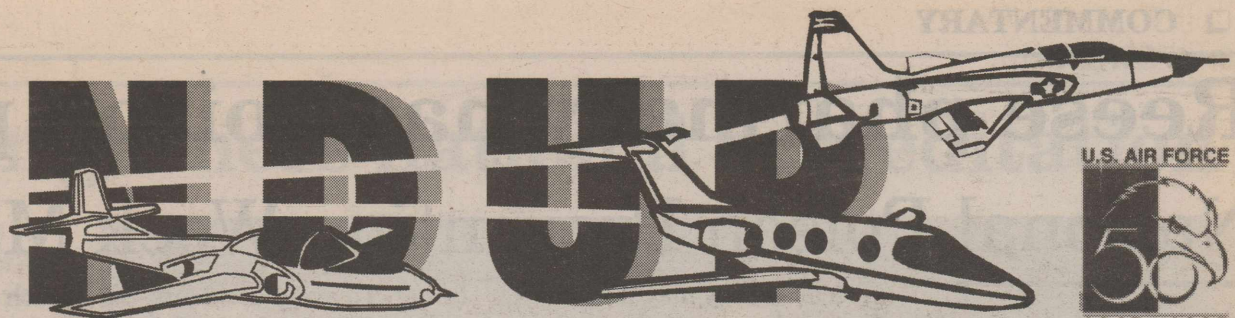


# ROUNDUP



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

Vol. 49, No. 10

March 14, 1997

Reese AFB, Texas

## Reese historian wins Heritage Project Award

**2nd Lt. Chris Breighner**  
Deputy chief, public affairs

When Reese closes, its historian is looking forward to retirement and "plans to travel and enjoy the fruits of 24 years of federal service."

Until then, the gears are turning for Ruedele Turner, 64th Flying Training Wing historian, who was recently awarded the Air Education and Training Command Heritage Project Award for her project "Since Men Wore Stripes and Aircraft Sported Stars."

Turner's project now competes for an Air Force-level award.

The project, a museum-quality exhibit still displayed in the Reese Club lobby, documents the history of U.S. chevrons from the first firm

reference of soldiers wearing them in 1821 through the most current Air Force insignia.

Turner put the exhibit together as an interest item for Reese's final Enlisted Awards Banquet, held in November.

"It began rather simply, then almost became an obsession. The more I researched, the more interesting the subject became," she said of the project.

Of her most recent AETC award, Turner said she was surprised that a one-person office could compete with those offices manned by five or six people.

Turner was AETC Historian of the Year in 1983, 1984 and 1988, and in 1985, won the U.S. Air Force Historian Program of the Year.

The Brownwood, Texas, native said she followed her  
*(Continued on page 7)*

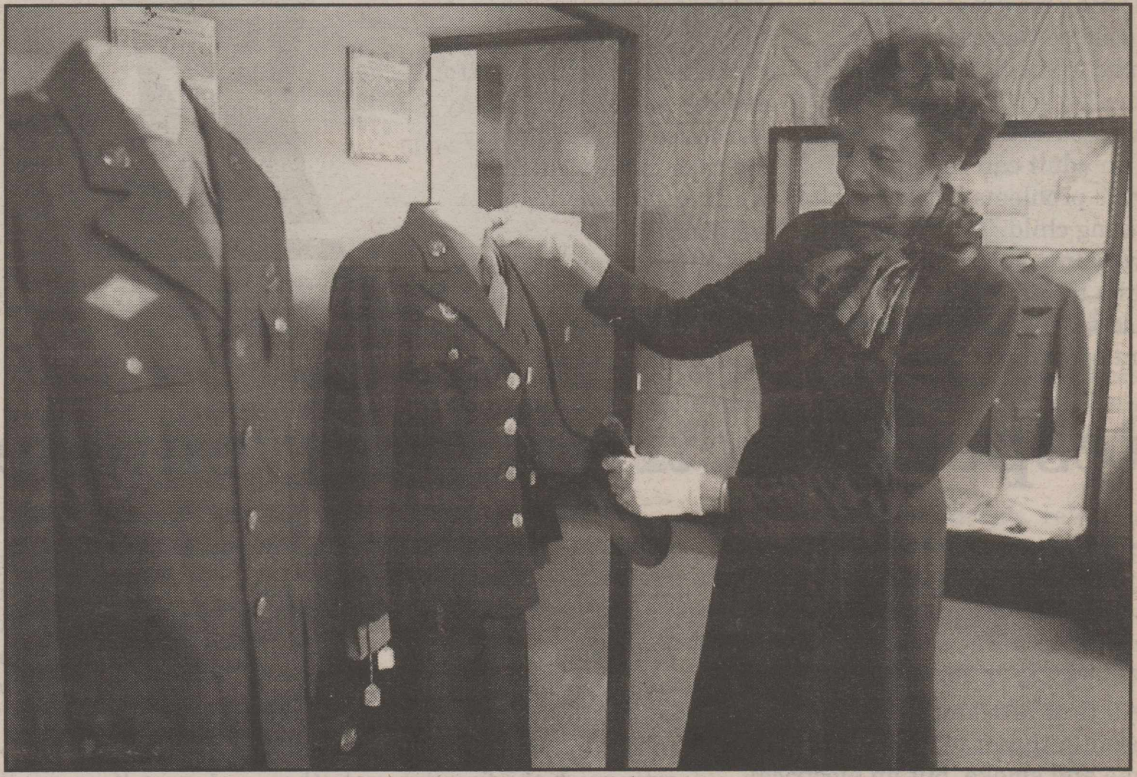
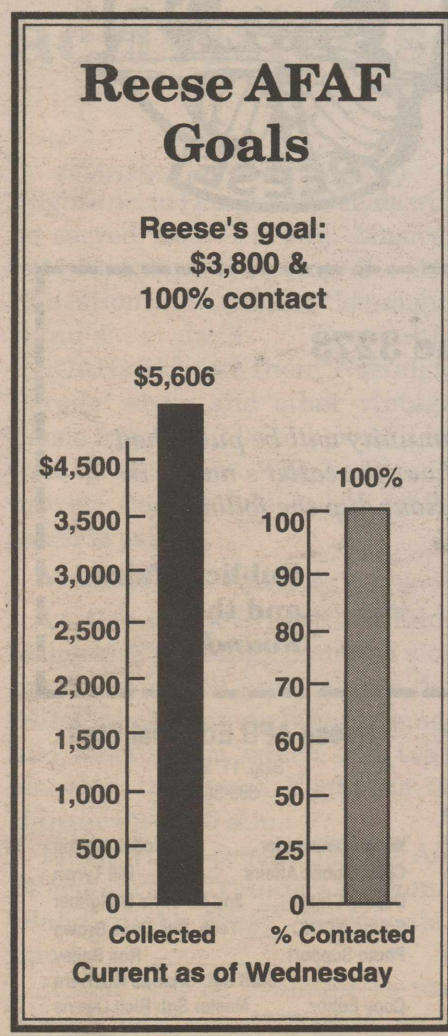


Photo by Senior Airman Tim Dempsey

Ruedele Turner, 64th Flying Training Wing historian, adjusts a purse on the female uniform in the historical display at the Reese Club. Turner was awarded the Air Education and Training Command Heritage Project Award for her work, "Since Men Wore Stripes and Aircraft Sported Stars."



## Inactivation ceremonies planned

**Bill Tynan**  
Chief, public affairs

Col. Kodak Horton, commander of the 64th Flying Training Wing, announced that a series of "Inactivation Week," events, billed as "Reese Reunion '97—55 Years of Excellence," will take place here March 31 to April 2, 1997.

"It is our intention to mark the inactivation of the 64th Flying Training Wing, and Reese Air Force Base closure in a positive manner; 'Reese Reunion '97—55 Years of Excellence' enables us to accomplish this," Horton said. "Everyone is welcome to bring family and friends to all of our events."

"Reese will close September 30, 1997, and the 64th Flying Training Wing will officially inactivate that day," Horton continued. "The ceremonial inactivation of the wing will occur on April 2 during Reese Reunion '97. The Reunion will cel-

brate the rich heritage of excellence that Lubbock Army Air Field and Reese have been noted for over the years."

"The last class of student pilots, Joint Specialized Undergraduate Pilot Training Class 97-04, graduated Jan. 24, and the final aircraft departed Reese Feb. 21," said Lt. Col. Ken Montague, 64th Operations Group commander and chairman of the Inactivation Week Events Committee. "The personnel working at Reese are now focused on creating a great Reunion Week in April and ensuring the best base closure in September."

In November, information was sent to military and aviation oriented magazines that circulate nationally in order to notify as many as possible former employees of RAFB-LAAF about the week's activities.

More than 450 inquiries have been received in response to the notices appearing in those publica-

tions. The Holiday Inn-Civic Center at 801 Avenue Q is the "Reese Reunion '97" headquarters for guests coming from out of town.

The schedule of events during the week is:

### Monday, March 31

An icebreaker and informal evening social, designed mainly for out of town guests, will take place during registration at the Holiday Inn-Civic Center, from 5 to 10 p.m.

### Tuesday, April 1

An inactivation ceremony for the 52nd and 54th Flying Training Squadrons, which flew the T-1A Jayhawk and T-38 Talon trainers respectively, and the 64th OG, will take place in the Reese Club, at 10 a.m.

A Barbecue Picnic catered by the internationally famous "Chuckwagon Gang" from Odessa, Texas, will be held on the Reese

*(Continued on page 3)*



# Reese pharmacy has poison prevention tips

## National Poison Prevention Week March 16-22

**Capt. Joanne Bullhofer**  
Chief, pharmacy services

The week of March 16-22, 1997, has been designated as National Poison Prevention Week. The following information can be used so that your home can be a "medication-safe home."

□ Medication prescribed for an adult can cause severe problems if taken by a young child. Therefore, it is very important for all adults to remember to avoid taking medication in front of young children

because they may mimic what they see their parents (or grandparents) doing.

□ Children should **never** be told that medicine is candy. This is especially important because many liquid products designed for children are pleasantly flavored. While the appetizing taste makes it easier to give the medication, it may also cause the child to try and take more medicine which could lead to an overdose.

□ Adults should also be aware that a "child resistant" container does not equal a "child-proof con-

tainer. To avoid accidents, medications (and other



dangerous substances) should be kept out of the

reach of young children by locking them up or placing them well out of reach.

□ Keep all medications (and other dangerous items) in their original containers. If this item is taken, having the information about the product immediately available will help the poison control center.

If someone does ingest a poisonous substance, the local Poison Control Center should be contacted **immediately**.

The number to call in Texas is 1-800-POISON1 (1-800-764-7661). If possible, give the name and

quantity of the item in question and the approximate time when it was taken so that the Poison Control Center can provide accurate advice.

It is **highly** suggested that all homes with young children have Syrup of Ipecac available. Use this medication, which causes vomiting, **only after** the Poison Control Center is contacted. Ipecac should **never** be given unless recommended because some substances can cause more damage when vomited up.

If you have any questions or any pharmacy issues, please call 3172.

# Respect electricity, prevent electrical fire hazards

**Michael Guzman**  
Fire inspector

All fires are dangerous and present a threat of injury due to flame and smoke, but an electrical fire adds another threat ... shock or electrication.

If an electrical appliance catches fire, first try disconnecting the appliance, or shutting the electricity off at the fuse or circuit breaker box. Once the electricity is cut off, most appliance fires will extinguish themselves.

If you attempt to extinguish the

fire do not use water, or a water based extinguisher on the fire. Use a dry chemical, or fire extinguisher which has the letter "C" on it, meaning the extinguisher is approved for use on energized electrical equipment. If you are unable to extinguish the fire, evacuate the area and do not second guess calling the fire reporting number, 911.

The Reese Fire Department provides the following fire safety tips to help eliminate electrical fires in the home or work area:

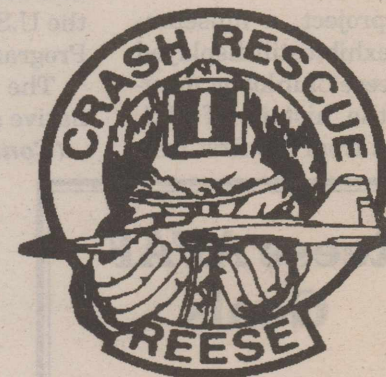
- Do not overload electrical outlets.
- Use only the correct size fuses

in the fuse boxes.

- Keep appliances and extension cords in good condition.
- Do not run cords under rugs where people walk, through doors or windows, or anywhere it may be damaged.
- Keep appliances unplugged when not in use.
- Feel switch plates and outlet covers for heat. If an excessive amount of heat is transmitted, contact the Civil Engineering Service Call at 3647.
- Cover unused electrical outlets with plastic safety caps.
- Only buy appliances and cords that are laboratory tested, which

indicates these appliances have been tested for fire safety.

- Leave air space around appliances such as stereos, televisions and microwaves, to keep them cool.



### Problems? Concerns? Call the Care line 3273



A Care line column provides one of many opportunities for a commander to find out what people are thinking, what's bothering them, what they like, etc. If you've wondered why we do something, or just want to make a

comment, don't hesitate to call. You can call the Care line 24 hours a day at 3273. If you leave your name and telephone number, we'll get back to you and answer your concern by telephone. Calls of interest to the Reese

community will be published, without the caller's name, in the Roundup the following week.

**Public Affairs and the Roundup**



Printed for  
Reese personnel

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## Reese youth center garners national accreditation

**Tech. Sgt. Dave Brown**  
Editor

The Reese youth center was recently granted accreditation by the National Association for the Education of Young Children (NAEYC).

"The Reese Air Force Base youth center is the second Air Force youth center in Air Education and Training Command to receive accreditation," said Col. Kodak Horton, 64th Flying Training Wing commander, during the presentation of the accreditation certificate March 6.

"This prestigious recognition has been achieved by about only five percent of early childhood programs nationwide."

According to Louella Anderson, AETC Headquarters youth specialist, that amounts to only 460 programs as of March 1996.

According to Sherrie McDonald, 64th Services Squadron youth flight chief,

NAEYC accreditation is a rigorous, voluntary process by which early childhood programs demonstrate that they consistently meet national standards of excellence. "Child care centers, preschools, kindergartens and before-and-after school programs are eligible," she said. "Approximately 8,000 programs are engaged in seeking accreditation."

"I am a validator for this national association," McDonald said. "I know the youth center worked hard to achieve this accreditation. They spent over a year preparing for the program."

McDonald said programs seeking accreditation undergo an intensive self-study, collecting information from parents, teachers, administrators and classroom observations. They then receive an on-site visit, conducted by early childhood professionals specially trained by NAEYC, to validate their results.

All of the information is independently reviewed by a team of national experts who



Photo by Ron Bailey

Col. Kodak Horton, 64th Flying Training Wing commander, left, presents the accreditation certificate from the National Association for the Education of Young Children to members of the youth center staff. Receiving the certificate are, from left, Sandy Franks, Sherrie McDonald, Hollie Baldwin, Carlos Melgar and Cathy Davis. Davis was the consultant for the accreditation process.

grant or defer accreditation. That accreditation lasts for three years.

"The heart of NAEYC accreditation focuses on the child's experience," she said. "The process carefully con-

siders all aspects of program provision — including health and safety, staffing, staff qualifications, administration and physical environment.

"The greatest emphasis is

on the children's relationships with the staff," McDonald continued. "Also, the program emphasizes how the children grow and learn — intellectually, physically, socially and emotionally."

## Reese Reunion '97 activities scheduled

(Continued from page 1)  
Flightline, in Hangar 70. Meals will be served from 1-3 p.m. Musical entertainment featuring the Air Education and Training Command Band's Jazz Ensemble "NightHawk" with their "Nostalgic Parade" show and other vintage music from the '50s to now will be from 2 to 4 p.m. The band will provide background music while lunch is served.

### Wednesday, April 2

Lt. Gen. Clark Griffith, Air Education and Training Command vice commander, will preside over the 64th Flying Training Wing ceremonial inactivation which will take place on the Reese Flightline in Hangar 82 at 10 a.m..

Music will be provided by the Air Education and Training Command "Band of the West" Ceremonial Band.

Rooms will be available in the Reese Club from 11:30 a.m. to 5 p.m. primarily for out of town guests

to have an opportunity to visit with old friends and new acquaintances in a leisurely atmosphere. A light lunch and beverages will be available from 11:20 to 2 p.m.

The final event of the week will be a Semi-Formal Evening Banquet in Hangar 70. There will be a Social Hour at 6 p.m.

Dinner will be served at 7 p.m. Following dinner, Gen. Griffith will make a few personal comments about Reese AFB-Lubbock AAF and a audio-visual tribute to RAFB-LAAF will be presented.

Dancing to the Lubbock Band "Masterpeace" will begin after the tribute and continue until midnight. All military personnel are requested to wear civilian coat and tie not military uniforms to this event.

There is a charge for the Barbecue Picnic, the lunch on Wednesday, and the semi-formal evening banquet. To learn more about the "Reese Reunion '97" activities, please check with your first ser-

## Appreciation luncheon provides impetus for squadron leaders



Photo by Tech. Sgt. Dave Brown

Squadron commanders and first sergeants were treated to a luncheon by the Reese Chapel staff Tuesday. Here Col. Monica Figun, 64th Medical Group commander, and several members of her staff prepare hoagie sandwiches.

Commanders and squadron first sergeants were treated to an annual luncheon by the Reese Chapel staff Tuesday.

The luncheon is the last for Reese Air Force Base, providing a crossfeed with everyone involved. Chaplain (Lt. Col.) Steve Hess, senior installation chaplain, led a discussion about problems currently facing Reese personnel.

The focus of this year's luncheon was on transition, especially with the inactivation of the 64th Flying Training Wing Sept. 30, 1997.

Hess encouraged the commanders and 1st shirts to keep a positive attitude through the closure process. They were also challenged to take care of their troops through base closure.



# Buffalo Soldiers' story brought to schoolchildren

**2nd Lt. Chris Breighner**  
Deputy chief, public affairs

As part of Black History Month activities, Phil Thierry, family support flight chief, brought the story of Buffalo Soldiers to 225 fourth and fifth graders Feb. 26.

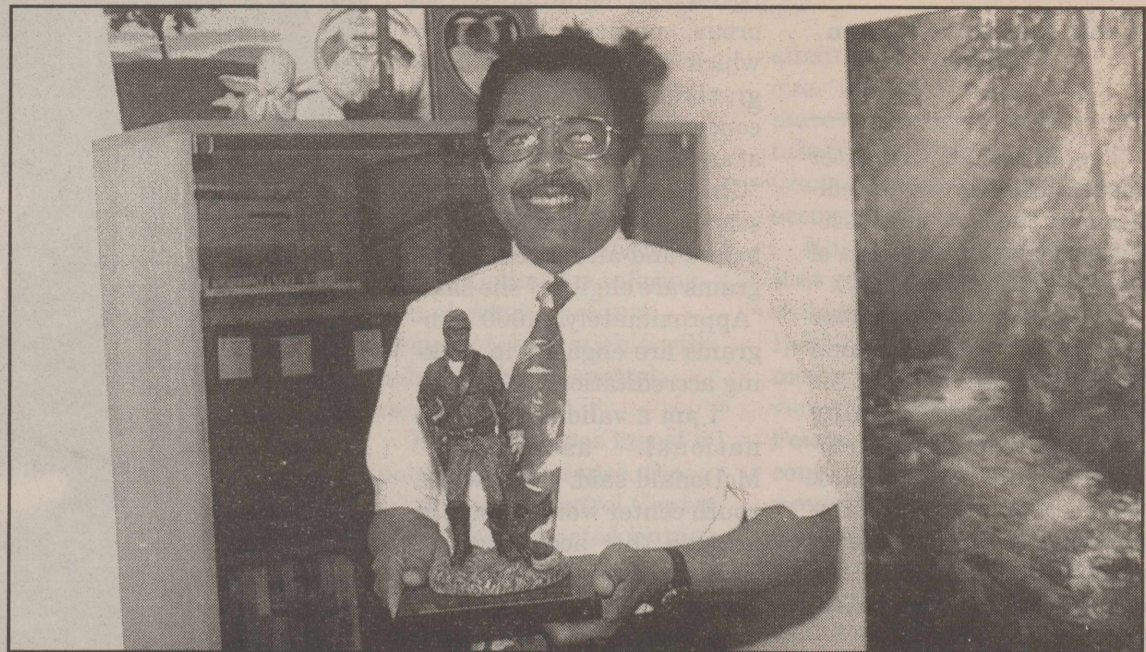
Thierry gave five 35-minute presentations to the classes of schoolchildren at Stephen F. Austin Elementary School in Slaton, sharing reproductions of the soldiers' uniforms, eating utensils and other resources provided by the Texas Tech Museum.

Unprecedented numbers of African American soldiers served in the peacetime U.S. Army on the western frontier from Montana to Texas in the late 19th century, and their presence discouraged lawlessness among hostile forces and conflicts between unruly white settlers. The soldiers' bravery, ingenuity and appearance earned the

respect of the Indian tribes on the plains who called the men "Buffalo Soldiers." To be associated with the fighting spirit of the Indian's sacred buffalo was a measure of respect, and the soldiers wore the name proudly.

Today the name "Buffalo Soldier" applies to the African American soldiers who fought and gave their lives in the Spanish American War, the Philippine Insurrection, the Mexican Expedition, World Wars I and II and the Korean War.

On July 28, 1866, the 39th Congress passed an Act to adjust the military peacetime establishment of the U.S. military. Between July 1866 and April 1867, six regiments of African American enlisted soldiers were recruited into the regular peacetime U.S. Army. Many were veteran U.S. Colored Troops from the Civil War. They were organized as the 9th and 10th Cavalry and the 38th through 41st Infantry and led by white officers. Each regiment con-



Phil Thierry, family support flight chief, shows off a statue of the buffalo soldier. Thierry made a presentation to 225 school children on the involvement of the buffalo soldier in American history.

sisted of approximately 1,000 men. In 1869, the infantry regiments were consolidated into two, the 24th and 25th. All four regiments—two of cavalry and two of infantry—were sent to the frontier to fight in the Indian Wars. Before these regiments were organized, blacks were al-

lowed to serve in the Army only in wartime.

The 9th and 10th Cavalry were two of the ten cavalry regiments spread among 59 forts in the western states and territories. Despite the mounted soldier's reputation for speed, bravery and daring, service on the frontier

was exhausting and monotonous. The soldiers spent long hours in the saddle, patrolling harsh terrain in every extreme of weather. Their duties were not limited to fighting. They built or rebuilt many army posts, strung miles of telegraph wire, pa

*(Continued on page 7)*

Photo by Staff Sgt. Orlando Guerrero

## Integrity: The bedrock of Air Force core values

*(Editor's note: This is part of a series on the Air Force's core values and core competencies.)*

WASHINGTON (AFNS) — Integrity forms the foundation of Air Force core values. The other values — "service before self" and "excellence in all we do" — depend on "integrity first," according to senior Air Force leaders.

At the recently concluded long-range planning CORONA Conference, Air Force leaders reaffirmed their commitment to these core values for the service. The core values from "Global Reach, Global Power" remain intact as part of the new Air Force strategic vision document, "Global Engagement: A Vision for the 21st Century Air Force." That vision calls for the integration of instruction in core values throughout Air Force training and education programs.

Secretary of the Air Force Sheila E. Widnall emphasized that, "These core values represent the fundamental principles by which airmen, Air Force civilians and Air Force contractors must carry out their work and live their daily lives.

"They make the Air Force what it is. They are the values that instill confidence, earn lasting respect and

create willing followers. They are the pillars of professionalism that provide the foundation for military leadership at every level."

Air Force Chief of Staff Gen. Ronald R. Fogleman said, "These core values and the sense of community and professionalism they bring to our service are vitally important to the future of our Air Force."

That is why, he said, "integrity is the bedrock of our core values. At the heart of our military profession has to be the idea that a person's word is his bond. If you're going to be in this business, if you're going to talk about the profession, you must have integrity."

The chief of staff stressed that, "In the Air Force, we don't pencil-whip training reports, we don't cover up tech data violations, we don't falsify documents, and we don't submit misleading readiness indicators. The bottom line is we don't lie."

According to the new basic guide on core values, "U.S. Air Force Core Values," integrity also covers other moral traits such as having the courage of one's convictions, creating an open environment within one's unit, treating people in a just manner, taking responsibility for one's actions and standing accountable for them.

In this regard, Fogleman said, "We're entrusted with the security of our nation. The tools of our trade are lethal, and we engage in operations that involve risk to human lives and national treasure. That's why integrity is so important to the profession we're in, and why the standards we are judged by must be higher than the society we serve."

The chief of staff said integrity is particularly essential for Air Force leaders if they expect their troops to execute the mission.

He said, "When you ask young men and women to go and die for their country, when you are put in a situation where you make decisions that employ those people, it's essential that they believe you are a person of

honor and integrity who has their best interests at heart."

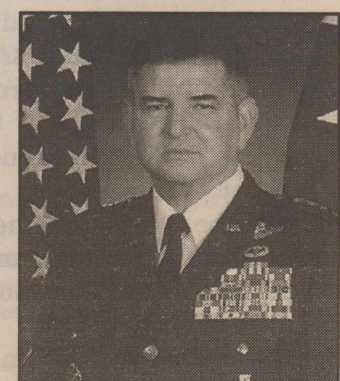
The general said it wasn't long after he was commissioned that he came face to face with integrity issues in the real world. Based on that, he said, young airmen and officers would do well to build upon integrity as a core value.

"That will give you a framework within which you can make decisions," Fogleman said. "Stay within that framework. Selfless service with integrity at the foundation will serve you well."

In a similar manner, the new basic guide emphasizes the need to not only teach core values, but to continually live and practice them in day-to-day activities in the field.

**"In the Air Force, we don't pencil-whip training reports, we don't cover up tech data violations, we don't falsify documents, and we don't submit misleading readiness indicators. The bottom line is we don't lie."**

Gen. Ronald Fogleman  
Air Force chief of staff



Fogleman



# USAF's new trainer makes demo run at Reese

**Tech. Sgt. Dave Brown**  
Editor

The U.S. Air Force has a new initial pilot training aircraft coming on board. Raytheon Corporation has built a new propeller-driven trainer for the Air Force and U.S. Navy called the PC-9 Mark II.

The Joint Primary Aircraft Training System (JPATS) program's goal was to produce a new trainer to replace the T-37 Tweet and the Navy's T-34 trainers. The PC-9 fills that bill.

Jim DeGarmo and Pat Farley from Raytheon presented the aircraft's capabilities to the remaining pilots stationed here in a briefing

in the 64th Operations Group.

Capt. Chris Hamilton, 54th Flying Training Squadron, was chosen to test fly the PC-9 here. Flying with DeGarmo, Hamilton was able to put the new aircraft through its paces in a flight pattern around west Texas.

The aircraft is capable of flying at speeds of 320 knots or Mach 0.68 and can accommodate pilot sizes ranging from as small as 4' 11" (106 pounds) to over 6' 4" (240-plus lbs.).

The Air Force will give this new aircraft the designation T-6A Texan II.

The T-6A is capable of handling the west Texas crosswinds up to 25 knots (about 30 miles per hour). The new pilot trainer is scheduled to

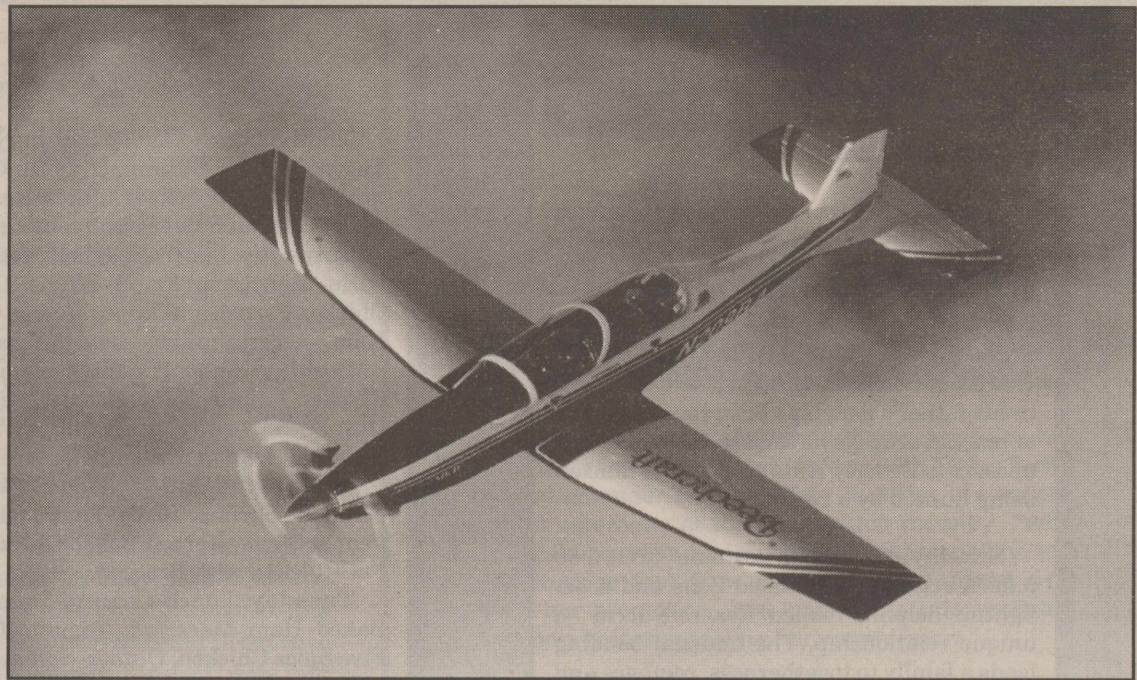
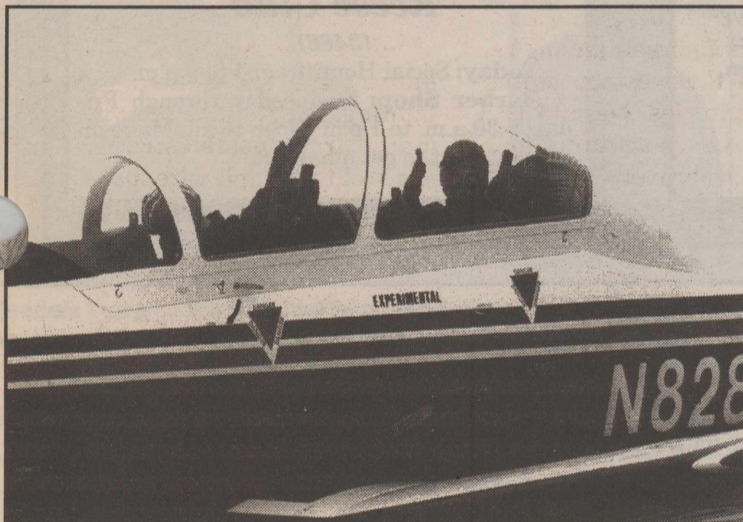


Photo above: Raytheon Corporation's PC-9 Mk II aircraft conducted a demonstration flight at Reese Air Force Base Wednesday. Left photo: Capt. Chris Hamilton, 54th Flying Training Squadron, gives a thumbs up prior to take-off in the future replacement for the T-37 Tweet as the primary training aircraft for the U.S. Air Force.



be delivered to Randolph Air Force Base, Texas, somewhere in the November 1998 time-frame, and the first squadron will become operational at Laughlin AFB, Texas, in mid-1999.

Hamilton was absolutely ecstatic over the capabilities of the aircraft.

"This is one very fine machine," he said. "The visibility from the back cockpit is phenomenal. The instructor pilot can see everything the student is doing and still be

able to fly the plane."

He said that he was doing touch-and-goes from the back seat and could see more than is possible in the T-38 Talon.

The aircraft is designed to give jet-like performance with minimal fuel consumption, a real plus in today's world of environmental issues.

"The Air Force and Navy are getting a great aircraft for the money," Hamilton continued after his test flight. "The T-37 is a '50s technol-

ogy aircraft and the simplicity of this new plane will greatly enhance the student's training."

"The displays in the plane can be greatly simplified for the new student pilot," he said.

"The more capable the student is, the more can be added to the cockpit displays by the instructor."

Hamilton said, "this improves student training while keeping the initial training simple for everyone."

## Exchange announces new hours of operation

The Reese Air Force Base exchange announces changes to the operating hours of several of its shops. Some of the establishments will also close very soon.

Effective April 6, the main store will be closed on Sunday, Monday and holidays. Tuesday-Saturday hours remain from 10 a.m. to 6 p.m.

The shoppette hours will remain the same. They are currently open Monday-Friday from 7:30 a.m. to 9 p.m., Saturday from 9 a.m. to 9 p.m. and Sunday from 10 a.m. to 6 p.m.

There is no change in the service station hours. They remain Monday-Friday from 7 a.m. to 6 p.m., Saturday from 9 a.m. to 5 p.m. and Sunday from 11 a.m. to 4 p.m. The service station is closed

on holidays.

The barber shop maintains its hours, Tuesday-Friday from 9 a.m. to 5 p.m. but closes from 1-2 p.m. for lunch. They are open on Saturday from 10 a.m. to 4 p.m. and closed Sunday, Monday and holidays.

The beauty shop takes appointments only. Please call ahead to set up an appointment at 885-4856.

The laundry, dry cleaners and alterations are closing their doors effective March 28. The last day to drop off laundry and dry cleaning will be March 25.

According to Marilyn Braskett, human resources manager at the main store, all laundry, dry cleaning and clothing alterations will need to be done in an off-base establishment of your choice.

## Senior raters receive greater 'DP' quotas, up from 80 percent

The Secretary of the Air Force has approved an increase in the promotion opportunity from 80 percent to 90 percent for the upcoming majors board June 16.

With the increased promotion opportunity for In-the-Promotion-Zone eligibles, the definitely promote allocation rate will also increase from 55 percent to 65 percent, as it was prior to 1991. This gives senior raters more IPZ "DPs" to award their eligible officers.

One anomaly exists with the 65 percent "DP" allocation rate. Air Force Personnel Center personnel have attempted to clarify it.

"With the increased "DP" rate of 65 percent and when a senior rater has three IPZ captain eligibles, he or she can award two "DPs" even though it mathematically equates to 1.95."

AFPC officials said the normal rule is to round down; however, the original Officer Evaluation System group in 1988 highlighted this anomaly as the only exception in calculating senior rater "DP" allocations.

This policy was in effect when the promotion opportunity was 90 percent and the "DP" allocation rate was 65 percent.

Senior raters are in the best position to differentiate among their officers during the promotion recommendation process, giving senior raters an opportunity to identify to the central selection board a larger proportion of captains who they believe are best qualified for promotion.



## Around Reese

### Simler Theater (4888)

#### NOW SHOWING

**Today:** "Scream" (R) 7:30 p.m. Wes Craven's thriller turns a quiet California town into turmoil when a murderer makes young people his latest targets.

**Saturday:** "Beverly Hills Ninja" (PG-13) 7:30 p.m. A ninja's adopted son tries to follow in his father's footsteps but proves pathetic at martial arts. Nevertheless, he is sent on a mission to Beverly Hills only to find himself being hunted by a real ninja.

**Sunday:** "Zeus and Roxanne" (PG) 6:30 p.m. A roguish dog named Zeus and a delightful dolphin named Roxanne form a unique relationship. The unusual bonding leads a family to togetherness, romance and freedom.

Ticket price for adults is \$1.50 and \$1.25 for children under 12 years old.

### Caprock Cafe

(6027 - voice / 6028 - menu)

**Today:** Lunch—Grilled Salisbury Steak, Tempura Fried Shrimp, Oriental Chicken Stir Fry. Dinner—Baked Chicken, Roast Loin of Pork, Ground Beef Cordon Bleu.

**Saturday:** Lunch—Spaghetti with Meatballs, Southern Fried Whole Catfish, Chicken Parmesan. Dinner—Baked Canned Ham, Jaegerschnitzels, Lemon Baked Fish.

**Sunday:** Lunch—Country Style Steak, Chicken Fajitas, Tuna Noodles Casserole. Dinner—Barbeque Beef Cubes, Tomato Meatloaf, Lemon Basted Sole.

**Monday:** Lunch—Stuffed Green Peppers, FF Shrimp, Roast Turkey. Dinner—Pepper Steak, Herbed Baked Chicken, Stir Fry Chicken with Broccoli.

**Tuesday:** Lunch—Country Style Steak, Baked Ham Macaroni, Tomato, Chinese Five Spice Chicken. Dinner—Spinach Lasagna, Veal Paprika Steaks, Corned Beef.

**Wednesday:** Lunch—Sauerbraten, Grilled Bratwurst, Spicy Baked Fish. Dinner—Salisbury Steak, Roast Fresh Ham, Mexican Baked Chicken.

**Thursday:** Lunch—Roast Beef, Herbed Baked Fish, Chicken-A-La King. Dinner—Lasagna, Roast Veal, Szechwan Chicken.

Menu subject to change

### Bowling Center Breakfast Specials (6555)

**Today:** Biscuits, Sausage and Gravy. Cost is \$2.15.

**Saturday:** Biscuits and Gravy. Cost is \$2.15.

**Monday:** French Toast and Bacon. Cost is \$2.55.

**Tuesday:** Short Stack with Ham. Cost is \$2.30.

**Wednesday:** Breakfast Burrito with Bacon. \$2.30

**Thursday:** Two Eggs with Sausage, Hash Browns or Grits, Toast and Jelly. Cost is \$3.20.

### Ruby's Lounge

(3156)

**Today:** Social hour begins at 4:30 p.m. with free hors d'oeuvres and beverage specials. Shuffleboard tournament with prizes at 7 p.m. Variety DJ from 9 p.m. to 2 a.m.

**Lounge hours:** Saturday and Sunday opens at noon, Monday through Thursday opens at 3 p.m.

### Reese Club

(3466)

**Today:** Social Hour from 4 to 9 p.m.

**Barber Shop:** Wednesday through Friday, 8:30 a.m. to 1 p.m. Open to all. Make an appointment to get a haircut.

## Community Notes

### Keepsake Roundup available

A special edition of the *Roundup* will be published and available March 31 to commemorate Reese Air Force Base's 55 years of excellence. Each active duty member and civilian assigned to a unit can pick up their reserved copy from their first sergeant. Contractors should stop by the public affairs office, bldg. 11, to pick up their edition on March 31. Wing staff agency members can pick up their copy from Master Sgt. Lori DeProspero, 64th Mission Support Squadron.

### Get announcements in early

The *Roundup* will not be published on March 28 or April 4 due to the 64th Flying Training Wing inactivation activities. Any announcements needed in the *Roundup* should be brought to the public affairs office in Bldg. 11 as soon as possible, but no later than 4 p.m. today, for inclusion prior to those weeks.

### Farewell to Gary Grant

Come and call a foul on Gary Grant, fitness center chief, at a going away party March 21, 8 p.m., at Ruby's. The public is invited to wish him and his family a fond farewell. A farewell committee is being formed. To volunteer for the committee or for more information, call Master Sgt. Gustavo Hernandez at 3437.

### Junior Smooth Move

The family support flight is offering a Junior

Smooth Move for young people, ages 6-12. The seminar will be held on Mar. 26, from 5:30 to 7 p.m. The class is designed to take the stress out of moving. There will be refreshments and prizes. Reservations are required. Call 3305 to make reservations.

### CPR classes offered

During the week of March 24, CPR classes will be offered Monday through Friday. Registration is required. CPR is highly recommended, but not required for personnel PCSing to overseas assignments. If your card is near expiration or CPR certification is required in your next job, please take advantage of these dates. Call 3230 to register for any of the five days.

### Pediatric services

Effective March 1, all pediatric patients will be initially checked in at the Primary Care Clinic. The same quality care will be given and children with appointments in Pediatrics will be seen by the pediatric providers. The change is necessary in consolidating staff so patients may continue to receive the quality care to which they are accustomed.

### Resume Seminar

The Reese Options Career Center will be offering a resume seminar on March 20, from 4:30 to 6 p.m. The seminar will be in the family support flight, bldg. 310. Call Kay Dyer at 3305 for more informa-

tion or to sign up.

### Cover letter seminar

The Reese Options Career Center will be offering a cover letter/broadcast letter seminar on Wednesday, from 12 to 1 p.m. Members are allowed to bring a lunch if desired. Call Kay Dyer at 3305 for more information or to sign up.

### Make reservations

With the high volume of PCS personnel in the upcoming months and the limited lodging availability, departing personnel need to make base lodging reservations as soon as they know their departure date. This will prevent any inconveniences and guarantee room availability. Call 3155 for more information.

## Equal Opportunity 101

Q. Where was the first Dutch Settlement in America located?

(Look for the answer in next week's Roundup)

Questions from Mar. 7

Q. What three Hispanics have been space shuttle astronauts?

A. Franklin R. Chang-Diaz, Ellen Ochoa, and Sid Gutierrez.

(Submitted by Capt. Eric Bass, 64 FTW/SA)

Submit equal opportunity questions and answers to 64 FTW/SA. The name will be published along with the information provided.



# Historian wins AETC award

*(Continued from page 1)* husband, Eldon, around the globe during his 28-year Air Force career. He graduated from pilot training at Reese. The Philippines was their first overseas assignment and Turner recalls, "As a young Air Force wife, it was a rude awakening to volunteer at the base hospital. Men returning from Vietnam were sent there for further treatment and recuperation. I remember once how difficult it was to write letters for a 22-year old man who no longer had hands."

Turner said a "three-year vacation" in Germany fos-

tered her interest in history.

"It came alive before your eyes, viewing the scrawls of 4th century Christians in the catacombs of Rome, being weighed on the same scales used during the witch hunts of 15th century Germany, and viewing the table used by Martin Luther as he wrote, 'A Mighty Fortress is Our God.'"

The Turners returned to Lubbock after Eldon's retirement and Ruedele began work in the public affairs office here in 1980. After moving to the commander's office as the protocol officer, she soon picked up the his-

tory function as a part-time duty. Turner was also the model installation program manager for a year and suggestion program manager for three years. She returned to the history program full time in 1994.

Outside of her work here on Reese history, Turner is very involved in the community. She is on the Board of Directors for the Women's Division of the Chamber of Commerce, a docent for the Ranching Heritage Center and involved with the Texas Tech University Museum Association.

And if that isn't enough to keep her busy, all her life the award-winning historian has pursued a number of artistic paths including oil painting, making porcelain figurines with delicate lace trim, tailoring and upholstering furniture. When asked about her life's philosophy, Turner replied, "The best of times is now. Look for things to make tomorrow even happier."

The Turners have three grown children: Lanese of Fort Worth, Verlaine who lives in Los Angeles, and Bryn, an Air Force major stationed at Hanscom Air Force Base, Mass.



Ruedele Turner, 64th FTW historian, holds some of the stripes she has placed in her award-winning display at the Reese Club.

Senior Airman Tim Dempsey

## More responsibility goes with promotion for new lieutenant colonel in FM



Photo by Tech. Sgt. Dave Brown

Donna Jones, now Lt. Col. Donna Jones, receives her silver oak leaves from Col. Kodak Horton, 64th Flying Training Wing commander, left, and Mary Juntikka, in a special pinning-on ceremony at the Reese Club recently. "With this promotion comes an increase in responsibility, not just the prestige that goes with the rank," Jones said regarding her promotion. She was also a prior enlisted finance troop before receiving her commission.

## Safety Tip of the Week

As the daylight hours grow longer, the sun sets later in the day. Driving can become hazardous if you are unable to see. Be sure to wear the appropriate sunglasses to avoid the next driver and prevent an accident.

# Buffalo Soldiers at school

*(Continued from page 4)* trolled the United States-Mexico border, escorted settlers, cattle herds and railroad crews, and developed and patrolled national parks. In garrison, they drilled, stood guard and maintained horses, barracks, weapons and equipment.

Until the early 1890s, they constituted 20 percent of all cavalry forces on the American frontier and were the sworn enemies of western legends Geronimo, Sitting Bull, Billy the Kid and Pancho Villa.

During the Indian Campaigns (1866-1890) the Black regiments in the West, despite poor equipment and inadequate rations, had a high morale and fewer desertions than any other Army unit, according to research by the Defense Equal Opportunity Management Institute. Also, the Buffalo Soldiers earned 18 of 370 Congressional Medals of Honor during this period.

In 1898, the black regulars of the 9th and 10th Cavalry and the 24th and 25th Infantry Regiments next saw action in Cuba during the Span-

ish-American War. They participated in the charge that secured San Juan Hill along with Theodore Roosevelt and his Rough Riders. In 1899, a contingent of the 24th Infantry embarked from the Presidio of San Francisco for the Philippines, and for three years, portions of all four black regiments and two black volunteer regiments saw action in the Philippine Insurrection.

The 10th Cavalry Regiment served under John J. "Black Jack" Pershing during the Mexican Expedition.

In 1903, 9th Cavalry troops served as a Guard of Honor when President Theodore Roosevelt visited San Francisco and the Presidio. This marked the first time black regular cavalry soldiers had served as an escort for a U.S. president. Black cavalry troops also patrolled California national parks during the 1903 season.

"It's important to learn about the contributions of the Buffalo Soldiers," said Thierry during his presentation to the children. "They helped the early settlers make it on the western frontier—helped us settle the nation."

## A spot well worth mentioning



Photo by Staff Sgt. Orlando Guerrero

Staff Sgt. Darrell Rieves, 64th Civil Engineer Squadron, points to the spot where a power source for the Soil Vapor Extraction unit near the POL area south of the CES building is located. He determined this was 573 feet closer than the Corps of Engineers' proposed source, saving the Air Force \$25,000 in construction costs. He received \$1,464 for his suggestion.



# It's never too late to start an exercise program

**Capt. Jon Grammer**  
64th Services Squadron  
commander

Well it is now March. How many of you have started your 1997 exercise program? Isn't it time you fulfilled your New Year's resolution and began?

There are many benefits of exercise and physical fitness. These days it's in to be fit, it is fun and it's much healthier to be fit.

As you exercise, muscle tone improves; your weight is easier to control, your self-esteem grows and your tension reduces. Findings show that exercise is related to life expectancy; and produces organic changes in the lungs and circulatory system that improve normal functioning and protect against stress. Exercise also reduces blood pressure; strengthens the heart muscle and prevents cardiovascular disease; aids in weight reduction and control; and increases muscle strength. It also increases endurance while improving muscle tone and posture.

Physical activity can be anything from an after dinner stroll, house chores, racquetball, to a serious cross-training program containing weight training and aerobic exercise. It can be done either regularly or erratically. It can be brief

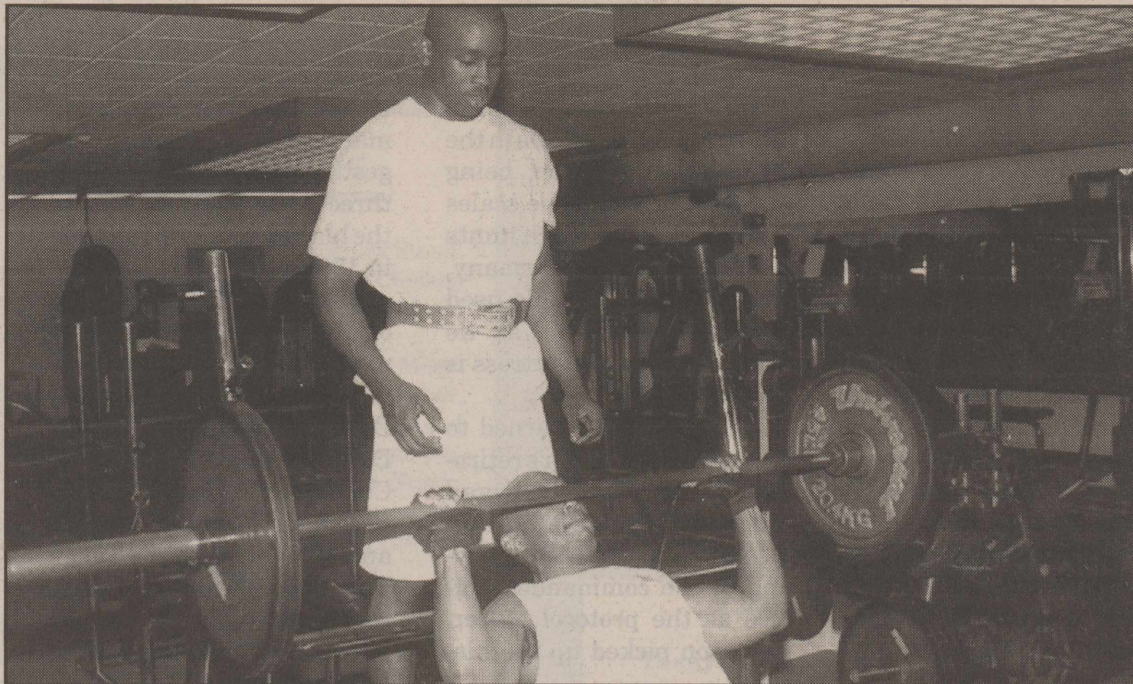
or sustained; and can be either recreational or vocational. The fact is, physical activity makes your muscles work harder and places greater demands on your body for oxygen and calories.

The more vigorous the exercise, the more oxygen and calories you need to sustain energy. The more calories expended during physical activity the quicker you lose weight and unwanted inches. One pound of fat equals 3,500 calories.

Exercising for approximately 30 minutes a day three days a week can burn up to 750 calories depending on the intensity and type of activity done. The point is, you don't have to take up serious weight training or workout for 2 - 3 hours a day to see improvement in just a few months.

If you combine a modified diet that limits your intake of calories consumed from fat to less than 30 percent of your total daily calories, the changes will occur even faster. For example, if you replace one regular soda a day with a diet soda you reduce your caloric intake 140 calories. Do it everyday and you save 980 calories a week.

If you want to begin exercising, here are some pointers that may help. Choose an activity, exercise program, or sport you enjoy, so you will do



Phillip Browning, 64th Medical Group, lifts weights as part of his exercise program at the Reese fitness center. Fernando Murrain, 64th Civil Engineer Squadron, acts as a spotter for Browning, providing that extra margin of safety necessary when lifting weights as part of a training program.

it regularly. Try to get an exercise partner as they tend to increase your motivation towards the exercise program.

If you are over 35 get a complete physical before participating in any exercise program. If you've been living a pretty sedentary lifestyle, start slowly, perhaps 10 to 15 minutes of walking for the first two to three weeks.

Increase the intensity and duration of the exercise as your muscles adapt to the routine and your capacity for exercising increases. Believe me it will.

Try cross-training, walk one day, ride a bike the next. Try the stairmaster or treadmill another day. Include some weight training to increase bone density and muscle tone. You can use either free weights or machines.

When weight training, make sure you include exercises that hit all the major muscle groups. Include some pressing exercises for chest and shoulders, arm curls for bicep development, leg curls and leg extensions for the legs, and abdominal crunches for that wash board stomach

you've always wanted. The key is to begin now and stick with what ever program you decide is right for you. Consult with the fitness center staff to develop an exercise program and to learn how to use the equipment.

Also, remember to eat a well-balanced nutritious diet. Get foods from all four food groups, particularly from the fruits and vegetables group, limiting intake of fats. Remember, you are what you eat.

Diet is critical to an exercise program to have the energy to sustain your workouts.

## Intramural volleyball championship set for tonight

**Staff Sgt. Orlando Guerrero**  
Public affairs representative

The Reese Air Force Base intramural volleyball season has drawn to a close and the 64th Logistics Squadron finished in first place with an 11-1 season record.

The team now has the chance to defend that first-place finish in the double-elimination playoffs as the top seed.

"We know our weaknesses and strong points," said Ruben Lucio, coach of the 64th LS. "Since the beginning of the season we have seen a raised level of team spirit and camaraderie within this team and throughout our squadron. The squadron helped to procure our T-shirts with a fund raiser, and Lt. Col. Joe Wilson, 64th LS commander, has been at every match."

"We feel pretty confident about our team," Lucio said. "They've played

extremely well together and are ready for any challenges that lie ahead."

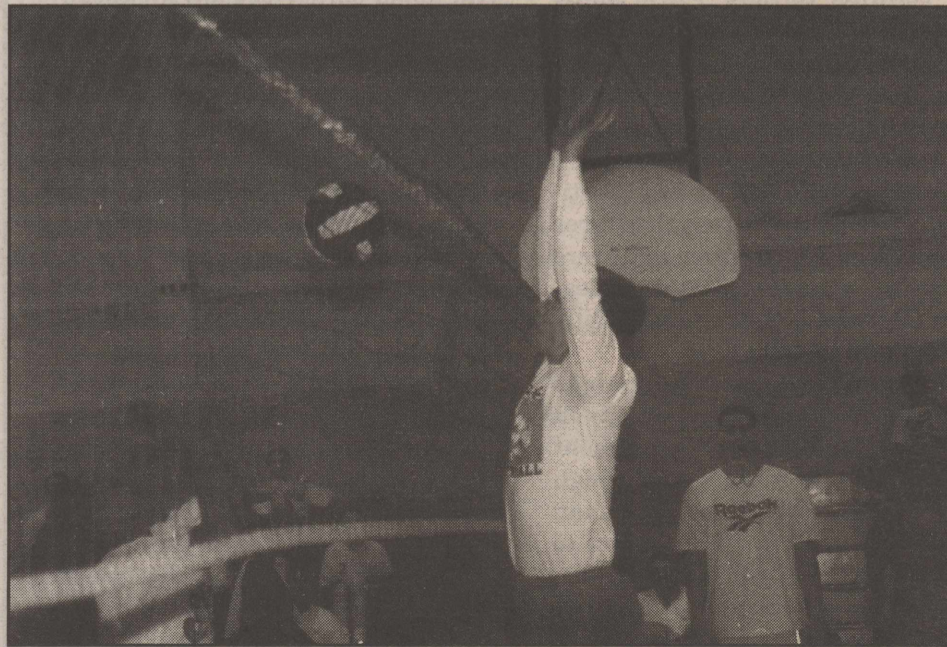
Having lost only one game during the regular season the 64th LS avenged their only loss Tuesday by defeating the 64th Services Squadron, sweeping them 15-5 and 15-10, thus trading off regular season wins. This match ensured the 64th LS with a top seed for the playoffs.

"We feel pretty confident going into the playoffs," Lucio continued. "We know that the 64th Civil Engineer Squadron and the 64th Security Police Squadron are probably going to be the most difficult opponents. But anything can happen during the playoffs."

The championship game is scheduled for 5:45 p.m. this evening in the fitness center. If a second game is necessary, it is scheduled for immediately afterward.

The final standings were:

64th LS	11-1	64th MSS	5-7
64th CES	10-2	64th SVS	5-7
64th SPS	6-6	64th MDG	4-8



Alan Moss, 64th Logistics Squadron, blocks a shot by an unidentified member of the 64th Services Squadron players. 64th LS won the regular season with an 11-1 record. The team will play the winner of the 64th SPS and 64th MDG match. The team is favored to win the double-elimination playoffs, claiming the title as the "last Reese Air Force Base champions."

Photo by Staff Sgt. Orlando Guerrero

Photo by Staff Sgt. Orlando Guerrero