club, with doughnuts and coffee, followed by welcoming remarks from Col. and Mrs. Bob Hullender. After briefings by various senior staff members, the tour, conducted by Lt. Col. Elton Brian and Lt. Col. Barry Hilt, will begin at 10:30 a.m. and conclude at 3:50 p.m.

For reservations contact 2nd Lt. Marcenia Barnes, project officer, at Ext. 3714 or 3931, by May 21. Lieutenant Barnes suggested that parents may also need to make reservations at the child care center.

The tour has been designed, to accommodate even those spouses who cannot devote an entire day to the activities.

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8:30-9:00 a.m. 9:00-9:10

Time

9:10-9:30 9:30-10:15

10:30 10:35-10:50 10:55 11:00-11:15* 11:20-12:15* 12:20 p.m. 12:25 12:25-12:40 12:45-1:00 1:05-1:20 1:25-1:40 1:45* 1:50-2:30 2:35-2:50 2:55-3:10

3:15-3:45

3:50

Doughnuts and coffee at O'Club

Activity

Welcoming remarks Col. and Mrs. Bob Hullender Wing Mission Briefing Capt. Edwin Lessel **Briefings** Col. Robert Dale, deputy commander for

maintenance Col. Thomas Sheffer, hospital commander Lt. Col. Ronald Cowger, operations officer Lt. Col. William McGraw, installation chaplain Lt. Col. Barry Hilt, deputy base commander Maj. Edward Kingsford, staff judge advocate Depart O'Club for wing headquarters Tour command section, command post Drive by Security Police building New dormitory room, building 320 Lunch, Wing Dining Hall Drive by Fuels area Drive down flightline **Engine Shop Inspection** Shop **Fire Station Base Operations** Static display of T-37, T-38 Drive through/by Hangar 82 Runway Supervisory Unit Temporary Living Facility Physiological Training Unit Altitude Chamber Swing Line Trainer Aircraft Simulators, building 930 End tour at O'Club

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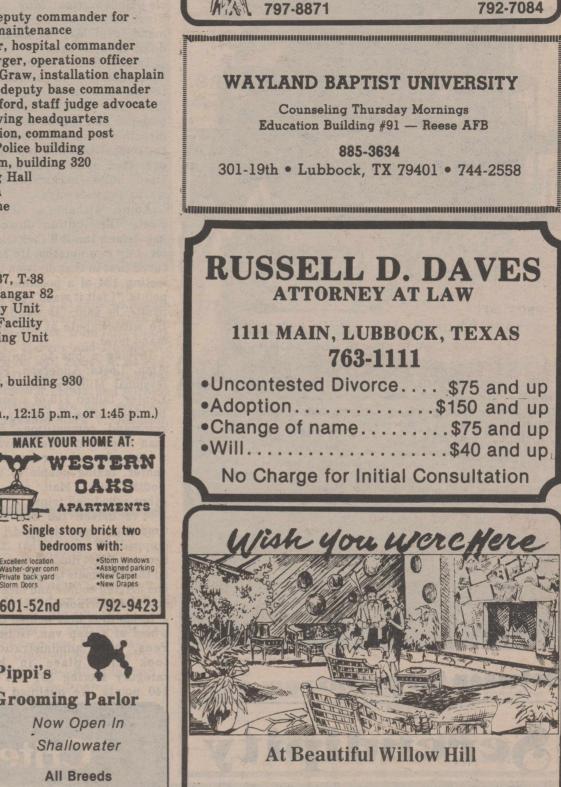
sher-dryer conr vate back yard

601-52nd

Pippi's

*Denotes convenient times to leave the tour (11:15 a.m., 12:15 p.m., or 1:45 p.m.)

Issue	Military	Civilian	Office
Discrimination based on race, coloř, sex, religion, or national origin.	×	×	Social Actions/ Chief EEO Counselor
Equal opportunity in off-base housing, Landlord/Tenant disputes.	×		Housing office
Appeals from adverse personnel actions.	And And	x	CPO/AFGE Local 1810
Employee grievances.	1-1	X	CPO/AFGE Local 1810
Claims against the government.	X	x	Legal Office
Correction of military records.	X	Servelin Source	СВРО
Classification appeal.		×	СРО
Appeal of an OER/APR.	X		СВРО
Reduction in force action.		×	СРО
A performance rating.	and the second	×	CPO/AFTE Local 1810
Support of dependents.	×		Commander/CBPO
Grievance involving the interpretation of application of Union agreement.	and the second	×	CPO/AFGE Local 1810



HIMNEYS

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Three drive into first place



(U.S. Air Force Photo by Amn. Ken Carlson) **Between the pylons**



means - "unexpected pleasures!"

Efficiencies, 1 and 2 bedrooms 2 blocks east of Jones Stadium, drive thru security, swimming pool, TV hookups, laundry facilities, walk-in closets, well lighted off street parking.



by Amn. Ken Carlson public affairs specialist

Base competition to choose the persons to compete in the Air Training Command Vehicle Rodeo was May 2-4. Finalists will compete at command level May 26 at Randolph AFB, Texas.

Twenty-four drivers tested their abilities to maneuver the machines on a track of cement and pylons. Accuracy, patience and a good sense of direction were key factors in the competition as drivers put oversized vehicles in undersized holes-backward, forwards and sideways.

Amn. Michael L. Berg, Fuels Distribution Branch, has driven the R-9 fuel truck for only two months. He captured first in that division collecting 134 of a possible 140 points. "I felt it wasn't too difficult," he said, "It was fun." He will compete at the command level.

Driving a bus to the top Amn. Lesta Anderson, Professional Military Education Center, tallied 115 of a possible 140 points to qualify for command competition. Airman Anderson began driving a bus for the recreation center, taking people to the South Plains Mall, and on other scheduled trips.

"I've driven the bus five times, always on the road," he quipped. "I said what the heck, and just did it. I just used the principals taught in the bus driving course and lucked out," he concluded.

In his first time behind the wheel of a step van, Gilbert Pena, base administration, took first place in his category scoring 131 out of 140 points. He qualified for

the ATC competition, too. the winners along with cer-Col. Donald McCullough tificates during a May 4 presented plaques to each of ceremony.

Let's face

Automobile operators "don't see the motorcycle." Cyclists fail to wear proper gear (i.e., helmet, reflective material), but when the automobile and the cyclist collide causing a fatality or serious injury, whose fault is it?

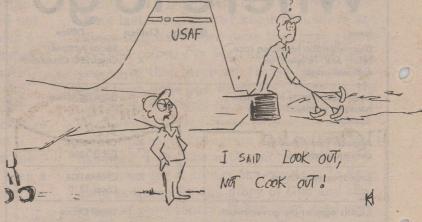
Is it the automobile operator who wasn't paying attention or the cyclist who didn't protect himself, or both, or does it matter who was at fault! Both must be alert and attentive at all times.

Everyone must share the two lane blacktop together and there is no way around it. The number of motorcycle operators have more than tripled during the past two or three years due to the economy. Both cyclist and the automobile operator need to be more receptive to each other.

Safety officials here strongly recommend that cyclists attend a Motorcycle Safety Foundation course and automobile operators attend a defensive driving course. Both are conducted downtown Lubbock and you receive a certificate at the end. Not only do you improve your operating and driving skills, but you will leave the class with a more positive attitude about safe driving and cycling.

Most insurance companies give a 10 percent discount upon certification of course completion. Do yourself and others a favor, take some self initiative and enroll. For more information, call Ext. 3194, SSgt. Wayne Johnson, Wing Safety Division.





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News briefs

Air War College enrollment

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The deadline for enrolling in the Air War College seminar program is May 25. Are you eligible?

The seminar program is open to active duty colonels, lieutenant colonels and lieutenant colonel selectees from any component of the Armed Forces. It is also open to federal civilian employees in GS-14, and higher grades, and a limited number of Air Force majors: active duty, Air National Guard, and Air Force Reserves.

Reese is one of many bases worldwide that offers the AWC seminar program. Those who attend the seminars benefit from the AWC curriculum even though they have not attended in residence.

For more on the AWC program here contact the Education Office at Ext. 3768, or stop by their office in Building 920, CBPO.

Saturday deadline nears

The deadline for applying for enlisted wives' club scholarship funds is Saturday.

Students still hoping to get financial aid from the Reese women's club should contact Billye Swanson in Lubbock at 3203 67th Street, 79413; or see area high school counselors.

Safety posters due May 18

The safety poster contest for military dependents and Department of Defense personnel will close May 18 at the end of the duty day. All ideas must be submitted to the 64th Flying Training Wing Safety Office by then.

Each entry must be accompanied by the designer's name, age, unit or address. For more on the contest call MSgt. Earl Critchlow at Ext. 3194.

Defensive driving taught

Wing safety will conduct the National Safety Council's Defensive Driving Course May 22-23 in Building T-91 from 8 a.m. to noon each day.

Completion of the eight-hour course could result in better driving habits, and in some cases, a 10 percent reduction in insurance premiums. Individual participants should contact their insurance companies to find out how much will be deducted for the course.

The course costs \$4 per student. The fee covers the course workbook and the records kept by the Texas Safety Association, as required by law. The class will be limited to the first 40 to sign up at the safety office, in Building 91, but there is a minimum number of students required; 15.

The course is open to all licensed driversdependents, active duty military and Defense Department civilian employees.

Commissary to close

The Reese commissary will close its doors May 26 in observance of the Memorial Day holiday later that weekend.

Comptrollers to meet

The American Society of Military Comptrollers will hold their May meeting Thursday at the enlisted club at 11:30 a.m.

The guest speaker will be Col. Thomas D. Scanlon, comptroller for Air Training Command, Randolph AFB, Texas. All Reese ASMC members and other interested individuals are encouraged to attend.

Capt. Scott Duns, Ext. 3577, can answer other questions.

AFSA rep to speak here

Retired CMSgt. Bill Starnes, the local Air Force Sergeants Association district representative, will discuss the AFSA with interested parties at an AFSA luncheon Tuesday at the enlisted club.

The luncheon begins at 11:30 a.m. For more information contact SMSgt. James Bowen, Ext. 3482.

NCOA eyes new dental trust

The leadership of the Reese Chapter of the NCO Association is looking into offering area membership an NCOA dental trust plan, but first they must know what kind of membership participation to expect.

The NCOA plan is designed to help reduce the dental costs incurred by NCOA member families, according to NCOA Chapter Chairman SSgt. Rick Rook.

For more on the plan and its benefits, contact Jim Johnson, 792-9984, or Dr. John V. Ward Jr., 745-6644, urged Sergeant Rook.

AFSA convention meeting

Air Force Sergeants Association District 10 representatives SMSgt. James Grimmett and SMSgt. James Bowen and A1C Debra Anderson attended the annual convention of AFSA Divisions 6 and 10 at Abilene, Texas, April 27-29.

Airman Anderson acted as the official convention recorder.

Open to personnel in all enlisted grades, Reese is the home of AFSA Chapter 1068, within Division 10.

The monthly meetings are held the first Tuesday of each month at the conference room in the enlisted club. Meetings begin at 11:30 a.m.

NCOA general meeting

The Reese Chapter of the NCO Association will meet Tuesday at noon at the enlisted club. The general business meeting is open to all members and potential members.



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(U.S. Air Force Photo)

Four Enlisted Wives Club members will be installed as officers of the organization at a 7 p.m. dinner Saturday at the Enlisted Club. New officers are (from left) Beverly Sheppard, president; Donna Grimmitt, vice president; Debbie Lane, secretary; and Linda Prince, treasurer. Newlyelected committee chairpersons are Judy Jones, membership; Mary Ann Winkle, Ways and Means; Vicky Corvell, sunshine; Debi Krutz, telephone; and Bonnie Betz, publicity and historian. For more information about the EWC, call Mrs. Sheppard at 885-4962 or 885-4721.

Family news Chapel news

DAILY: Mass at 11:30 a.m.

TODAY: Friday School at 10 a.m.; Catholic Confirmation Ceremony, 7:30 p.m.

SATURDAY: Navigator class at 8:30 a.m.; Mass at 5:30 p.m.

SUNDAY: Mass at 9:45 a.m. and worship service at 11 a.m. Gospel service at 1:30 p.m. and Country Church at 6 p.m.

TUESDAY: 4:30 p.m. Catholic children's choir; Protestant Adult choir rehearsal at 7 p.m.

THURSDAY: Protestant children's choir rehearsal at 4:30 p.m. Gospel choir rehearsal, at 7 p.m.

Youth center

TODAY: Mother's Day arts and crafts, 4 p.m.

SATURDAY: Saturday night at the movies, 7 p.m.

SUNDAY: Candy bar bingo, 3 p.m.

MONDAY: Basketball free throw contest 4:30 p.m.

TUESDAY: Movies at 6 p.m.

WEDNESDAY: Foosball tournament, 7 p.m.

THURSDAY: Arts and crafts, 3:30 - 5 p.m. MAY 18: Spring fever dance marathon, 8 p.m. to 2 a.m. Children under 10 must leave at 11 p.m.

SUMMER DAY CAMP: The center is taking signups for the 1984 Youth Center Summer Day Camp at the center.

Sessions are two weeks long and cost \$40 per student. The children arrive at the center between 7:15-8 a.m. with their sack lunch and leave at 5 p.m. Children get to skate, learn to swim, hike, do arts and crafts, and more during the camp.

The first summer session begins June 4, but stop by the center or call Ext. 3820 for more information.

Rec center

SUNDAY: Video Movies on the big screen from 1-7 p.m. This week three westerns will be shown. Three adventures will be shown May 27.

TUESDAY: The ping pong tournament begins at 7 p.m. The entry fee is \$1. THE POOL TOURNAMENT will be held

THE POOL TOURNAMENT will be held May 21 at 7 p.m. There is a \$1 entry fee.

NO CHILDREN under 18 years of age are allowed in the recreation center. The only exceptions are certain youth events.

Library

OPERATION EXERCYCLE is still running. Come in and register your mileage at the front desk. The contest ends May 31.

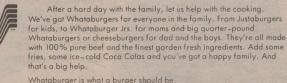
The model airplane contest is running through May 19. Models will be displayed until May 19. Check at the counter for rules.

CHILDREN'S STORY HOUR this month will also feature "win with wellness activities." Children will learn about fitness and nutrition.

MONDAY: The library will sponsor a blood pressure check, from 11 a.m. to 1 p.m.

MAY 26: At noon, the children's bike rallysafety talk and registration by security police. There will be a special visit by Officer McGruff, and a riding and handling contest.





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Lieutenants Percht and Knowles

Squadronnews

35th FTS

Second Lieutenant Glen E. Peting, Undergraduate Pilot Training Class 85-01, D Flight, recently flew an outstanding final contact check ride.

Second Lieutenant Perry L. Butler, UPT Class 85-01, B Flight, recently flew an outstanding instrument check ride.

First Lieutenants Mike Precht and Ted Knowles are the squadron's T-37 Controller and Observer of the Quarter, respectively.

Both 35th instructors distinguished themselves controlling the T-37 traffic pattern in an outstanding fashion throughout the award period, January through March 1984. 64th Supply

Welcome new squadron arrivals SSgt. Michael J. Cooney, here from RAF Upper Heyford in the United Kingdom; Sgt. Wallace Braden, here from Keflavik NYI IC; AB Carlos R. James, here from Sheppard AFB, Texas; and AB Gerald A. Sherwood, here from Lowry AFB, Colo.

The Supply Division and Supply Squadron Airman of the Month is A1C Vickie Porter.

The Contracts Division Airman of the Month is A1C Evelyn Roen.

The Accounting and CROSS OVER TO

Finance Airman of the Month is A1C James Wimbley.

The Fuels Branch Airman of the Month is A1C George L. Bowen.

Amn. Verlyn Shad aced the 631 five level test scoring a perfect 100 percent.

Amn. Michael J. Berg is the base's top R-9 refueling truck driver. He won that honor in the recent Reese driving rodeo competition.

Supply won the preseason intramural softball tournament with consecutive wins over ABG, 35th FTS and FMS. The superb coaching ability of TSgt. Keith Stevens is really appreciated.

Ready to run the aerobics for the RM? The times to beat are: Sergeant Stevens, 9:35 in the 30-34 age group; and SSgt. Larry Torres, 11:10 in the 35-39 age group

And finally, a big thanks to the unit advisory council, A1C Bon Silva and SrA. Jeffrey Jones for the successful TGIF (thank goodness it's Friday) May 4 at the rec center. 64th FMS

The squadron fund-raising car wash is June 2 at the credit union parking lot from 10 a.m. to 4 p.m. Cost is \$2 per vehicle-truck, car or otherwise.

64th ABG

Congratulations to the Security Police Division for their St. Jude Children's

Research Hospital benefit softball tournament.

(U.S. Air Force Pho

Congratulations to TSgt. Judy Bivens on her recent graduation from the Air Training Command NCO Academy. She was also selected as one of her class' Distinguished graduates.

A1C Thomas Bennett is the squadron's Airman of the Month.

A1C Jesse S. Gonzalez and A1C Clinton D. Goss are the squadron's below-the-zone selectees for promotion to senior airman.



Sergeant Alcarez

Congratulations to TSgt. Patrick Alcarez for his selection as a 64th Flying Training Wing winner of the Outstanding Air Force Administration Award here.

Considered an expert in his field, "he's one of the most knowledgeable administrators I've been associated with," said Squadron Commander Capt. Richard Savko, a 14-year veteran.



May 11, 1984-the Roundup-Page 11

lifestyle to its residents. • HOT TUB provides just the right touch for relaxing and entertaining friends. • WOODEN BOARDWALK winds through tree-shaded, landscaped courtyard. MINUTES from Reese Air Force Base and Lubbock Christian College. 1 or 2 BEDROOM apartment homes available.

FROM ONLY



OPDYKE WEST MOBILE HOME PARK

1. 106 Spaces · Levelland Ind. School Dist.

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\$75 Month - No Deposit

Located between Reese Air Force Base & Levelland (15 minutes from Reese)

894-1518

Single and double-wide spaces.

Page 12—the Roundup—May 11, 1984

Healthy Heart promotes health

by 2nd Lt. Ellen Wells health education coordinator

(This is the conclusion of Lieutenant Wells' May 4 story on knowing what you are eating.)

Grains consist of flours, cornmeal and pastas. All flours are acceptable except for self-rising flours, biscuit and pancake mixes. These have a high sodium content. Cornmeal meets the healthy heart criteria but again beware of self-rising cornmeal and cornbread mixes. They too have sodium added. All plain pastas and rices except for pasta and rice mixes (for example oriental noodles mixes, wild rice mixes and ricearoni mixes) meet the healthy heart criteria.

Breads that state 100 percent whole grain, not just 100 percent wheat, or breads that you make at home using a healthy heart ingredients will meet the criteria.

Healthy heart items in the milk group consist of skim or one percent milk fat milk and skim or low fat plain yogurt. Fruited yogurts and chocolate milk are too high in sugar. Evaporated nine percent fat free milk and powdered nonfat or skim milk also meet the criteria.

A lot of cheeses are high in sodium and fat. Cheeses that do meet the healthy heart criteria are cheeses with the first ingredient on the label as skim or part skim milk.

It is recommended that most Americans limit their egg yolk intake to 3-5 per week to help limit their cholesterol intake. If your physician has advised a very strict cholesterol restriction you may consider a cholesterol free egg substitute found in the frozen food section. One large egg is estimated in containing 275 mg of cholesterol. It is true that medium and small eggs have slightly less cholesterol but the difference is minimal.

There are a number of things to consider when evaluating meats. First of all is the fat content. All your cuts of meat should be lean cuts. When choosing beef, recommended cuts are baby beef, all cuts of round or rump, flank steak, short steak tenderloin, T-bone and sirloin steak and hamburger (90 percent lean or better). When eating these cuts you should remove all visible fat. Poultry in general is a healthy heart selection with the skin removed. The best game choices are venison and rabbit. Lamb choices include leg of lamb, loin roasts and chops, sirloin rib, shoulder cuts and shank. Any fresh fish or seafood, ex-

Any fresh fish or seafood, except for shrimp, are excellent healthy heart choices. Seafood without breading or sauces are excellent healthy heart choices. Frozen fish and seafood without breading or sauces are also excellent healthy heart choices. Shrimp is high in cholesterol, thus its intake should be limited or for some people avoided.

Canned fish and meats have to be evaluated separately. Labels on tuna and chicken should read "water pack" and "no added salt" tuna or "50 percent less salt tuna." Regular canned fish or poultry contain 90-150 mg of sodium per ounce.

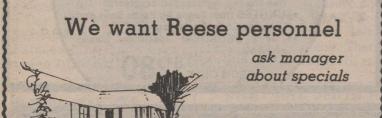
The healthy heart choices in luncheon meats are limited to turkey and chicken. These lunch meats do contain substantial amounts of sodium but less than regular lunch meats. Sausage, lunch meats (in general), hot dogs, ham, and other cured meats contain anywhere from 250-450 mg of sodium per ounce! Canned soups are very high in sodium. The best way to enjoy healthy heart soups is to make your own and limit or



omit the salt and use other spices instead. An alternative is to select canned soups that state no added salt or low sodium.

Fats should be used sparingly, especially animal fats like butter and sour cream. To choose the best fat, select one that lists liquid oil not partially or totally hydrogenated, hardened, or saturated oil, or coconut, palm, kernal, or palm oil as the first ingredient on the label. Corn, safflower, sunflower, soybean and cottonseed oils are the best choices among oils. Olive and peanut oils do not meet the criteria.

Last but not least is the condi-



ment and miscellaneous group. This is one group that a lot of times gets overlooked when people attempt to improve their eating habits. All single herbs and spices are low in sodium. Watch out for herb mixtures. A lot of them are high in sodium.

All vinegars are low in sodium and mayonnaise is all right. This doesn't necessarily mean the different imitation mayonnaises and bread spreads are. Read the labels. What are the ingredients and what are the first three? Think. A general statement about salad dressings is "low calorie" salad dressings that don't contain cheese or sour cream are your best healthy heart choices.

The following are some figures of the sodium content of frequently used condiments that may shock you. Remember these as you shop and add these to your foods. Catsup contains 150 mg per tablespoon, meat tenderizer 1,750 mg per teaspoon, (monosodium glutamate), which is used frequently in Chinese food contains 492 mg per teaspoon. Four green olives contain 323 mg sodium and one dill pickle 928 mg, garlic salt and onion salt contain 1,850 mg and 1,620 mg sodium respectively per teaspoon. Soy sauce contains 1,029 mg per tablespoon and Tobasco sauce 24 mg per teaspoon. A-1, chili sauce and Worchestershire contain 200-275 mg per tablespoon. It sure isn't hard to exceed the safe and adequate limit of 3,300 mg per day is it?

How good are you to your heart? There is a lot to think about as you shop, cook, order meals out and put the best food in your mouth. Don't feel you have to learn all this overnight. Let the guides at the commissary help you. Become a label reader and use the information provided here as a reference.

Caprock Cafe

For menu updates call Ext. 3293

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Menu for Caprock Cafe

and the second	Lunch	Dinner
oday	salisbury steak	fried ham steaks
and the second	fried perch fillets	tamale pie
	beef stew	glazed Cornish hen
	buttered potatoes	mashed potatoes
	French fries	oven glo potatoes
	buttered cauliflower	buttered greens
	stewed tomato with crutons	buttered cabbage
	buttered lima beans	carrots
Saturday	golden fried chicken	roast fresh ham
	French fries	Swedish meat balls
	mashed potatoes	fried fish sticks
	buttered mixed vegetables	Polish sausage
	Herbert green beans	O'brien potatoes
	grilled steaks	baked potatoes
iunday	chicken patties	chicken fried steak
	mashed potatoes	baked meat loaf
	buttered rice	el rancho stew
	Mexican corn	grilled liver
	buttered peas	mashed potatoes
	steamship round	rissole potatoes
	The second s	
Aonday	roast beef veal parmesan	baked pork chops roast turkey
	fried haddock fillets	salisbury steak
	mashed potatoes	mashed potatoes
	buttered noodles	cottage fried potatoes
	buttered broccoli	vegetable combo
	buttered green beans	scalloped corn
	Harvard beets	buttered lima beans
uesday	sauerbraten	fried chicken
	baked ham	barbeque beef cubes
	steamed bratwurst	shrimp creole
	mashed potatoes	franconia potatoes
	marshmallow sweet potatoes	buttered rice
	buttered mixed vegetables	buttered wax beans
	fried cabbage	okra and tomato gumbo
	buttered corn	cauliflower polanaise
Vednesday	barbeque spareribs	turkey a la king
200001281	fried chicken	baked lasagna
	simmered ham hocks	pepper steak
	simmered pigs feet	mashed potatoes
	simmered chitterlings	O'brien potatoes
	barbeque pork	southern style greens
	candied yams	butterd peas
	whipped potatoes	glazed carrots
hursday	savory baked chicken	meat loaf
P SALE PT do	Syrian stew	glazed corned beef
	tuna baked with noodles	chicken fried steak
	mashed potatoes	mashed potatoes
	rissole potatoes	buttered rice
	buttered spinach	buttered corn
	creole summer squash	buttered cabbage
	hot spice beets golden fried chicken	buttered peas
	TANK OF THE PARTY	





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FREE T-SHIRTS GIVEN TO THE FIRST 500 ENTRANTS WITH \$20 OR MORE IN PLEDGES. 3 TROPHIES AWARDED IN EACH AGE GROUP: AGES 10-14 and 15 AND UP.

WHERE: TEXAS TECH CAMPUS, MEMORIAL CIRCLE WHEN: SUNDAY, MAY 13, 1984 TIME: 1 PM (10-14) 2:30 PM (15 AND UP)



PICK UP YOUR REGISTRATION FORM AT YOUR SCHOOL OR THESE LOCATIONS: UNITED SUPERMARKETS, VILLA OLDS, CAVINESS ADVERTISING, S&Q CLOTHIERS (downtown or S.P. Mall), THE COUNTRY INN, AVALANCHE JOURNAL (CIRCULATION DESK)

(Sponsored by Lubbock Lions Club. Proceeds to sight-related funds.)

Sports shorts

ATC chess tourney set

The 1984 Air Training Command chess tournament will be held at Vance AFB, Okla., June 22-24, but to get there, chess board warriors must be the best Reese has.

Only the Reese champion and runner-up can combine their talents at the ATC event.

Entrants must complete an ATC contest entry application, ATC Form 551 (Attachment 1) and a request for specialized training, Air Form 303. The 303 must include details about the entrants' experience, tournaments played and the players' United States Chess Federation rating.

For complete details on the Reese tournament, or the ATC tourney requirements, contact Charleen Baker at Ext. 3787.

Bike-a-thon

The security police sponsored St. Jude bike-a-thon is set for Saturday, according to Rudy Hernandez, SP bike-a-thon liaison.

For more information or to sign up contact Hernandez at Ext. 3613.

Coach needed

Another T-ball coach is needed for the Youth Center T-ball program. Interested persons should contact Tray Cobb at Ext. 3820 for more information.

Gym hours of operation

The gym is open Monday through Thursday from 8 a.m. to 8 p.m., Fridays 8 a.m. to 6 p.m. and weekends and holidays from 10 a.m. to 5 p.m.





Teamwork

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A1C Christopher Weichler, an aircraft egress systems technician, takes the right seat rail of this T-37 from Egress Systems Technician John Holmes. The rail was removed so the jet's cockpit could be painted. Providing student pilots with clean serviceable equipment is just one way these maintenance members work to keep the 64th Flying Training Wing mission in the air.



Page 14—the Roundup—May 11, 1984

Free Estimates Welcome Minor to Major **Body Repairs** Auto Refinishing Fiber Glassing 5113 Santa Fe Dr. 792-6269 (29th Drive & Brownfield Hiway) Peeeeeeeeeeeeeeeeeeeeeeeeeeeeee AAA Wrecking 612 N. Ash

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'83 MUSTANG GT, Extra Nice\$8,995
'80 CUTLASS CALAIS, Loaded, 34,000 miles \$6,995
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'82 CELICA GT, Extra Nice\$9,450
'82 ESCORT, Shootout Special\$4,995
'83 ESCORT Auto. trans\$6,495

INTERMEDIATE & LUXURY CARS

	and the state of the second second
'81 MERCURY ZEPHYR, 4-dr	\$4,995
'82 GRANADA, 4-dr	\$5,995
'80 COUGAR XR7, Fully Loaded	\$5,995
'82 CROWN VICTORIA, 4-dr., Loaded	\$8,995
'82 PARK AVENUE, 2-dr	\$11,450
'79 RIVIERA, All the extras	\$7,495
'82 MERCURY MARQUIS, Loaded	\$8,995
'81 REGENCY, 4-Dr., Extra nice	
'79 CAPRICE CLASSIC, Extra clean	
'84 THUNDERBIRD, 7,000 mi	
'80 RIVIERA, Loaded	
'82 FAIRMONT, 4-Dr	
'83 LINCOLN TOWN CAR	
TOO DUIOK FOTAOF WACON	@11 050

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SUNSET APTS .: 5801-22nd St., 792-9457. We have furnished & unfurnished apartments at budget. prices. Pool & laundry facilities. Convenient to Reese, shopping, L.C.C., post office, and located in Frenship school district. Give us a call for your living needs.

TEXAS VETS & MILITARY. Choice 10 acre tract near Wolfforth. 81/2 % interest, 40 year loan, gas & electric to property lines on paved road. Days-795-3141. Evenings-793-1699.

1972 BUICK SKYLARK, V-8, runs great, good tires, new battery, \$700. Pioneer digital stereo cassette, Clarion equalizer, must hear. \$200. Dave: X3878 days, 797-3220 eves.

HOUSE FOR SALE-3 bedrooms, 2 baths, built-in book shelves, serving buffet, 8' china cabinet and more, ceiling fan in 6 rooms, approx. 2,300 sq. ft., 12% non-escalating assumable loan. \$22,000 equity. \$83,000. Call 793-5995.

EXTRA NICE: 1983 Datsun Maxima, 4800 actual miles, tutone paint, sunroof with automatic transmission. Call 762-6240

Ask for Steve

HOUSE FOR SALE in Carlisle (South part of town), VA appraisal, !! Minority Bonanza!! Bargain. redecorated, 2 bedroom, 2 bath, utility room, carpeted, insulated, fenced, carport. Frenship school district. 797-7970 - 797-7936.

000000000 HUB CAP CITY Hub Caps for Most Cars & Trucks 2202 Clovis Rd. Lubbock 0 0 763-6824 Rees 0% Off With This Coupon 0000000000

HOUSE FOR RENT: Modern 3 bedrooms, 2 full baths, double car garage, basement, court yard in Hardwick Addition, 5417 16th St., 797-1707, 794-3603.

SINGER TOUCH & SEW

School machines, deluxe models; console cabinets; zig zag; buttonholes, etc. All new cond. \$69.95 ea. Guaranteed. ABC Sewing Center, 3033 34th at Flint. Call 799-0372.

WOLFFORTH! Sharp 3-2-1 on corner lot. 501 5th. Will VA \$52,000. Call Nina Tramel REALTOR, 793-4580.

************************************ **IMMACULATE** 1982 Lincoln Town Car, loaded, blue over silver, blue leather interior, 29,000 actual miles. Call 799-4003

THE MEADOWS: 5250 95th St. Corner lot, sharp 3-2-2, grey tones. Nina Tramel REALTORS, 793-4580.

FOR SALE: '80 VW Vanagon camper, pop-up top, ice box, sink, AM/FM, excellent condition, \$7800. Call 885-4723.

FOR RENT: Newly constructed duplex, unfurnished, 2 bedroom, 2 bath, 2 car garage, fireplace, carpeted, water paid. \$495 monthly, 523 N. Fulton in Shadow Hill Addition, call 792-7005, after 5 and weekends. Call 799-2293.

****** FOR RENT 1984 27' Southwind Class "A" Motor Home Day - Week or Month 793-8063

FOR SALE 1979 MGB, low mileage, new top, vary clean, runs great. Call even. 796-0885 days 743-3112.

HAVE OPENINGS IN MAY-Base house cleaning for final inspection. Call 797-8215 after 8 p.m.

ROOM TO ROAM-Very clean, 5 year old brick, 3-2-2 on 4.5 acres, large master bedroom and bath, Whirlpool tub, atrium entry, Wolfforth area, 5 minutes from Reese. Put your Vet and Texas Vet money to work. \$77,950. Call Gene Goodwin 792-8180 or Colwell Banker Rick Canup REALTORS, 793-0677.

FOR RENT 2 bedroom mobile home in Shallowater, 7 miles from Reese. Water and space furnished. Call 832-4368

FOR SALE: \$12,047 buys this beautiful house. Convenient to Reese, no qualifying, 11.5% loan. Call Vink Miller 795-4864 or ERA, Town & Country REAL ESTATE 793-1395.

NEW 2 & 3 BEDROOM HOMES starting at \$28,500. Call 792-7548.



14x76 ft. 1983 Champion 3/2 masonite, energy-efficient with double glass, Zone II insulation composition roof, excellent condition. priced under appraisal for quick sale or assume \$201 monthly with low equity. 795-1563.

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FOR SALE: YAMAHA 550 Maxim, low mileage, lots of extras, excellent condition. Call 746-5183.



FOR SALE: 1980 TRIUMPH SPIT FIRE Roaster, low milege, excellent running condition, maintained by book at recommended intervals, perfect body and interior, front end mask, cassette-stereo, trim ring covers, new tires, Brooklyn green with tan interior. Leaving for Citadel, must sell. \$5,600 or make offer. Call 792-3980, 744-7547.

FOR SALE: 1981 WOODLAKE MOBILE HOME, 14x56, 2 bedroom, 1 bath, AC, asking \$800 equity and take up monthly note payments. Located in Town & Country Mobile Home Park, 4th St. between the Loop and Reese AFB. Call 885-3657 Sgt. Brazell.



2801 64th St. - 3 bedroom, 2 bath house for rent. Interior recently remodeled, fireplace, stove, washer, dryer, disposal, large yard, gas grill, storage shed. \$465 monthly. John Nelson REALTORS 795-2811 or 795-4465.

1976 OLDSMOBILE TORONADO-Loaded, 45,000 miles, one owner, \$3500. Days call 763-4551; nights call 998-4939.

COLLECTOR WANTS TO BUY old Dolls and old jointed Teddy Bears, old children's dishes and books. Also old buttons. 795-6991.

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'82 BUICK ESTAGE WAGON	\$11,950
TRUĆKS AND 4x4's	PAR -
'71 F-100, Extra Clean	\$1,995
'83 F-350, Dually Diesel	
'79 BRONCO, One of a Kind	\$8,450
'81 BRONCO II XLT	\$11,950
'82 DATSUN KING CAB 4x4	\$7,995
'83 CHEV. SILVERADO Loaded	\$9,995
'81 CHEVROLET SCOTTSDALE, 43,000 Mi	\$5,995 .
'83 FORD CLUB WAGON, 15 Passenger	\$12,950
'82 FORD F-100. Shortbed	\$4,995
'82 BRONCO, Loaded	\$11,950
'82 FORD GOODTIMES VAN	\$3,950
'83 F-150 S-CAB	\$10,950
'83 CHEV. BLAZER, Loaded, 18,000 mi	\$13,950
'78 CHEV. SUBURBAN, One of a l	kind\$5,495
'83 FORD F-250 XLT, 460 V-8	\$10,950



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Hours: Monday through Saturday 8 a.m. to 8 p.m.

Sunday 10:00 a.m. to 4 p.m.

Now 2 locations to serve you.

3520 34th 5404 4th St. (Next to Albertsons) Call if you need us to stay late. 797-7777 795-9797

The Guys Who Know

Ask



MUST SELL-Dad won't let me keep it any longer. NICE! Chocolate brown, 1979 280ZX with special factory pinstripe. Completely loaded. 33,000 actual miles. Call 745-3629 after 5:00 p.m. or weekends.

NEW 2 BEDROOM, 2 BATH DUPLEX across from Pine Hills Golf Course, private back yard. \$450. Call 794-3774.

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FOR SALE: 1984 TOYOTA 4x4 long bed pickup, 4,000 miles, PS/PB, AC, AM/FM cassette, tilt wheel and other features. \$10,500 cash or will trade my \$3,500 equity for another interesting vehicle and take up payments. Call 793-8632.

OWNER/BUILDER Desperate!! Well built new 3-2-2 home. Near mall, mid 60's, lots of extras. Will pay all allowable closings or lease to own. Call 799-5563.

Singer 12 Reprocessed Models Sew knits, jeans. All metal equipped to Zig-Zag, etc. Guaranteed. \$39.95 each. A.B.C. Sewing, 3033 34th & Flint. 799-0372.

FOR RENT: Large clean 1 bedroom duplex, stove furnished, W/D connections. 3117 33rd St. Water paid. \$275 plus deposit. Call 799-5563.

MUT SELL: 1981 Honda CB 750 Custom, AM/FM stereo cassette, full fairing, windshield. Must see to appreciate. Top shape, low mileage. Call (806) 866-4145.

TRANSFERRED: Assume 10• VA non-escalating 3-2-2. Potamic Park, Approx. 1,700 sq. ft., central air/heat, fireplace, \$66,500. \$573 monthly, \$18,000 equity. Must see to apprecite. Call 796-0100.

AUDI 5000 S 1980 MODEL Low miles, aluminum wheels, electric sun roof, all power and equipment, AM/FM/Cassette stereo, solid black with saddle tan interior, \$6995. 796-2520

ALTERNATIVE FINANCING here could allow you to buy more house for your money. Like new 2/2/1 offers exceptional terms, with small initial investment. Just \$41,500. Nita Kiesling, REALTORS, 795-5506.

GOOD ASSUMPTION available on non-qualifying loan available on pretty three bedroom two bath home in West Lubbock. Very nice condition. \$47,950. Nita Kiesling, REALTORS, 795-5506.

LARGE LIVING area, 27x14 with

1,000's of Used Paper Backs Trade 2-for-1 Buy at 1/2 Price THE BOOK RACK Caprock Center 5302C Slide Road 792-6003 797-3026

1981 CAMARO, dark metallic blue, gold cloth interior, 305, V-8, 4 bbl., 4 speed manual trans., T-tops, AM/FM steeo (Jensen speakers) aluminum wheels. Asking \$5300. call Kevin, evenings 794-7690. It's worth a look!

FOR SALE: 1983 VOLVO DL, 4-dr., wine red, A/T, W/OF, A/C, super sound system, other extras. Mag wheels, 16,000 miles, available 15 June 84. \$12,500. 792-5472.

FOR SALE: 1981 TOYOTA COR-OLLA, p.b., A/C, AM/FM, Tape, 5-speed and more. Asking \$400. and assume loan. Call Sgt. Brazell at 3657.

GARAGE SALE: Saturday, May 12, 8 a.m. to 4 p.m. 6142 37th Street (Park Lorraine Edition) just off 34th St. Bamboo blinds, highriser bed, Lazy Boy recliner, clothing, toys, games, bicycles, barbeque grill, coffee table, lamp table, many odds and end.

GARAGE SALE: Many household items, to name a few: sheets, pillows, pillow cases, pots, pans, dishes, Frigidaire 18 cu. ft. refrigerator, Maytag washing machine, 50 gal. drum, barbeque grill with wheels, weights, curtains, curtain rods, executive desk chair, loads and loads of clothes size 5/6 and 14; items available at 1711 30th St. on May 17, 18, 19. If you are in a hurry for a specific item, call 747-1180.

FOR SALE: Twin mattress, box springs and frame, excellent condition, \$100. Going overses? Building? Remodeling? Matching light fixtures for entire home plus matching swag lamps, \$125.00. Special occason dress, size 9-10, brand new, blue, never been worn, \$70.00. All items can be seen at 5615 89th St.

To Settle Estate: '77 Nova 2-dr., red, radio, air, heater, power brakes, power steering, 52,000 miles. Asking price \$2,200.00. 795-5761, 745-2386.



\$5,395

PRETTY and LIGHt with earthtone decor and diagonal wood accents in family room. Abundance of cabinets and built-ins offered with this 3/2/2 in Meadows. \$67,900. Nita Kiesling, REALTORS, 795-5506.

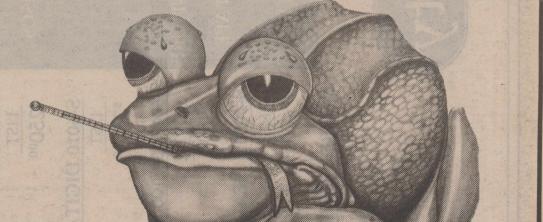
JUST RIGHT! Location, condition, convenience to schools, nice neighborhood, and pretty inside and out. Price is the best part of all at \$37,950. Seeing is believing. Nita Kiesling, REALTORS, 795-5506.

1901 n2-11
Whisperwood
Quadraplex
2 Bdrm - 1 Bath
Fireplace - Washer/Dryer
Membership to Pool and
Tennis Court
\$400 - \$430
Plus Utilities
700 4547

HOUSE FOR RENT-3 bedroom, 2 bath, brick house in excellent area. stove, refrigerator, washer and dryer furnished. \$550 monthly. Call Ramona at 792-0522, Jim Wills Realtors.

FOR SALE: 1979 280ZX. Chocolate brown, special factory pinstripe. Completely loaded, flawless throughout. 33,000 actual miles. Call 745-3629 after 5:00 or weekends.





tained in good area. Freestanding fireplace in den. New roof and exterior paint. Conve-nient ½ bath off master bedroom, also, his

and decorative wood beans. Sellers are of-fering a \$1,500 carpet allowance or will

to 4th bedroom/office. Located on Cul-De-Sac. Ideal for growing family. Hurry on this

on 1/2 acre lot in Terra Estates North - con-venient country living to Reese. Custom built two-story contemporary is less than one year old. Isolated master on second level with large his and her walk-in closets. Island cooking in kitchen, two pantries, beautiful wood stained cabinetry. Offers sprinkler system, central vacuum, garage door opener, draperies, etc.! Too many ex-tras to mention. Call today!!

fireplace can be yours with this 3/2/2 in great family oriented neighborhood. Kids could walk to school and park. \$52,950. Nita Kiesling, REALTORS, 795-5506.

BUY NOW-PAY LATER. Are you wng for your present home to sell? This 3/2/2 with fireplace can be yours on a lease-purchase. \$57,950. Nita Kiesling, REALTORS, 795-5506.

RELAX and enjoy summer fun in 3/2/2 with low maintenance yard. Located near park and lake, recreation is just around the corner. \$59,900. Nita Kiesling, REALTORS, 795-5506.

'80 Mercury Cougar, XR7.... 79 Ford LTD, 2-dr '77 Chevy Malibu St. Wagon. . \$2,495 '77 Pontiac Grand Prix. \$2.295 77 Mercury Monarch, 4-dr.... \$2,495 '75 Dodge Charger \$2.295 79 Mustang..... \$3,995 \$2,395 '75 Maverick. . '80 Delta Royale, 4-dr. \$4.695 '79 Olds 88 Royale, 4-dr.....\$4,295 **M&M** Auto Sales 38th & Ave. H. Lubbock, TX

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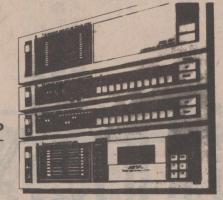
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Clowning around

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Sgt. (clown) Mike Hyatt clowns around with the Special Olympic com-petitors offering encouragement and bringing a little laughter to the games.



Reese vo

by Sgt. Rich Tillman public affairs specialist

public affairs specialist "... We all have to stop and count our blessings," said Special Olympics volunteer SMSgt. Ron Nugent. The field maintenance NCO's views were echoed by nearly all of the alm st 300 Reese volunteers who turned out Saturday to help in the Lubbock Area 17 Special Olympics. Olympics.



Reese volunteers work local Olympics

by Sgt. Rich Tillman public affairs specialist

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fort was evident by the games. Chapter Chairman cheery, smiling faces of the Special Olympians. "Not an individual one is paid for their support," said Special Olympics Treasurer Annie M. Clark.

Before the track and field events began, the Reese NCO Association was given a plaque for their support and sponsorship of the 1984

Appreciation for their ef- Special Olympics winter their time and effort. SSgt. Rick Rook received the Special Olympics Bowling Volunteer Award, too.

The NCOA didn't just receive awards, NCOA officials and members present chose Tony Adney as their Special Olympian of the Year.

Support

Special Olympic volunteer SSgt. Shaun Ford remarked that Reese volunteers numbered near 300, almost a 100 more than expected.

Throughout the day's activities the NCOA operated concessions to raise money for the Area 17 Special Olympics, while others worked as lane judges and huggers, and still others lent their talents to verbally support the han-dicapped Olympians.

"It's heart warming and rewarding," said MSgt. Larry Traylor, volunteer, "It gives you a lift!"

The Reese Honor Guard participated in the opening ceremony, as did many undergraduate pilot students holding each of the states'

For some it was the first time to help in such an event. For still others it was a chance to do it all over again, (helping out with Special Olympics). For everyone it was the chance to volunteer

Jumping

A1C Phil Hendrick (left) shouts this long jump competitor on as Amn. Ron Bowlan (in the RM hat) watches the mat to measure the jump distance.

Thanks expressed "Thanks for everyone's help in making the event a sucess," said Sergeant Rook. "Especially thanks to the volunteers, the flag bearers, the honor guard, and to Barnett Brothers, a local business which donated the food concessions for the event."

Words of praise for Reese participation and support were echoed by Linda Roerner, Special Olympics public relations, and Area 17 Coordinator Sharon Donnell.

U.S. Air Force Photos by Amn. Ken Carlson





words of encouragement during the wheelchair competition.





Cathy Hanson, wife of 2nd Lt. Jeff Hanson, gives this Special Olympian another ball as he prepares to compete in the Special Olympics softball throw.