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Volume 44, Number 31

August 7, 1992

**Reese Air Force Base, Texas 79489** 

# **Base operations goes contract**

The Reese Base Operations Staff

Reese's airfield operations will officially convert tions every few years. from blue-suiters to contract support Sept. 1.

The contract for Base Operations Airfield Management was awarded to Corporate America Research

Associates, Inc. CARA began the transition phase July 1.

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"I don't think the aircrews will notice any changes in the way business is done," said Ernest F. Petrash, the new airfield manager. "We will take a little while initially to get used to the routine of things, but

we will provide stability in the immediate future." Mr. Petrash, who served as airfield manager from July 1988 to July 1990, noted that the experience level of the new team will remain more consistent than that of the military, since there will not be personnel rota-

The eight member team includes two prior air force pilots, two former Air Force base operations dispatchers and three others that have served as air traffic controllers or base operations personnel.

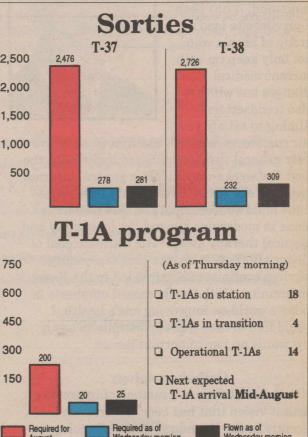
(Sgt. Greg Spraggins)

64th Flying Training Wing, ATC and the Air Force."

The CARA team will be responsible for processing flight plans and supporting all assigned and transient aircrews as well as supervising all operations on the airfield and maintaining its facilities

"There's no major plan to change how the

150 job is being accomplished," said Mr. Petrash. "The base operations team we are replacing left us in great shape. Our job is to continue to give our customers the best possible service in order to accomplish the mission of the





#### **Reese competitor selected** for Peacekeeper team

Sgt. John Kleckner (near right and inset), 64th Security Police Squadron, was selected to the ATC Peacekeeper. Challenge Team and will represent ATC and Reese at the international event Sept. 27, through Oct. 3, at Kirktland AFB, N.M. During the ATC Peacekeeper competition, Sergeant Kleckner represented Reese along with A1C Jason Coulter (far right). In preparation, Sergeant Kleckner will be encountering a "tough" training program at Lackland AFB, Texas and Hill AFB, Utah, according to SPS oments



#### **2 U**VISION

#### ROUNDUP 🗆 AUGUST 7, 1992

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# **From my perspective**

by Lt. Col. (Dr.) Thomas J. Loftus Commander, 64th Medical Squadron

he 64th Medical Squadron is a very dynamic unit. Since taking command, it has been a privilege to lead a group of people who not only keep up with current medical changes but who are also trendsetters. Aiming to satisfy you,



our customers, we once again have an active duty general surgeon on board and within the next few weeks we will add a general internal medicine specialist, two primary care physicians and two more dentists. We also have plans to modernize-expand the laboratory and physical therapy areas. The ultimate goal of all our efforts is to ensure that top quality services continue to be provided to the Reese community. With the increased emphasis in today's world on improving one's health, I would like to take this opportunity to say a ... few words on two important issues.

#### Orthokeratology

Orthokeratology is a method of improving distant vision that has been advertised recently in the Roundup. Orthokeratology

uses hard contact lenses to gradually mold the cornea, or outside clear part of the eye, to correct vision even after the contacts are removed and without glasses. For a period of time after the contacts are removed the cornea will maintain its new molded shape, but after several weeks the cornea will eventually go back to its original shape. If the molding type of contacts are used periodically, they can maintain the cornea in its new shape. During the day or on special occasions the user can have corrected vision without glasses and without wearing the contacts. This can be very handy, especially in a dusty environment like West Texas.

It should be noted that this is different from radial keratotomy, which has a similar name and is also done to improve vision, but is a surgical procedure that produces permanent changes in the cornea and should be considered a much more radical alternative to wearing glasses or contacts.

Our Flight Surgeons point out that Air Force regulations prohibit the use of orthokeratology for improving vision. Vision standards must be met three months after the use of contacts so that the true vision of the eyes is being measured, not including any temporary molding of the cornea. This could be a source of misunderstanding and disappointment for some members of the Reese family if they were not aware of the regulations. For example, if a dependent in high school was able to pass the vision requirement for flying training using orthokeratology, they could be quite disap-

pointed to find out later that the procedure was not allowed and their natural vision was now below standards.

In certain patients orthokeratology may have good results and allow users to do without their glasses. Those individuals seeking a flying career, however, should consult the Flight Surgeons Office before doing anything that may affect their vision .

#### **Smoking Cessation**

The second issue I would like to mention is smoking cessation. The single healthiest thing that anyone can do is to never start smoking. The second healthiest thing that anyone can do is to stop if you have already started. We have recently gained approval to dispense a slow releasing nicotine patch (tradename Habitrol). When used in conjunction with our smoking cessation classes these patches have been extremely effective in assisting even life long smokers in quitting. These patches provide a constant release of nicotine to the blood steam over a 24 hour period. This greatly reduces the urge to smoke in those who are nicotine dependent. The amount of nicotine given is reduced at one month intervals over a three month period. The amount of success we have had with this program has been quite encouraging. If you are presently smoking and feel that now is the time to become a former smoker, please call us at 3739 and enroll in our next class. A smarter decision you will never make.

# Take a hike! Safety officials offer tips for outdoor fun

Hiking can be a very enjoyable sport, with little chance of a mishap, if a few simple rules are followed. Hiking is one of the finest forms of recreation in addition to being a great form of exercise. Hiking is an activity for one or agroup of persons. Hiking normally does not have time constraints or restrictions on the areas where you can hike. You can hike inside a city, on country roads, in the hills or mountains. Any place you hike the rules are normally the same.

Proper Dress. To ensure yourself of a pleasant hike, proper clothing must be worn. A sturdy pair of hiking shoes and heavy socks will help your feet and body enjoy your hike. The rest of your outfit will depend on the weather, the locality and length of the hike. Do not overlook sunburn and windburn prevention. Plan ahead for the weather conditions. If you are going to hike in the hills and

CUNDUP

Bldg. 11

3236 or 3843

mountains be prepared for weather changes from warm to cold as the sun disappears from view due the hour of day or trees. Dress in layers and never overexpose your body to direct sunlight in elevations above 5,000 feet. If the area you are going to hike in is snake country, be sure to wear high top boots and know what to do about snake bites.

Walking on Highways. Normally hiking on interstate highways is prohibited. Always hike facing traffic. Wear bright colored clothes to be seen by oncoming traffic. If you are hiking after hours of darkness wear some type of reflective material to alert motor vehicle operators to your presence on the side of the roadway. Stay on the shoulders of the roadways-not on the road pavement.

Hiking in the Wilderness. For the ordinary hiker, the most desirable places to hike are on established trails in woods, parks and mountains. It is always a temptation to wander off known trails in beautiful unexplored areas while thinking it will be easy to rejoin the trail somewhere down the path. Even the most experienced hiker can encounter hazards while climbing cliffs or trees, and wading in rivers or swamps.

In dangerous areas you should always hike with a companion. Unless trained in survival and woodcraft, hikers should never venture into heavily wooded wilderness area, deserts or mountains without a guide.

The final thought about hiking is that hikers should always plan each trip in advance and never try to exceed their hiking abilities. Never go off hiking without someone knowing the general area and your expected time of return.

Happy trails to you. (Courtesy of the **Reese Safety Office)** 

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**Reese AFB Editorial Staff** Wing commander .... ... Col. David Love ... Col. Bob Negley Vice commander . Chief, Public Affairs .. .. Capt. Judy Burk .SSgt. Mike Breslin Editor. Photo editor. ... Sgt. Greg Spraggins

Photojournalistic support ..... Mike Parrish

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# This month in history



...in 1941 — The first cadre of five enlisted men arrive from Brooks Field, Texas, and construction of the base begins. ...in 1945— Lubbock Army Air Field was deactivated after graduating 7,008 pilots. ...in 1949 — The order to reactivate the base was signed. Can it be better? Can we improve it? Can we better serve our customers?

It's all part of...

# QUALITY AIR FORCE Be a part of the QAF team!

(Editor's note: The July 31 QAF article from the 64th Medical Squadron inadvertently omitted the names of a co-author, Maj. Debra Hughes; Larry Walker, the facilitator of the process action team mentioned in the article; and team members Capt. Paul Doan, Capt. Mark Lewandowski, Capt. Sara Taylor, 2nd Lt. William White, SSgt. Lori Roach, Sgt. Jim Mead and Bob Gregorio.)

#### **OUR SINCERE GRATITUDE AND APPRECIATION**

"On behalf of William K. Payne and family we would like to sincerely pass on our heartfelt appreciation and thanks to everyone for all the support, compassion, assistance and love we received in our time of sorrow. The loss of our mother and wife, Josephine V. Ferrell Payne, was a tragedy with much pain, bat the sadness was lightened with the knowledge that Josie had touched so many lives, which in reality is what life is all about. Our mother and wife is at peace and will remain in our hearts forever.

If we didn't tell you, write you or show you our sincere appreciation, thanks to each and every one of you for being there. Your Kindness and anselfish consideration and donations will always be remembered and remain in our hearts."

P.K. Payne & family

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#### $4 \Box NEWS$

### Camp starts on Reese

Many of us have memories of going off to summer camp, swimming, camping and just getting away from the same old routine.

For 37 boys from the local community, a week here during Camp Blue Yonder will be remembered for a long time.

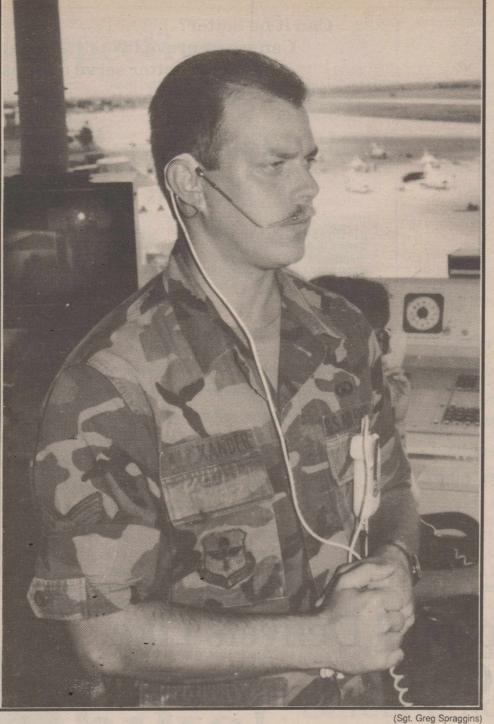
According to 2nd Lt. Bruce Upton, Camp Blue Yonder project officer, the camp benefits less privileged children in the local area. Funds for Blue Yonder come from a variety of sources.

"The United Way handles the downtown fund raising for the camp," the lieutenant explained. "Other funds are donated by base agencies, like the officers' wives club, enlisted wives club, company grade officers council, the Air Force Sergeants Association and the chapel."

Nine-year-old Jerry Moore said that camping out was the highlight of his camp. "I like to stay in the tent and sleep on the cots," he said. "We also get to cook out and have pillow fights. It's great."

The 64th Civil Engineering Squadron provided the tents and other facilities for the campers to stay overnight. Also, the 64th Morale, Welfare, Recreation and Services Squadron provided the use of their facilities at no cost, and several other units on base are taking the time to familiarize the campers with the wing's mission.

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Sergeant Alexander surveys the Reese flightline Monday.

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# **SAVE!** Tower controller earns award for quick reaction

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by A1C Derek S. Koloshinsky 64th OSS

Sgt. Scott Alexander's quick thinking helped him become the first Reese Air Traffic Control Tower member ever to capture an aircraft save award.

The 25-year-old controller recently learned that he was the recipient of the Lt. Gen. Gordon A. Blake Aircraft Save Award for actions he took Feb. 7.

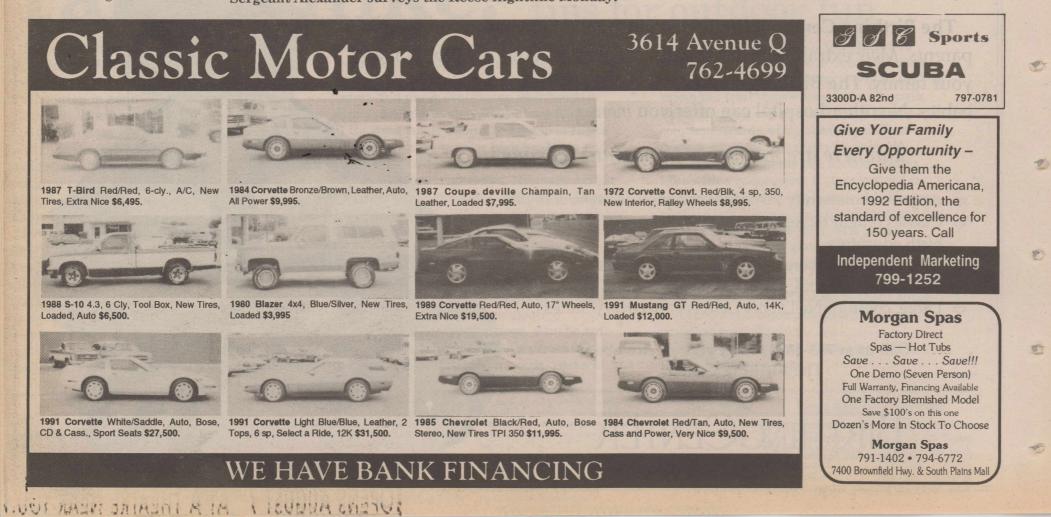
That day, runway 17L was temporarily closed while crash crews responded to an emergency aircraft that had shut down after landing. Meanwhile, a T-37 student on his first solo flight was coming into that runway on final approach, not realizing it was closed. Tower officials said the student apparently did not hear the instructions from the runway supervisory unit to go around.

At that same time, Sergeant Alexander had his hands full with the center runway, handling two T-38s and one T-37. Despite this, the New York native noticed the T-37 with the solo student heading into 17L, the closed runway.

"I hit the emergency frequency right away and gave the go-around order," Sergeant Alexander said, adding that this was the first time he had ever been part of an aircraft save. "The T-37 started to pull up right away."

Sergeant Alexander's actions made him "well deserving" of this rare award.

"This is a difficult award to receive; very few are administered throughout the Air Force each year." said Capt. Martin Heller, chief of air traffic control. "Most controllers go their entire career without one."



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#### NEWS D 5



Meghan Eva after her retirement ceremony July 31 in front of the hospital.

Colonel McConnell, a native of New Jersey, retired after 20 years of service.

# Wing member woman of the year Reese agent earns honor from last station

A member of the local Air Force Office of Special Investigations was cited as the outstanding military woman of the year for Patrick AFB and Cape Canaveral, Fla.

Special Agent Sarah Garcia, commander of AFOSI Det. 1025 here, served in the Florida region before arriving here in late March, and the award was the result of her activities while in Florida. Using the "whole person concept" in judging, the award was sponsored by the Federal Women's Group at those bases.

Ms. Garcia competed against about 30 people in her category for the honor, and said she was "very surprised" when



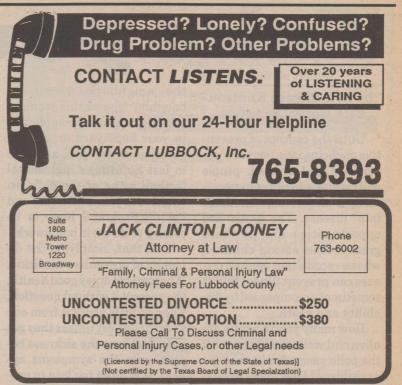
**Ms.** Garcia ...woman of the year at Florida installation

her name was announced at the awards luncheon.

"It was pretty exciting," the San Angelo, Texas, native said. "The anticipation as they read off all the names was like what you see at the big awards shows."

Ms. Garcia worked with a regional Special Olympics basketball tournament while there and was also very involved in sports. She currently plays on the varsity women's softball team here and is waiting for volleyball season to get under way.

In the future, she plans to finish her master's degree in human development. Later, she hopes to go to the Air Force Institute of Technology for her master's in forensic science.



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When Jenny cheated on her husband, he didn't just leave..



OPENS AUGUST 7TH AT A THEATRE NEAR YOU.

#### 6 INEWS

# Take your medicine

#### by A1C Raynee Knutson 64th Medical Squadron

Until the concept of preventive medicine is universally understood and applied, people will continue to suffer unnecessarily from serious, sometimes fatal disease. The needs and opportunities are nowhere greater than among children, whose vaccination against disease can prevent illness that is sometimes accompanied by disability and death.

How many young adults are alive and well today because of the polio vaccinations they got as children? How many are living full, active, healthy lives who would have become mentally retarded from measles or deaf from mumps? How many school children would have been devastated by birth defects or would never have been born at all had their mothers been victims of rubella epidemics that never happened?

Questions of what might have been can never be answered with anything other than a guess. Even if the numbers were available, how could they be translated to the nice young man down the street or

the neighbor's 4-year-old daughter who at this moment is trying to climb the apple tree in your back yard or the left guard who recovered a fumble in last Saturday's high school football game or the children who live in your own house and eat too fast and have to be coaxed to do their homework?

And that, simply, is the dilemma of preventive medicine. When people enjoy good health, they accept it without question. They do little about it from one year to the next unless they get sick. And once the sickness begins, once the symptoms appear, it is often too late to prevent serious illness that can lead to severe, permanent complications.

Childhood diseases are not the only examples. Adults are urged to prevent cancer by making some changes in their habits, to prevent strokes and heart disease by having their blood pressure checked periodically and accepting treatment if it is high, to prevent serious damage from arthritis by going to the doctor promptly when joint discomfort begins.

In short, much of the progress of contemporary medi-

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cine is in the direction of preventing trouble rather than correcting it, and that means that people who are interested in giving themselves the best chance at a long and healthy life must protect their health while they still have it. In many cases, the means of prevention are much more successful, much easier, much more convenient, less time-consuming

If enough parents make sure that their children are fully protected against disease as early in life as possible, then the chances are that little will be heard of preventable diseases of childhood in the years ahead.

and less expensive than the means of treatment.

The time to begin a lifetime of disease prevention is infancy. Children two months of age should receive their first dose of polio vaccine, their first dose of the DPT combination vac-

cine for diphtheria, pertussis (whooping cough) and tetanus (lockjaw), and first dose of Haemophilus b for meningitis. At 4 months, another dose of each of these vaccines is given. At 6 months, another set is given with polio being optional. At 12 months a "TB Mono vac" test for tuberculosis is required. At 15 months a one-shot combination vaccine for measles, mumps and rubella, plus another Haemophilus b. At 18 months another dose of polio vaccine and DPT. A final booster dose of polio vaccine, DPT, MMR, and TB Mono vac. are recommended before school entry. From then on, boosters for diphtheria and tetanus should be given every ten years.

It is important to follow this schedule so that the child is protected as early as possible, because some of the diseases are most dangerous to young children. But those who are behind schedule should not be overlooked or assumed to be beyond the age of danger.

Parents often believe that their children have been fully immunized when in fact they have not. If the parents have taken their children to the doctor as often as they were told, they assume that everything was taken care of. But perhaps an appointment was missed and then forgotten, or the child had a bad cold and the doctor thought it best to postpone an inoculation, or the car broke down or a host of other reasons.

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A number of conscientious doctors who thoroughly reviewed their records for childhood immunizations have been surprised at how many of their young patients have missed one or more of their vaccinations. And a lot of parents who sat down one rainy afternoon and looked through their children's medical histories may have missed one or more of their immunizations.

Where do we go from here? The answer is up to parents across the country. If enough of them make sure that their children are fully protected against disease as early in life as possible, then the chances are that little will be heard of the preventable diseases of childhood in the years ahead. If not, children will continue to become the helpless victims of unnecessary disease that can ruin, or even end, their young lives.

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#### Academy pilot slots down Photo contest upcoming

WASHINGTON — Of all the cadets from the Air Force Academy class of 1993 who want to fly, only 225 will get the chance to attend pilot training, Air Force personnel officials said.

**General Horner** 

NORAD Commander in Chief

General Horner, who com-

Gen. Charles Horner will speak

manded the Air Force element

of Operation Desert Storm

forces, will be the guest speaker

at graduation for Reese UPT

Class 92-13 at 10 a.m. in the

Simler Theater. The ceremony

speak at the Daedalians-Air

Force Association luncheon in

the Reese Enlisted Open Mess.

R.S.V.P. for the luncheon is due

Wednesday to Capt. Peggy

At 11:30 a.m., the general will

at two functions here Aug. 14.

speaks here

is open to the base.

Boldrick, 6187.

For more than 33 years, physically-qualified individuals entering the Academy were virtually guaranteed an UPT slot, if

they wanted it. The training rates were always high enough to accept all volunteers, officials said.

But because officer training and active-duty inputs had already been cut to a minimum, and ROTC had also been cut back significantly, the only source of pilot candidates left to reduce was the academy. Previously, between 600 and 800 academy graduates per year went on to flying training.

All the graduates are needed in the Air Force, the Air Force just doesn't need as many pilots, officials said. (Air Force News Service)

It's time for the 1992 Photography Contest, sponsored by the Reese Arts and Crafts Center. The contest features three categories: monochrome (black and white) prints, color prints, and color

transparencies or slides. Submit entries to the Arts and Crafts Center,

Bldg. 340, Sept. 9-12. Entries will be accepted beforehand from members who will be on leave, changing station, or on a temporary assignment during the submission time.

The contest is open to all wing members and their families, active duty, civilian, Lockheed and contract employees. For more information, contact Terry Bozman at 3141.

#### Preschool registration

Registration for preschool through the Reese Child Development Center will run through Aug. 31. There are 24 spaces for the

two day classes for 3-year-olds and another 24 spaces for the three day classes for 4-year-olds. Call 3541 for more information.

#### SPs recover items

The 64th Security Police Squadron has recovered the following lost or abandoned property: three sets of keys, two bicycles and men's watch. Anyone who thinks any of these items belong to them should call 3999.

#### Spouses can get TA

Spouses of active-duty members can get up to 50 percent of tuition costs paid for under a new program. All spouses pursuing high school through graduate programs can apply, according to base education officials. \$16,000 has been allocated for Reese through July 31, 1993. An equal amount of funds will go to the enlisted and officer spouses on base.

Applications will be available at the Reese Education Center and Reese Family Support Center beginning Monday. They must be returned by Aug. 14 to the education center to be considered for the fall term. For details and application information, call education services at 3634 or family support at 3305.

#### Transition workshop

A civilian career options workshop for members within 180 days of retirement or separation, or who have retired or separated since Oct. 1, 1990 will be held from 8:30 a.m. to 4:30 p.m. Aug. 25-27 at the Reese family Support Center.

R.S.V.P. for the workshop, which was developed especially for military members and their spouses, are due Aug. 18 and can be made by calling Mario Manfre at 3305.

Resumés and veterans benefits will be covered. Members under the voluntary separations incentive/special separation bonus plan with approved dates of separation are eligible to attend.





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#### Step in style with...

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NEWS 7 mmmn

The 64th Communications Squadron will hold a Polish sausage sale from 11 a.m. to 1 p.m. today in Windmill Park. People mentioning this notice will get a free soft drink with their order.

Sausage sale scheduled

#### Firing range open

The base firing range will be open for privately owned firing from 10 a.m. to 4 p.m. Saturday. All pistol-caliber handguns, rifles chambered in .22LR and .223 Remington, and shotguns using slugs may be fired.

The range is open to military, retirees and dependents. Call 3848 for more information.

#### ALS graduation planned

Airman Leadership School Class 92-D will graduate during a 11:30 a.m. ceremony followed by a buffet luncheon Thursday in the Reese Enlisted Open Mess.

Tickets are available for \$5 at the Reese Professional Military Education Center.

Also, the class will hold a retreat at 10:30 p.m. that day in front of the PME center. All on base are welcome.

#### Formal retreat upcoming

A formal retreat honoring Reese UPT Class 92-15 will be held at 4:30 p.m. Thursday in front of Bldg. 800. Everyone on base is welcome.

#### **OWC** plans social

The Reese Officers' Wives Club will hold a social Thursday in the Reese Officers' Open Mess. Social time is at 6:30 p.m. and dinner follows at 7. Country-western dancing, tennis, bowling and more will be covered during this special activities social. R.S.V.P. is due Tuesday; call Cindy at 794-4289.

#### 8 D NEWS

# **General McPeak stands by combat stance**

#### by TSgt. Sarah L. Hood Air Force News Service

WASHINGTON — Despite some opinions that gender discrimination in the services will not be resolved until the combat exclusion law is eliminated, the Air Force chief of staff maintains he is reluctant to order women into combat where they would have to kill other people.

"I'm afraid that, even though logic tells us that women can do that as well as men, I have a very traditional attitude about wives and mothers and daughters being ordered to kill people," Gen. Merrill A. McPeak told the House Armed Services Committee Policy Panel and Personnel Subcommittee

The Air Force chief of staff and the other service chiefs went before Congress July 30 to describe how each service handles sexual harassment and other forms of discrimination against women.

The Air Force had 304 complaints of sexual harassment in 1989, 311 in 1990 and 361 in 1991. This year, 193 complaints have been filed.

On an average, 70 percent of those complaints are confirmed, General McPeak said. Confirmed complaints resulted in six courtsmartial in 1989, 14 in 1990 and 21 so far this year. Also, there were 21 Articles 15 in 1990 and 66 in 1991.

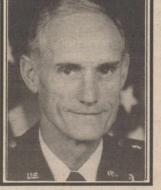
Although there is a bumper crop of sexual harassment prob-General McPeak would still prefer not to send women into combat

combat exclusion law discriminates against women and is not advantageous to their careers.

"Of course, the mission of the armed forces is not to provide excellent career opportunities; our mission is national security." Career opportunities are a byproduct of supporting the mis-

lems throughout the military,

He does, however, believe the



Questioning whether the ser-

The Air Force currently has about 71,000 women in the ranks (there are about 224 women on active duty at Reese), and could not operate without them, General McPeak said.

"I guess we could start over again," he said. Ten years ago 2 percent of the Air Force were women.

But the Air Force could not accomplish the mission without the participation and active contributions of its women members, he said.

Performing the mission depends on the contributions of both women and men. Activities that get between the people and the mission will not be tolerated, General McPeak said.

Consequently, the Air Force policy toward sexual harassment is zero tolerance. People are trained and educated to abide by that policy and, historically, proven violators face stern action.

While General McPeak doesn't much care for the rising trend in sexual harassment complaints indicated by the statistics, he said it proves the system is working. And it proves that "Air Force members may be more comfortable reporting these offenses today than they have been in the past."

Committee chairman Rep. Les Aspin, D-Wis., questioned the need for more than one method of reporting incidents.

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"We have about 10 times as many complaints handled through EEO channels as we do through what I call standards of conduct channels," General McPeak said.

Other avenues for reporting complaints are the inspector general, security police, chaplains, commanders or first sergeants.

In place for several years, the equal opportunity system is staffed by full-time, trained specialists at every Air Force installation.

By and large the EEO channel works, General McPeak said, but he favors keeping a choice of systems because "we don't want to close down any avenue for dealing with crime."

# **General McPeak**

#### sion, he said.

vices were doing enough in the battle against sexual harassment, Rep. Patricia Schroeder, D-Colo., asked the service chiefs for the bottom line, "Do you think you could do without women?" The unanimous response was no.

#### fficial explain sexua arassment

Then-Secretary of Defense Frank Carlucci issued the official DOD definition of sexual harassment July 20, 1988.

DOD defines sexual harassment as a form of sex discrimination involving unwelcomed sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature.

DOD considers these acts sexual harassment when submitting to or rejecting them affects whether a person gets or keeps a job or promotion or otherwise affects working conditions. The conduct is also considered harassment if it interferes with performance or creates an intimidating, hostile or offensive environment.

Any person in a supervisory or command position using sexual behavior to affect the career, pay or job of a military member or civilian employee is engaging in sexual harassment. Similarly, any military member or civilian employee who makes deliberate or repeated unwelcomed verbal comments, gestures or "the harassment to stop," Sergeant Glenn said. "This physical contact of a sexual nature is also engaging in sexual harassment.

All military services provide sexual harassment prevention training

"As commanders, supervisors or workers, we must be aware that sexual harassment produces adverse morale trends which effect mission effectiveness." said SSgt., Aliane Glenn, Social Actions Office. "We can't avoid this issue, but must learn to recognize it for what it is. Ignoring the inappropriate behavior doesn't make the problem disappear, it only compounds it.'

At Reese, Sergeant Glenn said the primary strategy against sexual harassment is awareness. Social actions briefs are mandatory for first-duty station, Airman Leadership School and UPT. Briefings are tailored to meet the commanders needs. ("We welcome the opportunity to brief at commander's calls and duty sections.")

If someone does file a formal complaint with social actions, the commander is immediately notified.

"More often than not, the complainant does not want to jeopardize anyone's career, they just want is where having an excellent rapport with the first sergeants comes into play. Whenever I have called a first sergeant with a potential sexual harassment complaint, they handled the situation swiftly and

professionally. All our first sergeants have assisted us tremendously at keeping our formal complaints at a record low (1990 to 1992, one complaint).

"Remember, no matter what rank you are, there is always someone junior in rank to you. And it is your responsibility to speak up in the defense of those being harassed."

"Sexual harassment prevention awareness training is a high priority in the Army, said Lt. Col. Marilla Kushman, an Army public affairs officer. "Personnel get (training) at basic military training, officers training and professional military education courses. Officers are rated on their performance in the equal opportunity area, of which sexual harassment is a part."

Marine Corps Lt. Col. Jim Vance used the word "aggressive" to describe the corps' approach to training. He said all supervisors, civilian and military, are required to take a course every year that covers all interpersonal issues including sexual harassment and gender discrimination. Enlisted personnel take a "Corps values" course covering all the behaviors, including sexual harassment. (Adapted from American Forces Information Service)



**ROUNDUP** AUGUST 7, 1992

#### AUGUST 7, 1992 🗆 ROUNDUP

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#### 10 D NEWS

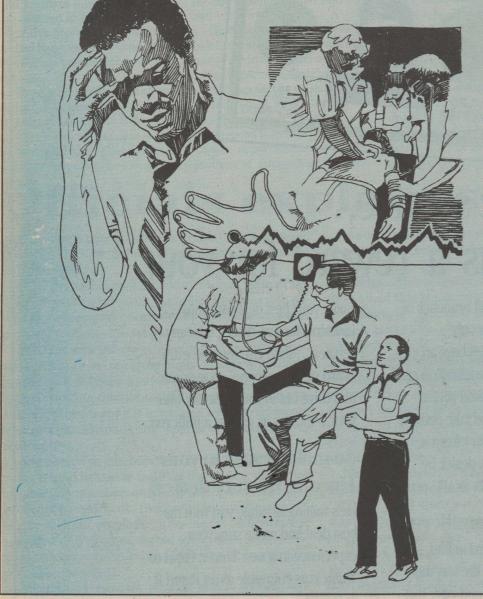
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#### ROUNDUP D AUGUST 7, 1992

# 'HYPERTENSION' Diet can be key to controlling high blood pressure

submitted by the 64th Medical Squadron Health Promotion Office.

Editor's note: The following was blood pressure (hypertension). Un- health. derstanding what blood pressure is, what causes it to rise, and how dietary changes can affect it, can Research shows that diet is an help you or your loved ones control important factor in managing high your blood pressure for better



What is blood pressure?

The beating of your heart pumps blood through large blood vessels called arteries that conduct blood from your heart to other parts of your body. As your blood is pumped through your arteries, it pushes against arterial walls. This force against the arterial walls is called blood pressure.

A healthy person's arteries are muscular and elastic. They stretch or contract when the heart pumps blood through them; the amount of stretching depends on the amount of force blood exerts. Each time your heart contracts (about 60-80 times a minute), it sends a surge of blood into your arteries and the blood pressure in your arteries increases. When your heart relaxes between beats, your blood pressure decreases.

You have two measurements of blood pressure: an upper level (systolic), when your heart is beating, and a lower level (diastolic), when your heart is resting. Systolic pressure tells the maximum amount of pressure on your arteries, while diastolic pressure tells the minimum pressure on your arteries. What is hypertension?

Arterioles are smaller vessels that branch off from the arteries and regulate blood pressure. If, for some reason, the arterioles are narrowed, it's harder for the blood to pass through them. When that happens, blood pressure rises and your heart works harder. If your

blood pressure increases (and stays at) 140/ 90 or more, you may have high blood pressure.

Who is at risk?

High blood pressure affects one out of four Americans, with American Blacks being at highest risk. If your parents had high blood pressure you may be at greater risk. Sex is a factor, too, since men are more likely to develop hypertension than women. (After menopause, however, women's risk of high blood pressure rises.) Age also plays a part since high blood pressure generally occurs over the age of 35. The older a person gets, the greater the chance of high blood pressure. Obesity, alcohol consumption, the taking of oral contraceptives and sedentary lifestyles may also be factors. Heavy sodium consumption increases blood pressure in some individuals. As a result, people diagnosed with high blood pressure are placed on sodium restricted diets.

**Controlling blood pressure** 

For some people, weight loss, exercise and recreation may lower blood pressure. For others, medication is required. In most treatments, however, dietary restrictions such as restricting sodium and decreasing dietary fats and cholesterol are recommended.

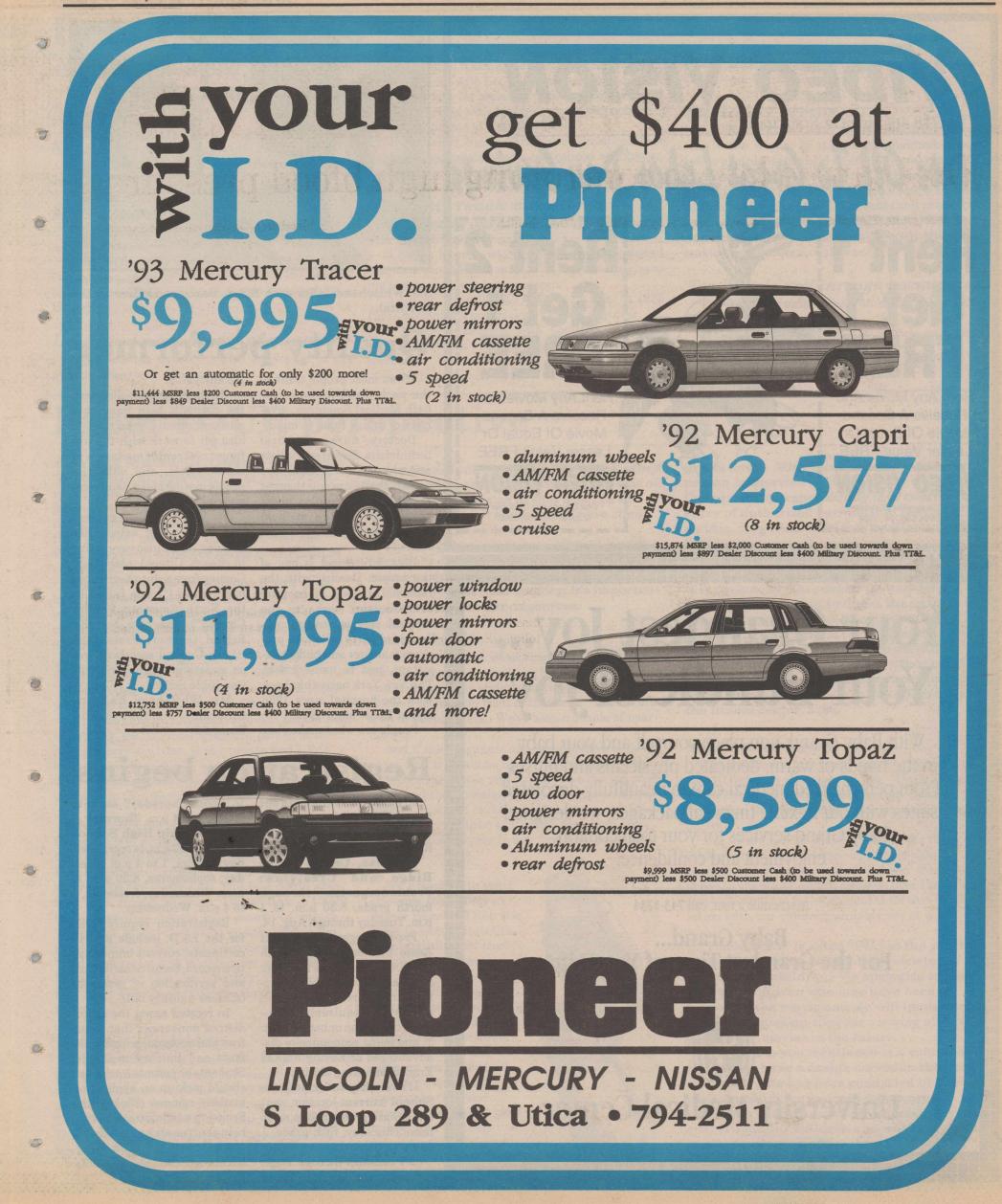
All active duty, retirees and dependents interested in having their blood pressure checked can stop by the Primary Care Clinic from 7:30 a.m. to 4:15 p.m. Monday through Friday.



#### AUGUST 7, 1992 C ROUNDUP

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#### **12** COMMUNITY

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# **University Medical Center**

#### ROUNDUP 🗆 AUGUST 7, 1992



Ms. Whitehead talks with MSgt. Barbara Collier in the hospital.

# **Quality performer**

When most people think of job enjoyable. the work that goes on at the 64th Medical Squadron, a variety of things come to mind.

Doctors, nurses, medical technicians, dental specialists and physician assistants are usually the first people thought of, but there are also many people behind the medical scenes who play an important role

Elva Whitehead is one of the people. Dealing with the financial aspects of hospital services, she works as the medical service account officer, third party collection program manager and budget assistant, just to name a few. The New York native has been with the hospital since 1986 and at Reese since 1978.

"It's interesting dealing with the patients, both inpatients and outpatients," she said. "I also get to work with the different cost center managers in the hospital, and with the people in wing budget and commercial services.'

Ms. Whitehead lists gardening and reading among her hobbies, and is also very active in Reese Chapel activities. Coming from a church-oriented background ("I was raised in the North American Baptist Church"), she is a Sunday School teacher, Protestant Parish Council secretary and an assistant teacher in Vacation Bible School.

Ms. Whitehead has two children - Johnny, 18, and People are what makes her Tina, 16.

### **Registration begins**

School District has announced the following registration dates for the following school year:

C Reese, Casey, North **Ridge and Crestview:** Prekindergarten through fourth grade, 8:30 a.m. to 4 p.m. Tuesday through Aug. 14.

Pre-kindergarten will be at **Reese Elementary and North** Ridge. Classes will be half days and parents will have to furnish transportation. Pre-kindergarten requirements include being 4 on or before Sept. 1, and being economically disadvantaged or having limited English speaking ability.

G Frenship Intermediate School (current location west end): Sixth grade, 8:30 p.m. to noon Thursday; fifth grade, 1 to 4 p.m. Thursday.

G Frenship Junior High School: Eighth grade, 8:30 a.m.

Frenship Independent to noon Thursday; seventh grade, 1 to 4 p.m. Thursday.

> □ Frenship High School: Seniors, 8:30 a.m. to noon Tuesday; juniors, 1 to 4 p.m. Tuesday; sophomores, 8:30 a.m. to noon Wednesday; freshmen, 1 to 4 p.m. Wednesday.

> **Registration** requirements for the I.S.D. include a birth certificate, current immunization record, Social Security card and verification of residence (such as a utility bill).

In related news, the school district announced that it has free and reduced price breakfasts and lunches available. Students or parents interested should pick up an application at their campus office or the Frenship administration office between Tuesday and Aug. 14.

For more information on registration or the reduced meals, contact your school.

#### AUGUST 7, 1992 🗆 ROUNDUP

## **Reese achievers**

#### **52nd FTS names best**

The following members of the 52nd Flying Training Squadron were cited for their recent performance:

Ist Lt. Dave Klaus was named instructor pilot of the quarter for April through June.

Capt. Jack Daniel was named IP of the month for June.

#### MSS names top civilians

The 64th Mission Support Squadron has named its top civilian for the past quarter.

Alfredo Gonzales, a reporter with the Reese Legal Office, was cited by MSS officials for "constantly looking for ways to improve the squadron as well as himself."

#### Lockheed names best of quarter

Lockheed has named its best employees of the quarter. They are:

□ William R. Wood, senior mechanic category. Mr. Wood has been with Lockheed since December 1989.

□ Theodore J. Messner, worker-mechanic. Mr. Messner started with Lockheed in February 1990 at their detachment at Minot AFB, N.D.

Given the organization. Wrs. Nelson joined Lockheed in March and established a centralized administration office in the organization.

#### **Civilians reach milestones**

The following individuals have reached the 20year mark in civil service mark:

□ Bobby Harper, 64th Civil Engineering Squadron, has been at Reese since 1974. He is and engineering technician and Army veteran.

□ Joseph Hassell, CES, arrived on base in 1978. He is currently a supervisory general engineer.

□ Elaine Stefkovich, 64th Logistics Squadron, arrived here just over one year ago and works as a secretary.

In addition, Leon Byrd, a vehicle maintenance/

operation contract monitor from logistics, has reached the 10-year mark. He is an Air Force retiree.

#### Top safety person cited

A1C Kevin Evans, 64th Civil Engineering Squadron, is the winner of the wing individual ground safety award for the third quarter of fiscal year 1992.

Airman Evans safety efforts during the award period included redoing his section's safety training outline, which identifies job hazards and preventive actions, and scheduling ongoing training for his coworkers, many of whom work different shifts and making scheduling a challenge.

#### 'Top Wheels' roll through competition

The following units were winners in the last Top Wheels competition:

General purpose vehicle — Vehicle operations (Allied Management of Texas).

Special purpose — Fuels branch (AMT).

# **From YOUR perspective**

As wing commander, I need to hear things "from YOUR perspective." Your inputs and suggestions can help Reese remain the pacesetter in the command. 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 of 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.

#### Misuse of Air Force property

I am in the Air Force, and I myself know this is wrong and it should be stopped. There is a person with a post office box number, and this person lives in housing, getting mail. I see this person at the post office all the time. If this person had a P.O. box off base, that person would have to pay for it. I don't feel this person should misuse government property in this way. Please check into this.

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Thank you for bringing to light a possible fraud waste, & abuse case. Please understand that all of the boxes at the post office are not Postal Service Center or "PSC" boxes which are free to the customer. The box could also be a U. S. Postal Service "USPS" box. A USPS box is one that people rent month-to-month. There are many checks to ensure that only people eligible for "PSC" boxes have them. With a name or box number we would be able to investigate this case further. Please contact SSgt Turner at 6279 for further assistance.

#### Wasting electricity

The flood light at the rear of the chapel has been on some three weeks going on a month, and I have called the chapel staff once myself to ask them about getting it turned off. Nothing has been done. There may be a technical difficulty or something. That light is wasting electricity throughout the day. A walk around the facility was made when we received a call that our flood light was on. None of them were on at that time, so we contacted the civil engineers to have them checked.

These lights are on photo sensors, and the engineers discovered that one of the photo cells was defective and it was replaced.

\* Thank you for your inquiry; it's important that we conserve our resources.

#### **Reese Beach**

I want to suggest when Reese Beach is drained for the season they mark the bottom in the shallow end in front of the slide so no swimmers are allowed to swim in front of that area. There's often a lot of people there. We've seen a couple of near misses.

And if the lifeguards are going to have to do the snack bar, it would be nice if they could use that door that they go in and out of, leave the top part open, and then families can go up together to get snacks. It would make it a lot easier on the lifeguards, I think, than two people from both sides, boys and girls, trying to buy food with one person having the money.

We appreciate your concern for safety at Reese Beach. When the slide is in use it is the responsibility of the lifeguards to ensure the safety of the patrons in the pool. Thank you for pointing out this deficiency; the lifeguards have been informed to better enforce their control.

The purpose of incorporating the snack bar into the pool house was to keep personnel cost down, thus keeping pass prices down. With the cashier being the only person authorized to run the cash register, their primary responsibility is to control the entry of authorized patrons into the pool. To do this, they need to be in a position to watch both entrances to the pool house.

If they are busy selling snacks out the back door, unauthorized entries may occur. For this reason, we have asked the cashier not to sell out the back, but to direct the patrons to the entrance windows. The lifeguards are in the pool house to assist the cashier, but it is also their hourly break time, so assistance is at a minimum. If you have any other suggestions as to how we could better operate our pools, please direct them to Jake Trevino at the fitness center, 3783.

#### Youth problems?

The children in the youth center are between 5 and 10, yet they show movies like "Uncle Buck," which has curse words throughout it. I don't appreciate that and neither do a lot of other parents.

Also, there is a 15-year-old who works there, taking care of our children, who has a naked woman shaved in the back of his head. Someone needs to check out what's going on over there, and someone needs to be reprimanded for this type of action with our children while we are at work.

"Uncle Buck" is rated "PG," so the youth center supervisor did not limit viewing of the film to older children. We apologize to parents and children who may have been offended by the movie and we will implement parent permission slips for viewing all "PG" and PG-13 movies in the future.

The person you mentioned is a volunteer and he did have a design carved in the back of his hair. He has been counseled by the assistant director and will follow proper standards in the future. We appreciate your concern for our children and will look closely at all our programs to make a good youth center even better.

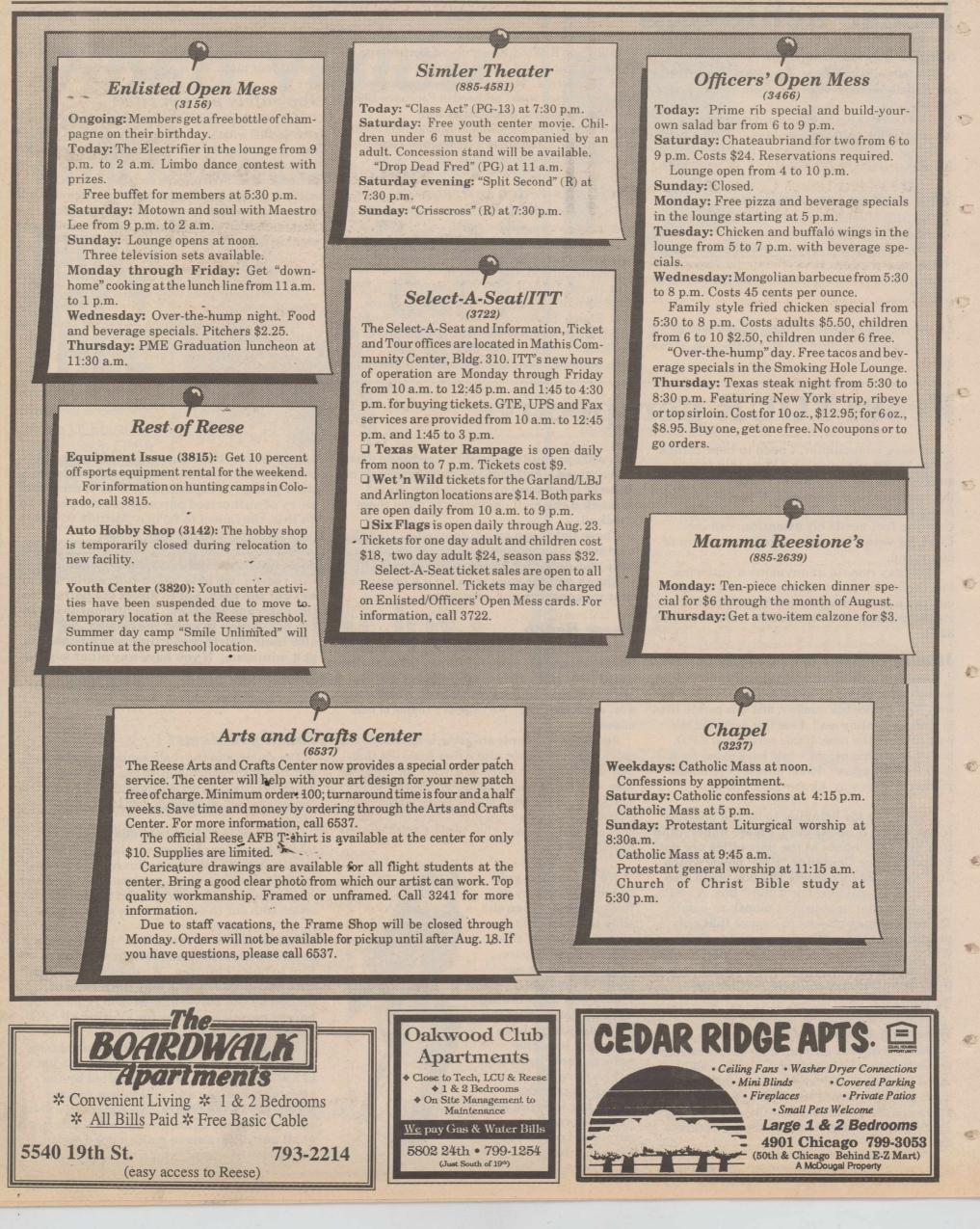


#### NEWS / COMMENTARY D 13

#### 14 COMMUNITY

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#### ROUNDUP 🗆 AUGUST 7, 1992







#### SPORTS D 17

# Regular season closes

#### Playoffs under way to crown new champ

The intramural softball regular season ended Monday with all eight teams making the playoffs that were expected to, though one almost blew a lock on the last playoff spot.

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Standings (Regular season final) **National League** x-OSS "A" 13-2 x-CES 12-3 x-52nd FTS 12-3 x-MSS-MWRS 11-4 x-LS "A" 10-5 MedSq 7-8 54th FTS "B" 6-8 6.9 Lockheed **American League** 

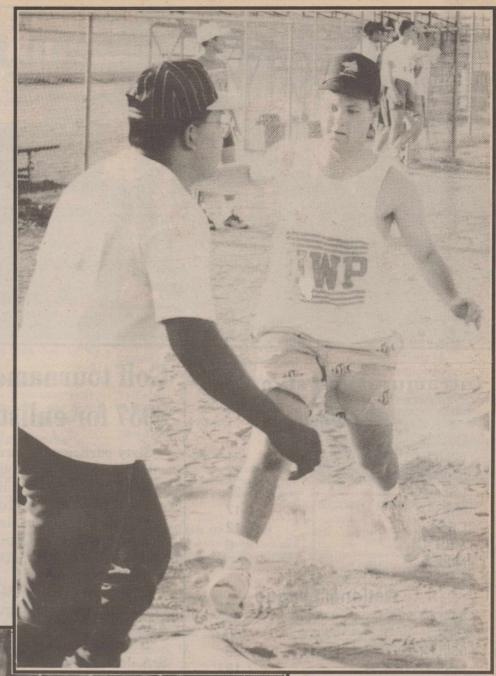
x-54th FTS "A"	13-2
x-SPS	8-7
x-33rd FTS	7-8
Navy-Marines	6-9
35th FTS	5-10
LS "B" (T-1)	3-12
COMM	2-13
OSS "B"	0-16
x-playoff team	

As expected, the National League took both "wildcard" spots for the title tournament, which ran Tuesday through Thursday (a full rundown on the playoffs and championship game will appear in the Aug. 14 Roundup). NL representatives, in order of finish, were the 64th Operations Support Squadron "A," 64th Civil Engineering Squadron, 52nd Flying Training Squadron, 64th Mission Support/MWR-Services Squadrons combined team and the 64th Logistics Squadron "A" squad.

In the American League, the 54th FTS "A" split its last two games to wrap up a regular season title it put away weeks earlier. Their 13-2 record tied with OSS "A" as best for the regular season. Their second loss of the year came on a 5-3 decision July 29 against a scorching-hot 52nd FTS squad that literally went roaring into the playoffs, coming off a win streak that gave them a second-place tie in the NL.

The only real suspense the last week was whether or not the 33rd FTS would hold onto the final playoff spot. A threegame lead over Navy-Marines going into the last week got real shaky as the 33rd dropped a 15-13 decision to the seabound soldiers July 29.

Things didn't improve, as Navy-Marines went 2-0 in the final week while the flyers had to play six games (to make up for games missed earlier due to night flying) and went 2-4. Luckily for the 33rd, the regular season ended before their luck did.



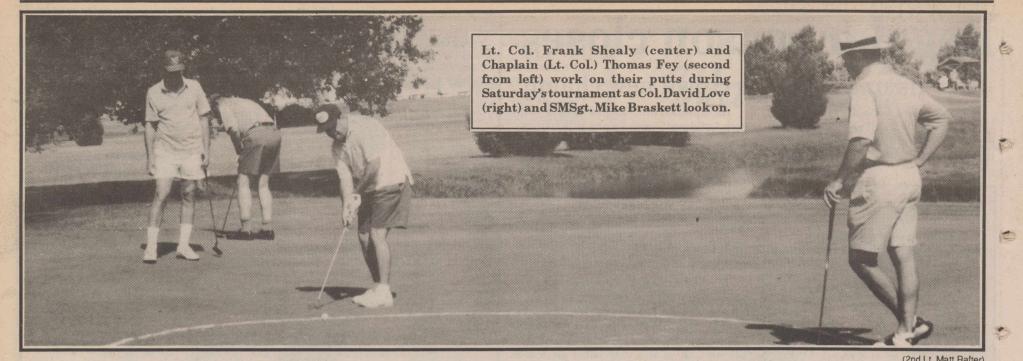
(g. Greg Spraghus) First L. William Forkner (above) crosses home plate during intramural action Monday night, while Maj James Welshans (far left) stretches for the out at first base.

(Sgt. Greg Spraggins)

#### **18** SPORTS

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#### ROUNDUP 🗆 AUGUST 7, 1992



**Intramural golf standings** 

#### American League

OSS35	
52nd FTS"C"	31
52nd FTS "A"	21
LS	20
MSS "A"	17
CES	12
MSS "C"	6
MedSq	0
National League	
National League 54th FTS	44
	44 38
54th FTS	
54th FTS SPS	38
54th FTS SPS 35th FTS	38 26
54th FTS SPS 35th FTS MSS-MWRS "B"	38 26 18

## Golf tournament raises \$957 for enlisted banquet

Sixty participants turned out for Saturday's enlisted awards golf tournament at the High Plains Golf Course, helping raise a \$957 for this year's enlisted awards banquet.

The top three teams in the event were:

□ First place — Capt. James Williams, 2nd Lt. Bruce Upton, MSgt. David Currier and SSgt. James Samartino.

□ Second place — Retired Col. Don Neff, Lt Col. Thomas Loftus, MSgt. Jack Sipos and Robbie Attaway.

□ Third place — Capt. David Drummond, SrA. John Zapata, Jud Barnes and Sonny Dees.

Other highlight from the tournament included retired MSgt. W.D. Davis' longest drive and retired CMSgt. John Mattern's closest to the pin putt.

# Updates

#### Track meet upcoming

An intramural track meet is scheduled for 8 p.m. Saturday on the base track. Everyone on base is welcome to attend.

#### Sea Breeze closed

The Sea Breeze pool will be closed Saturday and Sunday until 4 p.m. while water survival training is done.

#### Interested in hunting?

Anyone who might be interested in hunting camps in Colorado should call equipment issue at 3815.

# **BE A GOOD NEIGHBOR:** Take pride in Reese and its facilities





#### AUGUST 7, 1992 CROUNDUP

#### **Houses For Sale**

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Three houses for sale by Taylor Properties, all in the Frenship School District in Meadowgreen Addition, behind Gene Messer Ford

5806 15th. 3 bedroom. 2 bath. 2 car garage. Earthtone colors, central heat and air, ceiling fans, drapes and blinds. \$47, 500

5805 13th. 3 bedroom. 2 bath. 2 car garage, Earthtone colors, central heat and air, ceiling fans, drapes and blinds. \$50,000.

1205 Grover (off 13th at the 5900 block), 3 bedroom, 2 bath, 2 car garage, Earthtone colors, central heat and air, ceiling fans, drapes and blinds. \$55,000. 799-8438

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#### **Piano** Lessons

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#### 1986 Toyota

For Sale: 1986 Toyota Corolla SR-5, 2dr, coupe, one owner, low mileage, auto/ cruise, new tires, etc.Mint-Blue, Excellent condition, Asking \$4,000 or best offer. Contact Eric after 4 pm. 885-2894

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day and Sunday, 9:00 to 6:00 514 N. Durham (near Shadow Hills). 8-7

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**Furniture For Sale** Matching couch and loveseat, coffee table, sofa table. Also vaccum cleaner and toaster. 885-2247 8-7

"Quitting Golf" Sale Northwestern clubs, Nicklaus Bag, lots of extra golf stuff--only \$75.00. Call after 6 pm. 885-2895 8-7

'86 Hyundai Excel Excellent condition, 1 owner, 54,000 miles, AC, 4-speed manual, AM/FM stereo, red w/tan interior. \$3200 OBO (H) 799-2913, (w)885-3258, Ask for Bill Davis. 8-7

#### **1984 Landcruiser** 1984 white Toyota Landcruiser/wagon,

29,000 pampered miles. one owner \$13,000. After 5:00 pm. 793-3484 8-7

#### **Queensize Frame**

Queensize bed frame for sale-purchased new in January. (\$25.00) Call and ask for Heidi.799-5059 8-7

- FAA Airframe & Powerplant FAA Airframe & Powerplant License just days. Experience requirement 18-30 mo. Ask about our mobile school. Call FEDERAL EXAMS (405) 787-2345

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Mauve colored sofa and loveseat, six months old, excellent condition. \$595 for the set. Call 885-2411

#### Motorhome

1978 Country Squire Motorhome Dodge Chassis 400 engine 34,000 actual miles, rear bath, new upholstery, new tires, sleeps four. Call for more information. 795-2886. 8-7 **Bicycle** 

Nishiki Racing Ten speed Bicycle Needs some minor tune-up repair. Asking \$30 or best offer. Contact Eric after 4 pm:885-2894

#### **Roll Top Desk**

Spanish Antique "C" Roll Top Desk, purchased from "Plaza Castilla" Madrid, Spain. Solid oak, one of a kind, Built in early 20's. Asking \$700 or best offer. Contact Eric after 4 pm 885-2894 8-7

#### '91 Beretta GT

'91 Beretta GT 3.1L, V6, AC, AM/FM Cass, Air Bag, 5-Sp, Transferable 5 yr/ 100,000 mile warranty. Very quick. Terry 797-9719

#### Sofa

7'6" sofa. earthtones. oakwood trim, \$225; oakwood/glasstop coffee table \$95, Both like new in excellent condition. Call 798-1285

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Four university level studies have shown Orthokeratology to be as safe as wearing regular contact lenses. Improved long term vision has been successfully demonstrated on thousands of patients since 1962 by qualified specialists in private practice. All studies concluded it to be effective, safe and without harmful side effects.

How do you know if Ortho-K is for you? Always before a patient starts Ortho-K a careful and detailed predictability study is performed. This predictability study indicates the amount of corneal deviation from normal that the patient has. Once the predictability study has been performed, the doctor can predict quite accurately how much he can help you. "The predictability study is extremely accurate, but is not 100% accurate. About 90% of all patients do achieve the results the predictability study indicates," says Dr. Reber.

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Are you Myopic (nearsighted) or Astigmatic? If so, Dr. Reber may be able to return your 20/20 vision. Though, not all patients are returned to "perfect" vision, most are greatly improved. After a short examination. Dr. Reber can tell you with great accuracy how much correction you can expect.

Reese Complimentary Offer Return this ad within 1 Month for your FREE predictability study Not valid with any other offer (By Appointment Only) \$10 OFF Basic Eye Exam \$10 OFF Your Contact Lens Exam R. Randall Reber, O.D. 3104 Indiana Ave. 793-1927

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#### ROUNDUP 🗆 AUGUST 7, 1992

