

The Roundup

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Lubbock, Texas 79408

Serving the Reese Community Since 1948

Yearly wing award winners announced

SMSgt. Michael E. Custy, MSgt. William J. Burkhardt, TSgt. Kimberly Wall and A1C Timothy J. Wigmore were singled out as the top members of Reese's enlisted ranks during the Annual Enlisted Awards Banquet held here Saturday.

Sergeant Custy was named the 1985 First Sergeant of the Year. He is the first sergeant for the 64th Organizational Maintenance Squadron.

Sergeant Burkhardt was named the 1985 Wing Senior NCO of the Year. He is assigned to the 64th Supply Squadron.

Sergeant Wall was named

the 1985 Wing NCO of the Year. She is assigned to the 64th Field Maintenance Squadron.

Airman Wigmore was named the 1985 Wing Airman of the Year. He is assigned to the USAF Hospital-Reese.

Retired Chief Master Sergeant of the Air Force Robert D. Gaylor spoke at the banquet. He said that everyone here is a winner, citing that Reese could not be so well attuned to the mission without being staffed with top notch personnel. He said people are proud of their work when they know how their part is helping the whole base, com-

mand, Air Force and Department of Defense.

Chief Gaylor retired from the Air Force in September 1979, and is presently employed as a training specialist for a major insurance company in San Antonio, Texas. He is widely recognized as an expert in the field of motivation, effective communication, and leadership and management. He travels extensively throughout the United States on speaking engagements and training seminars; a champion of work center leadership which promotes personal and job satisfaction while increasing productivity.

While serving as chief master sergeant of the Air Force, Chief Gaylor served as advisor to the secretary and chief of staff of the Air Force on matters concerning welfare, effective utilization and progress of the enlisted members

of the Air Force. He served in the position from August 1977 through September 1979 when he retired. He was the fifth chief to serve in this ultimate noncommissioned officer position.

(Photos on page 7)

Caprock Cafe to open Feb. 15

The newly renovated Caprock Cafe will open Feb. 15 rather than the first due to delays, according to Capt. Bob Rush, 3500th Services Squadron commander.

He said that basic allowance for substance will stop for those qualifying for a meal card, Feb. 14. "This is going to be a reduction in pay checks for those who have gotten use to the extra money each month," said Captain Rush. "I'd advise everyone to be aware of the decrease and to plan for it."

Those normally being paid BAS will see a reduction in their pay checks also. "For the past few months, these people have been getting paid BAS under the rations-in-kind-not-available column. This will go down to the rations-in-kind available rate when the Caprock Cafe reopens," said Captain Rush.

He said that BAS will appear in Feb. 15 paychecks for the first two weeks of the month. He also noted that orderly rooms are responsible for getting meal cards issued to all those who qualify.

President's message

"In America, in the fifties and sixties, one of the important crisis we faced was racial discrimination. The man whose words and deeds in that crisis stirred our nation to the very depths of its soul was Dr. Martin Luther King Jr.

Martin Luther King Jr. was born in 1929, in an America where, because of the color of their skin, nearly one in ten lived lives that were separate and unequal...In a nation that proclaimed liberty and justice for all, too many black Americans were living with neither...

Dr. King made equality of rights his life's work. Often, he was beaten, imprisoned, but he never stopped teaching nonviolence...In 1964, Dr. King became the youngest man in history to win the Nobel Peace Prize.

But traces of bigotry still mar America. So each year on Martin Luther King Day, let us not only recall Dr. King, but rededicate ourselves to the commandments he believed in and sought to live every day: Thou shall love thy God with all thy heart, and thou shall love thy neighbor as thyself. And I just have to believe that if all of us, young and old, Republicans and Democrats, do all we can to live up to those commandments, then we will see the day when Dr. King's dream comes true, and in his words, "All of God's children will be able to sing with new meaning, land were my fathers died, land of the pilgrim's pride, from every mountain-side, let freedom ring."

President Ronald Reagan

Roundup sets early deadline

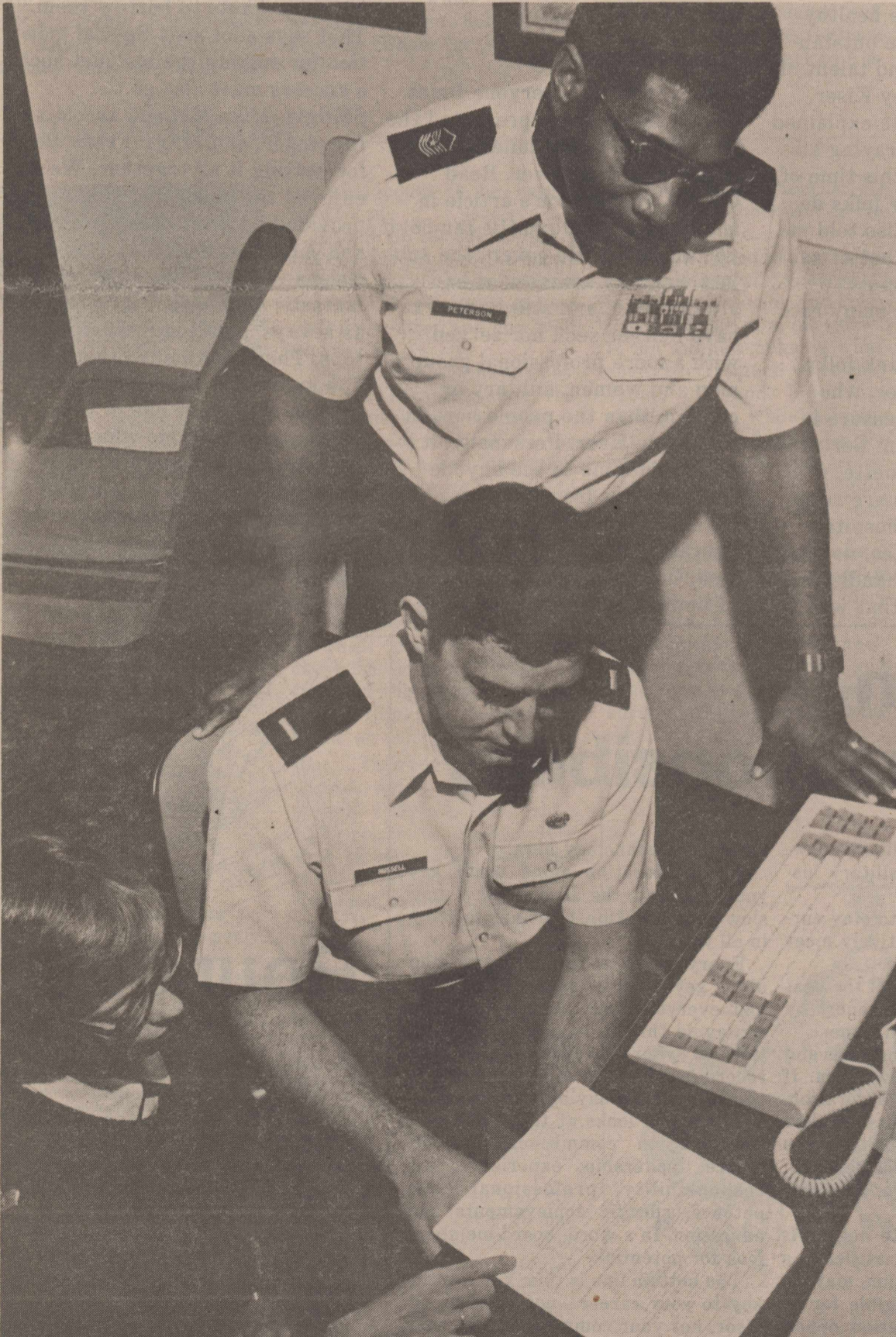
Story submissions for the Jan. 24 issue of the newspaper must be received by the public affairs office, Room 307 in Bldg. 800, today due to the federal holiday Monday.

According to A1C Ken Carlson, editor of the Round-

up, this is to insure we have time to get it to the publisher and set for print.

Deadline for military classified ads will remain Tuesday.

For more information, call the public affairs office at Ext. 3843.



USAF Photo

Tax time

SSgt. Jan Rennels, 1st Lt. Mike Russell, and SMSgt. Pete Peterson look over the reference materials that will enable the Legal Office to use computers to process income taxes. A story on this year's income tax assistance program is on Page 6.

Positively
LUBBOCK!

As I see it



I had some time to get around a lot last week. It's worthwhile because everywhere I go I learn something new from the people of Reese. The squadron first shirts and dorm managers showed me their dorms. Occupant care showed a lot of pride in all four airman's dorms. MSgt. Mike Custy and the OMS troops in 220 have done a particularly good job maintaining and enhancing the common areas. Their day room is the best I've seen. Self-help was evident everywhere, in all the dorms. Thanks to all the 1st Sgts for watching out for the troops. We need to keep the highest of standards and never settle for anything less. My congrats to the many occupants who have painted their rooms. It makes a big difference. A1C Rebecca Lennon, once she let me in, won the housekeeping award for the day. Capt. Bob Rush assured me that new carpeting and refurbished furniture was on the way for Dorm 230—that will make a big difference.

I also enjoyed walking the commissary—it's fully manned for

the first time in nearly a year. Preston Schwartz back in the meat section showed me their impressive new meat wrapping machine. A welcome addition, I'm sure. Mr. Wendell Daniel, Lt. Kendal Dixon and all the commissary folks have set the goal of being named the best Air Force Commissary in 1986—I won't be surprised when they take the award.

SrA. Johnny DeLeon gave me a walk-talk tour of the sewage treatment plant down by the golf course—most likely a place pretty much left alone by most of you (you just provide the "effluent" and figure the rest is automatic). Consider, though, how important sewage treatment is to the well being of this community. Reese's waste water, once treated, consistently meets extremely stringent standards of cleanliness. We have some pros over there, and their area was immaculate. Thanks, Airman DeLeon, on behalf of all of Reese.

Trees are obviously a rare commodity in this part of West Texas, but believe me, we wouldn't have a single healthy one were it not for the outstanding perseverance and talent of people like Mr. Harvey Kiser, down at Bldg. 2003. He explained that they are busy spraying all our trees for insects this time of year. The Entomology folks do a lot for us—Harvey also told me that peanut butter is better rat bait than cheese. He must know—I haven't seen many rats around.

We also need to thank folks like A1C Larry Kayner, who tends to the water pressure in the tower, and Mr. Jim Bertrand and A1C Darrell Duquette, who make sure the boilers are running smoothly for the hospital. And SrA. David McKee, down at Documentation, who handles over 7000 different forms that we use.

You ought to see the work David is doing with his new computer to better manage inventory levels and prevent waste. I had the pleasure of meeting and chatting with all these folks last week, and many more. They're all heroes in my book—because what they do is critically important to the mission of this wing, and they take pride in their performance, each and every one.

Capt. Mark Hurley sat through my first T-37 flight in 15 years—it all came back very easily, if I don't say so myself. I'll be flying with the 35th a lot more now. We went over and talked to the people on the ground at Fizzle, our auxiliary airfield at Terry County. Chief Bob Hitch introduced me to SSgt. Tim Thomas and the rest of that day's fire crew, A1C Steve Eck, SrA. Mike Thorton and A1C Roy Rivera. These fire crews work from sunrise till sunset—their special dedication makes the operation tick. I was shown the facilities around the Fizzle aerodrome, and I noted a lot of improvements since I was there a few years ago.

Note in passing

By and large, everyone I met looked sharp and represented the Reese pride to the fullest degree. A few didn't however. Read CMSgt. Richardson's article in last week's Roundup (10 Jan 86) if you missed it. He covers the subject well. My assessment has always been, and still is, that I have neither seen nor served with a more professional group of men and women, military or civilian, than the people here in this wing. Ever. Personally, it disappoints me to see anyone that detracts from the Reese excellence by their personal appearance. It's a matter of perception. Only one or two people "out of limits" reflects poorly on all.

I'd ask that the highest standards of personal appearance be a renewed and continuing matter of emphasis throughout the wing, at every level...individually and collectively.

Enlisted Awards Banquet The Best Ever

Speaking of "excellence"—the affair at the O'Club last Saturday couldn't have been better. The Ninth Annual Enlisted Awards Banquet, orchestrated by the Caprock Chapter of the NCO Academy Graduates' Association, was a class act even by Reese standards. Chief Bob Gaylor was a truly great speaker for the event. He told me afterward that our banquet, from start to finish, was the best affair of its kind that he had ever attended. That's sayin' a lot folks, from a previous Chief Master Sergeant of the Air Force—he's seen it all. I understand that Chief J.C. Riley, Senior Enlisted Advisor for the command, asked CMSgt. Richardson to send down the planning documents. It seems our headquarters wants to borrow them. That says a lot also. Special mention for making the banquet such a success must also go to SMSgts. Mike McLeod and Mike Derringer, and MSgt. Frank Berg for putting it all together. We all enjoyed the music and singing provided by SSgt. Ray Courville and A1C Tori Self. Maj. Joe Erkmann's guys put on another fantastic audiovisual show, and, as always, our Honor Guard was tops. There are many others, and you know who you are—hats off to each and every one of you. I guarantee, everyone who attended shared in the glory of those very special Reese people who won the awards. They shared in the glory because they, too, are winners. The entire Reese team won last Saturday night.

Career progression, your responsibility

By Lt. Col. Wayne Currie
Air Force Institute of Technology
Personnel Director
Wright-Patterson AFB, Ohio

What can new officers look forward to in a challenging military career? How fast will promotion come? What can you do to enhance your career progression, promotion potential and job satisfaction?

The greatest influence on your success is you—your attitude, drive, care and desire. You can't wait for someone to hand you your career.

You must learn the intricacies of officership and the duties of your assignment. Know and dedicate yourself to the mission. Involve yourself in unit, base and community affairs. Become a professional in your field. Use all resources efficiently and effectively. And know your people.

Really give 100 percent on your first duty day, then increase your skills as you go—don't rest on past achievements.

Professional military education and professional continuing education are vital to your career. PME emphasizes

the mission, leadership, military knowledge, military law and military history.

PME is what you need to stay current in your field to effectively meet the needs of the Air Force.

You can assure yourself of the best possible officer evaluation report by doing your best—and then some.

Let your rater know your goals and how you intend to achieve them. If you feel you deserve a decoration, talk to your supervisor and explain why. Decorations alone won't get you promoted; however, the absence of them could slow you down. Be assertive.

A master's or doctorate degree is necessary too. Without at least a master's degree, promotion may be difficult. You may be eligible for an excellent graduate education opportunity through the Air Force In-

stitute of Technology here.

While education alone won't get you promoted, the absence of it may slow your selection. Continue to grow in all ways.

Every year a few officers who didn't get promoted blame everything and everyone, but themselves. You can avoid this by paying close attention to your records. Since your record speaks for you at a promotion board, it should say only the best.

The board looks at the whole person: mission commitment, performance, leadership, experience, job responsibility, professional competence, specific achievements and education. In a word, board members look for potential.

The bottom line is this: You are the key to your career—not your supervisor, not your commander, not your personnel officer. (AFNS)



Roundup

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Commander's column



By Colonel Donald J. McCullough

January is here again and with it often comes thoughts of new goals—new resolutions for the coming year. For organizations, this process has developed from many decades of research and evaluation, which has shown that successful organizations have goals that are clear, specific, and realistic. They must also be clearly understood by the people involved. If this is true, why are so many "New Year's Resolutions" broken or never achieved? The answer is quite simple—we never really intended to achieve them or they were not reasonably attainable. I have written about resolutions in January in years past. My

basic premise has been that true resolutions, fixed by deliberate choice, and supported by a true determination to achieve them, are not only desirable, but very productive. The results of goal setting and the use of this type of "objectives strategy" is well documented at Reese AFB. We have set goals that were attainable, we have monitored the milestones and made adjustments where necessary, and we have made remarkable achievements. The important fact in all of this is the use of the nominative pronoun **we!** In 1986, we will be challenged to show our excellence in an MCI, MEL, and a host of other staff assistance visits. If we start early, set our goals with the help of our supervisors, and work toward what is realistically attainable, we will achieve even more in 1986 than we have in the past. Let's start now planning for the best year Reese AFB has seen in this decade. Oliver Wendell Holmes expressed it very clearly when he said, "In this great world today, it is not where we stand, but the direction in which we are moving." Will you help us continue to "Show the Way" for AC?

Guest editorial



By Lt. Col. Gary Stein
Wing Inspector General

A good percentage of Air Force folks are intimately familiar with the term "checklist discipline." It means, of course, following written procedures, usually in TA form of checklists and technical orders, to the letter. Why? To prevent damage to equipment, to ensure safety, to maximize efficiency—to keep yourself out of trouble.

That's what checklists are for and if used properly, they'll certainly help you accomplish all of those worthy goals. Good checklist discipline pays big dividends.

I'm writing this article to emphasize discipline in the use at a different kind of checklist. Chances are you only see this checklist twice a year. If you haven't been in the Air Force long, you may not even realize it exists.

Does your work area have one? Yes.

If it's only used every six

months, could it be important? Yes.

Will it do all the things a checklist is supposed to do, including keeping you out of trouble? That depends on how well it's written and how well you use it.

By now you may have guessed that I'm talking about the IG self-inspection checklist.

If you are responsible for maintaining a self-inspection checklist, make sure it is up to date, is accessible to anyone who may need it, and that it asks the right questions—especially the tough ones! Then make sure it is used properly.

It's awful easy to run through a self-inspection checklist saying: "Yes, I do that and that. Our shop does that. I think we do that. I'll check on this one later. I do that..." then report: No discrepancies noted. Who are you fooling? Only yourself.

If you're not absolutely sure of something, stop and check it out. If it's OK, great. If it's not, report it, figure out what the root cause is and then fix it. If it can't be fixed right away, start working on it and don't quit working and tracking the problem until it's fixed. Then you'll learn things are being done right—not just when an inspector comes, but all the time.

That's what the self-inspection program and checklist discipline are for.

You don't have to wait for your six-month cycle to use your self-inspection checklist. Running it every three months doesn't really take much extra time and can certainly detect and eliminate problems before they have a chance to become serious. Also, don't forget to update your checklist whenever you have a change in the way you do things, whether by regulation or simply policy, which

The dream becomes reality

By SSgt. Phillip R. Coble

Over twenty years ago, in the sweltering heat of an August day, there stood one of America's most prolific leaders in the shadows of one other great American—Abraham Lincoln, who one hundred years before him, had signed a proclamation for freedom and justice.

This man, who was the grandson of a former slave, looked out at the thousands of people who had gathered there that day to "dramatize a shameful condition." The event that took place made a great impact in our nation's history; not only for that day, but for over twenty years after. The "Dream" that day indeed became a reality.

Martin Luther King Jr. rose to spiritual heights attained by only few mortals. He inspired hope in a people who had their hope plucked away from them right before their eyes. That inspiration came in the form of this statement: "Continue to work with the faith that unearned suffering is redemptive. Go back to Mississippi. Go back to Ala-

bama. Go back to Georgia. Go back to Louisiana. Go back to the slums and ghettos of our northern cities, knowing that some how this situation can and will be changed."

The latter part of this statement, so prophetic in its very content, is what grabbed my mind and the depths of my understanding; that "knowing that somehow this situation can and will be changed." This characterized the inspiration and the hope of these thousands of morally battered souls who had gathered there mainly for that purpose—hope.

Then there was the instilling of courage. "Let us not wallow in the valley of despair." He was telling us that many a time we will be knocked to our knees for the cause of justice, but let's not hopelessly roll over and over when we're down. Stand up and fight the 'fight of faith,' because "there are very difficult days ahead."

"I Have A Dream" cracked through the air waves that hot August day just as a judge's gavel would strike to silence a disturbance in a crowded court-room; "that one day every valley shall be exalted, and every hill and mountain, made low." Truly today, the valley of segregation has been lifted up, and our children are enjoying the true meaning of brotherhood. The hills and mountains of racial prejudice and discrimination, have been made low also, because today we can go to the same places as our white brothers and sisters and enjoy the blessings of racial equality.

Today, we're honoring and celebrating the "dream" of a man, who over twenty years ago, was given a "vision of hope" which he planted in the hearts and minds of thousands and thousands of people that hot summer day. Not only did it have great impact on the ones that stood there, but also, it had great impact on our nation's history. I believe that Dr. Martin Luther King Jr. was taken to a "mountain

top," a place of refuge, where God gave him this "dream." Not only was this dream for the sake of our brothers and sisters during that time, but also for a nation in its quest for freedom and justice. Just as the Apostle John was taken up by the Holy Spirit and God gave him a revelation, I believe that Dr. Martin Luther King Jr. was taken to his "mountain top" and it was there where his "dream" was revealed.

"And He's allowed me to go up to the mountain and I've looked over and seen the 'Promised Land'. I may not get there with you, but I want you to know—that we as a people, will get to the 'Promised Land'."

Today, not only do we celebrate the cause, but we can't help but to thank our Heavenly Father for allowing us to be a part of this most memorable occasion. We celebrate the fulfillment of a Revelation, that could not have been made possible without the inspiring words Dr. King echoed twenty years ago, when he bade us to "go back to Mississippi; go back to Alabama; go back to Georgia; go back to Louisiana; go back to the slums of our northern cities".

The rough places have been made plain, and the crooked places have been made straight; but most important is the fact that "the glory of the Lord has been revealed—and all flesh; black men, white men, all nationalities have seen the fulfillment of that 'dream' become a reality that will go on for generations to come. He made a plea for us to "march ahead always and not to turn back", and to "conduct our struggle on the high plain of dignity and discipline." With new found hope, we went back to our Mississippi's, Alabama's, Georgia's and so forth. We went back to the slums and ghettos of our northern cities with a new dignity and a new self-respect.

Today as I drive through the city or walk down the sidewalk of our residential streets, I see that Dr. King's dream has come true. When I see "little black boys and little black girls," then I see Dr. King's dream has come true. When I see the black politicians and white politicians negotiating at the "table of brotherhood", then I see that Dr. King's dream has come true. For he said that "this will be the day when all God's children will be able to sing with new meaning, "My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my father died, land of the pilgrim's pride, from every mountain side, let freedom ring".

And when this happens, we will be able to speed up that day when all God's children, black men, white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: "Free at last. Free at last. Thank God Almighty, we are free at last".

are covered in a checklist. An out-of-date checklist is no good to anyone.

Another good use for up-to-date self-inspection checklists is as an orientation and training guide for new personnel. It can tell new folks, in a nutshell, pretty much what they should do and how they should do it, while pointing out pitfalls and backing the whole thing up with references to governing regulations and other forms and guidance.

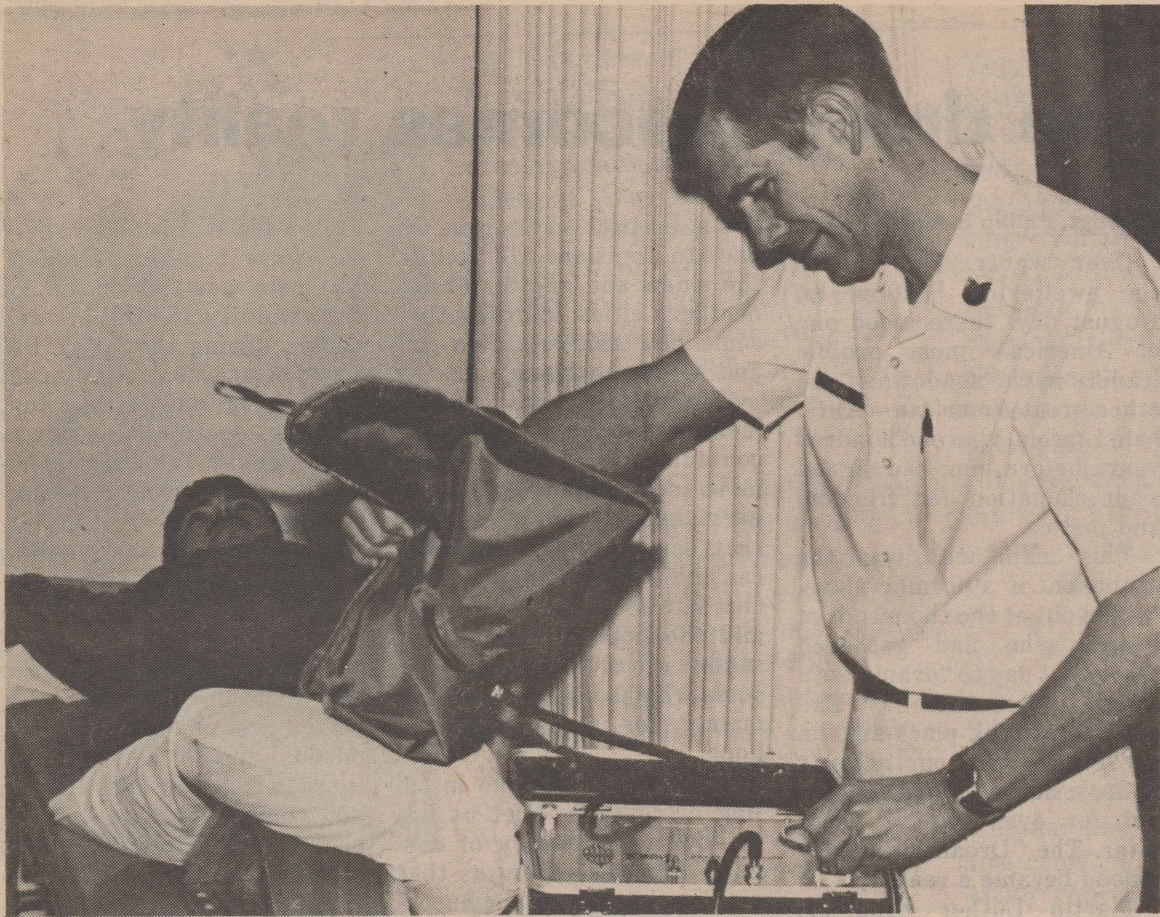
Once again, the success of any self-inspection program depends on checklist discipline—in both the writing and maintenance of the checklist, and in its use. There's no time like the present to make sure your program is doing what it's supposed to do.

How is yours?



"The greatest leader in the world could never win a campaign unless he understood the men he had to lead."

—Gen. Omar N. Bradley



MSgt. Edmund C. Ford Jr., a physical therapist at USAF Hospital-Reese, conducts an examination. Sergeant Ford was named this year's STEP promotee. (USAF Photo)

Hospital NCO STEPs up

TSgt. Edmund C. Ford Jr. became MSgt. Edmund C. Ford Jr. at the Annual Enlisted Awards Banquet Jan. 11 through the Stripes for Professional Performers program.

During a 17-year career in the Air Force as a physical therapist, Sergeant Ford has spent nine years and seven months of his time at Reese. Sergeant Ford is NCOIC of physical therapy services here at USAF Hospital-Reese, a

base that he thinks is "very people positive oriented". Sergeant Ford has had three prior assignments in his career, including Hollomon AFB, N.M., Westover AFB, Mass. and Weisbaden AB, Germany.

Sergeant Ford has two children, Redina and Tracy, who attend school at Frenship elementary and Jr. High Schools. His wife, Jeanne, has worked as a secretary for the 64th

Student Squadron for five years.

Stripes for Exceptional Performers is a program designed to allow major commands and field commanders the authority to promote their exceptional performers on the spot.

Reese is allotted one stripe per year. That stripe can be used to promote a person to staff, technical or master sergeant.

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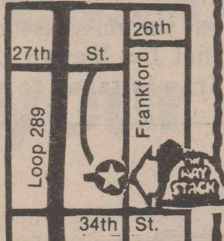
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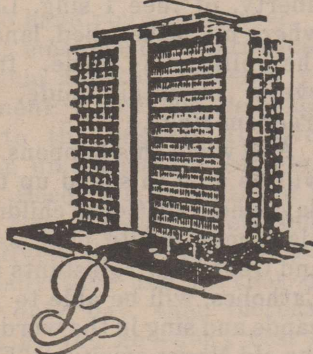
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Combatting the silent killer

Editor's note: We've had a couple cases of base personnel being poisoned by carbon monoxide recently. Carbon monoxide is a product of incomplete combustion of almost any carbonaceous material, such as in car exhaust, home heaters, fire places and even cigarettes. Most poisoning results from the ventilation or exhaust systems of these producers being faulty.

Courtesy Safety Office

You cannot see it, here it, smell it or taste it.

Depending on the concentration of air, it can kill within minutes.

It causes more deaths than any other gas.

What is it? It's carbon monoxide—also referred to as the silent killer.

A very small amount of carbon monoxide can have a substantial effect because it combines with blood 200 times more readily than oxygen. Breathed into the lungs, the gas makes its way into the blood stream and prevents the blood from carrying oxygen to the tissues. Carbon

monoxide gradually seeps into the victims vitals, causing drowsiness, then puts the victim into a painless, permanent sleep.

Be alert for a strange tightness across the forehead which is often the first sign of poisoning. It may be followed by throbbing in the temples, headache, weariness, weakness, dizziness, nausea, and loss of muscle control. Unfortunately, if the concentration is great enough the victim may fall unconscious without any prior symptoms.

There are precautions that can be taken against carbon monoxide poisoning, including:

- Have heating systems checked annually by a qualified inspector. Most gas companies and fire marshals will check these for a minimal fee.
 - Don't close fireplace dampers until the fire is completely out.
 - Seal off attached garages from your home and never run the car engine in a closed garage.
 - Always use charcoal grills in well ventilated areas.
- Should someone get poison-

ed by carbon monoxide, get the victim into fresh air as soon as possible. Immediately begin artificial respiration if

breathing has stopped. Call a doctor. Keep the victim cool to reduce the oxygen demand of the body, and do not allow

the victim to do any strenuous activity.

Beware of carbon monoxide—the silent killer.



USAF Photo

Chief visits

Air Training Command Senior Enlisted Advisor CMSgt. J.C. Riley visited local units Friday. After taking a look at Reese and meeting Reese Professionals, he attended the Enlisted Awards Banquet Saturday.

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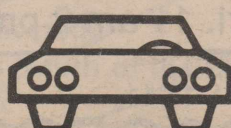
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Courtesy Legal Office

You've received your Federal Income Tax Package in the mail. You're to receive your refund but not so eager to fill out the return. It seems like such a difficult task. What can you do?

The Legal Office, in connection with the Internal Revenue Service, is coordinating the Volunteer Income Tax Assistance Program.

Through this program volunteers are trained and certified in the preparation of tax returns. Each squadron has tax representatives who will be trained next week. These representatives will then be able to assist you in preparing your tax return.

The unit tax representatives can assist in the understanding and preparation of all IRS forms and returns. Their assistance is voluntary and is provided as a service to the personnel here. The service is free of charge.

In addition to the tax repre-

sentative, the Legal Office will be able to help in preparing your taxes through the use of new computer software. The software will enable persons to have their taxes done on the office's computer. Legal Office officials say they will get the word out when the system becomes operational.

Unit tax representatives include:

FMS

2nd Lt. Babin, Ext. 3446; MSgt. Berg, Ext. 3474; MSgt. Bringham, Ext. 3503; SSgt. Bost, Ext. 3367; and SSgt. Youngblood, Ext. 3396.

MSS

2nd Lt. Tragus (CBPO), Ext. 3714; Hal Corbin (CPO), Ext. 3803; TSgt. Minnis (DPE), Ext. 3147; Capt. Chmitlin (SL), Ext. 3640; and 1st Lt. McManaway (DA), Ext. 3377.

JA

2nd Lt. Fleming, Ext. 3505; and Sgt. Norris, Ext. 3645.

HC

SSgt. VanMeter, Ext. 3237.

STURON

Capt. Tartaglione, Ext. 3483

54th

1st Lt. Norwood, Ext. 3878; and 1st Lt. Dewitt, Ext. 3258.

35th

1st Lt. Gutierrez, Ext. 3858.

RM

Capt. Gunderman (LGSC), Ext. 3953; Cheri Re (AC), Ext. 3448.

FTD

MSgt. Scheffel, Ext. 3121;

and MSgt. Hulslander, Ext. 3122.

FCS/AFCOM

Glenda Roberts, Josette Marvin and Vick Harmon, Ext. 3376.

SPS

MSgt. Canalez, Ext. 3040; A1C Saenz, Ext. 3615; and A1C Walker, Ext. 3844.

SVS

SSgt. Williams, Ext. 3800; and Capt. Rush, Ext. 3809.

AFOSI

John Garris, Ext. 3414.

CS

SMSgt. Barr, Ext. 3299; TSgt. Navalta, Ext. 2586; and Sgt. Burgess, Ext. 3323.

WS

SSgt. Miracle, Ext. 3447.

TMO

Bob Ferguson, Ext. 3839.

MA

1st Lt. Wanhanen, Ext. 3424; CMSgt. Wittich, Ext. 3014; and MSgt. Slate, 3637.

CES

Lt. Knight, Ext. 3171; and TSgt. Goodman, Ext. 3510.

SE

Sgt. Powers, Ext. 3504.

OMS

1st Lt. Meisienger, Ext. 3461; 2nd Lt. Mawn, Ext. 3300; 2nd Lt. Shankland, Ext. 3798; and 2nd Lt. Zaprzala, Ext. 3336.

Eagle Scout Recognition Day set

Reese and the South Plains Council Boy Scouts of America are sponsoring an Eagle Scout Recognition Day here today.

On hand for the proclamation will be Mayor Allan Henry.

The festivities are open to anyone who has ever earned the eagle scout rank, the highest award given in the Boy Scouts of America.

Registration and an opening ceremony will be held in Bldg. 820 and be followed by a tour of the simulators, runway supervisory unit and static displays of the T-37 and T-38. The day will end with a recognition banquet at 5:30 p.m. at the officers' club.

During the banquet, various eagle scouts will be recognized, the history of the eagle award will be presented and a slide presentation of the trail to eagle will be given. Also, scouting memorabilia from years past will be on display in the Davis Room just prior to dinner.

The dinner will cost \$9.

For information contact Capt. John Patterson at Ext. 3660.



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THIS WEEK'S SPECIAL EVENTS

Friday, Jan. 15—12 oz. T-Bone
Sounds of D.B.
Saturday, Jan. 18—Sounds of D.B.
Sunday, Jan. 19—Games & Prizes 1400
Monday, Jan. 20—Holiday Schedule
Brunch 0800-1400
Tuesday, Jan. 21—Fried Chicken
Wednesday, Jan. 22—Games & Prizes 1900 hrs.
Thursday, Jan. 23—Mexican Plate \$5.95

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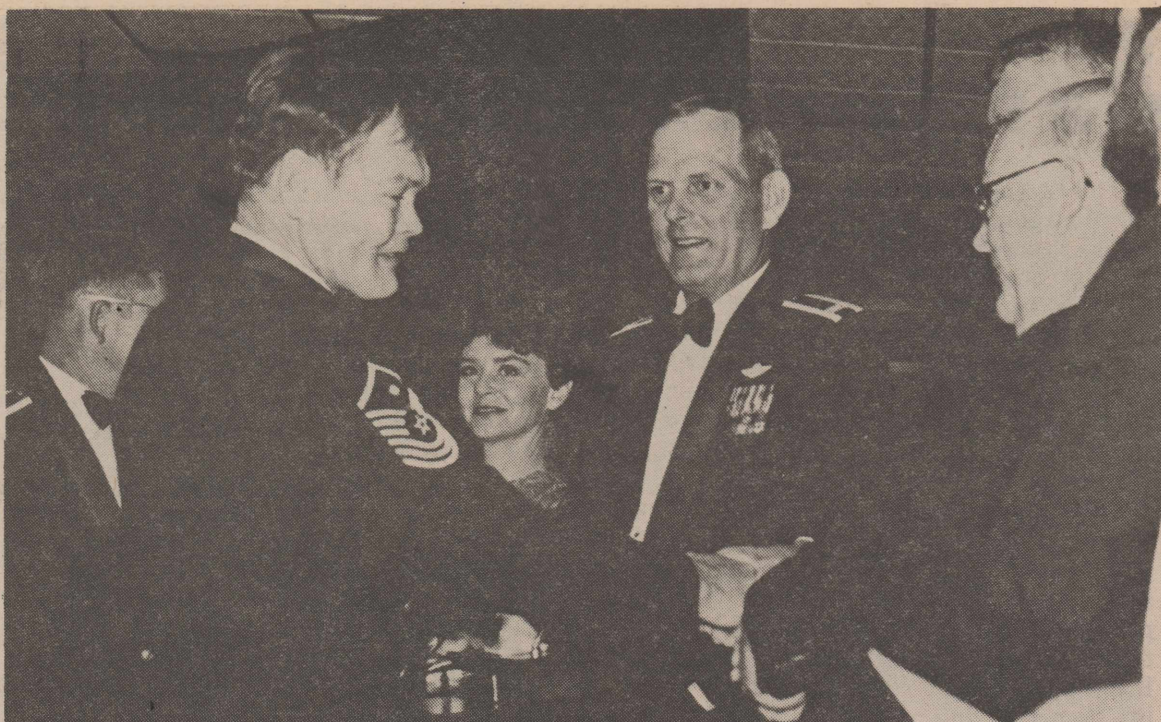
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<p>Wed. 1600 - 2200 Fri. 1600 - 0100 Sat. 1700 - 2300</p>	<p style="text-align: center;">MAIN LOUNGE HOURS</p> <p style="text-align: center;">CLOSED ON SUNDAY</p> <p style="text-align: right; font-size: 0.8em;">Roast Beef Plus Two Other Hot Entrees Daily - Mon.-Fri.</p>
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<p style="text-align: center;">FRI JAN. 17</p> <p style="text-align: center;">Prime Rib w/Super Salads</p>	<p style="text-align: center;">TUES JAN. 21</p> <p style="text-align: center;">Veal Parmesan \$4.95</p>
<p style="text-align: center;">SAT JAN. 18</p> <p style="text-align: center;">Closed</p>	<p style="text-align: center;">WED JAN. 22</p> <p style="text-align: center;">Mongolian BBQ \$6.95</p>
<p style="text-align: center;">MON JAN. 20</p> <p style="text-align: center;">Holiday Closed</p>	<p style="text-align: center;">THURS JAN. 23</p> <p style="text-align: center;">Family Style Chicken</p>



SMSgt. Michael E. Custy, First Sergeant of the Year



MSgt. William J. Burkhardt, Senior NCO of the Year

Yearly wing award winners 1985

(Photo of Amn. Wigmore unavailable)



TSgt. Kimberly Wall, NCO of the Year

Best recognized

The top noncommissioned officer, airman and civilian of the quarter in the Comptroller Division have been announced.

SSgt. Lori Padgett was named Noncommissioned Officer of the Quarter.

SrA. Mark Haron was named Airman of the Quarter.

Sammie Johnson was named Civilian of the Quarter.

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Martin Luther King Jr.'s federal birthday, Monday

By Sgt. Rudi Williams, USA
American Forces
Information Services

Monday, Jan. 20, 1986 marks the nation's first observance of a legal holiday honoring slain civil rights leader and Nobel Peace Prize winner Dr. Martin Luther King, Jr.

He was born on Jan. 15, 1929, but the legislation creating the holiday names the third Monday of January as the day on which it is observed.

The holiday, with a theme of "Living the Dream", "...should serve as a time for Americans to reflect on the principles of racial equality of nonviolent social change espoused by Martin Luther King, Jr.," according to the language of the law that created it.

His widow, Coretta Scott King, recently said, "For the first time in the history of this great nation, we're honoring a peacemaker, a messenger of nonviolence—a drum major for justice, love and righteousness who was a native son of America."

As chairperson of the Martin Luther King Jr., Federal Holiday Commission, established by law to assist in the first observance of the holi-

day, Mrs. King said, "Where others preached hatred, he taught the principles of love, nonviolence and a patriotic commitment to making democracy work for all Americans."

"Martin's day, therefore, should be a time for peace and nonviolence in all our human relationships and in every aspect of our personal lives...a day when all of us put aside our differences and join in a spirit of togetherness in recognition of our common humanity."

Born in Atlanta, Ga., King described the life of the black American as "sadly crippled by the manacles of segregation and the chains of discrimination..."

In some cities, blacks were forced to sit in the back of public buses and even had to give up their seats to whites. But in December 1955, a black seamstress took a seat in the front of the bus in Montgomery, Ala., and helped to change the face of the American landscape. Told to get up so a white person could sit down, Rosa Parks refused—defying the city's segregated transportation ordinance. She was placed under arrest.

The incident spurred King—then the new pastor of the

Dexter Avenue Baptist Church in Montgomery—and other blacks to organize a boycott of the bus company. The boycott proved successful, gaining widespread public attention and serving as a model for many other similar actions by civil rights activists around the country. The Civil Rights Movement had begun.

Within six months, the courts had decreed that state and local laws enforcing the segregation of public transportation were unconstitutional. In the ensuing years, King made equal rights his life's work. Using his own assets and nonviolent tactics, he organized hundreds of boycotts, rallies and marches across the United States, becoming a pivotal civil rights figure. He was often beaten, imprisoned and maligned, but he never stopped teaching or practicing nonviolence.

King was arrested 30 times for participating in civil rights activities.

One of those times, while in solitary confinement, King wrote the "Letter from Birmingham Jail" in the margins of a newspaper and on scraps of paper. He refuted several influential critics who had condemned his work as "unworthy of a man of God."

King wrote that he had come to bring the gospel far beyond his own home.

"We have waited for 340 years for our constitutional rights and God given rights," wrote King. "And we still creep at horse-and-buggy pace toward the gaining of a cup of coffee at a lunch counter..."

On Aug. 28, 1963, men and women of all races, religions and political backgrounds participated in a "March for Jobs and Freedom" in Washington, D.C. King delivered his famous "I have a Dream" speech to a throng of more than 250,000 people that day at the Lincoln Memorial.

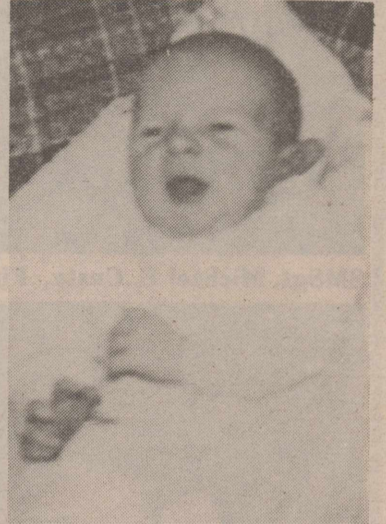
King called the huge gathering a "nonviolent army." The march on Washington succeeded far beyond the greatest expectations of its planners in transcending political quarrels of the time, bridging differences between competing groups of Americans and speaking to the conscience of the nation.

It succeeded, according to its organizers, because it embraced the most enduring and basic American values—equality and justice for all.

In 1964, at the age of 35, King became the youngest man in history and the third

black man to be awarded the Nobel Peace Prize.

He was shot and killed while standing on a motel balcony in Memphis, Tenn., on April 4, 1968. He was in Memphis to help lead sanitation workers in a protest against low wages and working conditions.



First baby

Stephen Michael Tipton, son of A1C Ricky and Sandra Tipton, is Reese's New Year's baby. The 7-pound 2-ounce boy was born at 1:30 a.m., Jan. 4. A1C Tipton is assigned to the 64th Field Maintenance Squadron.



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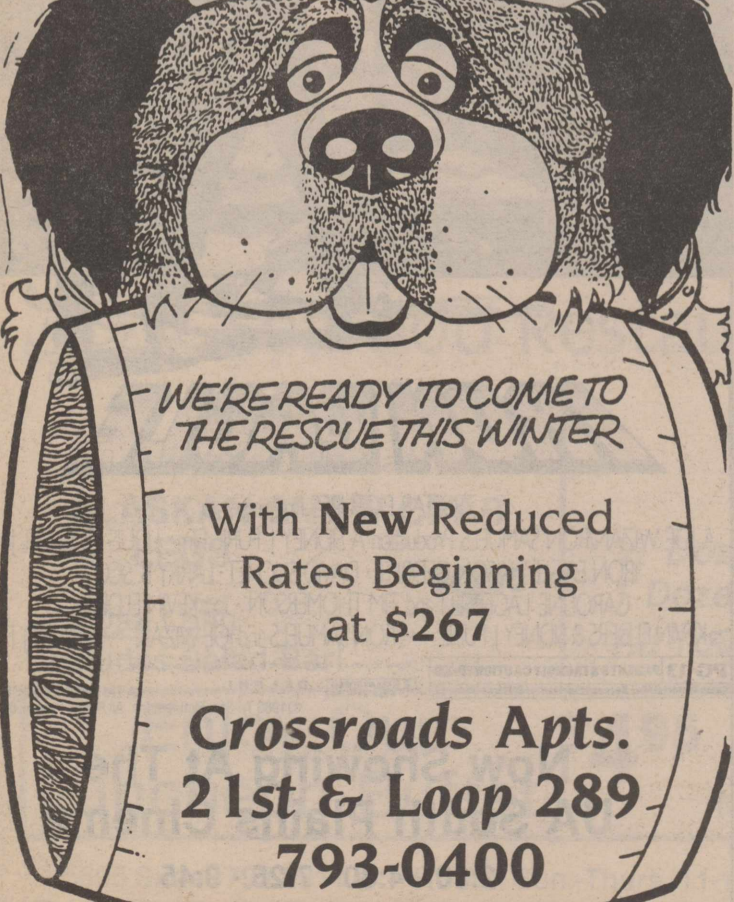
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USAF Photo

Changes command

Col. James McIntyre, commander of the 64th Flying Training Wing presents the 64th Civil Engineering Squadron banner to Lt. Col. Paul D. Baker, officially naming him that squadron's commander. Colonel Baker comes to us from Headquarters Air Force Systems Command, while Lt. Col. Joe Lafoy goes on to Bolling AFB, Washington.



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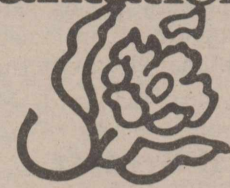
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Pizza inn

News briefs

Prayer breakfast

Appointed Bishop of the New Diocese of Lubbock Michael Sheehan, will be the feature guest speaker at the National Prayer Breakfast, Feb. 6.

The program will begin at 7:30 a.m. Tickets are on sale through squadron first sergeants, the chapel and at the door.

Memorial Breakfast

The Martin Luther King Memorial Breakfast will be held Monday at 7 a.m. at the Enlisted Open Mess. Everyone is welcome to attend.

Library

The library now has the 1985 federal income tax reproducible forms. A coin operated copy machine is available for use. Other tax publications available are: 1986 Financial Planning Guide for Military Personnel, 1986 Income Tax Guide for Military Personnel, Tax Guide for Small Business, Tax Information Publications, Employers Tax Guide and Farmers Tax Guide.

The library is presenting a video series on World War II during the week of Jan. 27-31, from 11:30 a.m. to 12:30 p.m. daily. The "Project Warrior Brown-Bag-It Lunch Videos"

will include Monday—"Prelude to War"; Tuesday—"The Nazi Strike"; Wednesday—"Divide and Conquer"; Thursday—"The Battle of Britain"; and Friday—"The Battle of Russia". In February, the series will continue with "The Battle of Russia, Part II", "The Battle of China" and "War Comes to America".

Storyhour continues Wednesdays at 10-11 a.m., and 12:30-1:30 p.m., with stories, movies and crafts.

Bowling

The Base Team Roll-Off for the base team will be held Feb. 1, 2, 8 and 9. Participants must be active duty military personnel. The base team members will then compete at Chanute AFB, Ill., April 14-17 for the ATC Championship.

February Specials:

Ground Hog Day Special: Feb. 2, bring a shadow with you and get two dinner specials for the price of one!

Valentine No-Tap Tournament: Feb. 15, 7 p.m.

Super Saturday: Feb. 22, bowl three games for only \$1, all day.

Birthday Special: If your birthday is in February, you can bowl three games free!

Lunchtime Special (weekdays only): Bowl between 11 a.m. and 1:30 p.m., three games for \$1.

Red Pin: On Saturdays and Sundays, when the head pin is red, get a strike and get that game free!

T.G.I.F.: Fridays, after 9 p.m., 50-cent games!

CCAF

Students who plan to get their Community College of the Air Force diploma this April must have the necessary graduation paperwork into the school by Feb. 14.

CCAF counselors at the base education offices can help students meet the deadline, school officials said. CCAF officials stressed that late documents may delay graduation until next fall.

Pool tournament

A pool tournament will be held at the Mathis Recreation Center on Jan. 24, at 6 p.m. Competition will be eight-ball, single elimination. Eligible participants will be active military only. Prizes and awards will be presented by Coors. They include: Eight-ball certificates for all participants, trophies, phones, pool cues and thermal steins for winners. For more information, call Ext. 3787.

Super bowl bash

The first major sporting event of the new year is just around the corner. Super

Bowl XX will be shown on the big screen television at noon, Jan. 26, at the Mathis Recreation Center. There will be two Texas Tech Basketball tickets for the SMU and Texas Tech game to be given away at the conclusion of the game. There will be free pop-corn. For more information, call Ext. 3787.

Billiards championship

The Reese Billiards Championship will be held Feb. 8-9, at the Mathis Recreation Center. It will begin at noon, Feb. 8, with a draw for positions, and competition will begin at 1 p.m. The tournament will follow ATC rules and regulations. The game will be 14.1 continuous pocket billiards. There will be trophies awarded to the 1st, 2nd and 3rd place winners, with the top two winners representing Reese AFB in ATC competition at Sheppard AFB. Deadline entry is Feb. 7, 12 p.m. Eligible participants will be active duty military only. For more information, call Ext. 3787.

Pinochle tournament

Pinochle tournaments are held every Tuesday, 7 p.m., at the Mathis Recreation Center. For more information, call Ext. 3787.

Soccer

The Reese AFB Soccer

Team is presently looking for individuals interested in playing soccer. The team is beginning preparation to defend its ATC Championship title. According to Coach Edmund Ford, the soccer team has had a long tradition of winning even before the Air Force made it a varsity sport. Reese has yet to lose a game and has won the championship in 1982, '84 and '85. "This has been a difficult accomplishment due to the turn-over of players. However, with the excellent support provided by the base each year, the team seems to come through to continue the tradition," said Coach Ford. Try-outs will be held Sunday and Jan. 25, on the base soccer field. The team plans to play Dyess AFB in February. For more information, contact TSgt. Edmund Ford at Ext. 3190, or Lt. Rick White, Ext. 3387.

Basketball

The Men's Varsity Basketball Team will be hosting the 1986 Central District Basketball Tournament, Feb. 1-3. Teams representing Lackland AFB, Goodfellow AFB, Sheppard AFB, Laughlin AFB and Reese AFB will be participating.

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The Intramural Basketball

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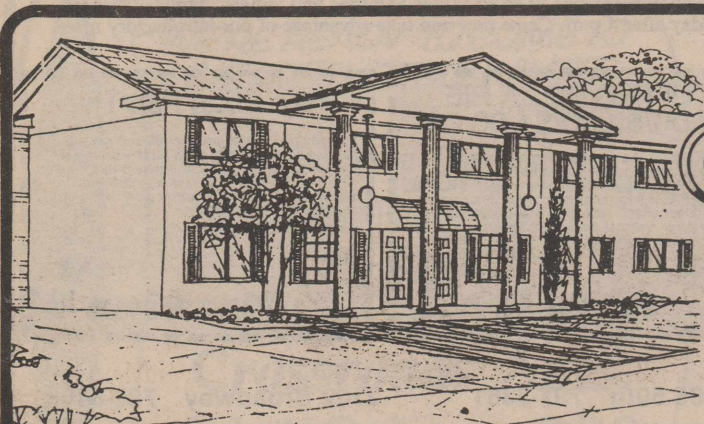
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News briefs

standings as of Jan. 10 are:

National League:

OMS	2-2
35FTS	2-2
CES #2	3-3
STUS #1	1-3
Hosp	1-3
Comm	1-4
Sup #2	1-5

American League:

Sup #1	5-0
FMS	5-0
54FTS	4-1
SPS	4-1
CES #1	2-3
MSS	2-4
STUS #2	2-4

Volleyball

The Physical Fitness Center is looking for men and women volleyball players to represent Reese. Anyone interested please contact Sgt. Gary Grant, Ext. 3783.

Center closes

The Mathis Recreation Center will be closed most of the day Wednesday for carpet cleaning. The center will open at 5 p.m. that day.

Instructor vacancy

The Professional Military Education Center is looking for a sharp and highly motivated staff sergeant or technical sergeant to fill an instructor vacancy. For those applying who have not attended the Academic Instructor School—

Technical Instructor Course, the reporting date for the job would be no later than June 2. For more information, contact the PME center or customer service at the CBPO.

Benefits up

The Personal Affairs Office is reminding personnel that the coverage under the Serviceman's Group Life Insurance has raised from 35,000 to \$50,000. This raise will cost military members \$4 per month, up from the \$3 premium previously.

Coverage under SGLI is automatic for all military members. Those who wish to decline coverage or select a smaller amount of coverage must put their wishes in writing before Feb 15.

For more information, contact the Personal Affairs Office at Ext. 3643.

Sweetheart ball

The 1958th Information Systems Squadron's Top 4 Club is sponsoring a Sweetheart's Ball Feb. 14 at 6:30 p.m. in the Enlisted Open Mess to benefit the American Red Cross. During the Ball, there will be a contest to crown the King and Queen of the Ball.

There will be containers placed at various locations on Reese. You may vote for your favorite candidates by placing

a minimum pledge of one dime (or more if you prefer) in the container as a donation to the American Red Cross.

As we all know, the American Red Cross is having financial problems due to recent disasters world wide. The Red Cross has always helped military members and their families whenever they were in need. So let us all unite and express our gratitude by reciprocating an unconditional kindness.

Weinberger re-confirms productivity commitment

WASHINGTON (AFNS)—Secretary of Defense Caspar Weinberger is calling on all service members and civilian employees to achieve a new level of excellence during the DoD Productivity Week, Jan. 13-19.

The secretary noted that the event is "particularly significant at this time considering the president's productivity initiative to increase the productivity of Federal Government by 20 percent by 1992."

In a memo to all the services, Secretary Weinberger wrote, "Improving the productivity of the department offers both an opportunity and a challenge. It offers an opportunity to focus the creativeness of our people, the defense work force, on finding better ways to accomplish the defense mission. It provides a challenge to defense managers to meet the president's goal."

The secretary noted in his proclamation that "The Defense Department is tasked with attaining the highest level of productivity from the resources provided by Congress."

The secretary went on to caution that "productivity

gains do not, however, just happen; they must be aggressively pursued. They come through proactive efforts, dedicated people, and the full realization of improvement opportunities."

The proclamation added that "failure to improve productivity wastes people, money and materials, which are costs the department can ill afford in sustaining a strong defense."

"I am personally committed to achieving the highest level of productivity across all defense operations," the secretary states. "I encourage every individual in the defense community, both military and civilian, to look for opportunities to improve the processes, products and effectiveness of his or her organization."

"By being innovative and creative, and by aggressively pursuing goals of excellence and productivity, we can make significant gains in defense readiness."

"Equally important," Secretary Weinberger added, "These efforts will ensure full value from the funds entrusted to us by the American taxpayer."

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Why Project Warrior?

By Maj. Terry R. Ballantine
Tactical Air Command
Project Warrior Coordinator
Langley AFB, Va.

It's interesting to note how people respond to the question: "Do you know what Project Warrior is?"

While most people already know about it, there are still a few who apparently haven't gotten the word. Well, here it is.

Project Warrior was initiated in February 1982 by then Air Force Chief of Staff Gen. Lew Allen Jr. The program was designed to address two people-related problems that had been noted in the Air Force.

The first problem was attitude, or identity. Many Air Force people were beginning to perceive their duties as being ordinary 8-to-5 jobs, with no relation to war or warfighting. Emphasis throughout the Air Force seemed to be on developing management skills, rather than leadership.

The second problem centered on lack of knowledge among Air Force people about warfare and warfighting skills. It seemed we had lost our sense of history, our awareness of lessons learned from past conflicts—and even more tragic, our heritage.

Project Warrior's objec-

tives were clear and simple. First, it would serve to improve warfighting spirit and perspective of all Air Force people. And secondly, it would improve our understanding of the theory and practice of war, with particular emphasis on air power.

It's important to point out that Project Warrior is for all Air Force people—officers, enlisted, Air Force reserve forces and civilians. Everyone is invited and encouraged to participate.

Also, Project Warrior wasn't intended to glorify war, or to make us want to fight. Rather, it provides a means for developing a more dedicated and capable force, in the event that conflict becomes necessary. It enables us to prepare, to learn from the experiences of the past—and to fully realize the solemn nature and awesome responsibility of our profession.

General Allen recognized the need for today's airmen to study and prepare themselves in the discipline of warfighting, and wrote: "I believe that a continuing study of military history, combat leadership, the principles of war, and particularly the application of air power is necessary for us to meet the challenges that lie ahead."

Project Warrior encourages that study and prepares us for the future through Warrior professional reading groups, films, war games, discussions, guest lecturers and numerous other activities focusing on professional development.

We weren't forced to join the Air Force or any other service: It was a conscious, personal choice. We need to always remember that if called upon to do so, it's our responsibility to defend this nation against all enemies.

This is our chosen profes-

sion—the profession of arms. And should deterrence fail, we must be able to fly, fight and win. Participation in Project Warrior can help develop the knowledge, leadership and attitude needed to win. (AFNS—courtesy TAC News Service)



USAF Photo

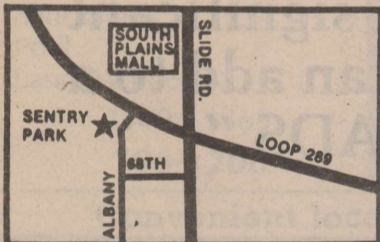
Construction

Work continues on the Main Boulevard by-pass around Bldg. 800. The road is expected to be open in the latter part of April.

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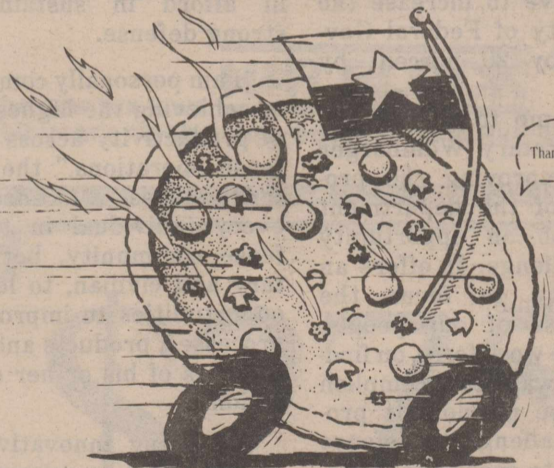
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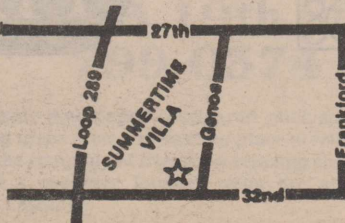
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Computer phase almost complete

By 2nd Lt. Lisa Jeffery
ATC Office of Public Affairs

Air Training Command could have faced 1986 with obsolete base and supply computers unable to do the job and leasing for millions of dollars per year. Instead, command officials are laying claim to one of the most successful computer conversion programs attempted in the Air Force.

The program, known as Phase IV, replaces outdated Univac U1050-II and Burroughs B3700 computers with the newer Sperry S1100. The old computers, used in base supply and personnel roles, were simply overloaded with the current needs to store and process information, according to Maj. David K. Wall, chief of ATC's conversion program.

"Had the computer conversion not taken place, our supply and CBPO people would soon not be able to do their jobs, unless we increased their manpower drastically," said Major Wall.

Besides the increased capabilities, the new computers will save ATC about \$360,000 a month, according to Major Wall. Costs to lease and maintain the old Burroughs compu-

ters had doubled recently to \$60,000 per month per base. Leasing the new Sperrys will be cheaper, and ATC will eventually buy the computers through the monthly payments.

Nearing program completion, the Phase VI team has converted systems at all ATC bases except for Williams AFB, Ariz., and Lackland AFB, Texas. Both begin final

conversion this month.

Major Wall credits success of the conversion to the hard work of ATC's conversion teams. Team members were pulled in from other jobs throughout ATC to complete the conversions.

"The newer computers can handle the workload of today and of the future, and save the command a lot of money," concluded Major Wall.

Program benefits base organizational funds

The Zero Overpricing Program saved over \$19,000 here, the money being returned to

the local O&M funds.

The program was established by the Air Force to identify

and report suspected price discrepancies.

Overpricing can result from

several sources. It may be an item which is source coded to the original manufacturer with no alternate source identified. Or it might be something as simple as a computer record error. However, the result of overpricing to each unit is the same—loss of funds.

Can an organization which paid \$48.44 for a part which was actually procured for \$4.83 retrieve its funds? The answer is yes—if they follow these simple procedures.

First, recognize what appears to be an overpricing problem. Then challenge the price by contacting the Base Supply Customer Service Unit at Ext. 3279.

Units that have used this program saved over \$19,000. They include Resources, which saved \$13,625; Civil Engineering, which saved \$4,424; Weather, which saved \$872; Operations, which saved \$304; and Maintenance, which saved \$77.

Cards approved for catalog use

DALLAS—Customers ordering merchandise from the Exchange Mail Order Catalog have a new option—they can use credit cards.

With MasterCard and VISA approved for use in the military exchanges, customers now have the added convenience of charging catalog purchases. New order forms allowing catalog customers to enter credit card information will soon be available. In the interim, customers can still use the old form to charge purchases simply by including the name of the card (VISA or MasterCard), the number, and the expiration date on the last line of the order form. The catalog sales center in Dallas will charge the credit card ac-

count on receipt of the orders and ship the merchandise as before. Refunds or adjustments due will be sent directly to the customer—not processed as a credit to the charge card account.

The Exchange Mail Order Catalog comes in two editions—

one for CONUS customers and the other for those stationed overseas. CONUS customers going TDY overseas have the privilege of ordering from the overseas edition 14 days before going TDY or 14 days after their return to CONUS.

December incidents cause losses

Several incidents reported to the security police resulted in:

- Theft of private property in Reese Village. Tool Box was stolen Dec. 5.
- Theft of private property in Reese Village. License plate stolen Dec. 5.
- Discredit to Air Force Dec. 6. Individual driving under the influence stopped on base.
- Stolen merchandise Dec. 7. Shoplifting at the Main Exchange.
- Damage to GOV Dec. 12. GOV dented in Bldg. 500 parking lot.
- Theft of US currency Dec. 13. \$375 was stolen in the Main Exchange parking lot.
- Discredit to the Air Force Dec. 14. Individual driving under the influence stopped at main gate.
- Stolen merchandise Dec. 14. Shoplifting at the Main Exchange.
- Theft of Private Property Dec. 18. Camera stolen from Dorm 220.
- Stolen merchandise Dec. 21. Shoplifting at the Main Exchange.
- Discredit to the Air Force Dec. 28. Individual driving under the influence stopped at the main gate.

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—Harold Nicolson
British politician

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Make fitness program livable

By Dr. (Capt.) Richard C. Baither
Malcolm Grow USAF
Medical Center
Andrews AFB, Md.

If 100 people, of their own choice, were to start an exercise program today, within six to 12 months between 40 percent and 50 percent would stop.

A 1978 study on the fitness of Americans found 41 percent of the population is non-active and only 16 percent exercise at rates considered sufficient to maintain fitness.

Recent studies also indicate that as a nation we have improved during the past seven years. Walkers and joggers are growing in number.

Some people have suggested that 18 percent of people will exercise no matter what you say or do to them and another 18 percent will not. This is for the other 64 percent who will exercise with encouragement and help.

There are a few factors that have been found to predict non-adherence. Personal characteristics include: low self-motivation, smoking, obesity, non-active leisure-time activities and, strangely, a poor credit rating.

In addition, the programs established are found to be inconvenient and too intense.

These are some reasons people have used for stopping exercise:

- no time or schedule
- other priorities
- bad weather
- reached weight-loss goal
- bored with exercise
- injuries and illness
- no one to exercise with
- no facilities
- too expensive
- too difficult
- embarrassed
- moved
- vacation
- change in routine

With accurate information, good problem solving, flexible and careful planning and realistic goal setting, a livable exercise program can be achieved.

Most people exercise for one of three reasons: to feel better, to look better or to lose weight. What is important is that the reasons are yours. You must decide for yourself that you want to exercise and commit yourself to achieve your goal.

It can be done by including both short and long-range objectives in a fitness plan. Experts usually suggest that a fitness program be designed to promote flexibility, muscular strength and endurance, cardiovascular endurance and a lean body composition.

Now to design a program. If there is a medical condition that could be affected by exercise, or a significant problem is suspected, the first

step would be to check with a doctor to see what types of exercise would be best and at what intensity. Most will be able to find some appropriate form of exercise.

When designing a program there are three general guidelines: Don't overload, check progression and be specific.

People tend to overload themselves with exercise in duration, frequency and intensity. If standards are set too high, the program will only be made unlivable.

For example, in terms of cardiovascular fitness, all one needs is 20-30 minutes of aerobic exercise at 60 percent of the maximum heart rate three to five times a week. Most people can achieve this just by walking.

Most athletic injuries happen when you push yourself beyond your fitness level. In order to avoid injury and make the program livable, increase the exercise goals gradually.

Finally, different types of exercise tend to be fairly specific in their effects. For example, one exercise may not fulfill all the fitness goals of a plan. Just because you can run five miles won't guarantee that you'll last five minutes in an aerobic dance class.

An exercise program should include three basic and necessary phases. First, a 10 to 15-minute warm-up period for stretching your muscles.

This prepares your muscles for exercise, helps prevent injury and can be used for flexibility.

Next, 20 minutes to an hour should be aerobic exercise—using heart, lungs and large muscles, at 60 percent of your maximum heart rate.

Finally a 10 to 15-minute cool-down period. This doesn't mean stop, just slow down and stretch. The payoff of the cool-down period will be the next exercise time.

Here are a few tips that may help keep your exercise program alive.

- Set a specific time that fits your schedule and body.
- Keep a written record of your progress: date, duration, intensity, weight and body measurements.
- Make a contract with someone important to you with specific short-term goals.
- Set rewards for yourself when you achieve your goals.
- Social reinforcement is also important. Support from your spouse, family and friend has been found to help people stick with a program.
- Start or join a walking or running club.
- Keep your program varied in terms of activity types. This helps relieve the boredom and combat weather changes.
- Plan ahead. When difficult and special situations occur, use your problem-solving skills to straighten it out.
- Keep at it.

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FOR SALE: 16-channel programmable scanner. Scans 30-54MHz, 108-136MHz, 138-174MHz, and 380-512MHz. \$150. Call 796-0187.

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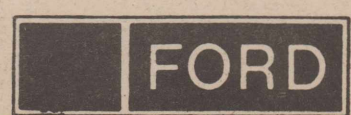
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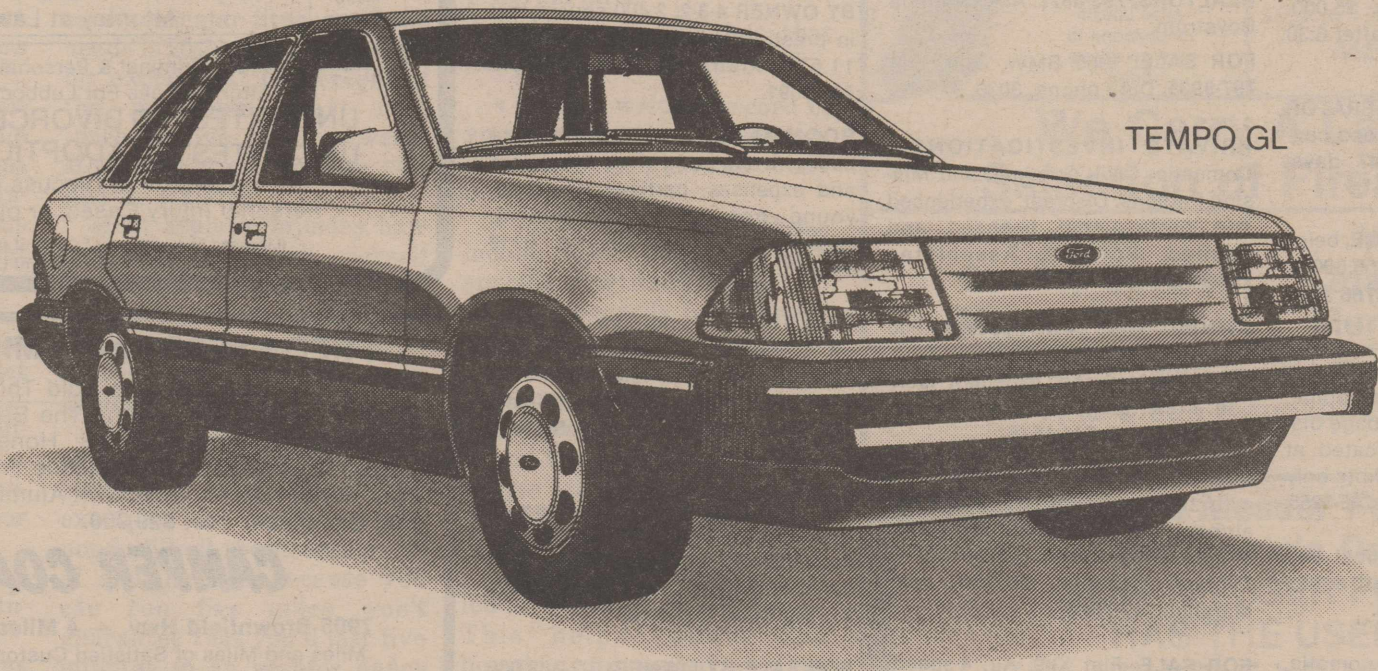
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