

"Air Force people building the world's most respected air and space force ... global power and reach for America"

Vol. 48, No. 17

1250

May 3, 1996

Reese AFB, Texas

Colonel Gallagher takes command of 54th FTS Two more squadron changes of command scheduled this month

took command of the 54th Flying Training Squadron from Lt. Col. Robert Herris Tuesof command ceremonies here.

Lt. Col. LeeRoy Martin will assume command of the 52nd Flying Training Squadron from Lt. Col. Mark Richardson today at 9:00 a.m. at the T-lA Hangar. Maj. Harry Edwards will relinquish command of the 64th Medical Support Squadron to Lt. Col. Richard Paschedag on May 10 at 3:00 p.m. at the Reese Club. Everyone on base is welcome to both eremonies.

Gallagher replaces Herris who will be a student at Industrial War College, Fort McNair, Washington D.C. Gallagher had been the 54th Flying Training Squadron Operations Officer since October 1995.

A native of Kittery, Maine, Gallagher attended the U.S. Air Force Academy, graduat-

Lt. Col. Mark Gallagher ing with a bachelor's degree in history in 1978. After graduation, he entered Undergraduate Pilot Training at Williams day in the first of three change Air Force Base, Ariz., receiving his wings in June 1979. He was then selected as a T-37 instructor and served as a class commander.

In 1982, Gallagher attended Squadron Officer School and was a distinguished graduate. After training in the RF-4C at Bergstrom Air Force Base, Texas, Gallagher was assigned to the 15th Tactical Reconnaissance Squadron, Kadena Air Base, Japan.

He completed a master's degree in systems management in 1985 through University of Southern California.

In April 1986, Gallagher was assigned to the 4486th Fighter Weapons Squadron, Eglin Air Force Base, Fla., flying the RF-4 and F-4E in the test and tactics business. He served as reconnaissance evaluation pro-



Col. Bruce Burda, 64th Operations Group Commander, passes command of the 54th Flying Training Squdron to Lt. Col. Mark Gallagher here Tuesday. Gallagher succeeds Lt. Col. Robert Herris (far right).

gram manager and flight commander. In 1987, he graduated from the U.S. Air Force Fighter Weapons School at Reconnaissance Squadron at

Nellis Air Force Base, Nev. In 1989, Gallagher was assigned to the 38th Tactical

Zweibrucken Air Base, Germany, where he served as chief, wing weapons and tactics and (Continued on Page 4)

orce revises selection board schedule for 1996

RANDOLPH AIR FORCE added to the fall schedule. BASE, Texas (AFNS) — The changes say officials with the Air Force Personnel Center here

The changes affect one enlisted and two officers' boards and are the result of the new

The Chief Master Sergeant Air Force's board schedule for Evaluation Board has been the second half of 1996 recently moved one week from its origiunderwent some minor nal convening date of Sept. 30 to an opening date of Oct. 7. The Medical Corps and Dental Corps Board and the non-line Captain Board for Medical Service, Biomedical Sciences and Nurse Corps, slated to ommand screening board start Nov. 4, is now Nov. 12.

The revised 1996 promotion tion Boards board schedule is:

June 17 — Major Chaplain and Medical Service Corps Board, Captain Judge Advocate General Board

□ July 8 — Lieutenant Colonel Line Board, Colonel Chaplains, Medical Service, **Biomedical Sciences and Nurse Corps Board**

□ Sept. 9 — Captain Line, Chaplains and Judge Advocate **General Boards**

□ Sept. 18 — Air National Guard Colonel Federal Recognition Review Board - Second Session

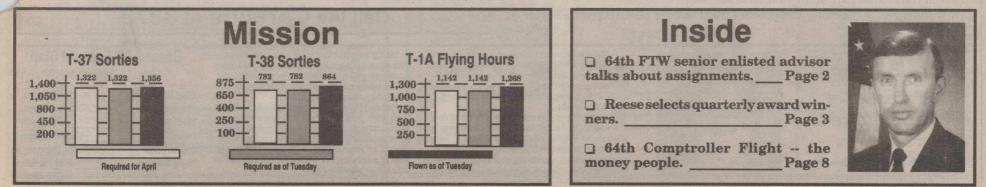
□ Oct. 7 — Chief Master Sergeant Evaluation Board □ Nov. 12 — Medical and

□ July 29 — Special Selec- Dental Corps Board, Captain

Medical Service, Biomedical Sciences and Nurse Corps Board

Dec. 2 — Colonel Line and Judge Advocate General Board, Major/Captain Judge Advocate General Board

All of the boards convene at the Center and the release of selectees is generally within three months of the board's opening date.



2 COMMENTARY

ROUNDUP May 3, 1996

Assignment update AF, AETC teams to visit Reese in July



Chief Ptomey

by Chief Master Sgt. David Ptomey 64th FTW Senior Enlisted Advisor

Probably the biggest question at Reese today is, "When am I going to get an assignment and when will I be leaving?"

Well, in an effort to keep everyone as informed as possible, I thought I'd write this article to give everyone the latest information that's available. Remember now, this information is subject to change. All commanders have looked at their squadrons by AFSC, grade and name and identified the month and year each per-

son will be available for assignment. Based on that list, we have identified to command, approximately 65 personnel that are available for assignment between July 1996 and March 1997. The remainder of

Reese personnel will be leaving between April 1 and Oct. 31, 1997. To give everyone a tentative timeline of how this process will proceed, I asked Staff Sgt. Donald Porter in the Reese Military Personnel Flight outbound assignments section to put together a talking paper.

Here's how it looks as of right now:

Overseas assignment cycle #1

May 7, 1996 — HQ AFPC will publicize overseas requirements via equal listing (specifically for those personnel who have already been identified).

June 7, 1996 — Overseas assignment selections made (report-no-laterthan dates will be January - March 1997. Personnel will be notified through their unit commanders within 15 days).

Assignment team visit #1

□ HQAETC/HQAFPC assignment team is scheduled to visit July 15-17 and will provide stateside assignments to the remaining personnel who were not selected for an overseas assignment.

□ Stateside assignments will have a report-no-later-than date of March 31. 1997 (early reporting authorized with squadron commander concurrence).

Overseas assignment cycle #2

□ August 1996 — HQ AFPC will publicize overseas requirements via equal listing (for remaining Reese personnel).

September 1996 — Overseas assignment selections made (report-no-laterthan dates will be May/June 1997).

Development November 1996 — HQ AFPC will publicize additional overseas requirements via equal listing.

December 1996 — Overseas assignment selections made (report-no-laterthan dates will be July - September 1997).

Assignment team visit #2

□ HQ AETC/HQ AFPC team is scheduled to visit in January/February 1997 and will provide stateside assignments to all Reese enlisted personnel who remain eligible and who have not received an overseas assignment.

□ Stateside assignments will have a report-no-later-than date of Oct. 31, 1997 (early reporting authorized with squadron commander concurrence).

It's important to remember the above is our most current information, but it is not set in concrete.

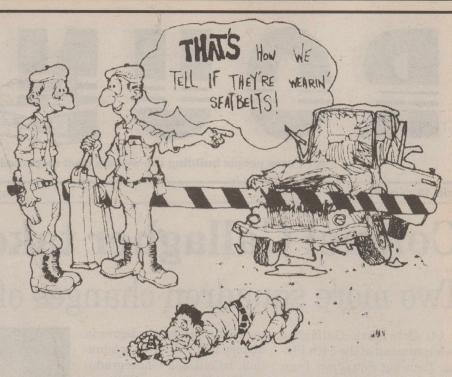
I can appreciate everyone's anxiety concerning base closure, but we need to keep our priorities right — closure is not our primary mission and won't be until the last Joint Specialized Undergraduate Pilot Training class graduates on Jan. 23, 1997. Until then, let's keep our focus on the business at hand — training and supporting the best pilots in the world.

Any questions concerning your release date should be directed to your squadron commander through your first sergeant.

Any questions concerning the process itself should be directed to Porter at 3361.

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Keep a grip on life **Buckle your seatbelt**

Recycling program reduces demand on sanitary landfills

by Stephen Jones Environmental Flight

Some products claiming to be degradable occupy landfill space for decades, offering further evidence recycling whenever possible is the best alternative to waste disposal.

Biodegradable materials such as food and yard waste, decompose into natural elements when exposed to air, moisture, and bacteria. Photodegradable materials, such as plastics, disintegrate when exposed to sunlight. Degradation of both material types occurs very slowly in landfills.

Modern landfills are designed, according to law, to minimize the amount of sunlight, air, and moisture entering the landfill to prevent pollutants from entering the air and the drinking water supply. This results, however, in decomposition so slow, even paper and food may take decades to decompose.

Recycling saves energy, natural resources and landfill space. If current trends continue, Americans will annually throw away more than one million tons of aluminum cans and foil, 11 million tons of glass, 4.5 million tons of office paper and nearly 10 million tons of newspaper. Most of these products could be recycled, reducing the environmental damage caused by mining, logging, and manufacturing raw materials, and decreasing the amount of garbage sent to landfills.

Each building on base has recycling locations for office and industrial recyclables. Tri-State Recycling Services operates the base's recycling program. Recyclables and bagged yard waste are also picked up in the housing area every Monday. Tri-State Recycling Services offers special pick-up services for bulk items.

If organizations, offices or housing residents plan a social function, Tri-State will provide containers for the recyclables and arrange to pick them

To request pick-up service of bulk items, or if you would like additional information on recycling, call Tri-State **Recycling Services at 3815**

Suggestions ... Concerns ... Questions? Call the Careline at 3273

Services and products advertised in this publication will be

made available for purchase, use, or patronage without regard

to race, color, religion, sex, national origin, age, marital status,

physical handicap, political affiliation, or any other nonmerit

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Associated Press journalistic style and space requirements.

Deadline for short notices is noon Monday the desired week of publication; full articles are due by close of

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business the preceding Friday.

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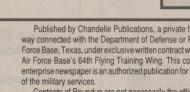
Staci Ramrakha

54th Contracting Squadron

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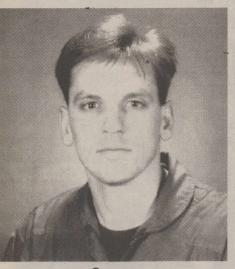
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for people like ...



MAY 3, 1996 🖸 ROUNDUP

Seven earn 64th FTW quarterly awards

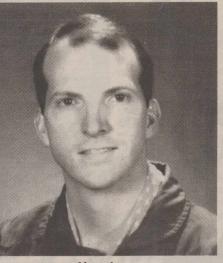


Gasser

Seven Reese people have been recognized as wing members of the quarter.

They include: Flight Commander -- Capt. Timothy Gasser, 52nd Flying Training Squadron; Instructor Pilot -- Capt. Todd Hensley, 54th FTS; and Company Grade Officer, 1st Lt. Jeff Myer, 35th FTS

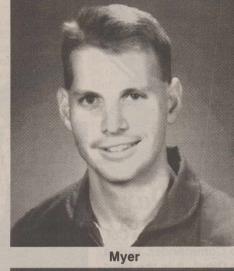
Other awardees are: Senior NCO -- Senior Master Sgt. Marion Tate, 64th Logistics Squadron; NCO-- Staff Sgt. Rodney Moore, 64th Civil Engineer Squadron; Airman -- Airman 1st Class Brian Ledlow, 64th Medical Operations Squadron; and Honor Guard -- Senior Airman Jeffrey Engel, 64th CES.



Hensley



Moore







Engel

Ledlow



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ROUNDUP MAY 3, 1996



Reese celebrates Earth Day

Shelly Abendschan, Texas Forestry Service, presents Col. Edward De Iulio, 64th Support Group Commander, with a banner recognizing Reese as a "Tree City." It is the third straight year that Reese has earned the designation. At right, members of the Reese Child Development Center help Stanley Greenburg, 64th Civil Engineer Squadron, and Linda Woestendiek, 64th CES, plant a tree near Reese Manor. The planting was part of the Earth Day observance here April 26.



AF to launch long-range airpower study

Force study geared toward institutionalizing long-range planning and developing a long-term strategic vision for the role of airpower around the year 2025 will be published late this year.

The purpose of the study, directed by Air Force Chief of StaffGen. Ronald R. Fogleman, includes many facets but key among them is defining "where the service is headed and how we're going to get there," said Maj. Gen. John A. Gordon, special assistant to the chief of staff for long range planning.

The effort will draw upon several studies, including an

WASHINGTON — An Air ongoing Air University study, the Scientific Advisory's Board's recently published "New World Vistas," and studies underway within other Air Force major commands," said Gordon, a lieutenant general select.

"We recognize that it's absolutely impossible to be precise," Gordon said. "What we want to do is make sure that we don't get there just through the evolutionary path by just incrementally changing.

"We want to leap out and imagine what the world is going to be like and anticipate what military capabilities will really be needed and what capabilities will really be there and then begin to move toward that future.'

Gordon emphasized that the study is not just about technology and weapon platforms. "We need to think about demographics and personnel, infrastructure, acquisition, civil engineering and logistics and how they will serve as force multipliers. Air Force has always been pretty much a leader in technology but our future is not just in technology. It's how we do our business as well. We want to explore all of that and help set a vision.

"And whatever we produce needs to be usable and understandable and something that every member of the Air Force can adopt as their own," he said. "It must mean something to everyone."

"Everyone" includes Congress and the American people, Gordon said.

One technique the planners are using to develop the study s "alternative futures," Gordon said. "One thing we know about the future is - if we agree exactly what the future will be, we are guaranteed to be exactly wrong."

Through "alternative futures" the long-range planners will examine three different fiscal environments: the same amount of money, more money and less money. The planners will also project the range of things that could occur in the future — large and small and the role airpower may play at each level.

"We don't want to plan toward a very specific future," Gordon said. "We want to plan toward the main things we want to be able to do, the main capabilities we want to have."

This also includes focusing on the joint service environment because "we are very cognizant that virtually everything we do in the future will involve jointness," Gordon said.



Gibbs-Vanhorn

Goeke

Shemelia Devera

Commander's award recipients

Five Reese people received 64th FTW Commander's Award coins last week. They are: Master Sgt. Alfredo Gibbs-Vanhorn, 64th CES; Tech Sgt. Steve Shemelia, 64th SVS; Staff Sqt. Dexter Devera, 64th OSS; Staff Sqt. Lynne Davenport, 64th MDG; and Airman 1st Class, Nathan Goeke, 64th FTW.



Davenport

Colonel Gallagher takes command of 54th FTS

(Continued from Page 1)

assistant operations officer. **During Operation Desert** Storm, Gallagher led 14 combat missions.

Gallagher returned to Williams Air Force Base in 1991 with the 99th Flying Training Squadron as a T-38 instructor pilot and also served as an assistant operations officer. He also completed Air Command and Staff College by correspondence that year.

In July 1992, Gallagher was assigned to Randolph Air Force Base, Texas, as a fighter assignments staff officer and also served as chief of rated management. He completed a master's degree in information management from Webster University in 1994 and Air War College in 1995.

In May 1995, he re-qualified in the T-38 and moved to

Gallagher is a command pilot with more than 3,000 hours of flying time.

He is married to the former Gail Apfel of Grand Island, Nebr. They have two children, Kate and Daniel.

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The set and the set of **OF TRAVEL**

60th Anniversary Of Cypress Gardens

(NAPS)—Florida's Cypress Garoffer visitors of all ages.

azine article about a man who had first water ski show. opened his home to the public and began charging admission, Pope a century of Pope family ownership decided to do the same on a much and involvement, Cypress Gardens larger scale. Soon, he and his wife, was acquired by publishing company Julie were on their way back to their Harcourt Brace Jovanovich. HBJ original home in Winter Haven, with added new attractions, shows and dreams of creating a botanical wonderland along the shores of Lake Eloise. month-long Mum Festival. The dream became Cypress Gardens.

In 1943, a photo of water skiers dens, founded in 1936 by Dick Pope, being pulled behind a boat ran in a is celebrating its flora and flaunt- local newspaper. Several soldiers in ing its fauna as it embraces its 60th the area saw the photo and arrived anniversary this year. Noted as at the park to see the "water show." Central Florida's first tourist attrac- Unfortunately, none existed. Howtion, Cypress Gardens has much to ever, Pope's wife, Julie, who was in charge of the park while her hus-Pope had developed a substantial band served in World War II, business in New York when the rounded up her children and their Depression hit. After reading a mag- friends and held Cypress Gardens'

> In August, 1985 after almost half food facilities, and premiered the

Today, the 200-acre park is cele-

brating its 60th anniversary, complete with a water skiers' salute to the summer Olympics in Atlanta with a revitalized presentation of Totally Mardi Gras, A Water Spectacular.

Amid the theatrical pageantry, color, choreography, costuming, novelty acts, comedy and fast-paced speed boat and skiing action that made the Mardi Gras-themed show a hit when it debuted in 1995, the enhanced production now showcases the talents of the park's world record-holding athletes more than ever before.

The show is a tribute to the legendary "water ski capital of the world" and a nostalgic tradition of water skiing showmanship and innovation pioneered by the park's founder, Dick Pope Sr.

Cypress Gardens founder Dick Pope Sr., for many years averaged crowning a queen at the rate of more than 100 a year. This year the attraction celebrates its 60th anniversary.







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WHAT'S HAPPENING

Volunteer Services Council for Lubbock State School will host a Sunny Days Golf Tournament. The four-person scramble will be held May 4, at Elm Grove. Proceeds from the tournament will benefit the school's landproject. To register or for more inforbenefit, call 741-3633.

Texas Tech Red Raider Baseball - May 10 at 7 p.m., May 11-12 at 2 p.m. - Red Raiders will play TCU in Lubbock.

A program of Sacred Choral Classics - The Chancel Choir of First United Methodist Church will join with the Lubbock Boys Choir and the Lubbock Girls Choir to present a concert in the First Church Sanctuary, located at Broadway and Ave. M on Sunday, May 12 at 5 p.m. Admission is free. For more information call the Church Music Office at 763-0781.

Golf Tournament - The Air Force Association will host its annual fund-raising golf tournament at Reese on May 17, beginning with lunch at 12 noon. Shotgun start will begin at 1 p.m., with the awards ceremony scheduled for 5 p.m. Refreshments will be served on the course. More information can be obtained from Quentin Thomas at 791-5430.

Reese/Lubbock Air Show - Friday and Saturday, May 18-19. The USAF Thunderbirds and other aerial demonstrations teams will rm.

Mussion to Russia '96, July 5-15 — Volunteers are needed for the Operation Carelift, a project of Campus Crusade for Christ International. The Mission trip delivers supplies, vitamins, food, and a children's Bible story book as part of a Carepack to Russian children. Anyone interested in making a shortterm mission trip to Russia and the Ukraine can contact Maisie Birkelbach at 806-385-5055, or write her at 502 N. Sunset Ave., Littlefield, TX 79339.

The children of Texas come in all sizes, shapes, colors, and abilities. They do not all learn the same way, but they ALL do learn. Do you know of an infant, child, or young adult who does not learn easily or has an impairment that might affect his/her success in life? Do you know that public school programs can serve these children from birth to age 22? For more information, call the Special Education Director in your school district, or contact the Child Find Coordinator at the Education Service Center at 806-792-4000. Public Education in Texas is for every child. Don't leave any child behind.

You need cash and you need it now, but your credit history or lack thereof, prevents you from obtaining a conventional loan. What do you do? Many consumers are turning to the recently emerging firms that specialize in cash advances ranging from check cashing services, car title loans and the more-established tax refund advance. The advances are not viewed as conventional loans under our current laws, and legal guidelines for finance charges and other fees do not apply. For example, car title loan firms are often licensed as pawnbrokers and may charge a monthly fee of up to one-fifth of the value of the loan in addition to two percent interest per month on the unpaid balance. While many businesses that fall under the broad category of "cash in a hurry" services are legitimate - this is new territory for our market and consumers should exercise caution and research any cash advance offer thoroughly and weigh any fees involved against actual need or other resources.

"What's Happening" is brought to you by Chandelle Publications, publisher of the Reese Air Force Base Newspaper, 5760 40th St., Lubbock, TX 79407



Win Big at Ruidoso Downs!

It's time to quit scratching and start cashing in at Ruidoso Downs where the winning is easy...

The '96 racing season breaks from the gate Friday, May 24 - Memorial Day Weekend - with four great days of fast horses and winning action and nothing to scratch off!

People just like you will be winning more than a million dollars in the cool mountains of Ruidoso New Mexico...

Come tour the world famous Museum of the Horse... and enjoy great golf at the championship course at the Links at Sierra Blanca...

General admission is always FREE!

A race begins every 20 minutes!

Simulcast races from the best tracks coast to coast!

Kids Playground & Arcade!

FREE "How To Win" classes!

Quit scratching and start cashing in on the fast flying, breathtaking, winning action of horse racing and win your share of about a million bucks at Ruidoso Downs where the winning is easy!



8 D NEWS FEATURE -- 'THE SQUADRONS'

ROUNDUP MAY 3, 1996



Airman 1st Class Jo Rosal issues a U.S. Treasury Check to Terry Bozman, 64th Services Squadron, at the cashier cage.



Senior Airman Katenna Edwards works on a budget in the financial analysis branch.



Bill Smith conducts open invoice training with Airman Marvin Batres in the Defense Accounting Office. (All photos by Senior Airman Tim Dempsey)



Georgina Taylor shows Laverne Dutkowsky how to fill out a time card in civilian pay.

64th CPTF: the money folks

Comptroller Flight is to advise the wing commander and staff on financial matters and ensure funds are properly executed in support of the wing's pilot training mission.

The flight is comprised of the commander and financial analysis, financial services branches and the

Defense Accounting Office. Thecommander

and the financial analysis section monitor the planning, distribution and execution of the wing's \$65 million annual budget.

The financial services branches update and process

The mission of the 64th entitlements to members' mas- functions for the wing and ter pay accounts for military, works in concert with the civilian and travel pay actions. comptroller flight. They They oversee a payroll of over handle all cashier functions \$42 million annually. Also the and make payments to venaccounting liaison section cer- dors based on financial sertifies funds availability for all vices certification of funds. wing budget accounts.

Office handles all accounting annually.

These payments to vendors The Defense Accounting total more than \$58 million



Senior Airman Jason Lazzara processes a travel voucher for 1st Lt. Ray Alves, 54th Flying Training Squadron.

MAY 3, 1996 🗆 ROUNDUP

News notes

BX shops change operation hours

The optical shop's new operating hours are Tuesday through Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 4 p.m. The shop will be closed on Sunday and Monday.

Military Clothing Sales store will be open from 10 a.m. to 6 p.m. Monday through Friday and the first Saturday of each month from 10 a.m. to 2 p.m.

OWC awards scholarships

The last official Officers Wives Club function will be held Thursday at 6:30 p.m. in the Reese Club. Scholarships will be awarded to this year's high school seniors. Andropolis salon will show the new styles for summer, as well as make-overs for some ladies. For reservations call 885-1133 or 885-4646.

Story time at Reese Library

Starting June 3, the library will host story time for children ages three through six from 11 to 11:45 a.m. on Mondays in the conference room. The class will be limited to 10 children. To register, call the library at 3344.

BX holds fixture sale

The base exchange will hold a store fixture sale May 10 starting at 10 a.m. Offers can be made on a warehouse full of fixtures. For more information call Cathy Ely or Marilynn Braskett at 885-4581.

Auditions held for enlisted banquet

Auditions for the Master/Mistress of Ceremony for the Enlisted Awards Banquet will be held Thursday in the wing conference room starting at 9 a.m. Scripts can be picked up from Staff Sgt. Gayle Dunlap, 64th Logistics Squadron, at 6256.

Limited medical services

The 64th Medical Group will be closed Monday for a goal day. The group will conduct annual medical readiness training Wednesday. In-house medical services will be limited to emergency ambulance service and military sick call. Also, the group will see only sick call patients May 10 due to Safety Day.

FSC offers civilian career workshop

Military members and their spouses who are within 180 days of retirement or separation, or who have Dress for Success seminar for women May 14. A

Two spectators take a break from touring static display aircraft, such as the KC-10 Extender, during last year's Reese Air Show. More than 50 military and civil aircraft are expected to be on static display at this year's air show, May 18 - 19. The U.S. Air Force Thunderbirds will perform May 18.

retired or separated since Oct. 1, 1990, may attend a seminar for men will be held May 16. Both seminars free Civilian Career Workshop (transition workshop) May 21-24 from 8:30 a.m. to 4:30 p.m. at the Reese Family Support Center. Thursday afternoon and Friday morning is a mandatory part of the member's final outprocessing.

The workshop will cover resumes, veteran's benefits and more. Reservations must be made by May 17 by calling the center at 3305.

Happy Landings program set

On

display

Spouses of active-duty personnel who are interested in learning more about the Air Force way of life are invited to attend the Happy Landings program at the Reese Family Support Center Wednesday. The program begins at 8:30 a.m. and runs through 2:30 p.m. Reservations are required. Call 3305 for additional information.

Dress for Success seminars set

The Reese Options Career Center will host a

are from 4:30 to 6 p.m. Call 3305 for more information.

Civilian SOS nominations sought

Nomination packages for civilian employees to attend Squadron Officer School in residence are due to the Air Force Personnel Center by May 30.

Candidates must be permanent GS-9, 11 or 12 employees with at least three years of continuous civil service by the beginning of fiscal year 1997. A secret security clearance is also required.

Civilians must meet the same physical fitness standards as military students. Call Nina Dailey at 3803 for additional information.

Uniforms required

Military personnel are reminded that they are required by regulation to wear the appropriate military uniform when attending military appointments. This includes final outprocessing appointments.

"What do you want to be when you grow up?" Reese Child Development Center children give insight to future dreams.

Shelby Heasley, 4 "Cinderella and a ballerina."

Sherikka Bishop, 4 "A spaceship flyer."



Aaron Thurman, 4 "Batman."



Shanteria Thomas, 5 "A cheerleader."



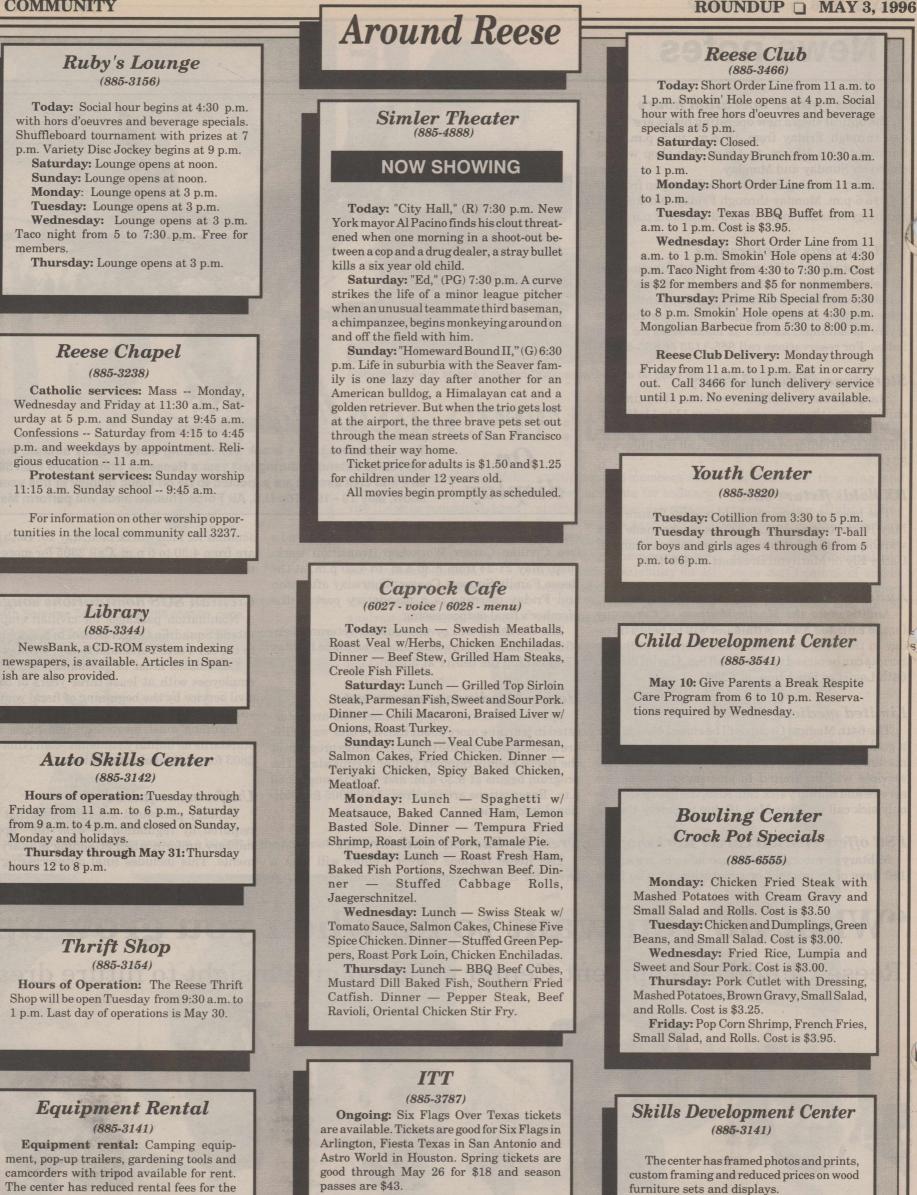
Ayron Giddings, 5 "A basketball player."

COMMUNITY **9**



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May 3, 1996 🗆 ROUNDUP

SPORTS D 11



Capt. Eric Bass (far right), representing the 64th Mission Support Squadron, has already made up the stagger as he pulls away to win the 200-meter dash during track and field events at Reese last year. Several track events are scheduled for Reese Fitness Day, May 31.

Base readies for Fitness Day

4:30 p.m.

According to event officials, activities are open to all active-duty military and civilian employees.

Fitness events and points of contact include: long disre walk/run — Gary

, 6021; racquetball — Sumor Airman Troy Dandrea, 3761; softball — Senior Air-

uled for May 31 from noon to Johnson, 3468; and indoor volleyball - Staff Sgt. Ramon Guerrero, 6061.

Other events are: beach volleyball—Airman lst Class Roland Johnson, 6700: basketball — Senior Airman Brian Crane, 3521, or Airman 1st Class Warren Benge, 3254; cycling—StaffSgt. L. D. Harper, 3040; tennis — Tech. Sgt. Michael Harrison, 3766; bowlman Terry White, 3322; golf ing-Tech. Sgt. Herbert Mar-

Reese Fitness Day is sched- — Senior Airman Kevin tin, 3701; and track — Senior Airman David Kane, 3783.

Track events will include the 100-meter dash, 400-meter dash, 880-yard run, 1 mile run and the 440-yard rely.

Reese Fitness Day officials said squadrons should register teams as soon as possible. Some of the events have limitations on the number of teams that may participate. An awards ceremony will

conclude the day's activities.

Members of the women's Air

Force team included: Donald

Fellers (head coach), Pope

AFB; Technical Sgt. Phillip

Tapps, Pope AFB; Technical

Sgt. Kennith Hardy, Hill AFB,

Utah; 1st Lt. Jennifer Van-

heertum, Seymour Johnson

AFB, N.C.; Staff Sgt. Veroni-

ca Harris, Maxwell AFB, Ala.;

Senior Airman Stephanie

Crawford, F.E. Warren AFB,

Wyo.; and Staff Sgt. Sherry

Crumpler, Peterson AFB, Colo.

bers were: Senior Airman Tra-

cy Kinton, Vandenberg AFB,

Calif.; Senior Airman

Stephanie Garner, Lackland

AFB, Texas; Airman 1st Class

Felicia Young, Maxwell AFB;

Airman 1st Class Stacy Will-

iams, Bolling AFB, D.C.; Air-

man 1st Class Kathy Jordan,

Barksdale AFB, La.; Staff Sgt.

Juanita Osby, Kirtland AFB,

N.M.; Airman 1st Class Veda

McNeal, Goodfellow AFB, Tex-

as; and Airman 1st Class Pam

Noble, Kirtland AFB.

Others Air Force team mem-

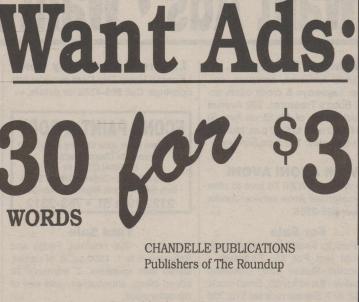
by continuously repeating the same motion with your hand and wrist. Although it is not limited to computer users, it is a common problem among those who use computers for several hours every day.

tor as soon as possible.

alterations to your work station or work habits. One example of changing habits might be typing with your wrists held in a certain position. A combination of cold therapy to reduce swelling, pain relievers, and a carpal tunnel syndrome wrist brace is often recommended.

Quality braces, such as Bauer & Black[®] brand carpal tunnel syndrome brace are designed to immobilize your wrist while resting or sleeping. This helps reduce inflammation and painful throbbing, tinling numbing cause Carpal Tunnel Syndrome. It can help slow the progression of Carpal Tunnel Syndrome and possibly help delay or prevent the need for surgery

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Carpal Tunnel Syndrome: Don't Ignore It

(NAPS)-If you spend a lot of

time working or playing at a comput-er, be alert for the following signs: • painful throbbing

• tingling

• numbness in your hand, wrist and forearm.

These signs should not be ignored because they can indicate Carpal Tunnel Syndrome, a painful and potentially serious condition that puts pressure on the median nerve in the wrist.

The condition is usually caused

Left untreated, carpal tunnel syndrome can lead to damage requiring surgery. Luckily, there is much that can be done to prevent this progression. If you experience any of these symptoms and they persist more than a few days, see your doc-

Your doctor might recommend

hv



Bauer & Black

Working at a computer can put you in danger of carpal tunnel syndrome. To counter it, doctors often recommend exercises, changing work habits and wear ing a wrist brace.

and take off, with convenient laces and Velcro[®] straps that allow adjustment for custom fit.

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AF hoopsters place second in championships

RANDOLPH AIR FORCE James, Nellis AFB, Nev.; Se- team in the finals. BASE, Texas (AFNS) — After a grueling week of exciting games, the Air Force men's and women's basketball teams each came out in second place during the 1996 Armed Forces Basketball Championships.

The men's championships were held at Camp Lejeune, N.C., April 8-11. The Air Force men's team totaled two wins and two losses, finishing up with an 87-72 loss to the Navy team in the finals.

The following men comprised the 1996 Air Force team: Capt. (ret.) Clarence Ryan (ofin charge), Houston, Tex-

nior Master Sgt. Jarvia Lardley (coach), Pentagon; represent the U.S. Armed Forc-Master Sgt. Jimmy Howard (assist. coach), Eglin Air Force du Sport Militare competition Base, Fla.; Mr. Kevin Davalos April 28 to May 12, 1996. (trainer), Pope AFB, N.C.; Senior Airman James Armstrong, Robins AFB, Ga.; Staff Sgt. Kelvin Blevins, Little Rock AFB, Ark.; Senior Airman Mark Watley, Kunsan

nior Airman Troy Myles, Keesler AFB, Miss.; Capt. Steven Warrior, Offutt AFB, Neb.; Technical Sgt. Marvin Hires, Cheyenne Mountain AFS, Colo.; 2nd Lt. Christopher Loll, USAF Academy, Colo.; Senior Airman Sam Coger, Hurlburt Field, Fla.; Staff Sgt. Michael Owens, Kadena AP, Japan; 2nd Lt. Sterling Collins, Robins AFB; and Staff Sgt. Mark Forbes, Hurlburt Field.

Loll was chosen for the Armed Forces team, which is composed of the best basketball players from each branch of the service. This team will es in the Conseil International

The Air Force women's basketball team competed at Memphis Naval Air Station, Tenn., April 4-9. They finished the competition with a 2win, 2-loss record, playing a AB, Korea; Staff Sgt. Kyle strong game against the Army

ROUNDUP MAY 3, 1996



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All are welcome

All are welcome to come to our free Christian Science Lecture entitled: "Science and Health: Journey's End for Seekers for Truth" by Mrs. Jean Stark Hebenstreit, C.S.B., Sunday, May 5th at 3:00 p.m. at the Lubbock Women's Club, 2020 Broadway, Childcare Provided. 5-3

Speakers & Equalizer Bose 901 speakers and equalizer. Seldom used, \$900, 794-4067. 4-f





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