

The Roundup

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Serving the Reese Community Since 1948



A1C Felix Saenz demonstrates how cover and concealment assist the base defenders survive during base defense exercise. (USAF Photo)

General Gabriel to retire

WASHINGTON (AFNS)—Air Force chief of staff Gen. Charles Gabriel will retire on June 27, after more than 36 years of service. General Gabriel, a combat veteran of the Korean and Vietnam wars, has served as chief of staff since 1982. President Reagan has nominated Gen. Larry D. Welch, currently serving as commander in chief of the Strategic Air Command and director of the Joint Strategic Target Planning staff, Offutt AFB, Neb., to be the 12th Chief of Staff of the Air Force.

General Gabriel was born in Lincolnton, N.C., and attended Catawba College, Salisbury, N.C. for two years before entering the U.S. military academy. He graduated from West Point in 1950 with a bachelor of science degree and a commission in the Air Force. The general earned his master's degree in Engineering Management from George Washington University.

General Gabriel's career spans nearly four decades and has included a tour of duty at the Air Force Academy, headquarters tours at Supreme Headquarters Allied Powers Europe, Tactical Air Command, United States Air Forces in Europe and U.S. forces in Korea, and four tours of duty in the Pentagon. He has served overseas in Korea, Thailand, Germany and Belgium. The 58-year-old general is a command pilot with more than 4,200 flying hours, including more than 250 combat missions.

The retiring chief of staff said the most rewarding part of those 36 years has been working with "great people." He believes that "the most

important resource we have is our people" and points out that today's Air Force is made up of "extraordinary people doing an extraordinary job—and they are proud to serve their country."

The General added, "The significant progress we have made over the last four years has resulted in the best trained, best equipped and best led Air Force in the world."

General Welch, SAC commander since August 1985, is also a veteran fighter pilot. He flew combat mission in F-4Cs over North and South Vietnam and Laos. The General also served in tactical fighter units in Europe, the continental United States and Alaska. The 51-year-old general is a command pilot with more than 5,500 flying hours.

General Welch has been a wing commander, numbered Air Force commander, and Air Force vice chief of staff before taking the reins of command of SAC. His assignments over the last 34 years have included tours at Air Training Command, TAC and in the Pentagon. He has served overseas in France and South Vietnam.

Born in Guymon, Okla., General Welch spent two years as an enlisted man in the Kansas Air National Guard before joining the Air Force and then entering the aviation cadet program. He received his pilot wings and commission in April 1955.

He earned his bachelor's degree in Business Administration from the University of Maryland and his master's degree in International Relations from George Washington University.

Warm weather brings construction to base

By 1st Lt. Stephen S. Kmiecik
64 Civil Engineering Squadron

The warm air of the West Texas summer brings construction to our base. The Contract Management Section of Civil Engineering is busy at work controlling all of this activity. Some of the projects that are scheduled to begin shortly are new gas lines for the base and the new MIP Lodge. The gas line project will start on Monday and finish in mid-September. The contractor will be digging trenches to most of our facilities, so be careful. Both of these projects will greatly benefit everyone at Reese.

Looking around our base you may have noticed a few of these projects being constructed. New roofs are being installed on Hangars 52, 72, and 92 and Bldgs. 541 and 542. A new car wash will soon be open for all to enjoy. It is located on 7th Street near the picnic area.

A few of the projects that are now completed are the road around Bldg. 800, the ramp lighting for the T-38's, and a new entrance to the Officer's Open Mess dining area. As the summer progresses many more projects will be starting that will improve the way we work and play at Reese.

Air Force expands early out program

RANDOLPH AFB, Texas (AFNS)—Air Force expanded the Airmen Early Release Program to comply with the Fiscal Year 1986 Gramm-Rudmann Budget Reduction.

Second-term and career airmen eligible to re-enlist, assigned within the continental United States and scheduled to separate from the service between July 4 and Sept. 30 must separate not later than July 3, Air Force Military Personnel Center officials said.

Additionally, re-enlistment first-term airmen assigned within the CONUS with a normal date of separation between July 4 and Sept. 30 must re-enlist or separate by July 3.

All first-term, second-term and career airmen meeting the above criteria must separate or re-enlist between June 23 and July 3. Within these dates, airmen will not be re-

quired to re-enlist earlier than three months from their original date of separation. For example, if a member's normal date of separation is Sept. 30, the re-enlistment date need not be earlier than July 1.

In February the Air Force began an early release program of first-term airmen eligible to re-enlist with dates of separation between May 16 and Sept. 30. This program also included second-term and career airmen with less than 16 years' service who were ineligible to re-enlist. Under this

program, 3,893 airmen separated between May 1-15. Monies saved by the Air Force through this program fell short of the \$17.1 million required by the Secretary of Defense by \$3.6 million.

To comply with the OSD Directive, the Air Force is expanding its program to make the dollar savings.

All eligible airmen will be notified by their Consolidated Base Personnel Office by June 6, officials said.

For additional information, airmen should go to the Base Personnel Office.

Parade day set

Your help is needed in designing a float for the Reese AFB entry in the Lubbock 4th of July Parade. The theme of the parade is the Texas Sesquicentennial.

Design a float that will fit on a 25 ft. flat bed trailer. Please keep in mind that we

want to highlight Reese AFB's involvement in the Lubbock community.

All entries should be forwarded to Maj. Smith/DOOSB/stop #14 by June 13. Prizes will be awarded for the top three designs.

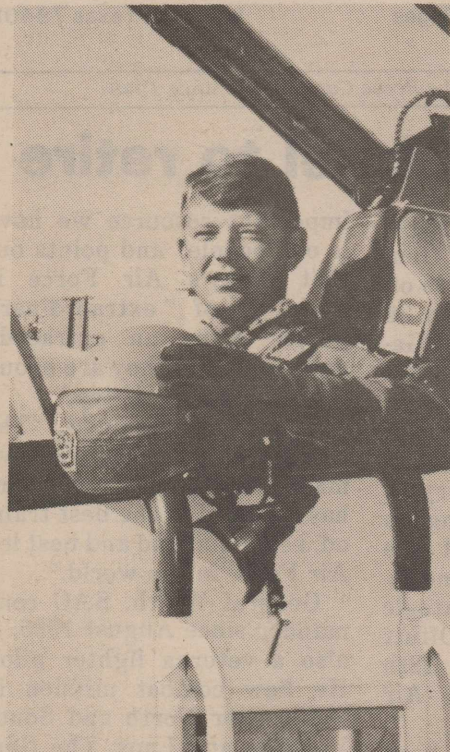
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**SHOW
THE WAY**
AIR TRAINING COMMAND

As I See It...

By Col. James McIntyre
Wing Commander
64th Flying Training Wing
Reese AFB, Texas



USAF Photo

Col. James McIntyre

Background and Introduction

I had planned to be night-flying, with a 2000 brief and 2100 takeoff. However, earlier this Wednesday evening, 4 Jun 86, lightning struck the electrical power transformers on 4th Street as well as in base housing, knocking all the power off on the base proper. Rain was coming down sideways. Peak winds exceeded 60 knots. It was 1910 exactly, when all except the wind-up clocks stopped across Reese AFB.

The heaviest thunderstorm cell passed over us quickly, apparently leaving only minor damage. Several tree limbs were down around base. I have been told that one of our families on Mitchell Blvd. found their back-yard storage shed in their front yard, completely destroyed. Yours truly probably won the prize. Two 25-foot cedars went down, one just missing my car. And our front yard flagpole was down, bent at its base by the force of the wind. Karen watched that happen from the kitchen window.

As nightfall approached, and the active storms eased, all seemed well save one thing -- this base, and all its occupants, were totally without power. That, if you consider it, is a problem, and a potentially very serious one if swift action were not taken. I would like to share with you the inside perspective: some of the issues at stake, and the actions taken by the Reese team.

A Few Issues:

What was the electrical problem, where (on or off base), and how long would it take to fix?

Were power lines down, or transformers struck by lightning? Were there any natural gas leaks? Was there a fire hazard somewhere on base?

Was anyone hurt?

What was the flood damage? Were there major roof leaks or broken windows?

Did the auxiliary power come on in the hospital?

If power could not be restored quickly, what the thousands of dollars of refrigerated foodstuffs in the dining hall, officer and enlisted clubs, and commissary, not to mention the family quarters?

What about resource protection -- lots of facilities (like the bank, BX, package store, armory, etc.), normally protected by duress alarms, were now left without those alarms?

How many of the troops in the dorms had eaten dinner? How would we handle breakfast should the blackout last all night?

How do we let the folks on base know what is happening and the proper action to take? Family housing and dorm occupants were really "in the dark."

A Few of the Actions Taken:

Security Police patrols moved swiftly to report all problems, even clearing large limbs that were in the streets. They stepped up their surveillance efforts. Patrols were briefed and sent through base housing, broadcasting the status of affairs, with estimates of when the power might be restored.

The Civil Engineers executed a full recall. Their folks poured back to the base. Exterior electric, interior electric, and power production experts worked to pinpoint and fix the electrical problems. Work crews manned their equipment and began the initial damage assessment and cleanup.

The Dining Hall was working up a menu of coldcuts in the dark for the midnight chow, and worrying a lot about breakfast.

The Fire Department went into high gear, checking out possible gas leaks, electrical transformers, and responding to an assortment of alarms kicked off by the storm. No major problem, but had there been one, these troops were ready.

My wife walked the dog, and joined the throng of family members in Reese Village, who were all taking advantage of no TV and no lights to gather in the front yards and get acquainted with each other even better. She reports that all went very well, and Reese people were in good spirits through it all.

I might add that many other planned actions took place on cue as the storm approached, avoiding possible damage or risk of injury. For example, the maintenance team had already protected the aircraft fleet with hail pads and tie-downs. The swimming pool lifeguards were notified to run their checklist and clear the pool.

What I'm Trying To Say:

A simple downpour. It had rained hard is all. To many, when the lights came on at about 2200, the affair was over -- not much to it, right? But late into this evening, the heroes were still working, and as I retired for the evening, I could still hear the cleanup crews doing their thing. Once again, we saw the REESE TEAMWORK in action. A tremendous effort was expended.

AS I SEE IT, another significant success. And for that we ought to thank some very special folks:

Base and Deputy Base Commander: Col. Clark Griffith, LTC Ted Ownby.

Base CE Control: Maj. Harold Becker, Capt. Mike Keller.

Fire Department: Sgt. Doug Anderson, Mr. Stanley Macy, Mr. Bill Pharis.

Exterior Electric: Mr. Kay Don Habbings, SrA Brian Collinson, A1C Jerry Green, A1C Mack Sneed.

Power Production: A1C Adrian Galis, A1C Gerry Reyes, A1C Dan Chinsio, Amn. Arturo Carbajal.

Interior Electric: TSgt. Bill Demko, SSgt. Melvin Ollie, SSgt. Michael Rivenbark.

Refrigeration: SSgt. Ron Clouse, SrA. Doug Voelpel, Amn. Enoch Jackson.

EMCS: Mr. Steve Breunig, Mr. Bob Garoutte.

Also, thanks to Mr. Durham and Mr. Hanabus from Southwestern Public Service Co. for their super efforts.

P.S.

Also, thanks to:

-- My wife, Karen, for carrying candles to some guests in the VOQ.

-- Maj. Lenny Day for running around in my office with two few buckets to catch the water dripping from too many leaks in the ceiling.

Live from Denver

By 2nd Lt. Ronald Taylor
64th Supply Squadron

This is your roving reporter with a "how goes it" from tech school in Denver.

It's spring in the mountains, but don't believe me I'm just a plainsman. Visibility is quite restricted here, as the pitiful snow-capped Rockies loom directly overhead. A short walk is impossible, every direction is blocked by trout clogged mountain streams. And study, forget it. The weekend extravaganza in Denver makes concentration on books out of the question.

Yes dearly beloved prairites, it's a sad day when a devoted man like myself can't accomplish his mission.

Last Friday I tried to read AFM 67-1, but to no avail. A mass exodus of fellow students kept stomping past my door.

"What's going on?" I asked. "We're all heading for the Laser-Rock show, come on."

"No, that's not for me, those lasers aren't reliable. Besides, who wants to watch a bunch of rocks getting blasted by a laser?"

Was I in for a surprize. Behold, the most disgusting (but colorful) array of lights

set to music you'll ever see. I'd rather watch the tower light at Reese any Friday. No study tonight. Who can study when their blood is boiling from exhilaration?

Saturday is another story. Early that morning I was roused from my bed by a couple of heavies and forced to ride all the way to Colorado Springs. It was a tortuous day, spent dragging around the Academy, Pike's Peak, Will Roger's Shrine, Garden of the Gods, and a gigantic zoo. Real men don't go to the zoo! This is demeaning gentlemen. We're here for Tech School, not sightseeing.

Back in Denver on Sunday I finally sneaked out of the dorm with my manual.

"I'm going to the library," I said defensively to a suspicious SP.

Determined to learn something of redeeming value I had resolved to spend the entire Sunday afternoon poring over books and class notes in the college library. Imagine my distraught when I discovered the library closed. A sign on the door read: "Gone hiking, see ya Monday, sucker!"

This is all too much. I miss you Lubbock.

Answer to the \$86,400 question is ...

By Maj. Ronald A. Roye
executive support officer
3480th Air Base Group
Goodfellow AFB, Texas

What would you do if a bank credited your account with \$86,400 every morning?

"Fantastic," you exclaim. But hold on--there are some conditions. The bank will carry no balance forward at the end of the 24 hours. You are allowed no cash in the account for future withdrawals. Moreover, you must use the entire sum each day. In other words, every evening the bank cancels whatever balance remains.

What would you do? I was recently asked this question through an article I read by Dale F. Batesole. His

Your wing inspector

Ext 3409

answer went something like this:

You would try to use the entire amount every day. You would invest it in making life better for yourself and those around you. You would use it to shape a bright future for yourself and others, and you would not hoard it or skimp on anything good.

Above all else, you would not ignore it and pretend it did not exist.

Do you know that each of us has such an account--in a time bank? Each morning you are credited with 86,400 precious seconds. Every night, at the end of the 24 hours, the bank wipes out whatever time you have squandered.

Time carries forth no balance, allows no borrowing, offers no overdraft protection. In other words, we waste whatever we have not invested in worthwhile activity or for constructive purposes.

How can we conduct our business in the very best way? By investing our bank account of 86,400 seconds each day in constructive thoughts, words and actions. You will "profit" by making

each day the best day of your life. That's the correct answer to the \$86,400 question.

(AFNS)

The Roundup

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Wing Commander Col. James McIntyre
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Staff Writer A1C Robin Reams
NCOIC TSgt. Cliffordean Washington

Commander's column Management by conveyor belt



By Col. Donald J. McCullough
Deputy Commander for
Resource Management

Several weeks ago, I read an article with the above title written by Mr. Troy Adcox that has an excellent message for everyone that considers themselves managers. Although he recognized that sometimes too much time is spent studying management styles and methods of other people instead of evaluating and adjusting our own, his discussion centered primarily on "Management by Conveyor Belt" (MBCB).

How many times have you

stood in an airport, waiting to retrieve your bags from a conveyor belt that comes from a hidden area where someone, who is also out of sight, places them on the moving belt? As the bags go around, passengers pick out the ones they want, while the others continue to move around the area.

Occasionally, some bags aren't claimed by anyone and end up being placed in the lost and found section. Can you envision a manager that assigns tasks to his subordinates in this same manner?

In my Air Force career, I've worked for one, many years ago. I've never envisioned it as a "conveyor belt" style, but that's essentially what happened. The tasks were on an imaginary belt that moved in front of several subordinates. The subordinates took the jobs that they believed belonged in their functional areas—or others that they felt like doing at the time—and the remainder kept going around and around.

Worse yet, some that had been taken off would be placed back in the cycle again.

Other types of "conveyor belts" exist with managers to-

day. You can envision a horse-shoe-shaped belt—where everything that is not taken by others comes back to the manager to do himself. This type is soon overloaded.

A "straight-line belt" is another version; however, in this case, if the task is not taken by someone, it never comes back to anyone until someone higher up in the management chain asks "Why?" "Where is it?" This management style can certainly be embarrassing to its owner.

Let's look again at the airport conveyor belt system as it is suppose to work. If you give the airlines your bags, properly tagged, most end up where they are intended to go. This is the secret for a manager's conveyor belt. If you clearly identify the tasks you need accomplished, assign them to a specific person with an established suspense or goal and have a system to check them upon return, you have a good "conveyor belt."

There should be no "U-turns," no "lost bags," and above all, a smooth trip from start to finish. What kind of management conveyor belt do you use?

Smoker's rights stop at non-smoker's nose

By Col. Cleveland J. Jones
vice commander
380th Bomb Wing
Plattsburgh AFB, N.Y.

Smoking is a difficult, complex issue. If you don't smoke, you don't want to inhale secondhand smoke from those who do. If you smoke, you feel you have the right to your air space.

The Air Force has a regulation regarding smoking in Air Force facilities. But first, and most importantly, we are concerned with the health and welfare of our people.

The Air Force supports the findings and recommendations of the surgeon general of the United States regarding the hazards of smoking. Smoking is proven to contribute to cancer of the lungs, to strokes, to heart disease and vascular disturbances, and it also reduces a person's life expectancy.

Secondhand smoke is harmful, but there must be a balance of rights between smokers and non-smokers.

Air Force Regulation 30-57 states that smoking is not permitted in auditoriums, elevators, conference rooms and classrooms (unless these rooms are used as normal work areas), commissary sales stores and storage areas, and base exchange retail customer contact and storage areas.

Supervisors must make provisions to accommodate the preferences of smokers

and non-smokers. In doing so, the supervisor must make sure that work unit efficiency is not impaired, no additional space is required and no costly alterations to the work space or additional equipment costs are incurred. Accommodating everyone is no easy task!

But there is a way to make sure that smokers' and non-smokers' rights are maintained: consideration, pure and simple, and concern for your peers, your supervisor, your subordinate, your friend.

If you smoke, realize that non-smokers really don't like smoke in their faces. Put your ashtray on the other side of the desk or table, blow the smoke in the opposite direction or try to refrain completely, especially if the area is small or cramped.

If you don't smoke, be understanding. Ask politely if you want a smoker to move the ashtray or to refrain until the meeting is over.

We are an Air Force family. Our mission is preserving the freedom of individual rights and choices. You may agree or disagree with another's choice, but that person is entitled to make his or her own choice—no one dictates.

There is an old cliché that says a person's right to swing his fist stops at another person's nose. The same can be said of smoking—a person's right to smoke stops at another person's nose. (AFNS)

Trends follow 'Way of life'

By 2nd Lt. Michael J. Brooks
ATC Office of Public Affairs

Have you noticed how the civilian world has increasingly become more like the Air Force? This curious process has been gradually, but steadily, going on "out there" for the past few years.

For instance, drug testing has recently become commonplace in the civilian work force, with the number of companies testing employees growing daily. Companies are starting to realize the best management strategies don't mean much without reliable, clear-thinking people doing the work.

Substance abuse consumes huge chunks of a company's "bottom line"—profits. The Air Force considers its bottom line—the ability to defend our nation—even more vital. Perhaps, that's why the Air Force got there first.

Another rising trend in civilian communities is a hard line against driving while intoxicated. Again, the Air Force was slightly ahead of the trend, starting its DWI offensive in 1982.

The penalties for bluesuiters caught driving drunk are severe. While many civilian penalties for DWI are not as "career killing" as Air Force

penalties, the civilian attitude toward DWI has changed.

No longer is DWI considered a socially acceptable "mistake." Community outrage has brought attitudes—and to some extent penalties—more in line with the Air Force's hard line and stiff penalties for DWI.

Another civilian change on the road includes the adoption of mandatory seat belt use laws by many states. Once again, this policy has been in effect on Air Force bases for years.

And, even though overall civilian compliance in some states is only a little better than 50 percent, versus nearly 100 percent for Air Force installations, traffic fatalities in those states are down significantly.

Looking at current Air Force practices, what trends could one see for the civilian world?

Presently, a higher percentage of military women are found in traditionally "male" job specialties than their civilian counterparts. However, civilian women are beating down the "males only" workplace doors also.

Reducing sexual harassment, the Air Force has regu-

lations, complaint channels and enforcement policies with "teeth" to insure fair treatment. Civilian corporations, slapped by costly law suits, are just now realizing the need for social actions programs of their own.

Juvenile delinquency is the latest issue where society has discovered a military solution.

A 12-week program being tested in a few states involves giving young lawbreakers the option of getting up at O-dark-thirty, room inspections, constant marching, no talking, on-the-go 'til lights out, etc. This routine probably sounds familiar to you.

Offenders who break too many of the rules are given the ultimate recycle—hard time in a regular prison.

However, these "basic training" programs have been quite successful so far. "Graduates" begrudgingly accept the self-discipline. Few graduates are arrested again.

As time passes, it'll be interesting to guess which Air Force good idea larger society will borrow next. If imitation truly is the sincerest form of flattery, then the Air Force should be proud that civilians want to live our great way of life.

Blue before silver

By Col. Samuel E. Stocks
Scott AFB, Ill.

"What are you?" is a question that is often answered: "I'm a cop, or I'm a pilot, or I'm a clerk," because we live in a time of specialization.

A lawyer isn't a lawyer; she's a divorce lawyer or a tax lawyer. A mechanic isn't a mechanic; he's a propulsion technician; she's a hydraulic specialist.

Too often we identify ourselves with our own niche in the military world. Our emotional response to that question, "What am I?" is all too frequently the title of my Air Force specialty code.

We have become so enamored with individual specialties and functional areas that we've set aside a very basic truth: Our specialties have no life of their own. They are important only as part of the mission.

The Air Force mission is clear—it's people and sorties, airlift, missiles, fighters, weather, bombers and air refuelers. All specialties and functional areas exist for one reason, to support the mission and the people who make that mission happen.

The unwritten code of the military is one of sacrifice, camaraderie, loyalty and dedication, of surrendering freedoms taken for granted by civilians.

Throughout history, the military has occupied a unique place in society. It is not an exaggeration to say that a nation depends on its military for survival.

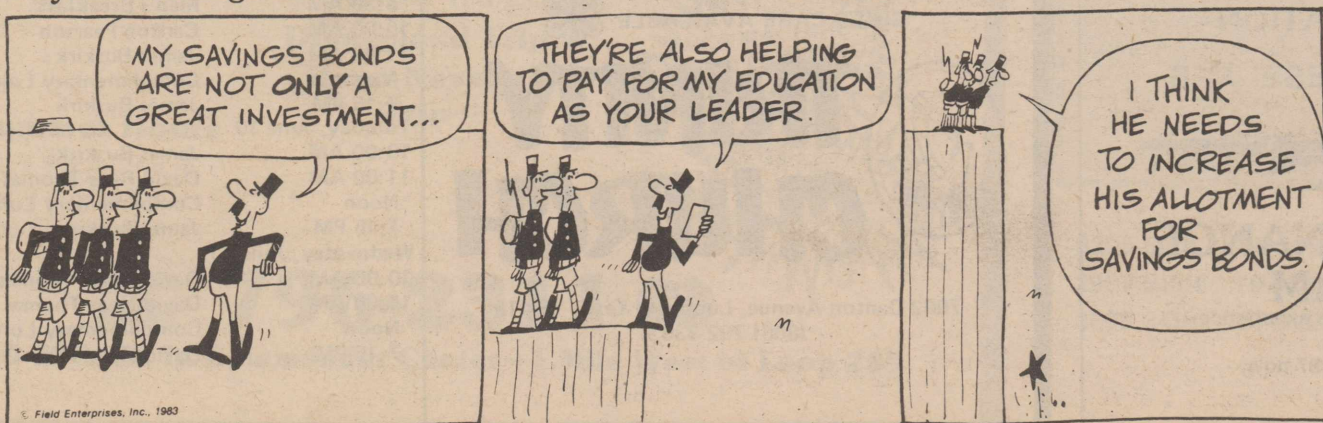
The military is different and has always faced the world as a unified entity, whose commanders and airmen are part of a team; part of an organization bigger than themselves, part of a nation.

The next time someone asks you what you are, try "I'm an Air Force noncommissioned officer, or I'm an Air Force officer, or I'm an Air Force airman."

Our mission cannot afford for us to stand around and look at the shiny shoes of our specialty and say, "I'm a cop, pilot or clerk."

Air Force blue first, then the silver badge or silver wings. A motto for the 1980s... Blue before Silver. (Courtesy of MAC News Service)

Payroll Savings for education ...and that's no CROCK!



News briefs

Vacation Bible School planned

Reese Chapel Center is having its annual Protestant Vacation Bible School beginning Monday. Class for 3-year-olds is from 10:30-11:30 a.m. Classes for all other children, 4-year-olds through 6th grade are from 9-11:30 a.m.

Enrollment is limited, so pre-register your child. Buses will be leaving the Chapel each morning at 8:30 a.m. to pick up children in Reese Village. Stops will be made at the Child Care Center and Youth Center. Maps showing the stops are available at the Chapel.

The topic for the school is 'It's about Jesus'. The students will learn about Jesus' birth through his ascension. Puppet shows, music, crafts, Bible stories, snacks and more will be offered.

An Open House will be held June 13 at the closing program.

Commissary announcement

Nine positions exist at various Air Force Bases within the Continental United States for Commissary Career Interns, GS-144-5/7/9. Duties require participation in an intensive formal two-year development training program which includes on-the-job training assignments, classroom courses and self-developmental studies. To qualify, applicants must possess personal competitive status, and within 90 days after the closing date meet X-118 qualifica-

tion standards. For more information, contact the Civilian Personnel Office, Ext. 3802 or 3975.

Family Services gears up

The Family Services Junior Volunteer Program is gearing up for another active summer.

Family Services invites all base teenagers, ages 13-18 to participate. Junior volunteers receive office training, service awards and plenty of appreciation.

Family Services is also looking for adult volunteers.

For more information, call Kathy Winney or Rita Pettit, 885-3306.

Homes of the week announced

The weekly winners for May 20 are:

Enlisted Single Unit: MSgt. John and Shelly Robertson, 317 Harmon.

Enlisted Duplex: SSgt. Powell and Gwendolyn Easley, 301 Mitchell, and MSgt. Jose and Janet Torres, 303 Mitchell.

Officers Single Unit: 1st Lt. Daniel and Barbara Holmes, 108 Andrews.

Officers Duplex: 2nd Lt. Steven and Valerie Tate, 204 Harmon, and 2nd Lt. Jeffrey and Cynthia Johnson, 208 Harmon.

The weekly winners for May 28 are:

Enlisted Single Unit: MSgt. Steve and Mary Sobotka, 327 Harmon.

Enlisted Duplex: SrA. Kevin and Susan Roen, 220 McGuire, and SSgt. Oliver

and Colleen Lohto, 222 McGuire.

Officers Single Unit: Capt. John and Elizabeth Adams, 103 Yount.

Officers Duplex: 2nd Lt. David and Lorna Deloach, 229 Mitchell, and 2nd Lt. Ted and Robin Tragus.

The monthly winners for May are:

Enlisted Single Unit: MSgt. John and Shelly Robertson, 317 Harmon.

Enlisted Duplex: SSgt. Powell and Gwendolyn Easley and MSgt. Jose and Janet Torres.

Officers Single Unit: 1st Lt. Roger and Jeanne Rugletic, 115 Andrews.

Officers Duplex: 2nd Lt. David and Lorna Deloach and 2nd Lt. Ted and Robin Tragus.

The monthly winners receive a free dinner at their respective Open Mess and a \$15 gift certificate from the BX Main Exchange. In addition to the above, Mr. Hugh Beam, chief of MWR, is donating: \$5 gift certificate to be used at MWR Recreation Supply—camping equipment, fishing gear; two free hours at the Arts and Crafts Center; one free basket of balls at the Reese Golf Course Driving Range; three free lanes of bowling at the Windmill Lanes; and one free hour of stall time at the Auto Hobby Shop.

Did you know...

• Three companies of U.S. Infantry troops raised the first United States flag in Texas July 26, 1845.

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june 8-11
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carlton pearson



david rees-thomas



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JACK GRAY, outstanding children's evangelist, will host the Bible Bowl for elementary children Sunday morning at 10:45 AM and each evening of the conference. The Bible Bowl—comprised of songs, games, Bible sword drills, quiz questions, and special awards—brings in hundreds of Bible Boys and Gospel Girls to learn God's Word.

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	SCHEDULE
Sunday, June 8	9:00 AM Carlton Pearson 10:45 AM Carlton Pearson 6:00 PM Carlton Pearson
Monday, June 9	6:30 AM Men's Breakfast 10:00 AM Carlton Pearson 11:00 AM James Buskirk Noon Complimentary Luncheon 7:15 PM James Buskirk
Tuesday, June 10	10:00 AM James Buskirk 11:00 AM David Rees-Thomas Noon Complimentary Luncheon 7:15 PM James Buskirk
Wednesday, June 11	10:00 AM David Rees-Thomas 11:00 AM David Rees-Thomas Noon Complimentary Luncheon 7:15 PM David Rees-Thomas

News briefs

Payments reduced

In accordance with the provisions of the Balanced Budget and Emergency Deficit Control Act of 1985 (Gramm-Rudman-Hollings), the Office of Workers' Compensation Programs are required to reduce each payment for medical and related services under the Federal Employee's Compensation Act by 7.37 percent. This reduction affects payments made after March 1, 1986. Compensation benefits for wage loss, schedule award and death benefits will not be affected.

Since this reduction is mandatory under Federal Law, medical care providers are not entitled to recover from OWCP the difference between the amount requested for reimbursement and the amount paid. In most instances, the injured employee is not obligated to pay the remaining amount to the medical provider. Since the bill reductions are statutorily required, there is no provision for appeal from OWCP's determination in individual cases. Questions or inquiries should be referred to the Dallas OWCP, (214) 767-4707, 767-4708.

Eagles vs. Chiefs

The Reese Company Grade Officer Council—CGOC—is sponsoring an Eagles vs Chiefs softball game June 30, 5 p.m., on Field 1. All proceeds will be donated to this year's Camp Blue Yonder, to be held in August. Camp Blue Yonder is a day camp held for underprivileged children in the Lubbock area, and has been sponsored by Reese for many years. Tickets for the game are \$1, and will be available

through your organizational CGOC representative, or through 2nd Lt. Scott Steckel, Ext. 3258.

Don't overfill dumpsters

With the coming of spring and yard clean-ups, there is an increase in rubble. This rubble—grass, rocks and dirt—is not supposed to be dumped in the dumpsters because its density increases the weight in the dumpster. This increased weight makes the dumpster too heavy for the truck to pick up. On the first Monday of each month, the Civil Engineering dump truck picks up such refuse if it is piled neatly at a curb.

In Family Housing, grass clippings should be placed in a bag and set beside a dumpster. Any questions should be referred to SSGT. Richard Morehouse, Ext. 3929.

Personnel needed to retrain

The Base Management Engineering Team is seeking qualified Senior Enlisted Personnel to retrain into the manpower management career field.

Personnel in the grade of E-8 or E-8 selectees are prime candidates.

This job is one of the few in the Air Force which gives the

enlisted technician the responsibility of making major decisions that impact how Air Force manpower resources will be used. In this environment, the technician's career is limited only by his or her own creativity.

Applicants selected for retraining into this field will attend an eight-week course at Keesler AFB, Miss.

Interested persons should contact 1st Lt. Frank Kelly or TSgt. Michael Shafer, Ext. 3713.

Civil Air Patrol meets

The Lubbock Squadron of Civil Air Patrol—CAP—will be taking part in a search and rescue exercise Saturday. These exercises test area CAP units in their readiness to conduct search and rescue operations for downed aircraft. This event will take place at the Lubbock International airport—East District, starting in the morning. Everyone is welcome to come and observe this event. For more information, call David Westbrook, 799-6857, or Doug Anderson, 885-4713.

Did you know...

• Second Lieutenant Susanne M. Ocobock became the first woman civil engineer in the Air Force April 7, 1971, and was assigned to Kelly Air Force Base, Texas.

EWC funds scholarships

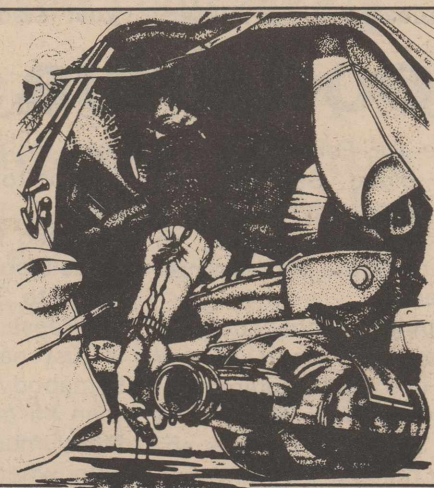
The Enlisted Wives' Club (EWC) of Reese AFB gave \$1,800 in scholarships to seven new college freshmen at a dinner/recognition ceremony last Saturday night. This is the largest amount of scholarships given by the organization since it began over 10 years ago.

Dependents of enlisted members are eligible for these scholarships based on a highly selective/competitive criteria. The following individuals were the selected recipients: (Attending Texas Tech University) Mary Torres, \$500; Russel Schulz, \$500; Shannon Wade, \$250; Mathew Lopez, \$100; Christian Forgery, \$100; (Attending South

Plains Jr. College) Melissa King, \$100; (Attending Glendale Community College) Dean Hansen, \$250.

The EWC's primary objective is raising money to provide scholarships such as these every year. The members of this organization work exceedingly hard to make this possible. This year they doubled their previous funds and were able to offer much more to the dependents who qualified for this type of assistance. Women who are interested in getting involved with the EWC, please call Jackie Rausch, President, 885-2261. The next monthly meeting is 30 June at the Enlisted Open Mess, 7:30 p.m.

Mixing them can kill YOU!



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Key to professional NCO

By Stephen Morochnick
Director, Education Services
Air University

Various groups define the word "professional" to suit themselves, to meet their own needs. Changing times often alter the very meaning of words.

Personally, I like the meaning given by a professor of social psychology in a class I took with the University of Maryland. "A professional," said the prof, "is one who has prepared himself for a particular career by acquiring specialized knowledge gained by a long and intensive academic preparation."

You can still find the prof's definition echoed in some dictionaries.

Such a definition, many would say, automatically fits the graduates of our military

academies. An individual who manages to fit five years of college into a four-year period, passes all subjects, lives in a strict military environment and then qualifies for a commission is certainly a professional officer.

But how does a noncommissioned officer qualify as a professional NCO? The academic and technical preparation process is there. Successful completion of Air Force technical school and NCO PME takes an NCO a long way toward becoming a professional. Earning an associate in applied science degree in one's career area would also seem to be an appropriate step.

If you agree with the professor's definition, you ought to seriously consider earning your associate's degree from

the Community College of the Air Force. But, even if you disagree and believe that in your case the degree isn't needed, you ought to consider that the acquisition of extra academic knowledge can add to your personal value as a human being and will enhance your professional worth.

We in the Education Services community are concerned about many of you who are not pursuing a college degree. We would like you to seriously consider your personal situation. Chances are that if you give this topic serious thought you'll be knocking on our door and asking to enroll in CCAF.

We hope you will give this subject some deep thought—it deserves it. (Courtesy of CCAF/PA)

Blood drive scheduled

Reese Air Force Base and United Blood Services will hold a blood drive June 10, 1986, from 9:30 a.m. to 3:15 p.m. at the Mathis recreation center.

A popular misconception is that donating blood is one way of catching Acquired Immunodeficiency Syndrome (AIDS). Not true! There is absolutely no risk of contracting AIDS or any other infectious diseases through the process of donating blood. Therefore, it is important now more than

ever for people in not-at-risk groups to donate on a regular basis.

United Blood Services provides blood and blood components to 34 hospitals, including Reese. Many people feel it is just easier to "wait until somebody I know needs it, then I'll give." In reality, the blood must already be available when it is needed, because of the time involved in

testing, processing, labeling and distribution. Regular donations by volunteer blood donors help ensure safe and adequate blood supply for Reese.

Reese blood drives are held the second Tuesday of each month. For more information, contact Capt. Johansen or TSgt. McGowan at 885-3723, or United Blood Services at 797-6804.

Leaders urge participation

WASHINGTON (AFNS)—The Air Force's top military and civilian leaders are urging all blue-suiters to invest in U.S. Savings Bonds.

The service will hold its annual bond drive in June. Gen. Charles Gabriel, chief of staff, and acting secretary of the Air Force Edward C. "Pete" Aldridge Jr. wrote, "Savings Bonds offer an excellent opportunity to start or supplement a savings program, to earn a good return—9.7 percent over the last three years—and to contribute to the nation's economic growth.

"We encourage you to participate in this important and rewarding program. It's an excellent way to invest in America," they concluded.

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Saturday, June 7—Patio Open at 1200
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Sunday, June 8—Dart Tourney at 1400
Patio Open at 1200

Monday, June 9—Ladies Night with Bashful Bob

Tuesday, June 10—Rock -n- Roll in the Lounge

Wednesday, June 11—Variety Disco

Thursday, June 5—Country Western Music

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VDT's—Are they dangerous?

By 2nd Lt. David M. Deloach
1958th Information Systems
Squadron

Are you concerned about the health effects of staring into that green-eyed monster in your office? No, I'm not talking about a jealous co-worker. I'm talking about your computer screen.

Questions about the health and safety aspects of using Visual Display Terminals (VDTs) have gained widespread media attention. As a result, many VDT users, especially pregnant women, have become apprehensive about risks to their health. Some marketers have exploited the wave of hysteria to sell products intended to lessen or eliminate any perceived risks.

Fortunately, the facts don't support these fears. Accord-

ing to Dr. Myron L. Wolbarsht, Professor of Ophthalmology and Biomedical Engineering at Duke University, there are virtually no measurable microwave emissions from VDTs. In addition, Dr. Wolbarsht conducted a study to measure high frequency radiation from VDTs (X-rays and gamma rays) and the levels were so low the equipment wasn't able to pick it up.

As for the risk to pregnant women, Frances Harshaw, Director of Radiation Safety for the University of Connecticut, studied the question. Some reports implied increased miscarriage rates among VDT workers. However, Ms. Harshaw and the Connecticut Academy of Science and Engineering and Ad Hoc Committee on Visual Displays con-

cluded that, in all cases, VDTs were unlikely to be a causal factor.

Some eye and back discomfort associated with VDT use can be remedied by the user with very simple techniques. A few of these are:

- Adjust your chair height.
- If possible, tilt the screen to reduce or eliminate glare.
- Look away from the screen for a few seconds now and then to rest your eyes.
- Get up and move around occasionally.
- If you wear glasses, have your prescription checked.

Long sessions in front of a computer screen can lead to discomfort, but you can do something about it. In short, all the hoopla about the dangers of VDTs turn out to be so much ado about nothing.

Stress and your health

By Capt. John J. Acker
Clinical Social Worker

We've all heard that stress is linked with ulcers, hypertension and heart attack, however, evidence is mounting to indicate that vulnerability to infectious disease and even cancer might well be affected by how we react to stress.

Many recent studies revealed numerous anatomical and physiological connections between the nervous system and the immunity system. In addition much clinical research with both animals and humans point to the overwhelming linkage between stressors and impaired immune functioning.

Our bodies play an important part in our adaptability to stress. Research has shown that those who practice good health habits are able to absorb greater stress levels without emotional, or physical breakdown.

Lester Breslow in a six year study with 7,000 persons analyzed the following positive habits and their effects:

- eight hours of sleep,
 - breakfast in the morning,
 - no snacks,
 - maintaining weight limits according to height and build,
 - no smoking,
 - moderate to no alcohol consumption,
 - moderate exercise.
- It was found that at age 45 those who had practiced at least six of these good habits, were found to have an additional life expectancy of 33 years, while those who followed three or less had an additional life expectancy of 21 years. Breslow also found the effect to be cumulative, the more good habits followed the less susceptibility to disease.

Dr. Lendon Smith in his book on low stress dieting re-

fers to certain foods and combinations of food which increase the body's stress capacity. Stress has been shown to lead to a burning up of key nutrients and vitamins necessary for full capacity operations.

Taking care of our bodies is an effective way of increasing our capacity to adapt to stress; it will also insure better performance and increase life expectancy.

If you are interested in learning more about stress reduction or if you are interested in the Stress Re-education Program (SRP), please contact SSgt. Phil Lohman at Ext. 3739.

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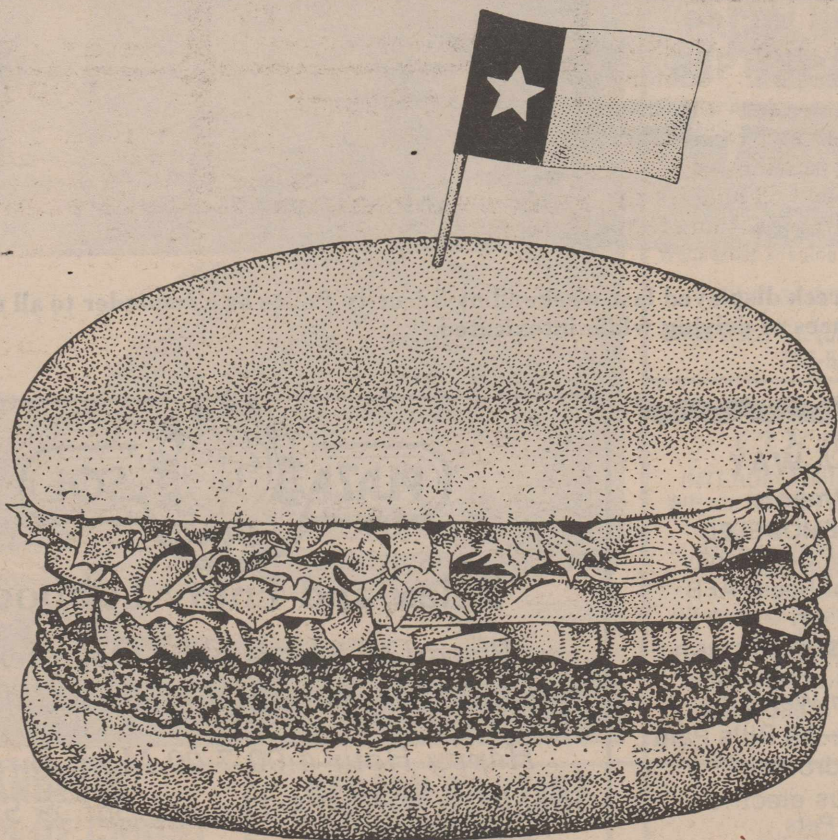
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What if I got caught?

By SSgt. Scott Bryson
NCOIC, Reports and Analysis

I was drinking with my friends downtown at a local bar. We had started at around five in the afternoon and finished at closing time. We were celebrating my promotion to Technical Sergeant.

When I left the club, I was "feeling no pain" and my friends felt as painless as I. I elected to follow my friends to make sure they got home safely. We all lived on base, one in the housing area and the other two of us lived in the dorm. The trip to the base was really uneventful and we dropped off the one friend in the housing area.

When my friend approached the Main Gate, he displayed his ID card and the Security Policeman at the gate waved him through. When I approached the gate, the SP motioned me to stop. He asked me for my ID card which I gave him. The he asked me to

step out of my car and when I did I almost fell over! Then he asked me to hold my hands out, close my eyes and try to touch my nose. I touched something that felt like my nose, anyway, the SP read me my rights, searched and handcuffed me and then read me something called "Implied Consent Warning."

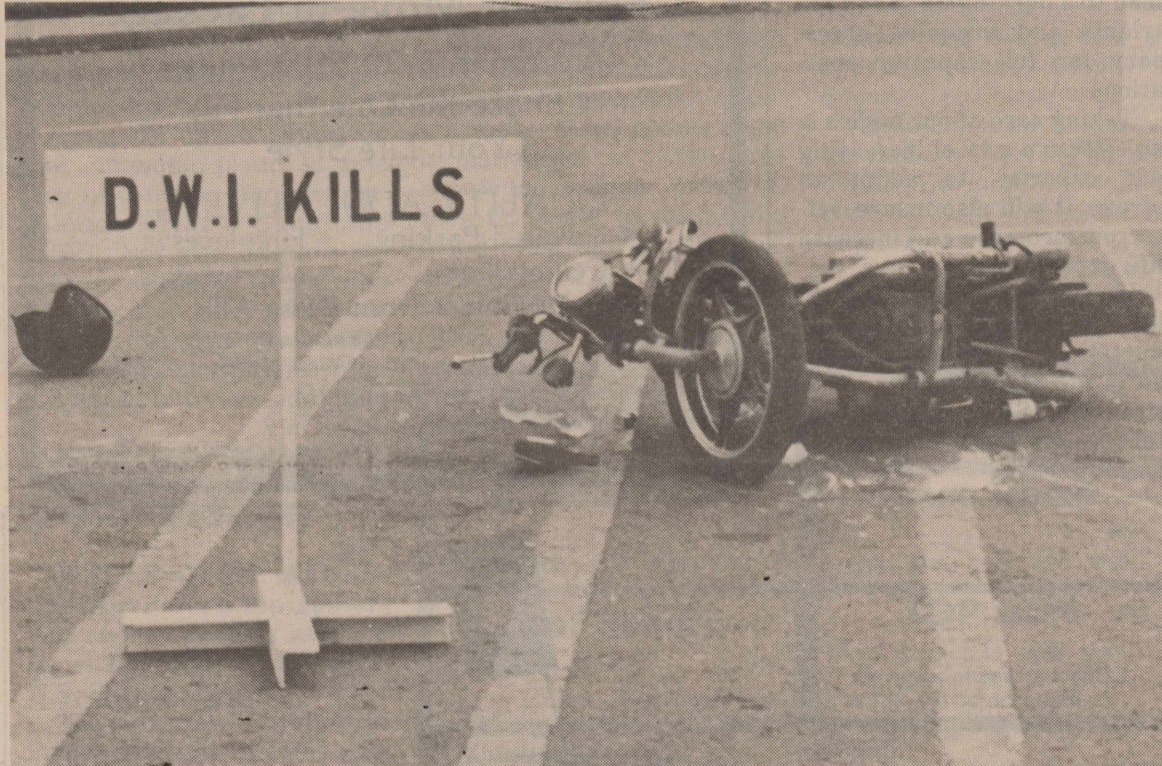
It is a request by the policeman that I submit to a Blood Alcohol Test—BAT. If I refused, the policeman said that I would lose my base driving privileges for one year. Well, I thought, no A1C gate guard is going to push a Technical Sergeant around, so I refused. The SP then notified the Law Enforcement Desk Sergeant, who in turn notified the Base Commander, who authorized the people in the Emergency Room to take my blood from me in order to conduct the BAT.

After I finished at the hospital, I was taken to the Security Policy Building to wait

for my commander to pick me up. Needless to say, he was not overjoyed at seeing me at 4 a.m. A few days after the incident, my BAT came back. I was .25, that's two and one-half times over the legal limit.

The commander gave me a UIF entry, an Article 15, took my Technical Sergeant stripe I had just earned and \$100 for two months. In addition to that, I lost my base driving privileges for one year. All this has definitely left me something to think about.

The DWI rate on Reese AFB has skyrocketed. In 1985, Reese AFB had 22 DWI's. In the first five months of 1986, Reese AFB has had 18. The Fourth of July is coming up pretty soon and that is normally the time when the DWI rate really jumps. If you go out drinking, plan to have someone drive you home, preferably not someone who has been drinking with you. Remember, don't drink and drive.



USAF Photo

Motorcycle wreck displayed last weekend by Security Police as a reminder to all motorists of the consequences of driving while intoxicated.

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NEW 1983 PE 175 ENDURO	\$1,499 - \$179	=	\$1,320	12 mo. @	\$110
NEW 1983 DR 250 4-STROKE	\$1,599 - \$195	=	\$1,404	12 mo. @	\$117
NEW 1983 GS 1100 GD	\$3,799 - \$599	=	\$3,240	24 mo. @	\$135
NEW 1983 GS 750 ED	\$2,899 - \$487	=	\$2,412	18 mo. @	\$134
NEW 1983 GS 850 GLD	\$2,999 - \$515	=	\$2,484	18 mo. @	\$138
NEW 1985 ALT 125 3-WHEELER	\$ 999 - \$198.96	=	\$800.04	12 mo. @	\$66.67
NEW 1985 SP 600 STREET/DIRT	\$2,399 - \$329	=	\$2,070	18 mo. @	\$115
New 1985 GS 700 EF	\$3,099 - \$687	=	\$2,412	18 mo. @	\$134
NEW 1985 GV 1200 MADURA	\$3,999 - \$639	=	\$3,360	24 mo. @	\$140
NEW 1985 GV 700 MADURA	\$3,199 - \$499	=	\$2,700	18 mo. @	\$150
NEW 1986 GS 550 ESG	\$2,999 - \$515	=	\$2,484	18 mo. @	\$138
NEW 1986 ALT 125 3-WHEELER	\$ 999 - \$198.96	=	\$800.04	12 mo. @	\$ 66.67

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2314 4th 762-0303

Find Your Lost Friends

RANDOLPH AFB, Texas (AFNS)—Want to contact an Air Force member? The Worldwide Locator can help.

To locate active-duty, Reserve, Air National Guard or retired members of the Air Force, provide all known information about the individual, including full name, service or Social Security number and grade. When these numbers aren't available, the date and place of birth, duty assignments and dates are

helpful to ensure positive identification.

To contact members, prepare a letter to the individual and place it in a sealed stamped envelope. Include your return address, and the individual's name in the addresses portion of the envelope. This envelope should then be placed in another envelope and mailed to: Hq AFMPC/DPMD003, Northeast Office Place, 9504 IH-35 North, San Antonio, TX 78233-6636.

This service is provided to active-duty, active Reserve, Air National Guard and retired members and families without charge. Requestors must identify themselves to avoid being charged for the service.

Those who don't fall into any of the categories may receive the service for an advance payment of \$2.85 per name. Make checks or money orders payable to "APO, Randolph AFB, TX."

Births

A daughter, Olivia Christine, born to Capt. Scott and Kim Moore on May 27, 4:14 p.m. at USAF Hospital-Reese.

A son, Thomas McClellan, born to Capt. Scot and Ann Barger on May 26, 5:19 p.m. at USAF Hospital-Reese.

A son, Joshua Steven, born to Amn. Steven and Amy Jo Cobb on May 8, 7:50 p.m. at USAF Hospital-Reese.

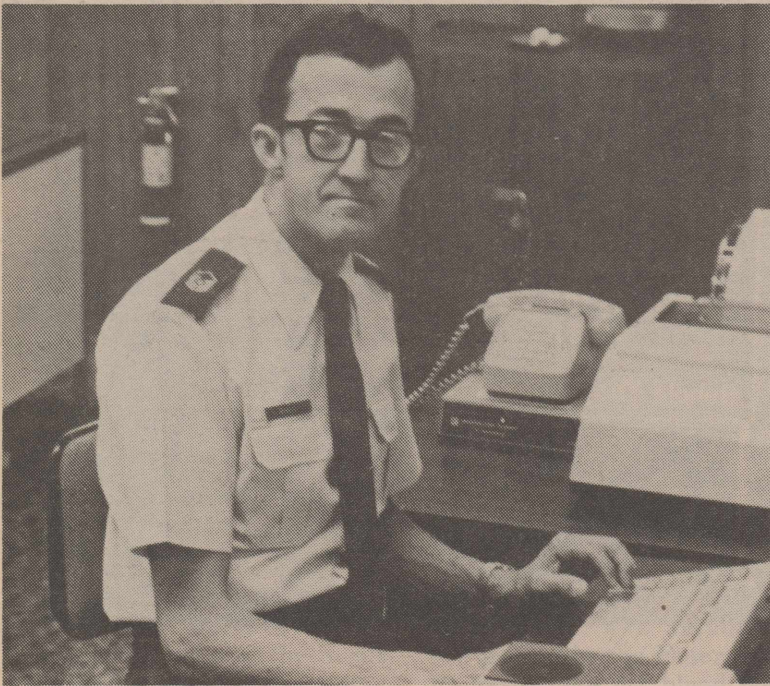


Facility of the Week was awarded to the Fire Department, Bldg. 74, for the week of May 27. Pictured are (left to right) Chief Bob Hitch, Amn. Roy Rivera, Mickey Turner, Jack Cates, Jimmy Baughcum and Col. John C. Griffith.

Lubbock churches invite Reese personnel to attend church

<p>WESTMINSTER PRESBYTERIAN CHURCH 33rd & Indiana 799-3621 Church School 9:30 Worship 10:45 Youth/Fellowship 6:30 Evening Worship 2nd & 4th Sunday 7:30 PASTOR—SAM LAINE</p>	<p>SUNSET CHURCH OF CHRIST Bible Class 8:00 & 10:15 a.m. Worship 9:15 a.m. Sunday Evening Worship 5:00 p.m. Wednesday Bible Classes 7:30 p.m. 3723 34th Street 792-5191</p>		<p>Temple Baptist Church Welcomes Reese Personnel to the Area Sunday School — 9:45 am Preaching Service — 10:50 am Sunday Evening — 6:00 pm Wednesday Service — 7:30 pm <i>There is a Difference...Come and See</i> Rylan Millet — Pastor 795-5245 5413 38th Just West of Security Park Shopping Center at 38th & Brownfield Hwy.</p>	
<p>MOUNT CALVARY BAPTIST CHURCH Sunday School 9:45 a.m. Sunday Worship 11:00 a.m. Church Training 6:00 p.m. Sunday Even. 7:00 p.m. Wed. Prayer & Mid Week Worship 7:30 p.m. G.B. COLEMAN, Pastor 2208 Ave. O 747-6363</p>	<p>SOUTHCREST BAPTIST CHURCH <i>Touching lives because we care.</i> Sunday Bible Study 9:30 a.m. Worship Service 10:50 a.m. Evening Service 6:30 p.m. Wednesday Evening 7:00 p.m. REV. DON CASS, Pastor 4810 Ave. P 744-4523</p>		<p>BACON HEIGHTS BAPTIST CHURCH Sunday School 8:30, 9:45, 11:00 a.m. Worship 9:45, 11:00 a.m., 6:15 p.m. Church Training 5:00 p.m. Weekday Pre-School Mon. - Fri. 9:00-11:30 a.m. Mother's Day Out Tues. & Thurs. 9:00 a.m. - 2:30 p.m. Wednesday Evening 7:00 p.m. H.F. SCOTT, Pastor 5039 53rd St. (53rd and Slide) 795-5261</p>	
<p>FIRST FOURSQUARE GOSPEL CHURCH Sunday School 9:30 Morning Worship 10:50 Evening Service 6:00 Wednesday 7:00 Pastor: PHIL DEMETRO Asst: LEE R. COOL 3115-2nd St. 762-8481</p>	<p>QUAKER AVENUE CHURCH OF CHRIST 1701 Quaker Ave. 792-0652 Sunday Worship Service 10:30 a.m. & 6:00 p.m. Family Bible Study Hour Wednesday 7:30 p.m. School of Ministry conducted week nights ELLMORE JOHNSON Evangelist</p>		<p>trinity church INTERDENOMINATIONAL... WE are ONE in the Bond of Love Sunday Worship Services 9:00 a.m., 10:45 a.m., 6:00 p.m. Sunday Bible Classes 9:00 a.m. and 10:45 a.m. Wednesday Family Night Services 7:15 p.m. TRINITY CHRISTIAN SCHOOLS (A Private Christian School) Loop 289 & So. Canton 792-3363</p>	
<p>LAKERIDGE UNITED METHODIST CHURCH 4701 - 82nd Street Lubbock, Texas 79424 (806) 794-4015 BILL COUCH, Pastor Worship 8:30, 9:45 & 11:00 a.m. Sunday School 9:45 & 11:00 a.m.</p>	<p>HIGHLAND BAPTIST CHURCH 4316 34th St. 795-6453 Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Evening Service 6:30 p.m. DR. STAN BLEVINS, Pastor</p>	<p>VANDELIA CHURCH OF CHRIST Sunday Services 8:30 & 10:30 a.m., 5:00 p.m. Sunday School 9:30 a.m. DALE ANDREWS Pulpit Minister Gregory Boy Camp Minister of Youth & Family Kennon Rider Minister of Education 2002 60th at Ave. T 747-8439</p>	<p>BEREAN BAPTIST CHURCH Sunday School 9:45 a.m. Morning Worship 10:50 a.m. Evening Worship 7:00 p.m. Wednesday Prayer Service 7:30 p.m. I.W. GREER, Pastor 60th & Hartford 799-8141 - Church Bus Service Available Presenting Christ as the Answer</p>	<p>Welcome to CALVARY TEMPLE Good Spiritual Singing and Preaching in every service. VERNE RHOADS Pastor 2002 N. Ash 762-4202</p>
<p>PILGRIM BAPTIST CHURCH Extends to You a Welcome Sunday School... 9:45 a.m. Morning Worship... 11:00 a.m. Church Training... 6:00 p.m. Evening Worship... 7:00 p.m. Mid-Week Service Wednesday... 7:30 p.m. Leon Anderson, Pastor 6119 19th St.</p>	<p>FAITH ASSEMBLY OF GOD CHURCH 5426 50th Sunday School... 9:45 a.m. Morning Worship... 10:40 a.m. Evening Evangelistic Services... 6:30 p.m. Wednesday Bible Study 7:30 p.m. CURTIS NEWTON-Pastor 792-1163 - Rides Available A PENTECOSTAL FELLOWSHIP</p>	<p>BROADVIEW BAPTIST CHURCH 1402 North Frankford 797-3038 797-1745 BILL HATLER, Pastor <i>Come As You Are</i> God Will Have You No Other Way Sunday School 9:45 Morning Worship 11:00 Church Training 5:00 Evening Worship 6:00 Wed. Prayer Meeting 7:00 WE CARE</p>	<p>Abundant Life Assembly <i>The Church Where Love Is</i> SUNDAY Bible School... 9:45 am Morning Worship... 10:35 am Evening Praise... 6:00 pm WEDNESDAY Family Night... 7:30 pm Billy Gibson - Pastor W. 34th & Loop 289 793-9669</p>	<p>Flint Ave. Baptist Church "The Church That Cares" Sunday School — 9:45 Morning Worship — 11:00 Training Union — 6:00 Evening Worship — 7:00 Dean Thomas - Pastor 765-5444 - 763-9169 900 N. Flint One Block Off (The Littlefield) Clovis Hwy</p>

Quarterly winners announced



(USAF Photo by Amn. Greg Spraggins)

Senior NCO of the Quarter honors was awarded to SMSgt. Carl Beagle. He was the NCOIC, Management Systems Branch, 64th Supply Squadron. He left for his new assignment May 30. He will be the Senior Supply Enlisted Manager, Chicksands RAF, England.



(USAF Photo by Amn. Greg Spraggins)

A1C Ralph Quavis, assigned to USAF Hospital-Reese, Aerospace Physiology, was awarded Wing Airman of the Quarter, second quarter, 1986, and Hospital Airman of the Quarter, second quarter. He has been assigned to Reese AFB for two years. His hometown is San Antonio, Texas.

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NCO Association is for enlisted

By TSgt. Diana Brzozowski-Reynoso, NCO Preparatory Course Manager

A couple of weeks ago I had the good fortune to attend a meeting of the Non-Commissioned Officers Association (NCOA) Windmill Chapter, with our Regional Director,

Troy Hensley, as a guest. The members that were in attendance were in awe at some of the statistics and information which was passed on to us. For example, did you know that 68 percent of the military voted in the last Presidential election? Not too bad, over half. However, 57 percent of

that 68 percent were officers! How are we going to get benefits or at least keep what we have, if we're not willing to put the right people in the right job. As you know "benefits" associated with the military are not engraved in stone. Here today, gone tomorrow...By not knowing what's going on and not being involved, we are putting our security and future on a fine line. We've all had thoughts like, "They can't do that to our retirement system! That's the main reason I joined the Air Force." or "You can't take all that talk seriously, nobody would ever buy off on that rationale." Senators Graham and Rudman got someone to listen.

Economics play a critical part in our security. It is sound to assume that the draft could pick up the slack if the volunteers no longer exist, because the incentives to join no longer exist? Even if you personally are exempted, how about your sons and daughters? Do you realize today that only 30 percent of our Senate has had military experience and only 11 percent of the House have any military background. If you can't associate with it's usefulness, how easy is it to deny it's validity?

Organizations like the NCOA, Air Force Sergeants Association, and Air Force Association exist for various reasons, but they primarily exist to give us a chance to be heard and represented where it counts—to the law-makers! Is the lack of participation worth the risk? Who are we going to point the finger to when the rug is pulled out from under us? It's our future, let's have something to say about it!



(USAF Photo by Amn. Greg Spraggins)
SSgt. Chris Pellatier, assigned to 64th Organizational Maintenance Squadron, Golf Flight, was awarded as NCO of the Quarter, second quarter, 1986. He is presently participating in the Turkey Shoot '86 at Randolph AFB, Texas. He is a T-38A crew chief, and has been assigned to Reese AFB for five years.



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MCI to prove readiness

Are you ready? Reese will soon receive a Mission Capability Inspection from Air Training Command headquarters. "This evaluation will be our chance to show the command how well we are prepared to carry out our mission in the event of a national emergency," said Lt. Col. Chuck Lutz, chief of readiness.

"To evaluate our readiness posture, the ATC team will initiate no notice problems for us to solve. Our rating will be determined by how well we respond to these exercise situations," he said.

"A positive attitude toward the exercise and a sense of urgency when responding to exercise scenarios are the keys to a successful inspection," he noted.

"Military courtesy will be watched very closely, as well as our compliance to AFR 35-10 appearance standards. Our success in this type of inspection depends on each one of us doing our jobs professionally," he said.

To help everyone know what is expected of them during an MCI, the following checklist has been compiled. "It can help each of us in being aware of our responsibilities and help us to be prepared at all times," he said. "I'd suggest posting for ready reference."

MCI Exercises Inspection Areas

- Readiness Management
- Attack Response: Security of the Installation
- Mobility
- Mission Support: Major Accident Response, robbery, hostage.
- Attack Response
 - Don't tip our hand—be COMSEC and OPSEC wise!
 - Be ready for a recall.
 - Professionally and effectively execute your part of our plans.
 - Be ready to shelter.
 - Follow guidance.
- Security of Installation (unauthorized entry)
 - Challenge any suspicious of unfamiliar person.
 - Ask for identification and check closely.
 - Be suspicious of packages.
 - Detain unauthorized personnel if safe to do so.
 - Call Security Police at Ext. 3400.
- Mobility
 - Be ready to depart base on short notice for up to six months.

Three (3) weeks actual deployment likely during MCI.

Keep your Air Force personal affairs in order. Don't wait until processing to update.

When recalled, report to duty without delay. Wear fatigues/battle dress uniforms and bring personal mobility bag(s).

Think COMSEC.

• Mission Support

-Major Accident Response:
Assist if at the scene—use common sense.

Report situation to Security Police or Fire Department.

If required, clear the area.

Do whatever is asked—runner, traffic guard, or part of a cordon.

• Robbery

Avoid actions which would endanger life.

Activate duress alarm or call SPs at Ext. 3400.

Get a good description, include direction of travel and make a note.

Preserve evidence at the crime scene.

-Hostage

Report facts to Security Police.

Isolate area if safe to do so. Keep out of area and keep others out.

Assist when requested.

• Keys To Success

Know what to do. Play it real—and act immediately.

Look sharp and be professional.

A positive attitude wins! Be ready and be proud to show it.

Questions regarding preparing for the MCI should be referred to Lt. Col. Lutz at Ext. 3628, or Lt. Col. Dane Morvant, BEET chief, at Ext. 3033.

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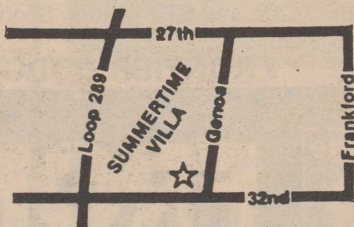
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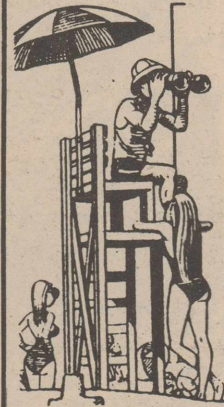
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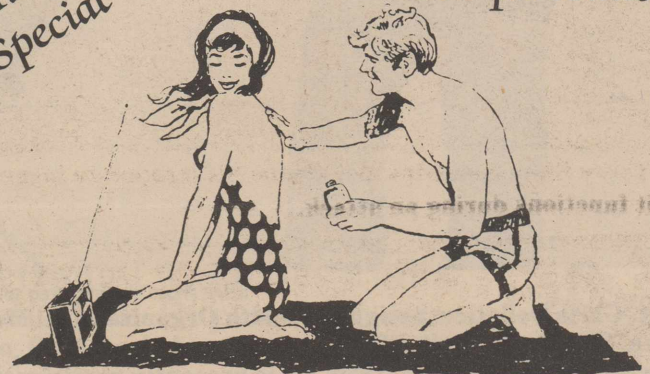


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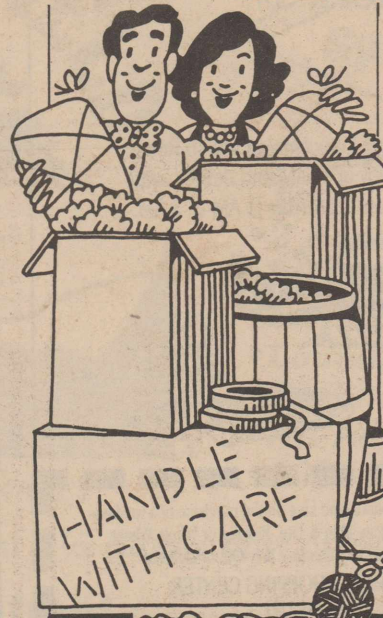


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Security Police prepare for exercises



A1C Victor Lujan and A1C Mark Haley ambush aggressors attempting to infiltrate the base.



(USAF Photos)

Communication is vital to the success of a mission. A1C Adrian Pritchard insures that the field telephone is working properly during a Security Police mobility exercise April 25-27.



A1C Terry Simpson strips and cleans his weapon to insure that it functions during an attack.

Bicycling is a super alternative

By Capt. Joseph Mazzola

RANDOLPH AFB, Texas (AFNS)—There are a lot of people who just don't enjoy jogging. And some people seem to think that you have to jog to be aerobically fit. Well, it just isn't so!

And there are a lot of different things a person can do to maintain aerobic fitness. In fact, some are actually better than running. The top four aerobic exercises are cross country skiing, swimming, running and bicycling.

There are only three forms of aerobic exercise that are better than riding a bicycle. However, there are a lot of other things going for cycling, too.

Bicycling causes less wear and tear on the joints and muscles than jogging. So it's

particularly good for people with joint problems or injuries that prevent them from jogging.

Bicycling is something the whole family can do. It will also provide an opportunity to meet new friends who are also bicycle enthusiasts.

But don't go out and buy a \$1,500 racing machine with a big frame. Here's a little practical advice about cycling.

—Don't buy a bike that's too big. As a general rule, straddle the bike and place the feet about 6 inches apart while standing on level ground. Next, put the left hand on the top of the handlebars, near the center, and your right hand under the back of the seat. Lift the bike up. If there is at least 1 to 1.5 inches of clearance, the frame

is close to the right size.

—Buy a suitable bike. There are all kinds of 10-speeds, but generally they can be lumped into three categories. Touring bikes are designed for comfort on long rides and are fairly heavy. Racing bikes are super light, have a very short wheelbase, and aren't too comfortable. Sport-touring bikes are a combination of touring and racing bikes, so they are fairly comfortable and not too heavy. These bikes offer the best of both worlds.

—Look for a used bike. A lot of people get bike fever and buy a brand new bike, but never ride it. After it sits in the garage collecting dust for several months, they put it up for sale.

Continued on page 16

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GIBSON Firebrand Guitar. Les Paul style. Solid neck, dark brown wood finish, dual Humbucking pick-ups. Excellent condition with heavy-duty Gibson case. \$400. 795-4096.

SINGER TOUCH & SEW
School machines, deluxe models; console cabinets; zig zag; buttonholes, etc. All new cond. \$69.95 ea. Guaranteed. ABC Sewing Center, 3033 34th at Flint. Call 799-0372.

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MIKIMOTO PEARLS, hand strung, hand knotted two strand pearl bracelet. 14 kt. gold beads & clasp, accent pearls. Appraised at \$450, will accept best offer. 794-9968.

CANON AE-1 Program, standard lens, deluxe leather case & strap. Great condition. \$175 negotiable. 794-9968.

UNIFORMS & FORMALS 6 sets of white uniforms—all size 7/8. Great for nurses or beauty school students. \$10 each set. 2 formals—size 7/8, one yellow satin w/spag. straps, one powder blue w/kimona sleeves. \$10 each. Call 794-9968.

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CORVETTES: 10 in stock, 1957-1985. Call Danny at 747-5557, 793-1822.

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COLLECTOR WANTS TO BUY old dolls and jointed teddy bears, old children's dishes and books; also old buttons. 795-6991.

FOR SALE: Pioneer G-9 stereo system has AM/FM receiver, turntable (front-loading), 14 band equalizer, amplifier, timer, cassette, 2 speakers, 50 ft. speaker wire per speaker and head phones. \$600. Queen size waterbed w/temp. control heater. No frame, makes it's own! \$75. Phone 885-3790 at work. Ask for Chris.

FOR SALE: Full-sized mattress & box springs with frame; \$50. Kawasaki 440, \$500, desk, \$20. 796-2835.

NEW MESS DRESS, never worn. Coat size 42R. Includes "The Works"—slacks, shirt, tie, 2nd Lt. rank, etc...Call 797-4900. Price negotiable—we'll make you a good deal!

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FOR SALE: Industrial Cleaner, Delco High Presser Washer on 1974 GMC Van, 1,000 gallon water capacity, 3,000 PSI, 200° temperature, 150' hose. Call 806-935-4035.

UNFURNISHED HOUSE available July 1st. 3-2-2, clean, kitchen appliances furnished. Close to Reese & Tech. \$475 plus deposit. 797-4945.

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COMPLETE BEDROOM SET—includes a double bed with head and foot boards, mattress, box springs, two sets of linens, matching chest of drawers, bedside table, and vanity with mirror. Also have a girls style desk with attached bookcase and matching chair. Three sets of curtains to cover windows up to 72" W and 84" H, earthtone in color can be purchases w or w/o curtain rods. Three 12" electric fans and one 24" electric box fan. Call M-F after 5:00 PM or anytime weekends, 794-0374.

83 HONDA SHADOW, 13,000 miles, \$1,650 or best offer. Home-885-4459 Work-885-3439.

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HOUSE FOR SALE: 311 N. Elkhart, low down payment or equity share, living room with fireplace, dining room, 3 bedroom with isolated master bedroom, 2 full baths, double garage, eating area in kitchen, laundry room, fenced back yard, central heat and air, ceiling fans, energy efficient plus storm doors and windows. Available July 1, 1986. Call 799-8438.

A 12x15 CHOCOLATE BROWN CARPET with binding & pad, excellent condition, \$100. Girls 26" bicycle, \$35. 3019-56th St. Call 793-9783.

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175/R13	42 ⁰⁰
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205/R14	51 ⁰⁰
215/R14	53 ⁰⁰
205/R15	51 ⁰⁰
215/R15	55 ⁰⁰
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SIZE	PRICE
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BRAKES \$49⁸⁸ front disc or drum  Includes turning rotors or drums, new pads or shoes, pack wheel bearings, new seals, 4 cylinder inspection.	Extra Heavy Duty SHOCKS \$8.⁸⁸ plus installation MOST CARS  Life-Time Warranty	OIL, LUBE & FILTER \$13⁸⁸ 20W-40W  Complete chassis lubrication and oil change. Price includes up to 5 qts. of oil. We also check transmission oil.	TRANSMISSION SERVICE \$29⁸⁸ MOST CARS Car manufacturers recommend this automatic transmission oil and filter service every 25,000 to 50,000 miles. Includes up to 5 qts. of APR fluid and pan gasket. Additional fluid \$1.10 qt. when required. Includes new pan gasket, new filter.
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Classified ads

Classified ads are free for all Reese employees unless the ad is for a residence for sale or for a continuing personal profit enterprise. Free ads must be delivered to the Public Affairs Office, Room 307, Bldg. 800 by noon Tuesday for publication in Friday's paper. Classified ads for residences or personal profit may be called to the publisher of The Roundup, Word Publications at 763-4551. There is a small charge for those ads. (Every effort will be made to run all free ads received on time. Free ads are run on a 'space available' basis and are not guaranteed to run.)

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FREEDOM MOBILE HOME PARK: Close to Reese, first month's rent free. **795-7943, 797-6235**.

FOR SALE: 2 Mustangs—1984 SVO 5-speed, fully loaded, 4 year transferable warranty. Like new! 1982 GL 6 cylinder automatic, has air & rear defrost. Great shape. Call after 6:00 or weekends, **885-2110**.

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BABY SITTING in my home. Newborn and up. Small fenced in back yard. Nice Christian home. Call **797-5608**.

FOR LEASE: New two bedroom Whisperwood quadraplex. Fireplace, refrigerated air, refrigerator, washer, dryer, drapery, fenced yard. Swimming/tennis membership paid. Convenient to Reese. **797-1667**.

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BY OWNERS—Westwind Addition, 3-2-2, fireplace, covered patio and many extras; equity buy on 7% VA or new loan; will consider carrying 2nd; Call evenings & weekends, **797-8289**.

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10 ACRE VETERANS land tracts with well and septic system. Ready for mobile home, West of Lubbock. Also tracts on Lake Ramson Road. \$167 monthly. Call **DAY & COMPANY, 792-2128**.

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REVERE HOMES, INC.
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FOR RENT: 2 bedrooms, 2 bath townhouse, 1100 sq. ft. in Shadow Hills (minutes from Reese) with security system, ceiling fans, 2 car garage, fenced in patio, low maintenance yard, isolated master bedroom, refrigerator and oven included. Prefer 2 year commitment. Please no pets, children or smokers. \$500 per month plus bills. Contact **799-6658**.

FOR SALE: Country home, 3 bedroom, 2 bath with garage. 2 1/2 acres with water well. 2 1/2 miles south of Reese. \$45,000. Call **885-2282**.

1981 CORVETTE, Mint condition, loaded, plus T-Top, priced at wholesale, \$10,500. Call Sam **745-7677**.

PAWN-GUNS-Buy-Sell-Trade, New & Used. Recently remodeled to accommodate Loan Service. Store your valuables in a Browning Safe. All hunting needs. Fred's Gun Emporium, Holiday Ctr., 4704-B 4th St. **799-3838**.

1982 YAMAHA HERITAGE special, 650 cc, 8,200 miles. Like new condition. 2 helmets, new battery, back rest, case guards & road pegs. Ask for Bill **796-1804**.

APARTMENT MANAGER—Husband & Wife team for 28 unit apartment house. Management experience/references required. Call owner **765-0970**.

6700 MILES—1985 300ZX Nissan, fully equipped, \$19,000, will consider trade. **795-7825** after 6:30 p.m.

FOR RENT: 1 bedroom house. 2 1/2 miles south of Reese. Call **885-2282**.

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SPORTS

Lackland AFB wins soccer tournament

The Central District Soccer Tournament, which was held here May 31 to June 2, yielded Lackland AFB, Texas, as the top team.

Lackland finished the tournament with a 3-0 record, a total of 16 goals and held their opponents to a total of eight goals.

Sheppard AFB, Texas finished second with a 2-1 re-

cord, a total of nine goals opposed to their opponents 11 goals.

Reese AFB finished third with a 1-2 record and 11 goals opposed to their opponents eight goals.

Laughlin AFB, Texas finished fourth with a 0-3 record. They scored five goals and gave up 15 goals.

The top scorers for the tournament are: Chris LeCraw with six points, Reese AFB; John Karrappari with four points, Lackland AFB; John Hill with four points, Lackland AFB; and Garfield Thomas with three points, Sheppard AFB.

The Central District All Star Team will consist of: Daniel Snow, Michael Austin, Orville Blake, John Hill and John Karrappari from Lackland AFB; Andrew Marecombe and Garfield Thomas from Sheppard AFB; Gerardo Cerraro from Laughlin AFB; and Chris LeCraw, Tom Owens and Mike Roberto from Reese AFB.

Lackland AFB advanced to the ATC Soccer Championships at Randolph AFB, Texas, held June 4-6. Mike Roberto from Reese and Gerardo Cerrato from Laughlin AFB will be picked up by Lackland to play in the tournament.

Golf Schedule

June 12, 1986

- 12:00 54 FTS vs. ISS
- 12:16 RM #1 vs. HOSP
- 12:32 FMS vs. MSS
- 12:48 SPS vs. RM #2
- 1:04 CES vs. STURON #1
- 1:20 STURON #2 vs. OMS

Golf tournament

The second annual Airmen golf tournament will be held June 14, 1986. Tee off time is 9 a.m. at the Reese golf course.

There is a \$15 entry fee. Trophies and prizes will be awarded at the end of the event. For more information contact the Reese golf course Ext. 3819 or NCOIA Services 795-3502.

Basketball

All persons interested in playing varsity basketball for Reese AFB in the 86/87 season should report to the Physical Fitness Center on Monday, 7 p.m.

Tennis Tournament

The Physical Fitness Center will be hosting a tennis tournament on June 13-15. Winners will advance to Lackland AFB, Texas, June 26-30, for the ATC Tennis Championship. The divisions are four open, Jr. Vet, two women and two seniors. Sign up no later than Tuesday.

Bicycling

Continued from page 13

—Another area that people misunderstand is seat height. As a general rule, sit on the bike with both heels on the pedals. When the pedal is in the down position, adjust the seat so there's a slight bend at the knee. Once it's adjusted, pedal backward, again with the heels on the pedals. If there is obvious hip rotation, the seat is still too high.

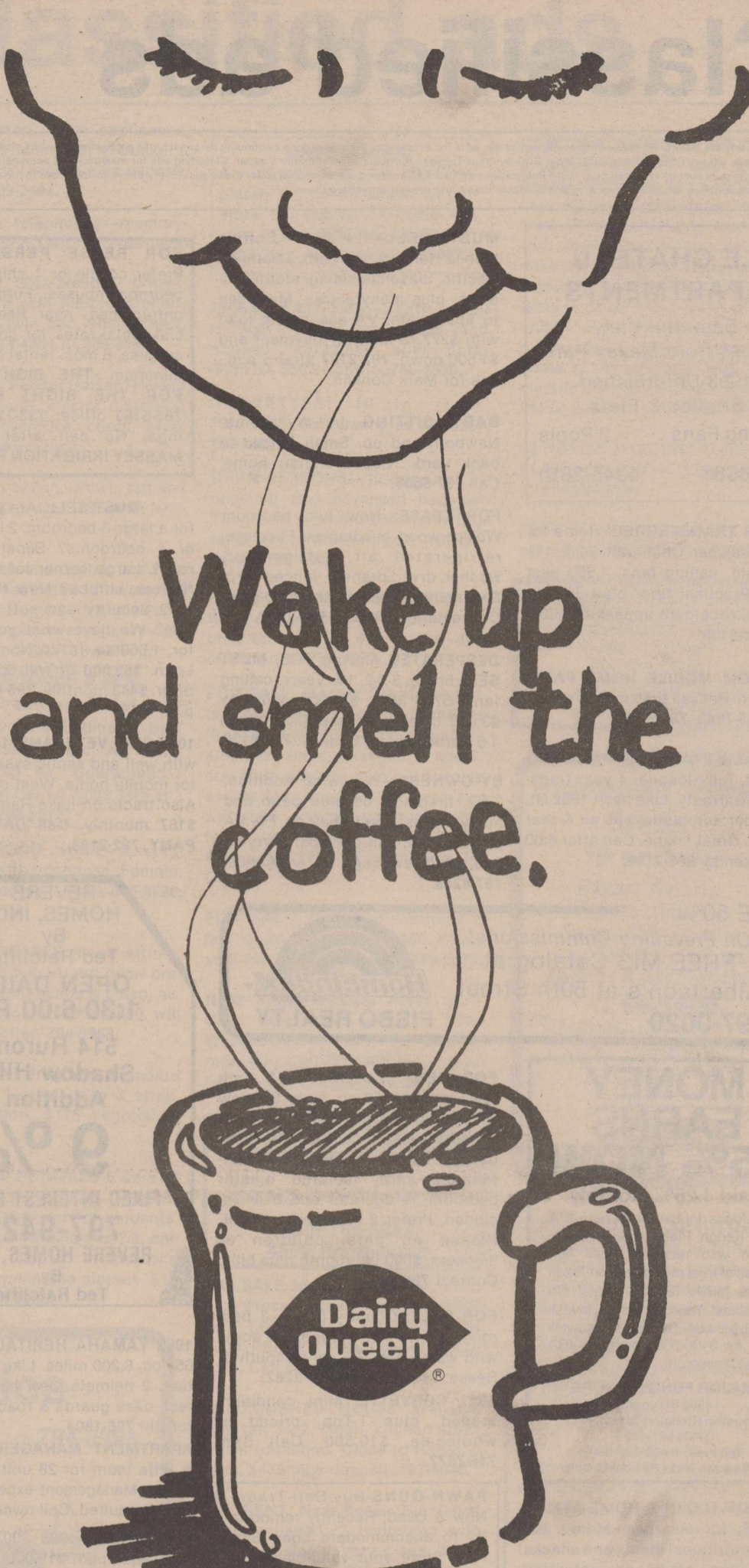
—Most people tend to put the bike into high gear and grind out a long, slow stroke. That's great to develop leg muscles, but it's not an efficient way to cycle. All of those gears on the front and back are there for a reason, so use them. Pedal around 85 to 95 revolutions per minute to get peak efficiency.

—It's easier to get dehydrated when cycling than jogging. Most people think the body cools itself by sweating. Actually, it's the evaporation of the sweat that does the cooling. However, cycling down the road at 15 mph, a person doesn't realize he's losing all that water because the sweat is evaporating so quickly. Carry a water bottle and drink lots of water.

—Follow the rules of the road when cycling and ride with the flow of the traffic. Also, wear the right gear: a helmet, sun glasses with a clip-on rear-view mirror, bright-colored clothing, triple-knot shoelaces and cycling gloves. In a spill, gloves protect the hands. Finally, don't do too much too soon. Ease into cycling like any other form of exercise. It will take time for the body to adjust.

Give cycling some serious thought. It's a super way to get physically fit and have some good old-fashioned fun.

EDITOR'S NOTE: Captain Mazzola is chief of Air Force Military Fitness. At one time, he weighed more than 200 pounds. Several years ago, he made some major lifestyle changes and now weighs 150 pounds. He exercises regularly and strongly advocates total fitness through a mixture of exercises coupled with a well-balanced diet. Captain Mazzola is the Air Force representative on the Department of Defense's Fitness Council, and chairs the Air Force Fitness Advisory Council.



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