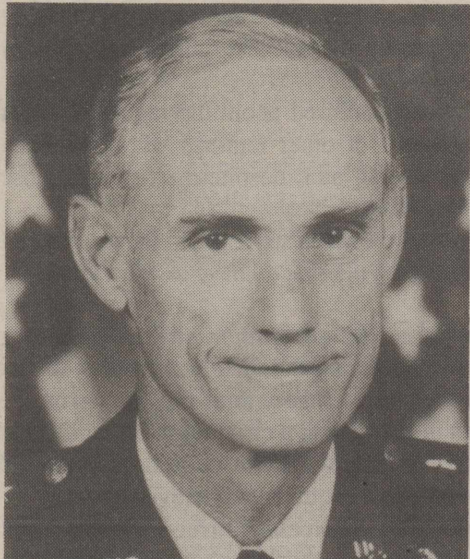


# Goal of maximum defense requires combining resources

As he begins his tenure as Air Force chief of staff, Gen. Merrill A. McPeak said his plans call for the continued integration of people, equipment and taxpayers' dollars to help provide the best protection for the United States.

"My goal for the near term, as well as the long term, is to take the resources provided by the people of the United States to the Air Force... and combine those resources in such



Gen. Merrill A. McPeak  
on providing the best defense...

a way as to create the maximum possible contribution to combat capability to defend the nation," General McPeak told Air Force News Service Nov. 9.

General McPeak is responsible for the readiness and air combat power emanating from a combined force of nearly a million people composed of active-duty, Reserve, Guard and civilian employees worldwide.

Additionally, he is a member of the Joint Chiefs of Staff and he and other service chiefs serve as military advisers to the secretary of defense, National Security Council and the President.

He takes on the job in a time of an austere federal budget crunch, improved U.S.-Soviet relations and the unfolding crisis in the Middle East. The Air Force's 14th top military officer admits the tasks ahead are complex and require "hard work and intelligent application."

On one hand, General McPeak knows the Air Force must maintain its capability to fight "today."

"But we also must do prudent planning for the readiness of tomorrow's force," he said.

"And that means we have to continue the modernization programs we have under way. Those two combat readiness demands — the readiness of today's force and the readiness

of tomorrow's force — are in a way competitors for the resources."

General McPeak therefore faces the complex questions and issues associated with achieving and keeping a balance between present requirements and those in the out years.

Like his counterparts in the other services, the general will also be confronted with mandated cuts in troop strength, both here and abroad. In the next year alone, 80,000 men and women will be trimmed from the services' military personnel strength.

Additionally, modernization programs across the board face increasing public and congressional scrutiny. The B-2 stealth bomber is often a prime target in the budget debates of Washington, but one program that General McPeak said the United States needs.

"I feel the full 75 aircraft program is what should be bought," he said. "It makes a lot of sense from the standpoint of the security of our nation and that is the direction we should go."

Also, the Air Force must be comprehensive and retain combat power over the broad spectrum of aerospace functions, he said. "It's not good enough for us to be just a good strategic missile force or a good tactical force

or a good space operations force."

Although our friends and allies have credible air arms, the general said no other free-world air force has the range of those capabilities that are synonymous with American air power.

The Air Force must continue to provide the whole range of activities from aeromedical evacuation, to tactical operations, airlift, strategic bombardment and air defense, General McPeak said. "We must be a first-class Air Force today and tomorrow, and we must be a comprehensive Air Force from the standpoint of the various kinds of things that we do."

see "McPeak," page 9

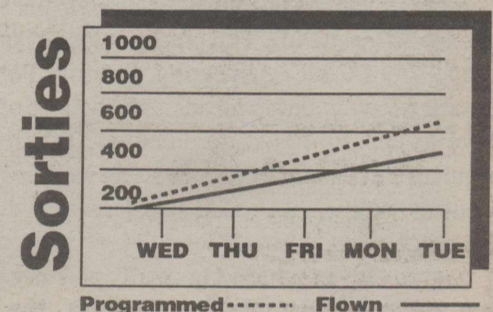
**"We must have the ability to intervene and act as a responsible world power."**

# ROUNDUP

Vol. 42, No. 47

Nov. 30, 1990

Reese AFB, Texas 79489



## We're better together

### Reese members take part in National Family Week

"We're better together."

That was the theme for National Family Week, which wrapped up at Reese Saturday following a slew of local activities. Geared towards strengthening the bond between family members, the week saw numerous wing organizations pitch in to meet the observance's goal.

"The rigors of Air Force life can present quite a challenge for Air Force families," said Phil Thierry, Reese Family Support Center director. "As such, different base agencies are charged with compensating for this stress and helping strengthen family bonds."

Wing agencies that participated in the week included the Reese Morale, Welfare and Recreation Division, 64th Flying Training Wing Hospital, main exchange, commissary, chapel and Caprock Cafe.

Activities ranged from sporting events to special holiday meals to discounts at base facilities during the observance.

"The week went extremely well," Mr. Thierry said. "A lot of people took the opportunity to get involved in the activities, and the feedback we got was very positive."

## 41st FTS seeks toys

The spirit of Christmas is giving. At Reese, this spirit began Nov. 26 and runs through Dec. 24 with the Toys for Tots Program.

The 41st Flying Training Squadron, in conjunction with the Marine Corps Reserves, is seeking donations of new and good used toys in support of program.

This program provides toys to needy children who otherwise may go without any for Christmas, said MSgt. Joseph Slack, Reese Toys for Tots representative.

"To place emphasis on the uniqueness of each community, the program has been tailored to meet

local needs," said Sergeant Slack. "Anyone who knows of a Reese child who may be going without a toy this year for Christmas can submit the child's name and address to the Reese Toys for Tots Committee, and a gift will be delivered to that child."

Toys for Tots donation boxes are located in unit orderly rooms and public access areas around base.

There will also be a Toys for Tots donation pick-up from 6 - 8 p.m. Dec. 12 in Reese Village. Residents who wish to donate

see "Toys," page 9



(SSgt. Mike Breslin)

Jaclyn Rodriguez, 3, enjoys Thanksgiving lunch at the Reese Child Development Center Nov. 20. The luncheon was one of the many activities on base designed to recognize National Family Week.

## From my perspective

by Col. Ray Bean  
64th ABG commander

As the old coach said when the team approached their big game, "It's time get our game face on." Our big game (the Unit Effectiveness Inspection/Operations Readiness Inspection) is approaching — the first part of February. Some might think it's too early to "get our game face on"; or they might say, "We don't want to peak too early." I want to offer some reasons why it's not too early to start now.



### Getting ready

First, we are all aware that we are going into the UEI/ORI with some of our people deployed to Desert Shield, thus leaving us short-handed in many critical areas. This impacts our preparation for the inspection portion and the implementation of the readiness portion. Our readiness posture is reflected in our response to exercise scenarios. The potential loss of more personnel from Civil Engineering, Security Police, and Disaster Preparedness means that the rest of us will have to pick up the slack. For those of us who are regular participants in exercises, as well as our augmentees, now is the time to start learning what is expected of us under the different exercise scenarios.

Since many of us don't normally play in exercises, one may think that this doesn't apply. Not so fast. Everyone at Reese is a potential exercise participant — active military, retired or dependent. Here's how — by displaying a sense of urgency and a spirit of realism and enthusiasm. For example: when you go to the Base Exchange service station and there is an exercise "robbery" in progress, don't insist on business as usual. Our people are busy training and your cooperation is vital. When a cordon goes up around the post office just as you're going in, don't try to penetrate it — offer instead to help man it. Many real and exercise emergencies have been solved by the quick thinking of the people who have joined in with enthusiasm and urgency.

Second, in preparing for the inspection, it is natural that we discover areas that need tweaking. When we do, those areas need a lasting fix — not just a band-aid. To achieve a long-lasting fix, we have to identify those areas now. The intervening holidays will cut into our preparation time significantly. What seems now to be a long way off will accelerate because of the holiday season. Let's identify those permanent solutions now and enjoy the holidays by getting a jump on things. Then we can return in January with only minor tweaking to be done.

Our mission is the same in peacetime as in time of crisis — to produce the best pilots for the Air Force. This means that no matter what type of interruption, the mission must be accomplished. The UEI/ORI not only checks our ability to do that, but in its own way is just such an interruption. In order for us to carry out our mission under those conditions, we must begin preparation early. There will be; construction projects initiated, new programs to get underway, and the on-going implementation of Specialized Undergraduate Pilot Training to take up our valuable time. Therefore, to use our time most efficiently, it's time to start up that hill toward our peak and "get our game face on."

## From YOUR perspective

I need to hear things "from YOUR perspective." Your inputs and suggestions can help Reese remain the pacesetter in the commissary.

If you see something good, call me. If you have a problem that you feel needs my attention, call me. First, however, consider using your chain command. You may remain anonymous if you wish, but those who leave their name and number can get a direct response to their call. Calls can be made to the Careline 24 hours a day at 3273.

### Meat too expensive?

I was shocked recently when, while shopping in the Reese Commissary, I noticed that meat prices had gone up \$2 a pound. I asked a worker in the meat department if the items were mis-priced, and he told me that the commissary had been directed to start ordering "choice" beef — a more expensive variety.

I don't object to the commissary offering more expensive cuts of meat, but couldn't they have the less expensive "select" variety as well? I can't afford the higher priced meat and judging from the amount of meat in the "reduced for sale" freezer lately, I don't think many other customers can, either.

The way to keep commissary customers is to cut costs, not increase them.

The high cost of the beef in the commissary is the result of an added expense incurred by the regional contractor. The commissary's normal grade of beef is choice; however, they supplement the selection with a less expensive grade. Unfortunately, the commissary was out of that grade when you were shopping.

As you may have read in the Nov. 9 Roundup, the commissary aims to provide both grades of beef at all times. Store officials are dedicated to providing the best service possible to all patrons; to this end, suggestion boxes are conveniently located in the store for your feedback.

If you ever want an immediate response to a question or a concern, please contact the store manager or commissary officer while you're shopping.

### Need more living space

I live in a two-bedroom unit in Reese Village. Since I'm expecting my second child, I went to the housing office to put my name on the waiting list for a three-bedroom unit.

At the housing office, I was told that my 3-year-old daughter was not old enough to have her own room, and that I would have to wait until 1992 or 1993 to get a three-bedroom unit.

I'm very upset and confused about the regulations that cover this area. I know of other families who have been promised a three-bedroom unit, despite the fact that those families are no bigger than mine.

I would like to know how I'm supposed to fit two children in my house, considering the space I have to work with.

Your concern is not an uncommon one. The housing regulations you ask about are detailed in Air Force Regulation 90-1, and they apply throughout the Air Force.

To get a room of their own, a child must be six if their siblings are of the opposite sex. If the child has siblings of the same gender, the age requirement moves to 10.

Up until September, an excess of three-bedroom units on Reese allowed us to waive those age requirements. This excess no longer exists and we must now assign units strictly by the regulation. People who were already on a waiting list or who had been promised homes were not affected by the September change; this is likely the case with the families you mentioned.

I do apologize for any rudeness you may have been subjected to. If you have any future questions, please call housing at 3913. If you are treated discourteously by anyone on Reese, please give me a call at 3411.

## More quit tips

### Keeping busy alleviates smoking need

(Editor's note: This is the fourth set in a series of "stay quit" tips for wing members who have chosen to quit smoking. The tips are provided by the American Cancer Society. Members can also call the Reese Health Promotions Clinic at 3554 for information on smoking cessation classes.)

#### Friday — day 16:

Reward yourself with oral substitutes in the same way you may have used cigarettes. Good examples: sugarless gum, lemon drops, pumpkin or sunflower seeds, apple slices, carrot sticks, unbuttered popcorn.

#### Saturday — day 17:

Treat your body and soul with kindness. Indulge in a bath, massage, nap. Listen to your favorite music. Enjoying these activities in the absence of smoking will help you realize that you don't need a cigarette to have a good time.

#### Sunday — day 18:

Keep your hands — and mind — busy. Work on a crossword puzzle, knit a sweater, balance your checkbook, fix

something around the house, shampoo the dog.

#### Monday — day 19:

Exercise to help relieve tension. Climb stairs rather than take the elevator, park the car a block or two from your destination and walk the rest of the way. At home, practice touching your toes, jog in place, do jumping jacks.

#### Tuesday — day 20:

Use money you save from a day of not smoking: make a three-minute, long-distance phone call to an old friend; play three games of Pac Man; play three favorite songs on a juke box; take a chance on a lottery ticket.

#### Wednesday — day 21:

Get rid of smoker's breath by brushing your teeth several times. Notice how much sweeter your mouth tastes when a cigarette isn't dangling from your lips.

#### Thursday — day 22:

Pat yourself on the back. Quitting smoking is hard and you deserve credit for your efforts.

## Anti-smoking campaign continues in DOD

by Maj. Howard Altschwager  
Staff judge advocate

On Nov. 15 millions of Americans joined the Great American Smokeout in an effort to "kick the habit."

Some succeeded in going the whole day cigarette free, others did not. For those who did and continue, a healthier lifestyle is their reward.

Although this year's smokeout is over, the Air Force campaign against cigarette smoking is not. Because of the concern that cigarette smoking is one of the major causes of health problems in our country, the Department of Defense and the Air Force have established Anti-Smoking Policies. Air Force Regulation 30-27, "Smoking in Air Force Facilities," implements DOD Directive 1010.10 and applies to all

Air Force personnel.

The Air Force goal for 1991 is to reduce the number of active duty smokers by 5 percent each year for two years.

Air Training Command's 1991 goal is to reduce the number of people who smoke by 10 percent. Education, awareness, smoking cessation programs and deglamorization are the cornerstones of the Air Force Anti-Smoking Campaign. ATC, for its part, has a new supplement to AFR 30-27.

Smoking is now prohibited in all ATC vehicles, common work areas, corridors, lobbies, restrooms, transient billeting and any private offices or staff lounges used by non-smokers.

Further, designated smoking areas must conform to strict location and ventilation guidelines.

Given the barriers to smoking on duty, it may just be easier to quit.

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All photos are U.S. Air Force photos unless otherwise noted.

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# ROUNDUP

# Too much hurrying can cause time to run out

by SSgt. Mike Breslin  
assistant editor

Josh is always in a hurry. As he prepares to go home on leave, he keeps going over the last-minute details in his head. He's got his plane ticket in his pocket, his father is set to meet him at the airport, and he's just finished clearing out his in basket. All that's left is packing and taking care of his leave statement.

Of course, before he gets the leave slip, he has to get a pre-departure safety briefing. He sits through the briefing, thinking about a dozen things besides the briefing — he is in a hurry, after all.

Four hours later, he's back in his home town again, firing up the 1984 Mustang he hasn't driven since going to basic training several months earlier.

He shifts into gear, and eases the car into the narrow street in front of his house. The cool October night air whips his face as he floors the accelerator. The resulting squeal is a familiar sound to Josh's father, who watches from the porch as his son's car slips quickly into the night.

As he increases speed, he glances at the stereo clock and winces as he realizes he's already late for the party. Hoping to make up time, he pushes the engine even harder. He relaxes a bit as his speedometer reaches 70 mph. Maybe he won't be too late...if he hurries.

At 10:30 the next morning, Josh's father — in something of a hurry himself — is driving up and down a nearby highway, straining for some sign of his son's car. Two hours earlier, he called the police and filed a missing person report on Josh, who hadn't come home the night before.

When none of Josh's friends could say where his son went, the father decided to start looking himself.

Sadly, he is about 20 minutes away from finding what he is looking for.

You see, Josh and a friend left the party at about midnight. Traveling at high speed and under the influence of alcohol, Josh fell asleep at the wheel. He was so out of it that he didn't even hit his brakes when he lost control. His car hit a stump and flew through the air, ending up more than 400 feet from

the road. His engine broke away and landed 125 feet further away.

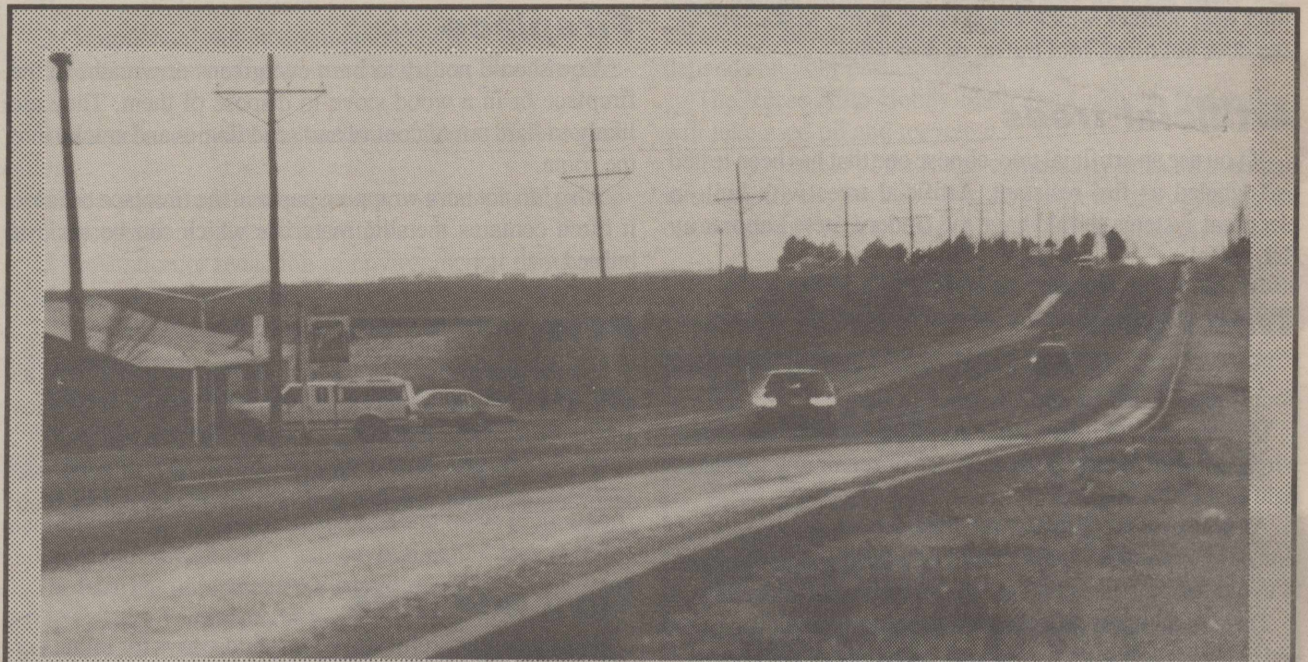
Josh's friend ended up with a severe head injury but survived — due in no small part to the seatbelt he was wearing.

Unfortunately for Josh, not even his seatbelt could save him.

It was ironic. Josh wasn't normally one to drink and drive, but his friend needed to get home before 1 a.m., so Josh decided to risk driving.

As usual, he was in a hurry.

Now he's out of time.



(SSgt. Mike Breslin)

## 4th Street dip can be 'letdown' for drivers

The section of 4th Street that dips noticeably about three miles east of the base has wing safety officials concerned. With the approach of winter and the potential for "black ice," drivers who try to drive

through the strip too quickly could find themselves in an unexpected spin. Safety officials urge caution when traveling in that area, particularly when the weather is bad.



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# Safety awareness is key to holiday happiness

It's easy to get caught up in the fervor of the holidays. The festive music, trips to busy shopping malls, and many business and family arrangements can be fun. But all those special holiday activities can be hectic as well, increasing the chances of mishaps. To make sure an accident doesn't spoil your holiday season, we're presenting some safety tips from the National Safety Council.

## Christmas trees

A real tree can add to the spirit of Christmas by filling your home with beauty and the scent of pine. But a real tree can also pose a real fire hazard.

Try to select a fresh tree by looking for: • a tree that is green; • needles that are hard to pull off the branches; • needles that bend rather than break; and • a trunk butt that is sticky with sap.

Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.

Also keep your tree away from fireplaces, radiators and other heat sources which could cause a fire. Make sure the tree does not block foot traffic or doorways.

## Artificial trees

If you use an artificial tree, choose one that has been tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.

## Tree lights

Indoors, use only indoor lights (and outdoors, only outdoor lights). Look for the UL label on lights.

Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets.

Also, use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but do not run cords under rugs.

Turn off all lights on trees and decorations when you go to bed or leave the house. And electric lights should not be used on a metallic tree, because faulty lights could charge the tree with electricity.

## Tree ornaments

Never use lighted candles on a Christmas tree or near evergreens placed on a table or fireplace mantel.

Use only tinsel or icicles made of non-leaded, non-flam-

mable material. Leaded decorations can be hazardous to children and pets if swallowed.

Some tree decorations, like popcorn chains and candy canes, are edible. But young children may think that other tree ornaments are edible. Teach children the difference.

Also avoid decorations with sharp edges or small removable parts, and ornaments that are easily broken around young children.

## "Snow" and "angel hair"

Wear gloves while decorating with spun glass "angel hair." It can irritate your eyes and skin. A common substitute is non-flammable cotton.

Both angel hair and cotton snow are flame retardant when used alone. However, if artificial snow is sprayed onto them, the dried combination will burn rapidly.

When spraying artificial snow on windows or other surfaces, be sure to follow directions carefully. These sprays can irritate your lungs if you inhale them.

## Fireplace

You should not try to burn evergreens or wreaths in the fireplace or in a wood stove to dispose of them. They are likely to flare out of control and send flames and smoke into the room.

Also, do not burn wrapping paper in the fireplace because it often contains metallic materials which can be toxic if burned.

## Pets

It's the worst time of year to give puppies and kittens as gifts. The Humane Society points out that the noise and chaos may confuse a small pet and get things off to a bad start.

If you already have a family pet, be sure to keep tree decorations, lights candles and holiday plants out of their reach.

## Toys and gifts

Be especially careful when you choose toys for infants or small children. Be sure anything you give them is too big to get caught in the throat, nose or ears.

Avoid toys with small parts that can be pulled or broken off. If you are giving toys to several children in one family, consider their age differences and the chances that younger children will want to play with older kids' toys.

The Council recommends books as good gifts for children because they are relatively safe and encourage children to read.

## Plants

Small children may think that holiday plants look good enough to eat. But many plants can cause severe stomach problems.

Plants to watch out for include: • mistletoe, • holly berries, • Jerusalem cherry, and • amaryllis.

Keep all of these plants out of children's reach.

## Older adults

Select gifts for older adults that are not too heavy or awkward to handle. For persons with arthritis, make sure the gift does not require assembly and can be easily opened and closed. Choose books with large type for anyone with vision impairment.

## Alcohol, parties and driving

Being a smart party host or guest should include being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol related.

Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

## Batteries included?

Having to buy and install batteries for gifts should remind you to test the most important batteries your home — the ones in your smoke detectors.

## Food and cooking

The holidays often mean preparing large meals for family and friends. Remember to put away all leftovers as soon as possible to prevent spoilage. And keep young children away from sharp utensils and food cooking on the stove or in the oven.

## Stress

The holiday season is one of the most stressful times of the year. You can't avoid stress completely, but you can give yourself some relief.

Allow enough time to shop rather than hurrying through stores and parking lots. Plan to do only a reasonable number of errands. When shopping, make several trips out to the car to drop off packages rather than carry too many items.

Take time out for yourself. Relax, read, listen to music, or enjoy your favorite hobby at your own pace.

After all, this is supposed to be a joyous time of year. Go easy on yourself and have fun.

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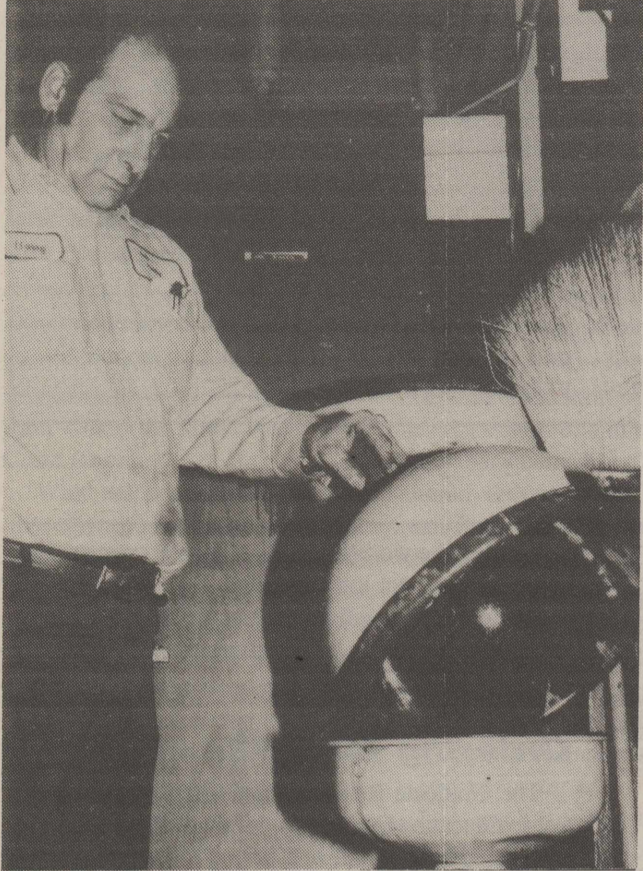
# Tomorrow's existence relies on today's actions

## Public understanding of environmental issues would enhance the global community

by 2nd Lt. John deAndrade  
64th CES

The environment is our future.

A healthy planet is essential to our survival. For too many years, we have taken the environment for granted. Safe water and clean air have always been there for our use. Unless we change our attitude and behavior concerning our environment, it might not be there for our children.



Harry Machin of the Reese Auto Hobby Shop empties used oil into the shop's tank. The tank can hold up to 500 gallons of recyclable oil.

Every indication suggests that Americans are getting active in environmental issues. In a survey by the Roosevelt Center for American Policy Studies, 47 percent of people surveyed ranked global environmental problems first among "top priority threats" to their security.

The Air Force is serious about preserving and cleaning up our environment.

In fact, Secretary of Defense Dick Cheney issued a policy memorandum Oct. 10, 1989 that stated, "As the largest federal agency, the Department of Defense has a great responsibility to meet this [environmental] challenge.

"I want every command to have an environmental leadership program which will preserve the long-term access to air, land and water needed to sustain our mission capability; and to enhance the quality of life for our military and civilian employees, family members and neighbors."

The program has six goals:

- Compliance with environmental laws.
- Identification of resources needed to meet requirements.
- Maintenance of internal and external lines of communication.
- Incorporation of environmental awareness and protection concepts in acquisition activities.
- Prevention or reduction of environmental damage by DOD operations worldwide.
- Maintenance of feedback systems to ensure organizational compliance.

Reese is committed to the goals set by the DOD. The base "track record" indicates we are on the way to achieving every goal, but all Reese people need to be involved. The environmental team is meeting the three areas of primary environmental concern— industrial discharge and waste production, underground storage tanks, and environmental awareness.

The base has implemented a waste minimization program that has reduced waste production by almost half since 1986. This program includes recycling waste, using safer chemicals, improving methods and education.

All shops on base now carefully track and dispose of all waste generated. To date, over \$90,000 has been spent to

upgrade existing storage tanks, making them environmentally safe. In addition, a new program will further improve storage systems to meet or exceed all federal and state regulations.

The area of concern involves awareness. We need your help!

Public understanding of the problem would enhance environmental efforts. Americans throw away enough aluminum annually to rebuild the entire commercial airline fleet. We also dump a super tanker's worth of used oil down the drain every two-and-one-half-weeks.

If you aren't recycling, start!

Recycling is an easy and important way to take care of this. The Reese Morale, Welfare and Recreation Division currently recycles aluminum cans, glass, newspapers, cardboard, white bond paper, computer paper, cooking grease and wood pallets. The profit from the sale of these items goes back into MWR activities. The success of this program depends on your participation.

The Reese Auto Hobby Shop and Lubbock fire stations will take used oil and recycle it.

Every member of the Reese community must do their part in caring for the environment. As stewards of the planet, we can't wait any longer. Our children are depending on us.

(Editor's note: Lieutenant deAndrade wrote this while assigned to the environmental planning section in CES)

### Foreign Object Damage



Small pebbles and pieces of trash left on the runway can be swept into the intake of a jet and result in excessive engine damage and repair costs. Protect resources by picking up FOD.

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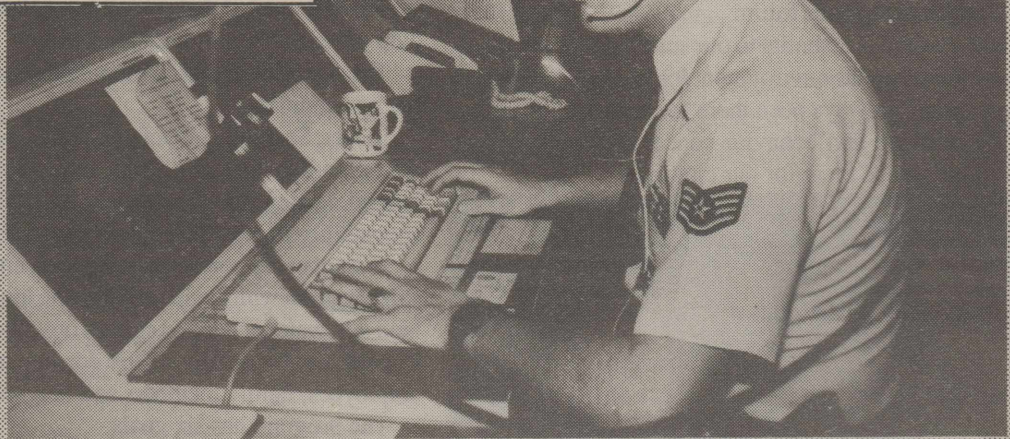
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**SSgt. John Marino**  
Age: 28  
Hometown: Brady, Texas  
Time in service: 10 years  
Time at Reese: 7 months  
Hobbies: Hunting  
Family: Wife - Dellayne  
Children - Amanda, 7  
Brandi, 5



### Reese mission maker

SSgt. John Marino, 64th Security Police Squadron, works the law enforcement desk Monday morning. Sergeant Marino is one of

the many people at Reese whose dedication and professionalism make mission accomplishment a reality.

(SSgt. Mike Breslin)

## Local news

### Sweetheart benefit set

Hamburgers will be on sale from 11:30 a.m. until supplies run out today on the patio behind the Reese Consolidated Base Personnel Office.

Proceeds will benefit the Reese Enlisted Wives' Club scholarship fund and the Reese Civilian Personnel Office's sweetheart nominee, Cassie Rodriguez.

### EOM holds special bingo

The Reese Enlisted Open Mess is holding a special bingo to raise money for the 64th Mission Support Squadron sweetheart and the Reese Enlisted Wives Club's welfare and scholarship funds from 5-7 p.m. Dec. 1.

Cost is \$1 per card or three for \$2.50. Prizes, such as a crock pot, coffee maker 10-speed bicycle and perfume sets, as well as gift certificates, will be awarded.

### Reese under construction

The 64th Civil Engineering Squadron Pavements and Equipment Section has begun work on base gutters and curbs. They will begin working on the intersection of A and 7th Streets in early December; followed by construction on the street between Reese Manor and the Class Six Store that is set to begin in mid-January.

CES officials caution anyone driving in these areas while under construction, and apologizes for any inconvenience it may cause. Any questions can be directed to SMSgt. Colbert Baker at 6237.

### Prep course to graduate

Graduation for Reese Noncommissioned Officers Preparatory Course Class 91-1 will be at 11:30 a.m. Thursday in the Reese Enlisted Open Mess.

Course officials said all commanders, first sergeants and supervisors are invited.

### Job workshop set

The Reese Family Support Center is holding a "Successful Job Hunting" workshop from 6-8 p.m.

Thursday. The workshop will cover job opportunities and techniques for job searching.

The workshop will be held in the FSC, located in Bldg. 310. For more information or to sign-up, call Margaret Ramey at 6494.

### Ordering for GREs ongoing

The Graduate Record Exam will be given at the Reese Education Center Feb. 6; however, the test must be ordered by Dec. 12.

There is no charge for the first administration of this exam to military members. For more information or to order an exam, contact the center at 3634.

### Blood drive coming up

The next Reese/United Way Blood Drive runs 10 a.m. to 5 p.m. Dec. 13 in the Mathis Recreation Center.

### Legal seeks tax volunteers

The Reese Legal Office is seeking volunteers for its tax assistance program. Volunteers will receive tax training by Internal Revenue Service officers through its Volunteer Income Tax Assistance Program. The training is scheduled for Jan. 3-4 at Reese.

For details contact their unit commander or the legal office at 3505.

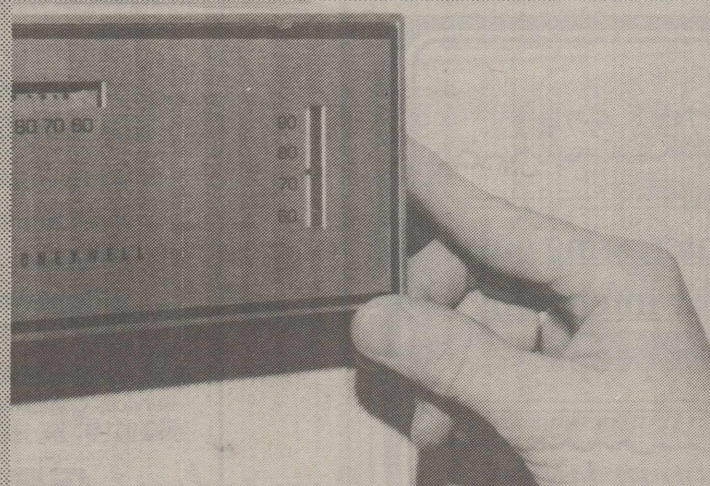
### Ed. programs available

The Reese Education Center has information available on the Bootstrap Program and for members nearing completion of their degree, but who are also nearing change-of-station orders.

Through Bootstrap, members may be released from active duty up to one year to complete their associate, bachelor's or master's degree. Educational deferments can also be authorized for members within one year of completing their degree, which will freeze any upcoming assignments.

For more information on either program, contact the center at 3634 or stop by Bldg. 920, room 139.

### Turning down saves energy, cash



People going on leave over the holidays should turn their thermostats down, not off, to save energy during the time they are gone. 50 degrees is a good setting to leave thermostats at while away, according to the Reese Energy Manager. Members staying home for the holidays can also save energy by keeping their thermostats at 70 degrees while home during the day and lowering them 5-10 degrees when sleeping and while at work. For more ways to save energy and cut utility costs, call 2nd Lt. Paul Hendricks at 6209.

(SSgt. Mike Breslin)



# Wilford Hall's success marks first for DOD

## "Expected future development" in heart surgery now reality

by 2nd Lt. Kathryn Fawcett  
Wilford Hall Medical Center

A technique for heart surgery described in textbooks a year ago as an "expected future development" is now a reality at Wilford Hall Air Force Medical Center, Lackland AFB, Texas.

Lt. Col. (Dr.) Leo J. Spaccavento, a Wilford Hall cardiologist, performed the procedure, known as directional coronary atherectomy, on three patients Nov. 2. This marked the first the procedure was done in San Antonio, and the first time it was performed anywhere within the Department of Defense.

Dr. Matthew Selmon, a leading expert on the procedure from Sequoia Hospital in Redwood City, Calif., visited Wilford Hall to witness the operations. Dr. Selmon performed the procedure in August on Dan Reeves, coach of the National Football League's Denver Broncos, when it was still being studied.

In directional coronary atherectomy, a catheter with a rotating cutting blade removes blockages from arteries in the heart. About five years ago, Dr. Selmon's partner, Dr. John Simpson, designed the device that makes the procedure possible. The device was developed further by Dr. Simpson's team and researchers across the country, Dr. Selmon said.

"I had heard about the procedure about four years ago," Colonel Spaccavento said. "One of our cardiology trainees was training at Sequoia Hospital and came back and told me about it."

The patient stays awake throughout the operation, but feels very little pain, Dr. Spaccavento said. A long, flexible tube, or catheter, is inserted into a major artery in the patient's thigh and is guided through the body to the heart. A local anesthetic is used to numb the area around the thigh incision.

A guide wire is inserted through the catheter and crosses the blockage site in the heart's coronary artery. Then the cylindrical cutting device is guided over the wire and positioned in the blockage. The device shaves the plaque from the artery wall and holds on to it. The catheter with the shaved plaque is then removed from the patient.

"This is the first procedure that will allow the patient, without undergoing an operation, to have the material removed," Colonel Spaccavento explained.

A somewhat similar treatment technique called coronary balloon angioplasty also uses a catheter to treat blocked arteries, according to Colonel Spaccavento. In angioplasty, the plaque is compressed by a balloon but is not removed from the body as it is in

atherectomy.

"Success with coronary atherectomy and angioplasty is better than 90 percent," Colonel Spaccavento said. "Atherectomy, however, is safer for the patient and provides a smoother artery when completed."

After the atherectomy is done, the patient typically stays in the

hospital overnight. This is mainly to ensure the incision in the patient's leg is healing well, the colonel said.

"Atherosclerotic plaque is a mixture of different types of materials," Dr. Selmon said. "There is research going on in many different labs across the country on how to

prevent this material from coming back once it is removed."

The plaque that is gathered in this latest technique is sent to the pathology lab to be analyzed. The results of the analyses contribute to a better understanding of atherosclerosis, a major medical problem throughout the nation.



### TTU coach visits Reese

Janus Group member Spike Dykes speaks to members and tours (inset) various areas in the 33rd Flying Training Squadron Nov. 21. The Texas Tech football coach was selected to be the honorary squadron commander for the 33rd FTS.

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*1985 Mercury Grand Marquis, 4 dr, tan .....\$5,988	*1989 Lincoln Town Car cream .....\$14,988
*1985 Chev C-20 Custom Van, tan/brown .....\$8,988	*1989 Dodge Dakota 4 WD, Lt. Blue .....\$8,488
*1985 Lincoln Continental Givenchy .....\$8,488	*1989 Nissan 240 S/X lt. beige, nice .....\$12,488
*1985 Lincoln Town Car, blue, leather .....\$7,988	*1989 Chev. Beretta 2 dr, dark red, 8900 miles .....\$9,488
*1985 Ford F-150 4x4, blue, 61,000 miles .....\$5,988	*1990 Nissan Axxess Van, auto 14,800 miles .....\$13,988
*1985 GMC P/U, short bed .....\$5,988	*1990 Mercury Grand Marquis LS, leather, 11,500 miles .....\$16,988
*1985 Chev. C-10 Silverado P/U, blue .....\$6,488	*1990 Chev. Beretta 2 dr, 10,000 miles nice .....\$9,988
*1986 Nissan Sentra 2 dr, blue, 56,000 miles .....\$4,488	*1990 Ford F-150 XLT, short bed, black .....\$13,488
*1986 Nissan Stanza Wagon, white, one owner .....\$6,488	*1990 Ford Taurus GL, 2 in stock .....\$12,488
*1986 Chev. C-20 Custom Van, 35,800 miles .....\$10,488	*1990 Ford Thunderbird, bright red .....\$12,988
*1986 Chev. Caprice Classic 4 dr., clean .....\$5,988	*1990 Mercury Cougar, executive pkg .....\$14,988
*1986 Ford Thunderbird 2 dr, white .....\$6,488	*1990 Mercury Grand Marquis, 4 dr, white .....\$14,988
*1986 Lincoln Town Car Sig. Series, 58,600 miles .....\$9,888	*1990 Ford Escort 4 dr., red .....\$6,988
*1986 Cadillac Cimarron, white, leather .....\$6,988	*1990 Ford Escort Wagon, gold, 13,500 miles .....\$7,488
*1986 Chev. Suburban Conversion Pkg .....\$9,688	*1990 Lincoln Town Car Gray Signature .....\$21,988
*1986 Nissan Maxima GL, sunroof, auto .....\$7,988	*1990 Lincoln Town Car, executive package .....\$21,988
*1987 SAAB 900 S, red, 2 dr, nice .....\$8,988	*1990 Mercury Cougar 2 in stock .....\$12,988
*1987 Buick Century Wagon white .....\$7,688	*1990 Mercury Topaz, 4 dr., 2 to choose from .....\$6,988
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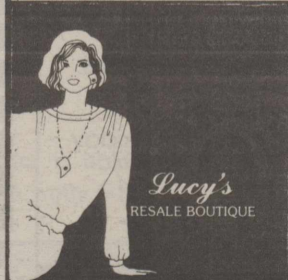
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## This month in Reese history

**1973**  
Arab oil embargo triggered implementation of energy conservation measures, including reduction in heating oil consumption by 48 percent in six months.

**1981**  
Vice President George Bush and his wife Barbara arrived at Reese to address the Lubbock Chamber of Commerce annual banquet.

**1984**  
The Air Training Command Supply Effectiveness Award was presented to the 64th Supply Squadron.

## McPeak

(from page 1)

He enters office at a time when U.S.-Soviet relations are warming considerably, but aside from the question of the Soviet threat and its diminishment, General McPeak asks, "Does the United States want to act like a world power?"

"I would argue that we must," he said, because other menacing events are appearing in the world arena that warrant a strong and decisive force.

The deployment of hundreds of thousands of men and women to the Persian Gulf region proves the point and backs up the answer to the world power question.

Almost four months after the Iraqi military invasion of Kuwait, American forces continue to pour into the region. President Bush announced Nov. 8 that more troops would be sent to the Arabian peninsula to bolster military strength already in place.

General McPeak said it would be "irresponsible" for the United States to renounce its status as a world power.

"If we did that, then the Saddam Husseins of the world would be absolutely free to do whatever they want. We must have the ability to intervene and act as a responsible world power. And that will require strong armed forces including a strong Air Force." (Air Force News Service)

## Toys

(from page 1)

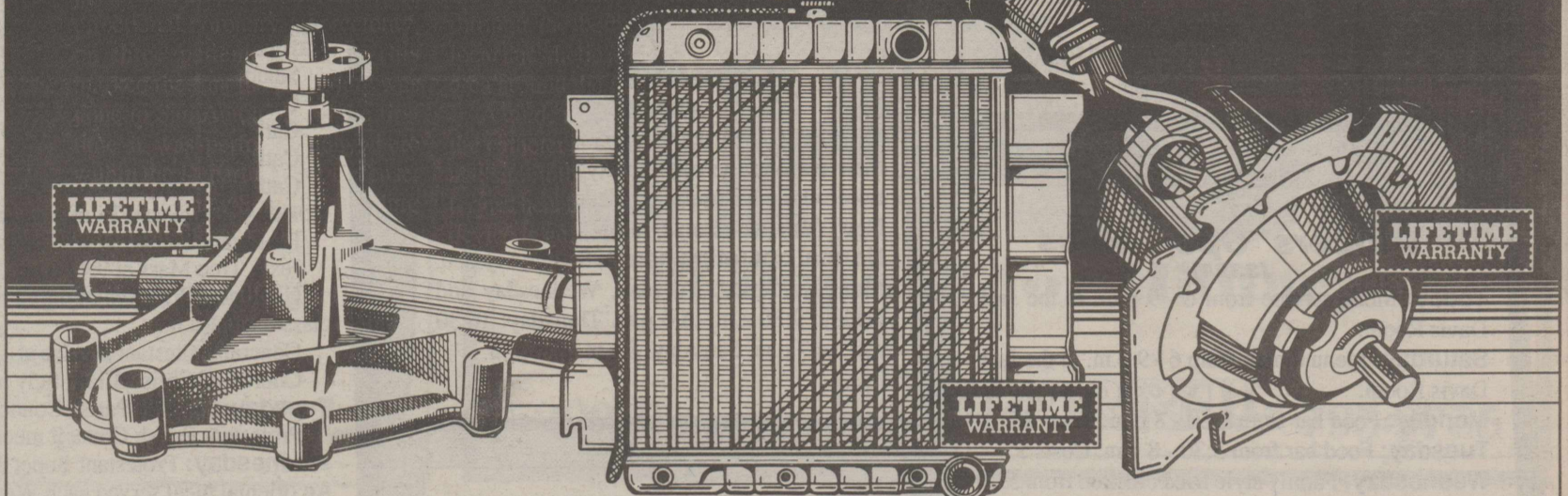
should leave their front porch light on. Any help in collecting or distributing these toys will be greatly welcomed.

For more information, call Sergeant Slack at 3268.

"During your shopping sprees or as you clean out the closets or your children's toy boxes to make room for the new things Santa will be bringing this year, please remember the less fortunate children around the local area who may not get to enjoy a toy this Christmas. If we all share in the spirit of giving, children won't have to go without this year," Sergeant Slack concluded.

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For most vehicles.  
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**89<sup>99</sup>**  
TO \$169.99

**New Blower Motors**  
For most vehicles.  
Store stock only.

**Our Best Price EVERYDAY**  
**24<sup>99</sup>**  
TO \$59.64

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**One-Year Warranty Valucraft Water Pumps**  
New bearing and seal.  
Price with exchange.

**15<sup>88</sup>**  
TO \$19.99

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**Lifetime Warranty Fan Clutches**  
Store stock only. Thermal Clutches: \$34.99 - \$69.99

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**24<sup>99</sup>**  
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For most vehicles.  
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**29<sup>99</sup>**  
TO \$71.94



**Our Best Price EVERYDAY**  
**Duralast Alternators**  
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Price with exchange.

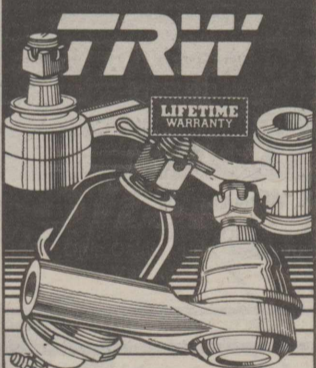
**29<sup>95</sup>**  
TO \$130.94

**Valucraft Alternators**  
One-Year Warranty.  
Price with exchange.  
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TO \$69.95



**Our Best Price EVERYDAY**  
**AC, Motorcraft or Deutsch Oil Filters**  
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**2 FOR \$5**



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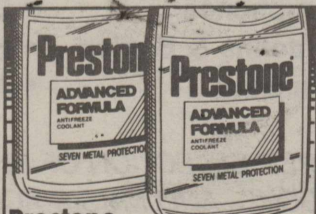


**Remanufactured Carburetors**  
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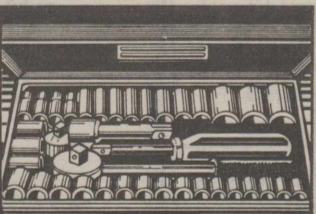
**Purolator Fuel Filters**  
All other fuel filters - \$1 off.  
Store stock only.

Up to \$1.99  
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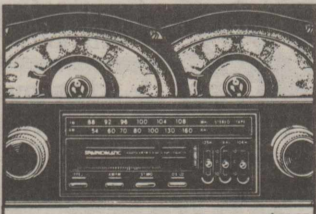
**Prestone Advanced Formula**  
Limit 6 gallons.  
Price Per Gallon 5.47  
Mail-In Rebate -1.50  
Your Cost After Rebate

**3<sup>97</sup>**  
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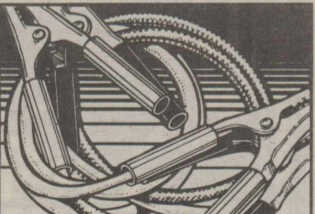
**40 Piece Socket Set**  
3/8" and 1/4" drive.  
Metric and SAE.

**5<sup>88</sup>**



**Sparkomatic AM/FM Stereo Cassette**  
6" x 9" speakers.  
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**Zerex Antifreeze**  
Limit 6 gallons.  
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## Around Reese

### Enlisted Open Mess

(3156)

**Today:** Music to the Maxx from 9 p.m. to 2 a.m. in the lounge.

**Saturday:** Maestro Lee show from 9 p.m. to 2 a.m. in the lounge.

Mexican-American Club Christmas party from 8 p.m. to 2 a.m. in the ballroom.

**Sunday:** Casual lounge open from noon to 8 p.m. Lounge bingo from 4:30 - 7 p.m.

Pinochle and bid whist tournament at 7 p.m.

**Monday:** Watch football on three television sets.

**Tuesday:** Ballroom bingo at 7:30 p.m. (open to all Enlisted/Officers' Open Mess members and their guests).

**Wednesday:** Ladies night.

**Thursday:** Country and western night from 8:30 - 11 p.m.

### Officers' Open Mess

(3325)

**Today:** Menu service from 6 - 9 p.m. in the Jack Davis Room.

**Saturday:** Menu dinner from 6 - 9 p.m. in the Jack Davis Room.

**Monday:** Food bar from 5:30 - 8 p.m. Costs \$5.

**Tuesday:** Food bar from 5:30 - 8 p.m. Costs \$5.

**Wednesday:** Family style fried chicken from 5:30 - 8 p.m.

**Thursday:** Food bar from 5:30 - 8 p.m. Costs \$5.

### Youth Center

(3820)

**Saturday:** Tae Kwon Do classes at 1 p.m.

**Sunday:** Bingo at 3 p.m.

**Monday:** Checkers tournament at 5:30 p.m.

**Tuesday:** Gymnastics at 4 and 4:30 p.m.

**Wednesday:** Video game tournament at 5:30 p.m.

**Thursday:** Piano lessons at 3:45 p.m.

**Ongoing:** Registration for Tae Kwon Do, gymnastics, aerobics and jazz dance.

Gift certificates available for classes or video games checked out from the center.

### Simler Theater

(885-4581)

**Tonight:** "State of Grace" (R) at 7:30 p.m.

**Saturday:** Free movies for children (children under 6 must be accompanied by an adult) - "Prancer" (G) at 11 a.m.

"Scrooged" (PG-13) at 1 p.m.

**Saturday evening:** "Air America" (R) at 7:30.

**Sunday:** "Funny About Love" (PG-13) at 7:30 p.m.

### Commissary

(3315)

**Ongoing:** The commissary is now giving their patrons the opportunity to choose between choice and select grades of beef for their New York and rib eye steaks.

**Normal operating hours:** Sunday: closed.

Monday: closed. Tuesday, Wednesday and

Friday: 9:30 a.m. to 6 p.m. Thursday: 10:30 a.m. to 7 p.m. Saturday: 8 a.m. to 5 p.m.

### Arts and Crafts Center

(3241)

**Ongoing:** Mobile Walls Frame Shop offers a variety of frames and molding that can be custom ordered.

Mud and Fire Shop has lunchtime ceramics from 11 a.m. to 1 p.m. Wednesday and Fridays. Cost is \$10 and includes greenware, supplies and firing.

**Thursday:** Last woodcraft class of the season from 6 - 9 p.m.

### Channel 32



**Weekdays:** "Air Force Now" at noon.

"Global Reach, Global Power" at 4 p.m.

### Mathis Recreation Center

(3787)

**Ongoing:** Every Saturday - bus to South Plains Mall for Christmas shopping; 10 a.m. - 4 p.m. Cost is \$1.

Reservations for rental of Santa suits is now underway; cost is \$25.

**Dec. 8:** Christmas caroling from 5 - 6:30 p.m. Persons interested in caroling should register at the center.

### Chapel

(3237)

**Today:** Catholic Women of the Chapel at 7 p.m.

**Weekdays:** Catholic Mass at noon; confessions by appointment.

**Saturday:** Chapel Advent decoration at 10 a.m.

Salad pot-luck luncheon at noon.

Christmas play practice at noon.

Catholic confessions at 4:15 p.m.

Catholic Mass at 5 p.m.

Catholic youth meet at 6 p.m.

**Sunday:** Protestant Liturgical service at 8:30 a.m.

Protestant Sunday school at 9:45 a.m.

Jesse Tree Mass at 9:45 a.m.

Catholic CCD (Continuing Christian Development) classes at 11 a.m.

General Protestant service at 11:15 a.m.

Church of Christ Bible study at 5:30 p.m.

**Tuesday:** Catholic Parish Council meets at 6:30 p.m.

Protestant Parish Council meets at 7 p.m.

**Wednesday:** Protestant Super Supper at 5:30 p.m.

An oriental meal served each Wednesday from 5:30 - 6:30 p.m. Donations are appreciated and reservations are requested.

Catholic folk choir rehearses at 6 p.m.

Protestant Women of the Chapel meet at 6:15 p.m.

Protestant choir rehearses at 7 p.m.

Catholicism classes at 7 p.m.

**Thursday:** Catholic Rite of Christian Initiation for Adults class at 7 p.m.

### Auto Hobby Shop

(3142)

**Ongoing:** Gift certificates are available in denominations of \$10, \$25 and \$50.

Minor tune-up for four-cylinder import cars includes adjust belts, clean battery terminals, adjust carburetor, replace spark plugs and check fluid levels for \$32.50 (by appointment).

**Recycling:** Lead acid batteries can be turned in to the auto hobby shop for the base recycling program.

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### Church of Christ

62nd & Indiana

Sunday Bible Class 9:30 a.m.

Worship 10:30 a.m. & 6 p.m.

Wednesday Bible Class 7:30 p.m.

What does the Church of Christ offer?

- No standard of authority but the Written Word.
- Restoration of the characteristics and principles of the New Testament Church.

The Church of Christ -

- Same terms of admission
- Same terms of designation or names
- Same form and principles of worship
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Church office 6111 Indiana  
Lubbock 792-4155  
If no answer 797-8906

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## Housing update

(As of Wednesday)

Units turned over to contractor thus far: 85  
Units renovated and returned to base: 103

Waiting list questions should be directed to the Reese Housing Office at 3913. List status subject to change based on lease agreements, PCS moves and other mitigating factors.

### Two-bedroom unit waiting list

Co. grade officers	NCOs	Airmen
2nd Lt. Jeffrey Daniel	TSgt. Anthony O'Brien	A1C Christopher Crain
1st Lt. Paul Johnson	SSgt. Angela Farrar	A1C Raymond Erdos
1st Lt. Kenneth Saunders	SSgt. Rose McRae	A1C Robert Conley
2nd Lt. Matthew Sardelli	SSgt. Martin Bustos	A1C Kevin Johnson
2nd Lt. John Birk	Sgt. James Chapman	A1C Lawrence Garcia

### Three-bedroom unit waiting list

Co. grade officers	NCOs	Airmen
2nd Lt. Barry Beavers	SSgt. Raul Madarang	Amn. Douglas Molette
2nd Lt. Curtis Walker	SSgt. Gary Martin	A1C Bradley White
Capt. Eugene McGrath	TSgt. Gregory Bishop	
Capt. Michael McGriff	TSgt. Gustavo Hernandez	
2nd Lt. Michael Madison		

### Four-bedroom unit waiting list

Co. grade officers	NCOs	Airmen
Capt. Tracy Orr	TSgt. Allen Hasty	
Capt. Earl Plunkett		
Capt. Greg Cummings		

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## Caprock Cafe

Today	Lunch	Dinner
	Cream of Mushroom Soup Fried Fish Fillets Honey Glazed Cornish Hens Ground Beef Cordon Bleu Parsley Buttered Potatoes Peas with mushrooms Cauliflower with margarine Southern Fried Okra Brown Gravy	Tomato Vegetable Soup Stuffed Green Peppers Baked Stuffed Pork Chops Baked Tuna with Noodles Oven Browned Potatoes Southern Style Collard Greens Whole Kernel Corn French Fried Cauliflower Brown Gravy
<b>Saturday</b>	Pepper Pot Soup Roast Beef Baked Ham, Macaroni, Tomato Fried Tempura Shrimp Duchess Potatoes Eggplant Parmesan Vegetable Combo Green Beans with margarine Natural Pan Gravy	Pepper Pot Soup Teriyaki Chicken Fried Chicken Ground Beef Cordon Bleu Noodles Jefferson Broccoli Polonaise Scalloped Corn Franconia Potatoes Brown Gravy
<b>Sunday</b>	Chicken Corn Chowder Spaghetti with Meatballs Roast Veal Southern Fried Catfish Corn Bread Dressing Asparagus Au Gratin Baked Hubbard Squash Italian Style Pinto Beans Cream Gravy	Chicken Corn Chowder Beef Kabobs Jambalaya Newport Fried Chicken Scalloped Potatoes with onions Wax Beans Poissenne Broccoli Spears Peas and Carrots Cream Gravy
<b>Monday</b>	Chicken Gumbo Grilled Strip Loin Grilled Ham Steaks French Fried Fish Portions Oven Glo Potatoes Carrots with margarine Cauliflower with margarine French Fried Eggplant Brown Gravy	Split Pea Soup Ginger Pot Roast Pork Chop Suey Salmon Loaf Steamed Rice Mustard Greens Sautéed Corn Peas with mushrooms Brown Gravy
<b>Tuesday</b>	Minestrone Swedish Meatballs Jambalaya Roast Turkey Macaroni with cheese, tomato, bacon Creole Wax Beans Baked Hubbard Squash Whole Kernel Corn Turkey Gravy	Tomato Vegetable Soup Spaghetti with Meatballs Fried Rabbit Salmon Cakes Golden Potato Balls Green Beans with margarine Fried Cabbage with bacon Sliced Summer Squash Brown Gravy
<b>Wednesday</b>	Cream of Potato Soup Baked Ham BBQ Spareribs Fried Chicken Candied Sweet Potatoes Southern Style Collard Greens Simmered Blackeye Peas Corn on the Cob Brown Gravy	Chicken Noodle Soup Roast Beef Chili Macaroni Savory Baked Chicken French Baked Potatoes Cauliflower Polonaise Broccoli with margarine Mixed Vegetables Natural Pan Gravy
<b>Thursday</b>	Fish Chowder Roast Fresh Ham Apple Glazed Corned Beef Fried Fish Fillets Paprika Potatoes Simmered White Beans Corn Pudding Club Spinach Brown Gravy	Beef & Rice Soup Swiss Steak with onions Grilled Salisbury Steak Baked Ham Buttered Noodles Southern Fried Okra Wax Beans with margarine Broccoli with margarine Brown Gravy

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO THE AVAILABILITY OF ITEMS

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OMNI...the ONE for ALL !!

# MWR has gift ideas for everyone on list

by Sgt. Kimberly Nelson  
editor

Christmas is coming and the "goose" is getting fat.

The goose, in this case, being the retailers' profits gained from all the "store bought" gift givers.

Many of the Reese Morale, Welfare and Recreation Division centers offer various alternatives to the store bought items people have become so used to giving — what's more, they:

□ Cost less, leaving more in the purchasers pocket rather than the retailers'.

□ Offer something for everyone, young and old.

□ Eliminate endless hours waiting in line or fighting over the "last one" with other shoppers.

The Arts and Crafts Center has many opportunities available for the "homemade gift" enthusiast. These include workshops, do-it-yourself shops and ready-made items.

The Mud and Fire shop has more than 200 different pieces of greenware ready for finishing, items can also be special ordered. The shop is now offering a lunchtime program from 11 a.m. to 1 p.m. Wednesdays and Fridays. For \$10 they will provide you with all the supplies and firing needed to complete a ceramic piece.

Painting can be done at any time, but Dec.

16 is the deadline for any items needing to be fired in time for Christmas.

The "Personalized for You" shop has cut their prices on engraved and heat-pressed plaques, name plates and coffee mugs, some as much as 40 percent. Customers can choose from laminated walnut, solid walnut or Texas

shaped plaque bases. Name plates are available in brass, aluminum or plastic with up to 25 letters for free. The shop's staff can print photos, certificates, degrees, names, logos or basically anything desired on plaques, mugs and T-shirts.

The Mobile Walls custom frame shop has

a variety of frame molding that can be special ordered. Orders needed in time for Christmas must be made by Saturday.

The Do-it-in-Wood shop has hand tools and machines available to make your own furniture, bookcases or knick-knacks from 9 a.m. to 5 p.m. Saturdays and Sundays. The shop also offers three-hour wood working workshops. Anyone wishing to use the wood shop must attend one mandatory safety briefing held every Saturday at 9 a.m.

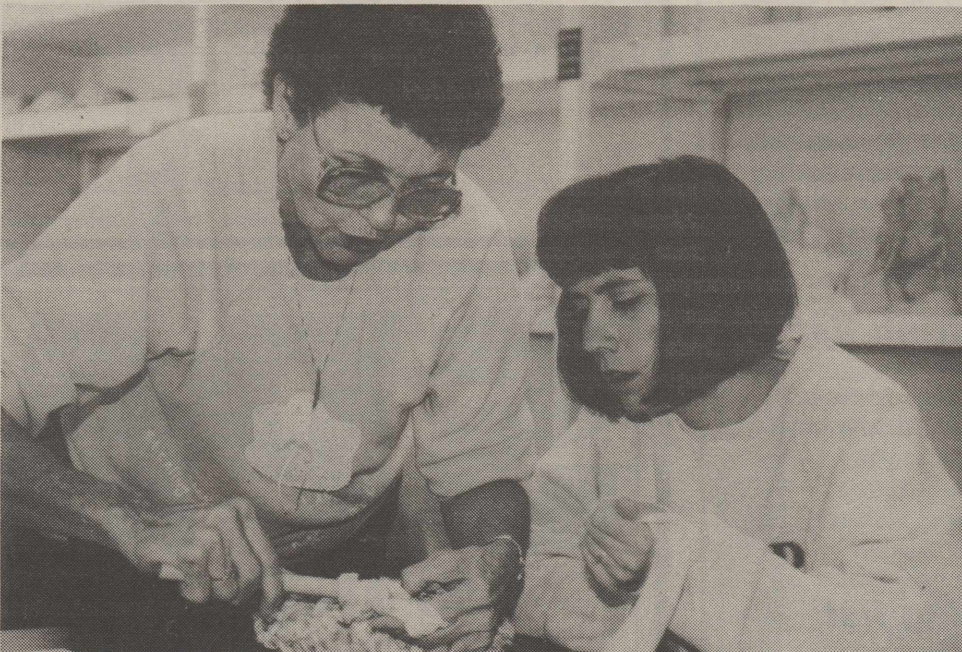
The center also offers a variety of crafts workshops, such as hand-crocheted rug making, doll clothes crocheting and a variety of others.

Individuals purchasing \$50 or more from any of these shops will receive a 10 percent discount. For more information about what's available at the Arts and Crafts Center, call 3241.

The Youth Center has a variety of gift certificates that can be used for video rentals, and lessons in piano, dance, gymnastics and Tae Kwon Do. For more information, call 3820.

The Auto Hobby Shop is offering gift certificates for \$15, \$25 and \$50 that can be used toward car repairs, detail work, painting, steam cleaning, oil changes and stall time. For more information, call 3142.

This year, why not share in the spirit of giving without giving it all and check out the various gift ideas available through MWR.



(Sgt. Kimberly Nelson)

Margie Reynolds (left) shows Amy Wade how to corner her rug during a hand-crocheted rag rug workshop in the Reese Arts and Crafts Center Nov. 17. The class is a one-day session and cost is \$25, which

includes everything necessary to complete a rug. Classes will be held once or twice quarterly based on the demand. For more information about workshops, contact the center.

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<p><b>1990 SPIRIT</b> Stock #A1007 Retail...\$9,989</p> <p><b>\$193<sup>89</sup></b> /mo.*</p> <p>* \$1,000 cash or trade down &amp; TT&amp;L financed for 60 mos. @ 10.5% APR with approved credit.</p>	<p><b>1990 DYNASTY LE</b> Stock #A998 Retail...\$11,995</p> <p><b>\$237<sup>09</sup></b> /mo.*</p> <p>* \$1,000 cash or trade down &amp; TT&amp;L financed for 60 mos. @ 10.5% APR with approved credit.</p>

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88 CHEVY BERETTA SK#JL1351A ..... \$4989	90 DODGE DAKOTA PICKUP SK#R95 ..... \$7769
87 PONTIAC GRAND AM SK#EM4112A ..... \$5979	89 NISSAN 4X4 PICKUP SK#JL1281A ..... \$7979
89 PONTIAC 6000 SK#P695 ..... \$6989	85 CHEVY SUBURBAN SK#EM4111A ..... \$7989
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BY PHOENIX INTERNATIONAL CORPORATION



(Sgt. Kimberly Nelson)

Marlena Ventressa stretches the previous flexibility test record past the breaking point with her stretch of 26 and one-half inches. Ventressa currently ranks as the most fit among the women.

## Test of the fittest

Phase one includes physical evaluation

Testing for Reese's fittest.

At the end of phase one training, undergraduate pilot training students engage in physical fitness tests at Reese to determine who's the most physically fit in each class.

Throughout phase one, students participate in daily physical fitness routines. At the completion of the phase, each student undergoes a fitness evaluation that consists of tests in five categories: muscle strength, muscle endurance, cardiovascular fitness, flexibility and body composition.

The rating system used for these evaluations is based on the National Rating System developed by Kenneth Cooper of the Institute for Aerobic Research, according to Reese Physical Fitness Center officials. The ratings within the system are: superior, 95 percent and up test score; excellent, 80-95 percent; good, 60-80 percent; fair, 40-60 percent; poor, 20-40 percent; and very poor, 0-20 percent. After determining each individuals' five test scores, they are then averaged together for an overall fitness rating.

The center's staff keeps a tally of each students' score throughout the years, and from that determines the current record holders (both men and women), and the top 10 fittest men and top five women at Reese.

### Record holders

The muscle strength test is based on a person's maximum bench press capabilities. Currently holding the record in the men's division for muscle strength is Scott Frerking, Class 91-08, who benched 405 pounds.

In the women's division, Leslie Skinner, 92-01, set a new record Tuesday of 135 pounds.

The muscle endurance test consists of how many sit-ups a person can do in one minute. Setting a new record for the men is Clinton Sigg, 92-01, who completed 106 sit-ups Tuesday.

Cathy Hill, 91-03, completed 75

sit-ups to set the women's record.

Running one and one-half miles in the shortest time was the test for cardiovascular endurance. Charlie Graham, 91-10, ran it in 7:39 to set the men's record.

Beth Siegrist, 91-14, completed the run in 10:26 to break Beth Poseley's, 90-15, previous record of 10:52.

The flexibility test is based on the students' abilities to sit and reach. Nathan Rought, 91-12, reached 27 and one-half inches to establish the men's record.

Reaching one inch shorter than the men, Marlena Ventressa, 91-14, stretched the record from its previous 24 and three-quarters inches to 26 and one-half inches.

The body composition test was based on the amount of body fat measured on each person's body. Tied at a nearly fatless 3.3 percent is John Seeley, 91-05, and Timothy Lambert, 92-01.

Amy Svoboda, 91-01, set the women's record at 12.3 percent.

### Best fit overall

The men's top 10 best fit overall fitness ratings and the men who hold them are:

Lambert, 92-01	97
Bill Parcells, 91-15	95.6
Scott Miller, 92-01	95.2
Michael Shahid, 91-12	95.2
Michael Holland, 91-05	95
Conrad Drain, 91-13	95
John Burda, 90-12	94.8
Chris Sivo, 91-14	93.6
Shawn McGrath, 91-13	93.6
Todd Wentzlaff, 90-12	92.6
Bruce Anderson, 91-12	92.6

The top five women and their scores are:

Ventressa, 91-14	86.8
Svoboda, 91-01	85.6
Julianne Nelson, 91-09	84.4
Poseley, 90-15	82
Cheryl Lower, 92-01	79.2

The top three classes with the best overall fitness records are: 90-15 with 79.03 percent; 91-12 with 76.84 percent; and 90-12 with 75.82 percent.

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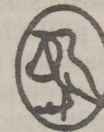


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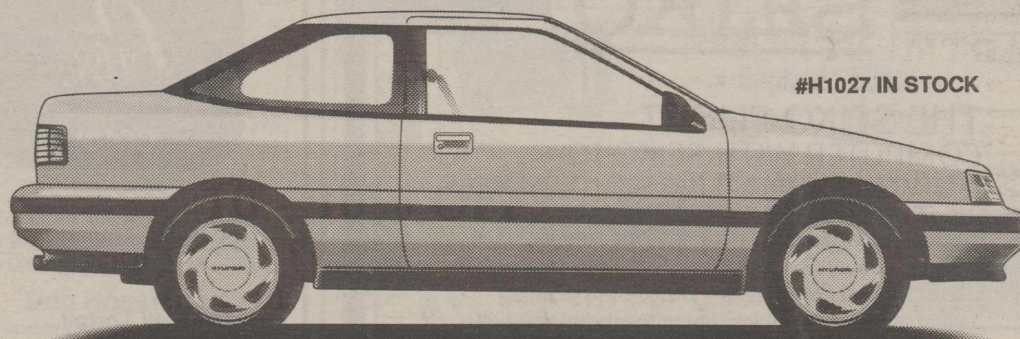
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**Rattlers in action**

Frank Parker, 20, outreaches a Superior Transmission player for possession of the ball during varsity action Monday at Mackenzie Junior High School. The Reese Rattlers defeated Superior Transmission 79-61.



(Sgt. Kimberly Nelson)

**IM league leaders**  
RM, 52nd A, 54th A battle for reign

Perfect records have put three teams on top of the intramural basketball scene at Reese.

As of Wednesday morning, Resource Management reigned over the National League with a 4-0 mark, while the National League lead was shared by the "A" teams from the 52nd and 54th Flying Training Squadrons.

Both those teams held 2-0 records prior to court action Wednesday.

Court activity over the last two weeks was quieter than normal, the result of the Thanksgiving break. The only games during the holiday week were Nov. 20, as the following results were posted:

□ 64th Flying Training Wing Hospital, 78 — 64th Mission Support Squadron, 59. Hospital's Frank Parker accounted for nearly a third of his team's tally with 25 points. MSS's Tony Friday led his squad with 23.

□ RM, 61 — 54th FTS "B," 54. RM's Marvin Davis poured in 20 to help keep his team undefeated, while the 54th's Dave Cool put in 18 to help make the contest a close one.

□ 41st FTS, 50 — 35th FTS, 42. In another competitive match-up, Avery McGee scored 17 points for the 41st, while Dave Carter had 14 points for the 35th.

□ 54th FTS "A," 62 — 64th Civil Engineering Squadron, 9. A balanced scoring attack by the 54th left the engineers still in search of their first victory.

Following the holiday, action resumed Tuesday with the following contests:

□ 33rd FTS, 74 — Hospital, 65. Walter Diener's 27 points help the flyers down the medics and kept the 33rd in second place in the AL.

□ 52nd FTS "A," 77 — MSS, 40. Friday's 16 for MSS went for naught, as a group effort by the 52nd resulted in this blowout.

□ Lockheed, 33 — 54th FTS "B," 23. Teamwork was the key in this low-scoring affair.

□ 54th FTS "A," 54 — 35th FTS, 38. Once again, balance was the key for the 54th's scoring attack. Darin Middleton had 17 for the 35th.

**Updates**

**Intramural league standings**

(As of Wednesday morning)

National League		American League	
RM	4-0	52nd FTS "A"	2-0
41st FTS	2-1	54th FTS "A"	2-0
HOSP	2-2	33rd FTS	2-1
MSS	2-3	54th FTS "B"	2-2
Lockheed	1-2	COMM/SPS	1-2
CES	0-3	35th FTS	1-2
		52nd FTS "B"	0-1

**IM basketball schedule**

The following Reese Intramural Basketball League games will be played in the Physical Fitness Center:

□ Tuesday — 41st FTS vs. MSS, 5 p.m.; 54th FTS "B" vs. 35th FTS, 6 p.m.; HOSP vs. 52nd FTS "B", 7 p.m.; and 33rd FTS vs. Lockheed, 8 p.m.

□ Wednesday — CES vs. HOSP, 5 p.m.; Lockheed vs. COMM/SPS, 6 p.m.; 35th FTS vs. 33rd FTS, 7 p.m.; and 52nd

FTS "A" vs. 41st FTS, 8 p.m.

□ Thursday — 54th FTS "A" vs. HOSP, 5 p.m.; RM vs. COMM/SPS, 6 p.m.; 33rd FTS vs. 41st FTS, 7 p.m.; and 52nd FTS "B" vs. CES, 8 p.m.

**Varsity basketball games set**

The Reese Rattlers men's varsity basketball team takes on BB & M at 8 p.m. Monday at Hutchinson Junior High School, located at 32nd Street and Canton.

The Rattlers women's varsity basketball team takes on J & L at 8 p.m. Wednesday at Mackenzie Junior High School, located at 5402 12th Street.

**Volleyballers take to courts**

The Reese Rattlers men's varsity volleyball team takes to the court Wednesday against the Texas Twisters A at 6:30 p.m., followed by Eclipse at 7:15 p.m. in Irons Junior High School, located at 79th Street and Slide Road.

Also on Wednesday at Irons, the Rattlers co-ed varsity

volleyball team takes on W.D. Wilkins and Co. at 8 p.m., followed by Rhodes Safety Center at 9:30 p.m.

**Press competition on tap**

Registration is currently underway for the 1990 Reese Bench Press Championship to begin at 11 a.m. Dec. 15 in the Reese Physical Fitness Center.

Divisions include men's lightweight (under 164 pounds); middleweight (165-184 pounds); and heavyweight (185 pounds and over).

Pre-entry fee is \$10 now through Dec. 12 at the center. Individuals registering Dec. 12-15 will be charged \$15. For more information, call 6020.

**Coming up in:**

**Karate:** Classes offered 6-7:30 p.m. Tuesdays in the Mathis Recreation Center Heart 'n Sole Room. Monthly cost is \$15 per person, \$10 for each additional family member. For more information, call 6020.

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Victorian style royal blue sequin gown. Perfect for Christmas ball or pageant. Fits 5-9. Worn only once. Cost \$1000. Sale \$500. 791-1524 or 791-1856 rth

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**Babysitter Needed**

Non-smoking, Christian woman to care for infant in my home. Call for appointment. 791-2021 or 796-4959. References required. 12-21

**Carpets For Sale**

Formerly in base housing. One oriental rug approximately 12 x 8, one beige approximately 12 x 12, one beige approximately 12 x 6 and one peach approximately 12 x 6. They all come with matting underlying. Asking \$100 for all. Call 797-7151 after 5 p.m. on Fridays. 11-30

**Free To Good Home**

Big Dog Lovers. 2 month old Malamute/German Shepherd pup. Frisky, friendly, fun to have around. Good watch dog when grown. Call Serena 792-0463 nights. 11-30

**1988 Ford F150**

Custom Truck, \$7,400; 2 full size beds, \$40 each; 1 study table \$40; 1 refrigerated air conditioner, \$50. Call 885-2224 11-30

**1986 Ford Aerostar Van XLT**  
Excellent condition. Loaded. 4 captains chairs, 1 bench, and new tires, running boards. Twilight Blue and Grey. Best offer, Must sell. Dan Williams. Call 885-2258 11-30

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**1979 Chev Camaro**

White with blue interior. Runs great. Needs some body work. \$1000. Call 791-5407 after 5 p.m. 11-30

**1983 Chevy Cavalier**

Price negotiable, in good condition with new tires. Call 885-2224. 11-30

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**Must Sell 3-2-2**

Stone Gate Addition. 4 year old house, 10 year builder's warranty. Lots of extras. \$10,000 down and pick up payments of \$648 a month. Assumable loan. 6815 Hope Avenue. Call 794-1650 11-30

**Dobermans For Sale**

Dobermans AKC all males. Red. \$150. Shot and tail docked. 793-3062 11-30

**3-2-2 For Sale**

Near Preston Smith School. Yard and home in perfect condition. Located in neighborhood with young children. Fireplace, ceiling fans and sprinkler system. Great for a young family. Assumable 8.5% VA Loan. 5525 94th St. Call Marc or Lonnie at 794-0968. 11-30

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**1970 Chevy Impala**

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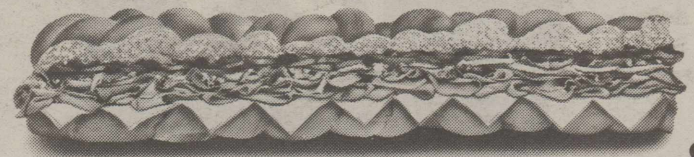
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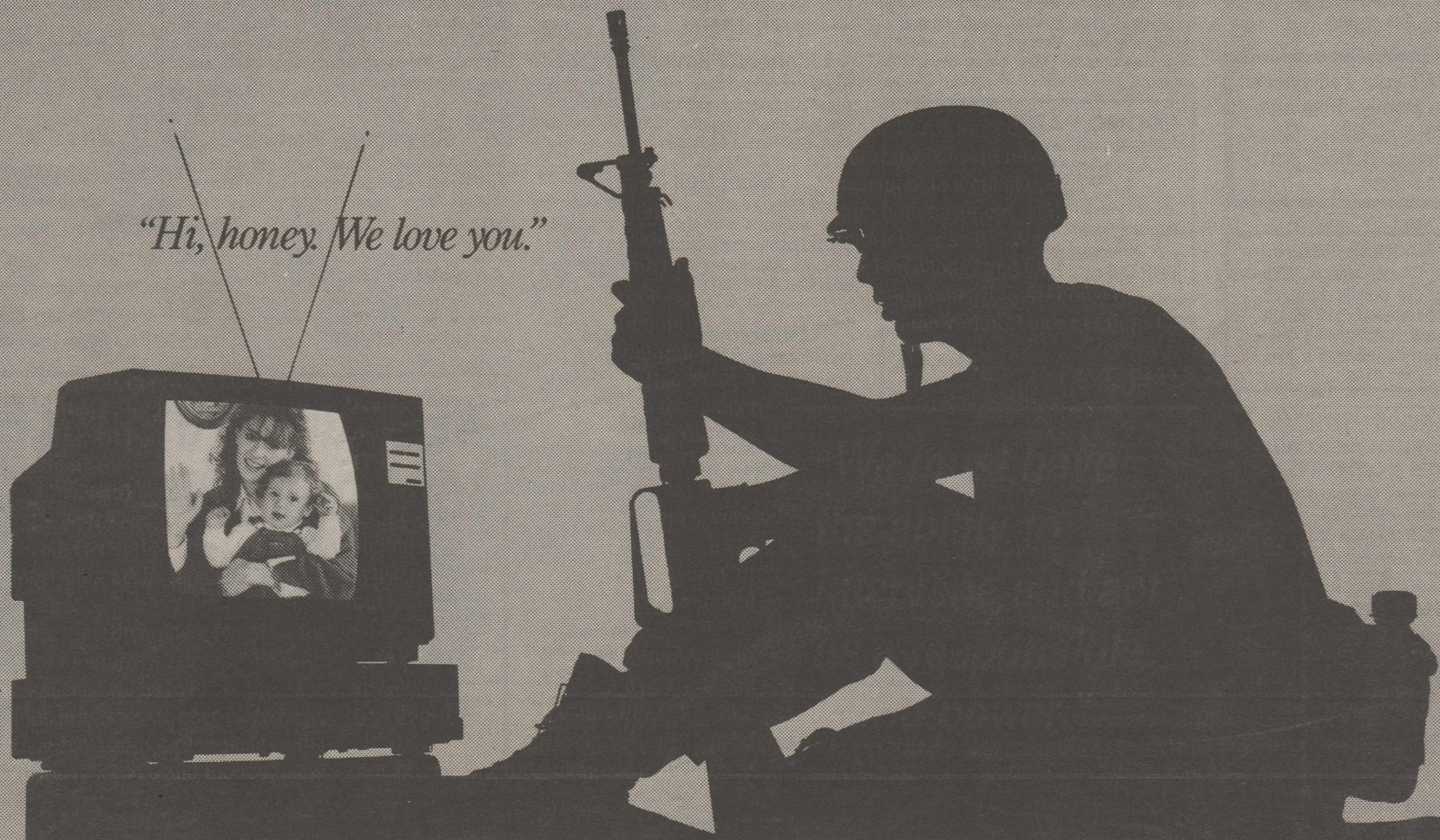
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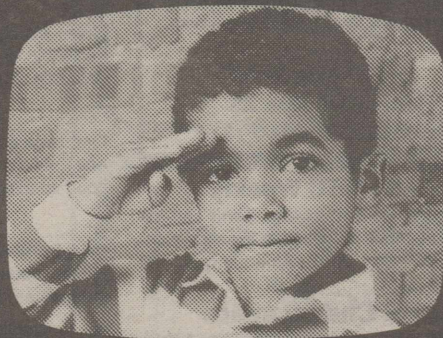


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*"You take care of yourself, son."*

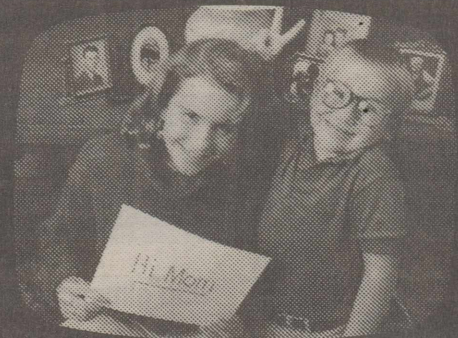
*"Yeah, and hurry and get back. Your Mom says she's not making cookies until you get home!"*



*"Hi, Daddy, I miss you."*

*"I clean my room every day and even help Dad with the dishes."*

*"You do not! She's lying, Mom! And she still takes an hour in the bathroom every morning, too!"*



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