

COMM member named sweetheart

The 1958th Communications Squadron's Susan Gabel (left) was named Reese Sweetheart 1990 at the Sweetheart Ball Saturday in the Enlisted Open Mess. First and second runners-up were Sherry Alexander, 64th Civil Engineering and Service Squadrons, and Melanie Butorac, Lockheed. Mrs. Gabel (Inset, congratulated by her husband, TSgt. Kelth Gabel) and COMM raised more than \$1,200 during the Sweetheart fundraising. A total of almost \$5,600 was raised for the Enlisted Wives Club scholarship and welfare fund. That total represents an increase of more 60 percent over funds raised last year.

Vol. 42, No. 6

Feb. 16, 1990

Reese AFB, Texas 79489

Town meeting scheduled

by Sgt, Mike Breslin editor

They're clean, safe and relatively * crime-free.

And, while it may not be common knowledge outside the military, ask anyone who's ever lived in one and they'll likely tell you --- base communities are among the best in the world.

One way base officials ensure this standard of living is through feedback, and that's what the uncoming "town meeting" at 7 p.m. Wednesday in the Reese Enlisted Open Mess is all about.

"Our last town meeting (in May) helped us identify ways we could improve living and working areas around the base," said Col. Bill Henny, 64th Air Base Group commander. "The frankness of the people at that meeting was one of the keys to it's success, and I hope to see that repeated Wednesday night."

A wide variety of base officials plan to be on hand to answer questions and get input from those in attendance. At press time, they included Chaplain (Lt. Col.) Donald R. Bickers, installation

-- see "Meeting," page 12

Fitness program tested here

Reese is one of five bases to try out new system

by Sgt. Kimberly Nelson staff writer

The Air Force is looking for people with guts...but not the kind that always show.

A new fitness management program is currently being tested at Reese and four other bases Air Force-wide. According to 2nd Lt. Kathryn Russel, Reese Personnel Program Section chief, the program has been used by the Army and Navy since World War II. It determines a fit person's body structure not tary Personnel Center randomly selects by their weight, but by the percentage of body fat they have compared to the maximum amount they should have for their age.

Body fat percentages are based on the following measurements and their comparison to Air Force body-fat standards charts, which can be found in unit orderly rooms height measurements won't be conducted as part of the body fat test):

For men, subtract the neck size in inches from the waist; men 29-years old and under are allowed 20-percent body fat, 30-years old and up, 24-percent. For example: a 5-feet-11inch, 27-year-old man who has a 36-inch waist and a 15-inch neck will have a body circumference of 21 inches with 21-percent body fat. He therefore exceeds his standards

and will be placed on the 90-day exercise forwarded to the bases' quality control secmanagement program

☐ For women, add the waist to the hips and subtract the neck; women 29-years old and under are allowed 28-percent body fat, 30-years old and up, 32-percent. For example: a 5-feet-6-inch tall, 24-year-old woman who has a 28-inch waist, 38-inch hips and a 14-inch neck will have a body circumference of 52 inches with 24-percent body fat. She meets her standards.

Under this program, the Air Force Milinames from each unit. The lists are then

tion, which in turn forwards them to the unit commander. The unit commander may then waive anyone who he or she feels doesn't present a weight or poor image problem. Everyone else is then required to be weighed within 48 hours of the notice. Members that are overweight must also be body-fat measured. Body-fat measurements can now be taken in orderly rooms and the hospital. All measurements, except the women's hips, will be made on bare skin.

If a person exceeds their maximum weight see "Fitness," page12



TSgt. Randy Rivera measures the circumference of Sgt. Charlie Hunn's (both 64th Mission Support Squadron members) neck to determine his body-fat percentage.

Saved

Wing members recall experiences with seatbelts

page 3

Wings

UPT Class 90-05 graduates tonight

page /

Readiness

Reese division tapped for command honor

6 E 6

Commander's perspective

By Col. Monroe S. Sams Jr. 64th FTW commander

Last fall, the spouses of several wing members helped my wife, Lisa, develop a seminar on moving for the spouses of our student pilots. With the help of our dedicated audio-visual folks, they produced an impressive program that includes a booklet of helpful hints about military moves, shares the experiences of



some "seasoned" Air Force wives in various "worldwide" permanent-change-of-station actions, and even includes a videotape of our former wing "exec" and his family trying out some of the techniques on their actual moving day. This program, along with seminars on how a spouse can seek employment after a move and what lifestyle the family can expect in the various Air Force commands, will eventually be folded into the overall program of our Family Support Center, which is now fully staffed and ready to step out in support of the Air Force Family here at Reese. This will make them available to all our families at Reese.

The quality of this volunteer effort to share life experiences with newer members of the Air Force family underscores the key role the family has always played in the military lifestyle. I asked Lisa to share he thoughts about 'family' with you. Here is what she wrote:

"When we visualize the concept of 'family', each of us conjures a mental image based upon our past experiences. Sociologists tell us family is the basic unit of society. Psychologists see family as a configuration of people where roles are learned and values set. Biologists talk about family as a combination of generally similar beings. Each discipline has multiple ways of describing, defining and dissecting families — but ultimately, 'family' is what we know from experience.

"That experience is usually very significant to military people. Rarely do we take the family for granted. Maybe that's because we are rarely able to live near our extended families and often our own nuclear family is separated by temporary duty assignments and "remotes". Our families learn to be very self-reliant and adaptable in order to maintain some sense of sanity in our multiple relocations.

"Air Force families, be it two people or twenty (twenty...now that would be a challenging move!) are the very core of military life. It's their collective strengths that create the sense of 'Air Force life.' Without our families and the richness they add, Reese would be just another airfield with some nice facilities. An Air Force career would be "just another job." Our families build the spirit of community that allows Air Force people to 'belong' anywhere in the world."

As Lisa and other Air Force spouses know, our careers can be exciting and challenging, but our lifestyle can be very demanding on our families. That's why I think the Air Force's commitment to the family through programs such as the FSC is so important. In time, the center will grow to be the "center" for family counseling, referrals and information on spouse employment and volunteer service opportunities. The FSC is located in the Mathis Recreation Center, where director Phil Thierry and his staff, MSgt. Donald Minnis, Margaret Ramey and Elizabeth Kauffman, stand ready to help our Reese families get the information they need. And, by the way, they are backed by the finest family services organization in the command. Drop in and see them!

And, finally, thanks to Elizabeth Kauffman, Joe Johnston, Susan Henny, Patsy Deakin, Julie Block, Angela Smith, Shelly Gogan, Melissa Roseman and Susie Ecklund for helping get the first student wives seminars off the ground. You've truly shown the strength of the 'family' here at Reese.

PME

Military education of vital importance

by SMSgt. J.T. Washington
Reese PME Center commandant

I've always wondered why so many noncommissioned officers take the opportunity to complete professional military education so lightly. In the nine years that I've been in PME, I've questioned many people and I always get the same answers from those who have not completed PME — most people feel they don't need it, while others don't truly understand its impact on their careers.

According to available data, members who have not completed their PME requirements are missing out on promotion and career opportunities. Fact: Every master sergeant in Air Training Command that is selected during the last two cycles for promotion to senior master sergeant has completed the command's NCO Academy by correspondence, in-residence or both. They have also completed the Senior NCO Academy by correspondence.

It is obvious that senior Air Force leadership recognizes

the importance of PME to each and every person who intends to make the military a career. NCOs must take every opportunity available to enhance their careers. As an NCO and role model, they set the example for their peers and subordinates.

If a person views their attendance as a waste of time, then others who see that person as a role model will feel the same.

At the PME center, our job is to produce the best crop of future leaders possible to deal with the shortage of money and personnel. PME is the best avenue avilable to ensure the Air Force gets the best for its money. Air Force Regulation 50-39 (53-39) states, "Select NCOs who show the greatest potential for leadership to attend NCO leadership school."

Are we meeting our goal? Well, this question will be answered in the next 10-15 years, and if we don't encourage or allow our best people to attend PME, the pool of future enlisted leaders will diminish.

If you are not sure of your role or the importance of PME, contact those who have accepted the opportunity to attend or call the PME staff at 3147.

Careline

The Careline is your direct link to me, Col. Monroe S. Sams Jr., 64th Flying Training Wing commander. All calls will be held in strictest confidence if the caller requests anonymity.

I urge you to leave your name and number when you call so that you can get a direct response; however, you we do have a problem with strays.

If you see a stray, call the 64th S

Before calling the Careline, consider using your chain of command to solve your problem. While you can contact the Careline directly, your immediate supervisor and/or first sergeant/commander are usually in the best position to resolve your problem.

The Careline can be reached 24 hours a day at 3273.

New turning lane on 19th St.

I was wondering if the base could get with the city of Lubbock about making a right-hand turn lane on westbound 19th Street where it intersects with War Highway.

I've noticed ongoing problems at that intersection since I've been traveling on it, and I think it would benefit both the base and the city if the new lane were built.

We have been working with the Texas Department of Highways and Public Transportation for two years to upgrade that intersection — the traffic signal now there way to school. was the first step.

The next step is an upgrade of the entire intersection—the Department of Highways is studying changes such as the right-hand turn lane you suggest, a left-turn lane and a dividing median. Although we do not have a construction date yet, we are continuing to work this project with the State. We share your concern.

Abandoning animals?

Of late, I've noticed a large number of pets being abandoned in Reese Village by people who move.

Not only is this a cruel thing to do, it is also an inconven-

ience to housing residents. I was wondering what I should do when I see a stray animal.

Like you, I wish people would be more considerate of their neighbors and their pets. However, you are right — we do have a problem with strays.

If you see a stray, call the 64th Security Police Squadron at 3332. They'll pick up the animal and either find the owner or give it to PAWS (People for Animal Welfare) for adoption.

Construction questions

My question is about the construction on Wagner Street.

Once it's done and Wagner is blocked off, how are the kids supposed to get to school and around the traffic at the same time?

Also, could the contractors doing the job put in a pedestrian gate that can be opened and closed by the 64th Security Police Squadron?

The new fence on Fourth Street is designed to close Wagner across from Reese Elementary School. However, a new pedestrian gate is planned for the area immediately west of the old Wagner Street gate to give children an easy way to school.

Thanks

"We are extremely greatful for the many expressions of love and sympathy extended to us during our time of sorrow. For your part in consoling our hearts, much thanks."

—SSgt. Gary, Phyllis, Lakeshia and Laverne Grant 64th Air Base Group



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

Reese AFB Editorial Staff

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SAVE

Think seatbelts aren't important? Think again

by Sgt. Mike Breslin editor

Two cars travelling on the German Autobahn collide head-on. Since they're both moving at about 70 mph, their impact speed is 140 mph.

Except for a broken ankle, both drivers are unhurt — they were wearing seatbelts.

Later that same day, a car travelling at 13 mph in the parking lot of an American shopping center rear-ends another car. Although moving slowly, the speed of the car at impact is enough to throw the driver's head against the steering wheel. The unbelted driver fractures his skull and dies.

Preposterous? Guess again — it's happened before.

SrA. Vivian Harley, USAF Hospital Reese, knows all about it. In early 1989, she and her 18-month-old daughter were in an early-morning accident on Fourth Street near Frankford Highway when they encountered one of the greatest dangers of winter driving — black ice.

"All of a sudden, I started skidding towards the oncoming

lane of traffic," she recalled. "I was in the westbound left lane when the skid started. I tried to aim for the ditch on my side of the road, but I couldn't get to it.

"So I thought I'd try to make it to the ditch on the other side of the road. When I tried, my car turned 180 degrees and stalled in the oncoming lane. I threw my arms around my daughter at that point."

Scant moments later, a van which had been approaching during Airman Harley's skid couldn't stop itself and hit her from behind. The van went into the ditch and rolled three times.

Despite the violence of the accident, everyone involved walked away unhurt—they had buckled up. (Airman Harley noted that the fact that she was five months pregnant at the time didn't stop her from buckling up — several months later, she had a healthy, eight-pound baby).

SSgt. Richard Stenger, 64th Supply Squadron, also knows what seatbelts can do. Last April, he was driving near the spot on Fourth Street where Airman Harley's accident occurred.

"I was heading for the base at about 4 p.m. A driver coming in the opposite direction went to make a left turn onto Frankford, cutting in front of me.

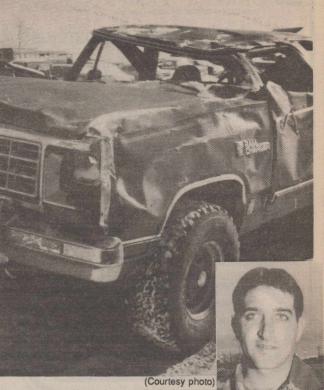
"We hit just about head on. After the initial impact, her car spun around and slammed into my car again on my side," he said. "The second impact was the worse of the two."

Both cars ended up on opposite sides of the street. Although the other driver's car weathered the accident well, Sergeant Stenger's auto was reduced to "garbage."

In spite of such damage, both drivers walked away unhurt
— they had buckled up.

Another wing member who's thankful he buckled up is SSgt. Eric Ely, also of SUPS. Like Airman Harley, he had a nasty encounter with black ice.

"My family and I, as well as another passenger, were travelling west on Interstate 70 in Indiana over the holidays," he said. "We were doing about 50 mph when I noticed cars



SSgt. Eric Ely (inset), 64th Supply Squadron, knows the value of buckling up. He and three other people walked away from this wreck, despite the fact they rolled three times.

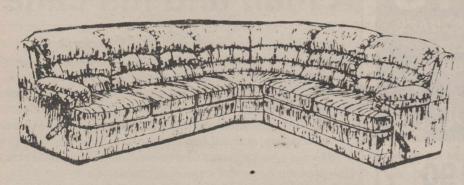
ahead of me slowing up and putting on their four-way flashers. When I went to slow down, my car lost traction and started skidding to the left — I was on black ice.

"I tried to correct the skid, but couldn't. We skidded across the left lane, into the median and down an embankment witnesses said we rolled five times."

see "Seatbelt," page four

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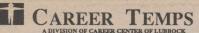
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One wing member who "made it click" walked away from this accident virtually unhurt.

Seatbelts (from page three)

Except for a few bruises, all four Force members buckle up — that's passengers walked away unhurt they had buckled up.

Despite these and other stories which show that seatbelts save lives, there are still drivers who don't buckle up, according to the Reese Ground Safety Office. TSgt. Charles Wagner of ground safety pointed out that the risk of physical injury isn't the only danger in not buckling up.

"If someone gets hurt in an accident and isn't wearing a seatbelt, the Air Force isn't liable for their injuries," the sergeant said. "In other words, they could end up paying medical expenses out of their own pocket."

Some people think that, because Texas law only requires that seatbelts be used in the front seat, they can leave them off in the back. Safety's SSgt. Anthony Stone is quick to dispel that myth.

"Regulations require that all Air knocks."

front and back seat, on or off duty, and on or off base - period," Sergeant Stone said. Sergeant Wagner further noted that some insurance companies are thinking about withholding benefits from clients who are hurt in an accident and not wearing a seatbelt.

"The bottom line is that seatbelts really do save lives, but only if they're used," Sergeant Stone emphasized. "Despite everyone's efforts to prevent accidents, some accidents are bound to happen and there isn't going to be enough time to buckle up once a wreck becomes imminent.

"Unfortunately, some people still refuse to buckle up when they get in their car. That's not smart. What makes it worse is that some of those same people will — not may, will — learn their lesson the hard way - through the school of 'hard'

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Official Vehicle Inspections At All 3 Locations

man and his cane

by Sgt. Mike Breslin

editor

Jack owns a cane.

He didn't always own it. As a youth, the idea he'd someday need a cane never occurred to him. Like many youngsters, he was fairly active in sports. During his junior year in high school, he even lettered in track.

Then one day, a car fell on him.

He wasn't working on an auto assembly line or in a repair station. He was an Air Force staff sergeant out for a ride.

Jack was driving in the back seat of a small sportscar when, after hitting a patch of ice, the car skidded out of control and started to roll. The two people in the front seat were lucky — they walked away from the accident virtually unhurt.

They were wearing seatbelts. Jack was not.

After hurtling headlong from the back seat through the windshield, the car rolled on him. The tragic results were predictable.

Both of his knees were crushed. His shins were splintered, He fractured his skull.

Four years later, the effects of that accident remain. Doctors rebuilt his legs, but not completely. Jack could be worse off - for a while, it looked like he might never walk again. Luckily, he gets around these days - with a cane.

On top of the lack of mobility that goes with his condition, Jack also deals with pain — a lot of it; especially when the weather is cold. The fact that he has also developed arthritis in his legs doesn't help matters.

Yet another problem is the mounting medical expenses caused by four years of operations, therapy and prescriptions. What about his Air Force benefits, you ask? Seems that Jack didn't know the Air Force isn't obligated to cover accident-related injuries if a seatbelt isn't worn.

All in all, Jack's got it pretty rough. Not a day goes by when he doesn't curse himself for not buckling up. His whole life was turned around by a moment's misjudgment.

It is especially tough whenever he sees his old high school letterman jacket and remembers how things used to be. Unfortunately, he sees that jacket quite a lot.

It's in the closet — right next to his cane.

The preceding article, although somewhat fictionalized, is based on the actual experiences of a former wing member. If you think seatbelts are uncomfortable, consider this — they're more comfortable than a body cast, a coffin or walking with a cane.

Round Feb. 1

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Traumatic

Reese member recalls unfavorable childhood incidents

(Editor's note: The following article was provided to Maj. Elizabeth Suggs, Reese family advocacy officer, by a wing member currently undergoing psychotherapy treatment in the USAF Hospital Reese Mental Health Clinic. Although the name has been changed, the individual wrote this story hoping to encourage adults to educate their children to say "No" to bad touch, and also to let adults, who have been abused as children, know there is help out there for them.)

Elizabeth had a good life — so she thought — until the night everything changed.

One night when Elizabeth was about 7-years old, her father came home late after being in a bar. He came into her room and after awakening her, he slipped his hand down

Elizabeth was in shock! What was her father doing?

After a short time passed, her father pulled his hand out and walked away as if nothing had happened.

From that night on, Elizabeth's life would never be the

As time went by and Elizabeth began to mature, her father doorway. started to sexually abuse her on a daily basis. Gradually the abuse grew more intense.

After a while, Elizabeth thought of this as a form of punishment. She thought it was because she didn't get straight As in school, or maybe because she didn't play basketball well enough. Elizabeth felt she was a failure and, therefore, she deserved to be treated like dirt.

When her parents divorced, Elizabeth had to stay with her father to help rear her little sister. The abuse continued daily and soon Elizabeth became very withdrawn — a loner. She felt that for some reason she deserved to be treated like this. Elizabeth soon became just a body her father could do anything he wanted to with.

The day finally came when Elizabeth couldn't take it any longer. Being as confused as she was, she began to think suicide was the only answer.

Sitting at the kitchen table in a friend's empty house, Elizabeth decided to slit her wrists.

Because of the confusion that filled her mind, she was unable to hear the door open. A friend stood silently in the

Her friend walked over to her and removed the knife from Elizabeth's shaking hand. She then pulled her from the chair and embraced Elizabeth in her arms.

As Elizabeth struggled to free herself, the hug became tighter. In fact, the more Elizabeth struggled, the tighter the hug became. That caring touch was the beginning of a whole new life. Today, Elizabeth still has a lot of feelings and fears that need to be worked through. But she is confident that one day, all her questions will be answered.

Some of her biggest questions and fears include: "Will I ever be able to have a 'normal' relationship with a man? Will I ever be able to lay to rest the pain and anger? Will the flashbacks ever stop? Will I ever be able to get over the fears of someday having kids of my own?"

Elizabeth is taking each day one step at a time. She continues to go on and fight for her freedom.

If anyone has any knowledge of child abuse or neglect, please get in touch with Major Suggs at 3739. Anonymity will be respected.

Sex abuse: A traumatic situation that involves children from all walks of life

by Maj. Elizabeth Suggs Reese family advocacy officer

In the United States more than 110,000 children are sexually abused each year. It is estimated that one out of every three girls and one out of every seven boys are abused before reaching the age of 18.

As one can imagine, sexual abuse can be traumatic and very damaging to a child. -Additionally, the trauma can continue into adulthood and cause conflict with an otherwise behavior. emotionally healthy lifestyle.

According to the Surgeon General, sexual abuse of a child sexual behavior or knowledge. occurs if a person under age 18, is forced to engage in any sexually explicit conduct — including but not limited to molestation, rape, incest, child prostitution or pornography. Most times, sexual abuse of children occurs within the family, but can also involve persons outside the family, usually someone the child knows and trusts.

Depending on the age, developmental stage and other circumstances of the child, the trauma can be devastating. The child may be confused, feel guilty, angry, depressed or feel overwhelming helplessness and powerlessness. His or her self esteem may be affected for life.

Future intimate relationships with members of the opposite sex or closeness with others may also be affected. The indicators of all of these feelings and concerns are impossible to convey all at once, but are extremely important happened and assist in getting the necessary counseling. for everyone to think about.

In addition to the trauma and the lingering effects it leaves behind, sex abuse is also a crime. Federal and state laws have been provided to protect children.

It is important for everyone to understand the impact of the abuse, the necessity for the law and a requirement that all citizens make it a priority to protect children by reporting suspicious behavior.

Some identifying behaviors to be concerned with are:

A child who displays any type of alarming change in

☐ If he or she displays bizarre, sophisticated or unusual

☐ If there is a change in performance at school.

☐ The child appears withdrawn or engages in infantile behavior or delinquent behavior or runs away.

☐ If he or she has difficulty walking or sitting or there is pain during urination.

☐ If a child reports sexual assault in any form to you.

If any of these signs are revealed, you should immediately but calmly explore what has happened and get help for the What should you do to help your child if you suspect

sexual abuse? First, he or she should receive medical attention. Even if you don't see evidence of abuse there may be trauma or a venereal disease that should be treated. From there professionals will be called to find out what has

What happens when child sexual abuse is reported? A

team of professional individuals become involved with you, your child and ultimately the perpetrator of the abuse. This team usually includes a physician, social worker, child protective service worker, local or base police officer and the Air Force Office of Special Investigations. Their goal is to understand what has happened, to stop the abuse, to provide everyone the necessary counseling and to ensure that it never happens again.

How can you protect your child? Keeping the lines of communication between yourself and your child is always important. If your child feels they can come to you and that you will really listen to them, then they will generally let you know if they have any problems. Teach your child about what is good touch and bad touch; to never talk to strangers; and that it's all right to let you know if someone tries to touch them inappropriately. There are books and videotapes in local stores to assist you.

The Family Advocacy Office, which is located with the Mental Health Clinic in Bldg. 75 wants to help you and your child. If you have concerns about children - your own and those of others - please inform us immediately. If you want to discuss this article or obtain further information, contact myself at 3739.

A Child Development Course will be held from 6 - 8:30 p.m. Feb. 28 in Bldg. 75. The course will provide information about coping with children from birth through the adolescent years. Knowing your child to the fullest is part of what it's all about. To sign up, call 3739.



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Flouride: key to cavity-free world

by Capt. (Dr.) Michael Najera Reese Dental Clinic

Editor's note: Children's Dental Health Month is February.

Fluoride is credited with a dramatic and continuing reduction of children's cavities over the past 40 years. Half of the 43 million U.S. school children have no decay in their permanent teeth, according to a 1986-87 study by the National Institute of Dental Research.

This is due primarily to the enamel-strengthening mineral which is easily obtained in fluoridated water, toothpastes, mouthrinses and topical applications at the dental office.

In contrast, tooth decay was a major public health problem creating much tooth loss 40 years ago. In fact, missing teeth caused almost 9 percent of the rejections of service recruits when the U.S. entered World War II. Military recognition of tooth decay as a serious health concern provided the initiative for increased research.

The efficacy of fluoride in preventing cavities was

painstakingly uncovered in a 30year search by Dr. Fredrick McKay, a Colorado dentist who puzzled over the mottled stains, but surprisingly little decay, in the tooth enamel of his local patients. Now known as fluorosis, the discolored enamel was caused by high concentrations of natural fluoride in the region's water

Dr. H. Trendley Dean, a public health dentist, and Dr. McKay discovered that one part per million fluoride in drinking water reduced tooth decay but did not cause enamel discoloration. In 1945, the fluoride-free water supply of Grand Rapids, Michigan was the first to be fluoridated to optimum level. Results were quick and

The NIDR was established in 1948 and, with the American Dental Association, waged a comprehensive public health effort for community water fluoridation. Today, about 60 percent of Americans drink fluoridated water and periodontal disease has replaced tooth decay as the major oral health concern.

Dental plan open to families

February is National Children's Dental Health Month, an observance sponsored each year since 1948 by the American Dental Association to encourage good dental habits in

Active-duty members of the uniformed services can help their children and spouses keep healthy teeth by enrolling them in the uniformed services' Active Duty Dependents Dental Plan.

Under the plan, the enrolled families of active-duty sponsors in the seven uniformed services receive basic diagnostic and preventive dental services from civilian dentists for a small monthly premium which is deducted from the sponsor's military pay. The premiums are presently \$3.93 per month is one dependent is enrolled, and \$7.86 per month if two or more dependents are enrolled.

Besides the diagnostic and preventive services covered by the monthly premium, certain other basic restorative services are offered. For these services (fillings, repairs to dentures and stainless steel or plastic crowns for baby teeth), the sponsor pays 20 percent of the cost to a participating dentist.

For more information on the plan, contact the customer service section in the Reese Consolidated Base Personnel Office at 3276, or the Reese health benefits advisor at 3581. Or, call or write the civilian contractor below:

DDP-Delta

P.O. Box 269023 (claims only) Sacramento, Calif. 95826-9023

DDP-Delta

P.O. Box 269024 (correspondence/inquiries) Sacramento, Calif. 95826-9024

Telephone: (916) 381-9368

The Active Duty Dependents Dental Plan is a program of the uniformed services, and is not a part of the Civilian Health and Medical Plan of the Uniformed Services. It has nothing to do with any medical care-related dental treatment that may be provided to CHAMPUS-eligible persons under the CHAMPUS-eligible persons under the CHAMPUS basic program.

Such massive public health programs have an important impact

on the nation's enormous health bills. NIDR estimates that the decline in tooth decay has sliced about \$2 million annually from dental care costs. By preserving their natural teeth, Americans also have decreased their need for full or partial dentures, which saved approximately \$5.5 billion

between 1974 and 1981.

Fluoride appears to reduce tooth decay in several ways, although the exact mechanism is virtually cavity-free generation not known. First, it seems to could be achieved if the use of promote "remineralization" — the natural process by which calcium moves in and out of tooth enamel — to strengthen resistance to tooth decay and to "heal" the beginnings

of a cavity. Fluoride also may interfere with the decay process in which bacterial plaque use carbohydrates in food to create decay-causing acids. It may reduce acid production, or actually change the bacterial composition of plaque.

The Reese Dental Clinic notes that fluoride plays a protective role against dental decay throughout life. Dental researchers believe a fluoride is coupled with daily brushing and flossing, healthful eating, regular professional dental care, and use of sealants on children's permanent molars.

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MINGS



Age: 26 Hometown: Montgomery, Ala. College: Hunnigdon College Aircraft assignment: F-16



Age: 26 Hometown: Pine City, N.Y. College: Houghton College Aircraft assignment: C-141

Capt. Lance A. Hester

2nd Lt. Paul D. Alderman

UPT Class 90-05 graduates tonight

Start date: Feb. 10 1989 Graduated T-37 training: July 21, 1989 Class start size: 27

Graduating students: 20

Graduation ceremony: Tonight in the Reese Officers' Open Mess, parent's social is at 5:15; ceremony is at 5:50; reception and dinner dance begin at 7. Awards to be presented: Commander's Trophy (top overall graduate), Top Stick

(best in flying training), Academics, Distinguished Graduate, Leadership, Outstanding Second Lieutenant, Outstanding Academic and Flightline Instructor Pilots (one for T- 37, one for T-38) and Top Crew Chiefs.

Guest speaker: Brig. Gen. Albert A. Gagliardi, Air Training Command inspector



Hometown: Bristo College: University of Rhode Island Aircraft assignment: C-130

Age: 26 Hometown: Canton, College: Embry-Riddle University Aircraft assignment: T-37

2nd Lt. Anthony August 2nd Lt. Barry D. Beavers



Age: 25 Hometown: Gold River, Calif. College: University of California-Davis Aircraft assignment: KC-

135

2nd Lt. Brian R. Benkel



Age: 26 Hometown: Palo Alto, Calif. College: University of California-San Diego Aircraft assignment; T-38

2nd Lt. Roger K. Bishop

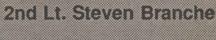


Age: 27 Hometown: Ann Arbor, Mich. College: University of Michigan Aircraft assignment: F-15



Age: 26 Hometown: Watertown, N.Y. College: Southern **Illinois University** Aircraft assignment: C-5

2nd Lt. Daniel S. Blue



2nd Lt. Mark A. Case



0

Age: 27 Hometown: Stony Point, N.Y. College: Clarkson University Aircraft assignment: C-130



Hometown: Harrison, Ark. College: School of the Ozarks Aircraft assignment: 8-52

Age: 26 Hometown: Lorton, College:Virginia Tech Aircraft assignment: F-16

Age: 26

Hometown:

Winchester, Ore

College: Oregon

State University



Age: 24 Hometown: Euless, Texas College: Texas A&M Aircraft assignment: F-16

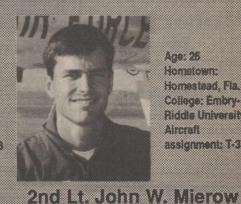
2nd Lt. William J. Butz 2nd Lt. Joseph Brophy Jr. 2nd Lt. Mark A. Bryant



Age₄27 Hometowrk -Pleasanton Calif. College: Embry-Riddle University Alicrasi assignment: C-141

Age: 26 Hometown: Cortland, N.Y. College: St. Lawrence University Aircraft assignment: C-12

assignment: T-38



Homatown: Homestead, Fla. College: Embry-Riddle University Aircraft assignment: T-37

2nd Lt. William Michell 2nd Lt. Shane P. Leon 2nd Lt. David A. Emery



Age: 25 Hometown: Orland. College: Southern Illinois University assignment: KC-

Age: 26 Hometown: Corpus Christi, Texas College: Baylor University Aircraft assignment: OV-10

2nd Lt. Roy V. Qualls



Age: 26 Hometown: Longwood, Fla. College: University of Florida Aircraft assignment: KC 135



Age: 26 Hometown: Phoenix, Ariz. College: Artzona State University Aliciati assignment: C-141

2nd Lt. David A. Rossiter 2nd Lt. Monte T. Weiland

2nd Lt. John W. Mohler

Readiness named best in command

by Sgt. Kimberly Nelson staff writer

"Readiness is not a division, it's a state of mind — an attitude," said Maj. Russell Jenney, Reese Readiness Division chief.

The Reese Readiness Division was recently selected as the best in Air Training Command for 1989.

The division provides contingency training — the mechanics — to wing members, it is them left up to them to develop a readiness attitude. All the while the 64th Flying Training Wing's primary mission of training pilots continues. That is what readiness is all about.

"Reese members must be prepared to cope with spur-of-themoment emergencies," added Major Jenney.

In order to do this, disaster preparedness branch members provide training exercises for various types of emergency situations, from surviving tornadoes and responding to downed aircraft to recovering

According to Major Jenney, more than 500 contract employees have already been trained in disaster preparedness fundamentals and concepts.

During 1989, the division's plans branch overhauled the wing plans briefings to accomodate the needs of all key wing members, with special attention placed on the maintenance conversion.

Being the focal point for the Readiness Combined Staff Liaision and Contingency Support and contingency plans and tracking completed and those still pending. Administrative Support programs, this unit plans and supervises the conduct of the SAV team, compiles all reports and completes unit outbriefings.

Last year, the command post developed a comprehensive instruction booklet, written in layman's terms, that describes the functions of command and control and is used in the Readiness Week career enhancement training of wing members, as well as initial training for command post augmentees.

Additionally, the division has expanded the 15-month readiness calendar of events to include a mobility/command post/Base Exercise Evaluation Team monthly Assistance Visit, Wing Intelligence meeting for developing exercises

past findings and observations. The quarterly readiness back-tobasics training week was enhanced by using locally generated videotape programs to augment contingency support staff and decontamination team training.

The division provides computer-generated checklists, events logs, charts and maps to keep the wing commander updated on exercise and real-world information whenever something happens.

Through Reese's unique computer system, the wing commander can simultaneously view an updated command events log and checklist, and at the same time, the commander can annotate on the checklist those items

"Reese is the only base within the command that can do this," the major added.

The commander has also been provided with his own television so he can monitor Cable Network News or the Weather Station during applicable exercises or events. Programs are continually being developed and updated to keep Reese at the forefront of readiness technology.

"In addition to base readiness, the division has also prepared various articles and presentations (such as a coloring book) covering tornadoes, major accidents, mission readiness and exercises to help keep military and dependents prepared in time of an actual emergency," concluded Major

COMM member takes ATC evaluator honors



Pansy Pennington checks in with Dan Stalnaker, a contract employee in the Reese Communications Center. by Sgt. Mike Breslin editor

When she started working in the 1958th Communications Squadron, telephone calls couldn't be direct dialed, it took six people in the communications center to do what can now be done by one, and the 1958th COMM wasn't even the 1958th

However, Pansy Pennington hasn't let the times pass her by. Following up on her 1988 selection as Reese's best quality assurance evaluator, the 35-year COMM veteran recently captured honors as 1989's best QAE in Air Training

"I was in a meeting about two weeks ago when someone walked in with a message saying I had won," Mrs. Pennington evaluators at all the other ATC bases like I was, I didn't think it could happen."

The evaluator cited a strong performance on the ATC inspector general inspection in May as a big factor in her selection.

'This was the first year we had a CPI (contractor performance inspection) as part of the IG," she said. "That's where the inspectors actually inspect the contractors before, I would inspect the contractors and the IG would

"We were the first base to have a CPI, and my inspection went extremely well," she added.

As an evaluator, Mrs. Pennington deals with contract operations in the Reese Communications Center, at the base telephone switchboard and in radio frequency management. In her three-plus decades with COMM, she's worked as a telephone operator, billing clerk, work order clerk — "just

about everything in telephone operations." During her tenure, she's seen more than a dozen commanders come and go, and there are no COMM members left from when she signed on with the unit, then the 2053rd COMM.

In fact, the Texas native said she only knows of a few people basewide who have been with Reese as long as she has.

Mrs. Pennington has children and grandchildren in the Lubbock area. In her free time, she likes to spend time with her grandchildren.

In addition to keeping her busy, her grandchildren have kept her current in an area many people no longer are active in — homework.

"A while back, my grandson came up to me and said he had told his class he had the smartest grandmother there ever recalled. "I was dumbfounded - competing with the was. I asked him why, and he said 'Because you've been through the third grade five times.'

> "I said 'Not really, Curtis,' but then he pointed out that between his father, aunt, brothers, sisters and myself, I had gone through third grade five times," she said laughingly.

> The contract for all data processing, which includes Mrs. Pennington's areas of responsibility, may change hands in the near future. Although thoughts of retirement have crossed her mind in the past, the chance of an upcoming change is likely to postpone such plans.

> "I have thought about it several times before," said Mrs. Pennington, who celebrated her 35th anniversary with COMM Wednesday. "But with the possibility of a new contract coming and another IG about a year down the road. I think I'll stick around.

> "Besides, I know lots of people who retire only to find themselves bored because they have nothing to do. I'd just as soon keep working," she concluded.

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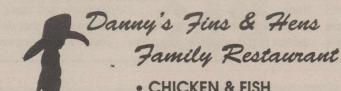
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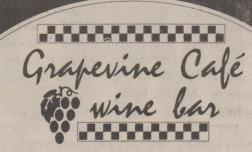
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Furnishing team makes it two in a row at ATC

by Sgt. Mike Breslin editor

Only two people work there. Between them, they're responsible for more than \$2 million worth of equipment scattered across the

But despite the enormity of their task, the Reese Furnishings Management Office is always able to meet the challenge. Their selection as best FMO in Air Training Command for the last two years bears witness to their ability.

What they lack in manning, MSgt. David Russell and Rocky Shaw make up for in experience. The two-man team has more than 20 years of experience between them, and almost all of it has come here at Reese.

"We work together just like a hand and glove — what one of us knows, the other knows," Sergeant Russell said with a laugh.

The award selection was based on an inspection done at each FMO in the command. Reese was looked at over a three-day period in Janu-



and MSgt. David Russell move furniture into the senior noncomissioned officers dormitory. The pair have comprised the command's best furnishings management office for two

Rocky Shaw

ary, and ended up being praised as "superior in all areas" by command

According to Sergeant Russell, the inspection was intensive ("similar to an IG inspection") and keyed on several areas of furnishings management, such as commander support, employee programs, storage and issue, accountability and furniture repair. Points were awarded based on performance in each area.

In addition, bonus points were awarded for innovative ideas and unique management techniques.

Unlike some command competitions where there are different categories for small and large bases. FMOs throughout ATC go head-to-head for annual honors. For Sergeant Russell and Mr. Shaw, this meant going up against some FMOs with three times their manning.

This marks the third year the command has held an FMO compe-

In addition to their victories over the last two years, the Reese office took second place in 1987.

The furnishings management team handles nine lodging facilities across the base, as well as a small office furniture account. Both men agreed that their mission made for variety.

"There are never two days the same," Mr. Shaw said. "One day, we may be out working entirely in the dormitories — the next, we're back in the office all day ordering furniture and other supplies." In addition, the pair does the bulk of their own moving and repairs.

dail and farewell

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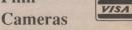
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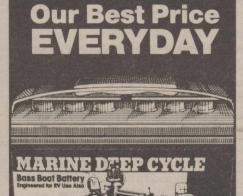
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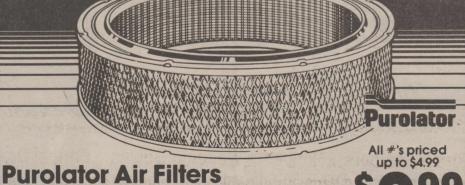
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VISA

CES strives to clean up chemical spills

by Sgt. Kimberly Nelson staff writer

Children, often hear their parents say "If you do something wrong, tell us and your punishment, if any, will be less severe than if we find out about it ourselves!"?

Personal punishment may not be a concern at Reese, but the potential cost of \$25,000 per day to the base

1989 was a record-high year at Reese for chemical spills and inci-

dents. "Not exactly the kind of record one likes to brag about," said Capt. Michael Keller, base environmental coordinator. "1990 hasn't started out well either, since two incidents have already been reported."

occurred in the chemical cleaning plant, Bldg. 51. When two workers were moving a 55-gallon drum of chemical they accidentally hit a spicket on another drum. The spicket broke open and the two individuals were sprayed with the fluid. The two were taken to the hospital and treated for chemical burns. "This is the first time that some-

one has gotten hurt as a result of a chemical spill," Captain Keller commented.

Over 1987-88, the base averaged two to three incidents per year. In 1989, Reese had 13 incidents or spills, in addition to the 92 calls made to the fire department for small spills on the flightline. Included in these incidents (and their cost for clean-up) were: a paint remover drum that burst (costing \$12,000); an aircraft cleaning compound spill (\$500); hydraulic fuel, fuel oil and mercury spills (\$230 combined); and a leaking PCB transformer (\$2,700).

The flightline calls were mainly

One of this year's incidents fuel spills, while the other 13 were various chemicals used around the base that were either discharged into the industrial lake or spilled in base facilities.

"Several incidents or spills are often detected by our weekly monitoring, however, they aren't reported. By reporting, I mean to myself, the fire department or someone from the bio-environmental section," said Captain Keller. "What usually happens, is that someone dumps or spills something and instead of reporting it, they just wipe it up or wash it down the drain. The biggest problem is when we have to explain to the regulators that we detected a chemical going through the drain but were unable to identify where it originated from.

"In '89, we know through our monitoring of this happening at least three times. Most untraceable spills tend to happen around big events such as the inspector general's inspection, open house or torchlight, when everyone is often

see "Spills" page 13



(Sgt. Greg Spraggins)

allowance, but meets their body fat standards, that person's commander can:

Authorize a maximum allowance weight adjustment, or

Revoke the adjustment based upon the person's military image.

At the same time, if a person meets their weight standards but exceeds body fat standards, their orderly room is required to place them on the exercise program.

A person can, at any time, be placed in the exercise program if their commander reto make this program effective, commanders with an unsatisfactory rating. will need to become actively involved in determining who does and doesn't portray a good image for the Air Force.

"The program determines a person's fitness more on body structure than weight. For example, a muscular person will normally weigh more than a petite person of the same height; the larger person isn't necessarily fat, they may just be structured differently," said Lieutenant Russel.

annual weigh-ins, although a commander may still conduct one. "Therefore, people area encouraged to identify themselves and take care of their situation on their own, if for no other reason than for their own health's sake," she added.

If a person is placed on the exercise program and loses the required percentage of gram at that time. The lieutenant also stated that, if a Reese member is identified as exceeding their body fat standards and fails to lose the required amount within the time allowed, the following actions will be taken in accordance with the Air Force's weight management recommendations:

☐ For a first offense, the individual will be given a letter of reprimand and an unfavorbody fat, they should be taken off the proable information file will be established.

☐ The second offense will result in the quests it based upon a poor image. Therefore, - members being placed on a control roster

☐ The UIF will be followed by a demotion

☐ And, if the problem is still not resolved, the individual will receive an administrative discharge from the Air Force.

Until the body-fat program is established Air Force-wide, a members eligibility for actions such as promotions and permanentchange-of-station moves will still be determined based on weight standards. "If suc-Upon establishment of this program, .. cessful, this test program will become a stansquadrons will no longer be required to have dard program throughout the Air Force within the next two years and then everyone will be required to be body-fat measured," added the lieutenant.

> "By having the random as opposed to annual 'weigh-ins', this should encourage more people to be weight and fitness conscious all-year long instead of only at weighin time," the lieutenant concluded.



High voltage

Reese electricians, Brian Collinson (left) and Steve Jones, 64th Civil Engineering Squadron, install a mechanical handle that will be used to open and close the electrical breaker switches. CES exterior electrical shop personnel are replacing the present fuses on voltage lines with air switches. The result of this project will prevent the entire base from losing power in the event of an outage in one of its live sections. At the same time, the section without electricity can be rerouted for power until original sources can be restored. This is one of the many projects CES is working on to improve both working and living conditions at Reese.

Meeting

staff chaplain; retired Lt. Col John Greiner, Retiree Activities Office; Maj. Peter K. Kloeber, 64th Civil Engineering Squadron commander and acting 64th Services Squadron commander; Maj. Sherill Donaldson, 64th Mission Support Squadron commander; Maj. Howard Altschwager, staff judge advocate: Capt. Danny D. Thomas, 64th Security Police Squadron commander; and Capt. Gerald L. Brown, 1958th Communications Squadron commander.

Also scheduled to attend are Phil Thierry, Family Support Center director; Hugh Beam, Morale, Welfare and Recreation Division chief; Patrick Sprow, Exchange manager; and Lila Ande, Commissary manager.

The meeting will be an open forum, with

heavy emphasis on questions from the audience. Areas covered at the previous meeting ranged from hospital appointments and speeders in Reese Village to the renovation of housing units.

"The evening is meant to belong to the people of Reese (active-duty military, retirees and civilians)," Colonel Henny said. "We may not be able to give every single person the answer they want to hear, but we will be straightforward and sincere in addressing any problems that exist.

"The whole purpose of these meetings is to find out what people think so that we can make base life better for everyone, and that's exactly what we intend to do," the colonel concluded.

Local news

Management course set

A mini-civilian personnel course for supervisors of three or less civilian employees will be held Tuesday and Wednes-

Anyone who wants to sign up should call the Reese



Reese mission maker

SrA. John Wilson, 64th Supply Squadron, moves property in the supply warehouse. Airman Wilson is one or the many people at Reese whose dedication and professionalism make mission accomplishment a reality.

Civilian Personnel Office at 3803.

No parking by dumpsters

Parking next to or in front of trash dumpsters on base or in Reese Village is illegal and could result in a car being towed.

64th Civil Engineering Squadron officials say there is a problem with the base refuse contractor not being able to complete his daily runs because of illegally parked cars, particularly in housing and in the parking lot north of Bldg. 105.. They further said that people who get towed will have to cover the towing expense.

Housing office hours expand

The Reese Housing Office will test new, longer hours beginning Tuesday. The hours for housing and housing referral assistance will be 7:30 a.m. to 5 p.m. weekdays.

Surveys must be approved

There have been questions on base recently about whether wing members can take part in phone surveys on duty. The questions stem from an unauthorized survey being done by Direct Marketing Inc.

Although regulations do not prohibit military members from answering personal questions about themselves on such surveys, they cannot participate in such surveys on government phones or while on duty. Official Air Force participation in such surveys must be approved at the Air Staff level.

In addition, any questions about the base and it activities must be referred to the Reese Public Affairs Division, in accordance with Air Force Regulation 190-1.

For more information, call public affairs at 3410.IM plans

There will be a quarterly information managers (ie. 702X0s and secretarial personnel) call at 9 a.m. Thursday in the Reese Enlisted Open Mess. Attendance is voluntary.

The new Personal Computer-III System will be on the agenda, as well as a video if Reese information managers on the job.

Correction

On page one of the Feb. 9 Roundup, the story on the Air Training Command maintainers of the year mad a reference to the wing's 375 jets. In actually, the wing has 375 jet engines.

SPS recovers items

The 64th Security police Squadron has recovered the following items: eight bicycles, a man's Air Force ring, a scooter, a knife, a pipe wrench and a necklace.

Anyone who thinks one or more of these items is theirs should call the SPS Investigations Section at 3999.

50115 (from page 12)

too busy trying to keep everything in inspection order," the captain added.

"If the spill is serious and we can find it fast enough, we're obligated to go clean it up. Samples of the discharge to the lake are taken by bioenvironmental and four to six weeks later, I receive the results. By this time, the chemical has usually evaporated. If a monitor actually sees a chemical going down the drain we'll go down and try to catch it or clean it out," the

If spills continue unreported, Reese can be subjected to fines up to \$25,000 per day, for each day of the chemical's existence. Additionally, anyone who knowingly and deliberately dumps hazardous chemicals down the drains and causes or contributes to health or environmental hazards, could be held liable and criminally prosecuted. "The possibility of fines or presecution are remote if the spill is reported," added the environmental coordinator. "We don't want to scare people. We'd just the regulator.

like to make people more aware that they need to be cautious and respect incidents when they happen."

If a spill happens and the organization or individual can't control the spill themselves, they need to call 911. If it's something that could go or has gone down the drain call the base environmental coordinator at 6202/3150 or the 64th Civil Engineering Squadron Service Call Desk at 3647. Even if it can't be caught, the incident can be recorded and justified later to

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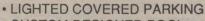
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Protections revised for 'whistle-blowers'

Legislation has been revised to further protect military people from reprisals for reporting wrongdoing to members of Congress or an inspector general, according to Department of Defense officials.

Implementation of military whistle-blower protections also contains added safeguards for those uniformed people who make lawful, "protected disclosures," to Congress or any IG. Such communications includes information constituting a violation of law or regulation, mismanagement, gross waste of funds, abuse of authority or a substantial, specific danger to public health and safety.

The 1989 amendment to 10 U.S. Code 1034 reaffirms the longstanding prohibition on reprisals.

Whenever someone believes a DOD official — military or civilian — has taken or withheld personnel action because the military member made a protected disclosure, that person has 60 days to report the alleged reprisal to the DOD Hotline in order to take full advantage of the new safeguards, according to Lt. Col. Gary Praesel, 64th Flying Training Wing IG.

Following a DOD investigation of the reprisal, a copy of the report will go to the secretary of defense. The person who disclosed the information will also receive the report, edited in accordance with the Freedom of Information Act.

Although not required by the new legislation, DOD will also send a copy of the report to the appropriate service secretary or IG with recommendations for necessary corrective actions.

If the alleged reprisal impacted military records, the affected person may also apply for correction to those records through the appropriate board for correction of military records.

People who believe they've suffered a reprisal for reporting wrongdoings may file a complaint by writing to: "DOD Hotline, The Pentagon, Washington, D.C. 20301-1900," or by calling the DOD Hotline at AUTOVON 223-5080 or toll-free (800) 424-9098. The commercial number is (202) 693-5080. They can also contact the local IG by calling 3409.

Complaints to the DOD Hotline should include the name, address and telephone number of the complainant; the name and location of where the alleged violation took place; personnel action taken that is alleged to be motivated by reprisal; branch of service or DOD agency; the individual believed to be responsible for the personnel action, when the alleged reprisal occurred, and what information suggests a connection between the disclosure and the personnel action.

The complainant should also include a description of any written disclosure and a brief summary of any spoken disclosure giving its date, subject matter and the name of the person or office to which the disclosure was made. (Air Force **News Service**)

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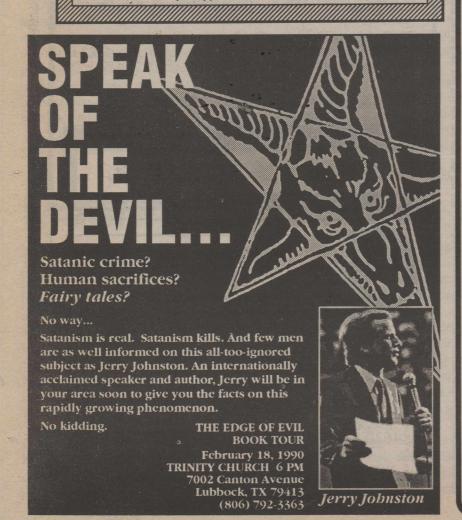
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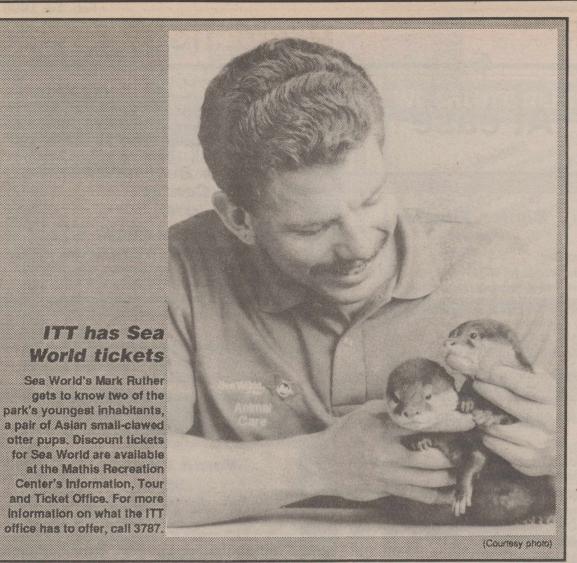
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Pepper Pot Soup Teriyaki Chicken Fried Rabbit Ground Beef Cordon Bleu Franconia Potatoes Broccoli Polonaise Scalloped Whole Com **Buttered Noodles** Brown Gravy

Sunday

Chicken Corn Chowder Spaghetti w/meatballs Roast Veal Southern Fried Whole Catfish Rissole Potatoes Asparagus Au Gratin Italian Style Pinto Beans Baked Hubbard Squash Cream Gravy

Chicken Corn Chowder Grilled Beef Kabob Jambalaya Newport Fried Chicken Scalloped Potatoes w/onions Wax Beans Poissenne Broccoli Spears Peas & Carrots Cream Gravy

Monday

Shrimp Gumbo Soup Filet Mignon Macaroni & Cheese Broccoli Polonaise Baked Corn & Tomato Sauteed Mushrooms w/onions

Shrimp Gumbo Soup Fried Scallops Honey Glazed Cornish Hen Buttered Noodles Green Beans w/mushrooms French Fried Cauliflower Brussels Brown Gravy Brussels Sprouts Parmesan

Tuesday

Knickerbocker Soup Lasagna Turkey Nuggets French Fried Fish Portions Potatoes Au Gratin Green Beans w/margarine Broccoli Spears Succotash w/margarine Turkey Gravy

Vegetable Soup Yankee Pot Roast Breaded Pork Chops Knockwurst w/sauerkraut Steamed Rice Southern Style Mustard Greens Cream Style Corn Peas & Carrots Brown Gravy

Wednesday

Cream of Potato Soup Baked Ham **BBQ** Spareribs Fried Chicken Candied Sweet Potatoes Southern Style Collard Greens Simmered Blackeye Peas Corn on the Cob

French Onion Soup Grilled Salisbury Steak Sweet & Sour Pork Braised Liver w/onions Cottage Fried Potatoes Simmered Pinto Beans Asparagus w/margarine Sliced Carrots Brown Gravy

Thursday

Cream of Chicken Soup BBQ Beef Cubes Baked Ham Deep Fried Flounder Buttered Noodles Green Beans w/margarine Calico Corn Lima Beans w/margarine Brown Gravy

Beef Noodle Soup Braised Liver w/onions Salmon Loaf Roast Turkey Parsley Buttered Potatoes Peas w/onions Fried Summer Squash Sliced Carrots Chicken Gravy



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'86 Oldsmobile Delta 88 Royale \$4,995 4 dr., auto, air. '88 Plymouth Reliant \$5,695 4 dr., auto, air, low miles. \$6,595 '88 Chevrolet Cavalier 4 dr., auto, cruise, tilt. '87 Chrysler Fifth Avenue \$9,588 Loaded, 37,000 miles, nice car... '89 Chrysler

\$14,695

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|--|---|-----|-----|----|
| '88 Jeep Cherokee 4 dr., auto, air, 4x4 | | | | |
| 4 dr., auto, air, 4x4 | P | | , . | 30 |
| '89 Dodge | | | | |
| Grand Caravan | 0 | 11 | 1 | 00 |
| Grand Caravan Loaded, V6 | P | 114 | ,4 | 00 |
| '89 Ford Bronco II XLT Loaded, only 6,900 miles | | • | A | |
| Loaded, only 6,900 miles | | | Lal | VE |
| | | | | |

ALL MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO THE AVAILABILITY OF ITEMS

At ease

Enlisted Open Mess

(3156)

Today: Maestro Lee from 9 p.m. to 2 a.m. in the lounge.

Saturday: Jody Maxx from 9 p.m. to 2 a.m. in the lounge.

Mamma Reesione's open for delivery serv-

Sunday: Casual bar open, noon to 8 p.m. Monday: Casual lounge open from noon to 8

p.m.

Mamma Reesione's closed.

Tuesday: Mamma Reesione's — 64th Supply Squadron Appreciation Night from 5 - 8 p.m.: \$1.50 off Mamma's regular pizza.

Games night from 7:30 - 10:30 p.m. in the ballroom. Open to all Enlisted Open Mess and Officers' Open Mess club members and their guests.

Wednesday: Jody Maxx from 7 p.m. to midnight in the lounge.

Town meeting at 7 p.m. in the ballroom. Open to all.

Thursday: Jody Maxx from 7 - 11 p.m. in the lounge.

Two-for-one steak night 5:30 - 9 p.m.; costs \$12.95.

Simler Theater

Saturday:

"The Wonderful World of Womble," 11 a.m. "Gleaming the Cube," 1 p.m.

Black History Month Fashion Show at 7:30 p.m. Admission costs \$5. Disco to follow from 11 p.m. to 4 a.m. in Mathis Recreation Center (free admission to disco with fashion show ticket).

Officers' Open Mess

Today: Graduation for UPT Class 90-05: dining room closed.

Saturday: Saturday night dining from 6 - 9 p.m.; 16-ounce T-bone steak for \$10.95.

OWC Valentine Shindig at 7 p.m. (social). Dinner at 7:30 p.m.

Maestro Lee in the ballroom after dinner. **Sunday:** Sunday Brunch from 10:30 a.m. to 1:30 p.m.; costs \$6.95 for adults, \$3 for children 6 - 10, and free for children under 6. Open to all Enlisted/Officers' Open Mess members.

Monday: Closed for Presidents' Day.

Tuesday: French Buffet from 5:30-8:30 p.m.;

Wednesday: Fried chicken special from 5:30 - 8:30 p.m.; costs \$5 for adults, \$2.50 for children 6 - 10 and free for children under 6.

Thursday: Cajun Buffet from 5:30 - 8:30 p.m.;

costs \$5.75.

(3820) Today: Dance class from 4:30 - 5:30 p.m. Saturday: Martial arts at 1 p.m.

Youth Center

Mathis Recreation Center (3787)

Registration deadline for base talent con-

Saturday: Disco from 11 p.m. to 4 a.m.

Admission is free with ticket from Black

History Month Fashion Show; cost is \$2 oth-

Wednesday: Shrimp Gumbo at 11:30 a.m.;

Monday: Closed for Presidents' Day.

costs \$2.50 while supplies last.

Today: Soul food tasting at 11 a.m.

test at 5 p.m.

erwise.

Saturday: Martial arts at 1 p.m.
Free VHS movies at 4 p.m.

Sunday: Candy bingo at 3 p.m. Monday: Martial arts, 4:30 p.m. Ping pong tournament, 5 p.m.

Tuesday: Tutoring from 4:30 - 5:30 p.m. **Wednesday:** Shuffleboard tournament at 5 p.m.

Thursday: Tutoring from 4:30 - 5:30 p.m. Gymnastics tumbling tots from 4 - 4:30 p.m.; gymnastics from 4:30 - 5:15 p.m.

Family Support Center

New dates for 1990 observances — Military Spouses' Day is May 11; National Family Week is Nov. 18 - 24.

Chapel (3237)

Sunday: Part six of "Love and Marriage" film series — "Human Sexuality" — at 9:45

Rest of Reese

Library: Commodore users group meeting from noon to 4 p.m. in the conference room. **Commissary (3313):** Closed Tuesday in observance of Presidents' Day.

Child seminar (3739): Child development seminar from 6-8:30 p.m. Feb. 28 in Bldg. 75. Offered by USAF Reese Hospital personnel. Topics will include development from womb to adolescence. Call to sign up.

Community notes

Computer users group meets

A meeting for advanced personal computer users will be held at 8 a.m. Wednesday in the Reese Enlisted Open Mess ballroom, not at 8 p.m. as previously stated.

The meeting is open to everyone on base: For details, call SSgt. Devette Washington at 3377.

Volunteer luncheon planned

The 1990 Reese Volunteer Appreciation Luncheon will be held at 11:30 a.m. Feb. 23 in the Officers' Open Mess. Deadline for signing up is Saturday.

The event is being sponsored by the Reese branch of the American Red Cross. Volunteers' lunches are free; others will cost \$6.30.

To sign up, call 3588 or 885-4788.

OWC 'shindig' planned

The Reese Officers' Wives Club will hold a Valentine "shindig" dinner dance at 7 p.m. Saturday in the Officers' Open Mess.

The dinner will be beef brisket and will cost \$14 per couple.

Entertainment will be provided after the dinner by disc jockey

Maestro Lee.

For reservations, call Mary Lou Hardie at 794-1744 or Rebecca Clark at 794-6251 before Feb. 13. Members with permanent reservations must call to confirm.

Mexican-American Club meets

The Reese Mexican-American Club will meet at 3 p.m. Sunday in Reese Manor.

All members and prospective members are invited. For details, call MSgt. Matt Alvarez at 3561.

BX/Commissary meeting set

The Reese Main Exchange/Commissary Advisory Council will meet at 2 p.m. Tuesday in Reese Manor.

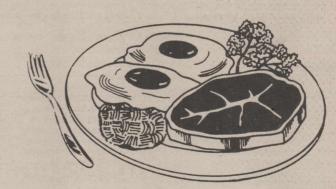
People who have items they want discussed should contact their unit representative on the council.

Donors turn out for drive

Fifty-three pints of blood were donated during the Feb. 8 drive in the Mathis Recreation Center.

"On behalf of United Blood Services, as well as the Reese and Lubbock communities, I want to thank those people who came out," said MSgt.Gary B. Siegel, Reese blood drive project officer. "Fifty-three people donated a pint of blood; seven others also turned out, but couldn't donate because of things like low iron or being on medication.

"Hats off to those who donated and those who tried," Sergeant Siegel added.



Mini-breakfast bar open

A mini-breakfast bar is now in operation from 6:30-9:30 a.m. Monday through Friday in the Reese Enlisted Open Mess.

Breakfast costs \$2.25, and the menu includes fruit, cereal, juices, rolls, scrambled eggs, ham, bacon, sausage, creamed beef on toast/biscuit and free coffee.

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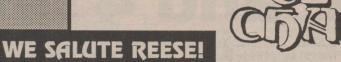
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35th 'A' and 41st leading

The 35th Flying Training Squadron "A" team and the 41st FTS lead their divisions as the 1989-90 intramural basketball seasons nears end.

In the opening game Feb. 7, the 64th Civil Engineering Squadron defeated the 1958th Communications Squadron 63-55. Marvin Davis lead the CES scoring attack with 23 points, followed by Marlon Taylor with 20 and Mack Sneed with 10. Andre Harley lead Comm's scoring with 21, followed by Joseph Kirby with 14 and Vincent Johnson with 10.

son, 62-57. Ray Timbers lead RM's His scoring was followed by Greg

scoring with 17, followed by Foley Riley with 13 and Michael Harrison with 10. Leading scorer for the 41st was Robby Marr with 19, followed by Wayne Woolcock with 12 and A.J. Jones with 10.

In the final game of the night, USAF Hospital-Reese slammed the 64th Organizational Maintenance Squadron 57-27. Four hospital players went into double figures. Phillip Thompson lead the scoring with 14, followed by Parker with 13, and Robert Lake and Brandon Moran with 10 each.

Kirk Willburger lead the 54th In game two of the night, Re- FTS to a 68-28 blow-out over the source Management handed the 64th Security Police Squadron Feb. 41st their second defeat of the sea- 8 as he put 25 points on the board.

Scheltens with 11 and Marcus Snowden with 10. Johnny Champion lead the SPS scoring with 21.

In game two of the night, the 35th FTS "A" team stayed on top of the league as they defeated Comm 69-49. Buck Buckholtz and Darrin Middleton lead the scoring with 15 each, followed by David Rogelstad with 13 and Rodney Green with 11. Harley lead Comm's scoring with 23, followed by Daniel Richards with 13 and Victor Fulton with 10.

CES' Taylor scored 27 points against the 64th Mission Support Squadron, handing MSS their fifth loss of the season, 60-53. Davis followed Taylor in scoring with 14. Cintron Friday and Rob Killen both put 17 points on the board for MSS, followed by Tony Pittman with 10.

In the opener Feb. 13, four RM players went into double figures as they defeated the Hospital 69-51. Timbers lead the team with 17 points, followed by Harrison with 16, Riley with 15, and Tee Rice with 14. Lake put in 15 points for HOSP, followed by Thompson with 12 and John Dzik with 10.

Game two of the night was a 64th Field Maintenance Squadron forfeit the game to the 41st.

In the final game, the 35th FTS "B" team won only their second of the year, defeating the Navy Goats 38-34. James Michelini lead the 35ths' scoring with 10. Cermona Love was the leading scorer for the Goats with 15.

| IM stan | dings | | | | |
|----------------|--------|--|--|--|--|
| National I | _eague | | | | |
| 35FTS A | 12-2 | | | | |
| 54FTS | 10-4 | | | | |
| MSS | 7-5 | | | | |
| COMM | 9-6 | | | | |
| CES | 8-6 | | | | |
| SPS | 2-12 | | | | |
| Amerian League | | | | | |
| 41FTS | 11-2 | | | | |
| RM | 12-4 | | | | |
| FMS | 8-8 | | | | |
| Goats | 5-9 | | | | |

6-10

2-13

2-13

0

Sports shorts

Coaches needed

Men's and women's softball coaches are needed for the upcoming season. Anyone interested in applying should stop by the Reese Physical Fitness Center or call Jake Trevino at 3207 as soon as possible.

Academy player honored

Chad Hennings, the most honored football player in Air Force Academy history, was recently named Defensive Player of the Decade by the Western Athletic Conference media and sports information directors.

All-American Hennings is the only service academy player to win the Outland Trophy, an annual award sponsored by the Football Writers Association of America. He won the award in 1987 as the outstanding interior lineman in collegiate football.

The 6-foot-6-inch, 260-pound former defensive tackle graduated in 1987. In his last year, he played in the East-West Shrine Game, was named the most valuable player in the Japan Bowl and was a consensus All-American for 1987. He was also a 12th-round draft pick for the Dallas Cowboys.

A second lieutenant, Hennings recently graduated from Euro-NATO joint jet pilot training at Sheppard AFB, Texas, and has been assigned to fly A-10s at RAF Bentwaters, England. (Air Force News Service)

Youth soccer team forming

A Reese boys' and girls' soccer team is being formed. Practices will be on base, and games will be played off base with the Lubbock Soccer Association.

For details, call Elaine Hunolt at 885-2470, Jeannie Giegler at 885-4749 or the Reese Youth Center at 3820.

Logistics offers special

The Reese Morale, Welfare and Recreation Division is offering a special through Tuesday. People renting a camping trailer at regular price will get four sleeping bags, a medium ice chest and lantern/flashlight for free.

For details, call 3815.

Bowling event on tap

The Windmill Lanes Bowling Center will hold a "rock and bowl" at 7 p.m. Saturday. Entry fee is \$7 per person, and includes food, bowling and prizes.

IM basketball set

The following games are scheduled in the Reese Intramural Basketball League:

o Tuesday - SPS vs. 35th FTS "A," 6 p.m.; CES vs. 54th FTS, 7 p.m.; COMM vs. MSS, 8 p.m.

o Wednesday — 41st FTS vs. OMS, 6 p.m.; Goats vs. RM, 7 p.m.; 35th FTS "B" vs. FMS, 8 p.m.

o Thursday - SPS vs. CES, 6 p.m.; COMM vs. 54th FTS, 7 p.m.; MSS vs. 35th FTS "A," 8 p.m.

History month fun run set

A Black History Month Five-Kilometer Fun Run will be held at 10 a.m. Feb. 24 at the Reese Picnic Grounds.

All runners can sign up; entry fee is \$5. All participants will get a T-shirt.

People can register at the Reese Physical Fitness Center; checks should be made out to the Black History Committee.

HOSP

OMS

35FTS B

Booster club gears up

The Reese Youth Center Booster Club is looking for help in readying the base little league field ready for the 1990

Volunteers are also needed to help run concession stands during the season. Proceeds from the stands support the youth

For details or to volunteer, call the center at 3820 or TSgt. Paul Richard at 885-3786.

New aerobics program offered

A new video aerobics program is being offered in the Mathis Recreation Center's "Heart and Sole" Aerobics

Aerobicizers can now work out at their convenience using video tapes displayed on a large-screen television. Appointments are required and can be made by calling 6020; people can bring their own tapes.

Live aerobics is conducted at noon and 4:45 p.m. Monday through Thursday and at noon Fridays.

Base roll-offs set

Roll-offs for the base bowling team have been rescheduled to 1 p.m. March 3, 4, 10 and 11 in the Windmill Lanes Bowling Center. The change is due to a scheduling

The fee for the 24-game roll-offs is \$15. For details, call the center at 3116.





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FOR SALE: 16 foot Ski boat. 115 hp Evinrude Outboard. E-Z Load trailer. Very good condition. \$2700. 795-8358.

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BARGAIN! 1983 Pontiac Grand Prix Coupe. Clean, loaded, drives great,\$3,250. Owner 799-3660. 2-23

LOCAL R.N. NEEDS PERIODIC babysitter for two childern ages 4 & 6. Babysitter would need to provide own transportation. For details/interview. . Call Claudine at 798-3745.

FOR SALE: Double Wide Mobile Home in Commander's Palace MHP. 3 bedroom, 2 bath, with fireplace and separate utility room. Central air and heat. 7' x 12' enclosed porch. Call 791- DUDLEY STRAIN LECTURESHIP 5642.

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CONTACT LUBBOCK, INC., invites the public to attend a free lecture by The Rev. Bruce Mac-Dougall on behalf of the Fifth Annual Dudley Strain Lecture-

The Lecture is called, "The Shadow Side of Listening." It will be held on Friday, March 2, 1990 at 7:30 p.m. at Christ The King Cathedral, located at 4011 54th Street, Lubbock, Texas.

·The Rev. Dr. MacDougall is the Executive Secretary of the Hamilton Conference of the United Church of Canada and a former president of Faith at Work, USA, Inc. In 1967, while minister of St. Peter's Church, Sudbury, he introduced the first telephone crisis intervention service (Telecare) in Canada, using trained lay people. Telecare, like CONTACT USA, is affiliated with Life Line International which serves in 12 countries.

After graduating in 1953 from Osgoode Hall Law School, Toronto, Ontario, Canada, he served as an attorney in private practice and was Assistant Parlimentary Council, House of Commons, Ottawa, Ontario, Canada. In 1959, he graduated from Emmanuel College, University of Toronto with a M.Div. and was then ordained in the United Church of Canada.

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KING SIZE WATERBED Includes underdresser, bookcase headboard, sheets, comforter, and pillows. \$150. Call L.T. 796-1489.

FREE: Ten month old kitten. Very loveable. A friendly house cat. Needs a loving home. Beige, orange with tiger markings. Call 745-5778 after 5 p.m. (Has had all shots)

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

FOR SALE: BenchCraft 3 cushion hurculon Sofa, \$135 & matching loveseat \$115, Both in great condition, off white and peach tones. 2 Lane Rocker Recliners, Off white, Great condition, \$75 each, \$150 each. Sears twin size mates bed with 2 large under drawers, head & foot board, rails and frame included, almost new condition. \$100. If interested Call Linda Benitez at 885-

FOR SALE: 300 Watt Majestic car stereo amp. & pyle driver 350 watt cabinet. speaker unit. Very good condition. \$300 for both. Call 745-5778 after 5 p.m.2-16

PCS OVERSEAS-Anxious to sell Sears Craftsman 20" Electric Lawn Mower, rear catcher, excellent condition, used 2 summers, Paid \$300, will accept reasonable offer. 745-4279 after 5 p.m.

FOR SALE: Wambold solid oak table with 24" leaf, 4 chairs. \$450. Antique 7 drawer pine desk. \$75. 793-5615. 2-16

FOR SALE: Bose 60L Series III Excellent Condition. \$400. 797-8303. Ask for

* 2 Bedroom-freshly decorated, Ref. & Range, Near schools, good location. \$255 + utilities

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OTHER PROPERTIES MAY BE AVAILABLE, CALL **Pat Garrett Rentals** 3833 34th St. 792-2749

No Deposit for Military

FOR RENT: Fox Run Apartments 7719 W. 19th. 1 & 2 bedroom starting at \$180 a month plus bills, 12th mo. free. Shown by appointment. 797-

FOR RENT NEAR REESE: 3-2-2. 5601 Duke. Horizon West Addition. Lubbock School District. Central heat & air. Fenced, blinds, ceiling fans, earth tone colors. \$550 monthly. Lease Military Clause, available March 2. Call 799-8438.

FOR RENT NEAR REESE: 3-2-2, 5907 13th St. Meadow Green Addition. FrenshipSchool District. Central heat & air, fenced, blinds, ceiling fans, earth tone colors. \$525 monthly Lease Military Clause. Available March 5. Call 799-8438.

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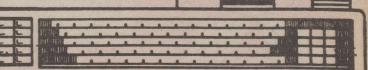
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\$140 mo.

1990 MIGHTY MAX

\$1000 REBATE

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2.4 litre 4 cyl. engine, 5 speed manual trans., electronic multipoint fuel infection, tilt, carpet, Dual mirrors, headliner and much more

\$500 Down, 12.95% apr financing for 60 months, tax, title and license not included

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5 spd. manual O/D, power steering, digital clock, Air Conditioning, AM/FM cassette, rear defroster, tilt, child locks, tachometer and

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\$11,300

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20 TO CHOOSE FROM!

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5 speed manual overdrive, AM/FM Cassette, Full wheel covers, Air Conditioning, power steering, tilt, child locks, rear window defroster, tachometer and more.

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\$1000 REBATE

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