

The Roundup

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16 Pages

Lubbock, Texas 79408



Master Sergeant Thomas F. Madigan, 64th Security Police Squadron, fingerprints SSgt. Eric Palmer for an upgraded security clearance. Sergeant Madigan is the Senior NCO of the Quarter, 3rd quarter 1988. See other quarterly winners, page 3. (USAF photo)

Four Reese captains are major selectees

AIR FORCE MILITARY PERSONNEL CENTER, RANDOLPH AFB, Texas — Air Force has chosen 3,363 captains for promotion to major. At Reese, four captains were chosen for promotion. They are Robert B. Anderson, III, assigned to the 64th Student Squadron; Henry D. Shipley, assigned to the 64th Organizational Maintenance Squadron; Kathleen M. Koles, USAF Hospital-Reese; and Leslie G. North, 64th Air Base Group (inbound Oct. 1).

Among first-time eligibles (in the promotion zone), 3,081 of the 3,786 considered

were selected for a rate of 81 percent.

The 1988 central major board also chose 127 of the 1,232 considered two or more times for a rate of 10 percent.

In and above the promotion zone, the board picked 2,794 line officers, 30 chaplains, 53 judge advocates, 181 nurses, 60 medical service officers and 90 biomedical sciences officers.

Selection rate for first-time-eligible pilots was 96 percent; navigators, 92 percent; non-rated operations officers, 83 percent; and mission support officers, 77 percent.

Sergeant's death is year's eighth fatality

RANDOLPH AFB, Texas (ATCNS) — An Air Training Command member was killed in a car accident over the Fourth of July weekend, becoming the command's 8th traffic related fatality this fiscal year.

MSgt. Glenn S. Willerforde, 37, died July 3. He was the public affairs superintendent at Vance AFB, Okla.

Driving his 1986 Honda Accord, Sergeant Willerforde was traveling eastbound in Enid, Okla., when he failed to stop for a stop sign. The driver of an oncoming van put his brakes on, trying to avoid a collision, but went into

a skid, hitting the Honda on the driver's side. Sergeant Willerforde was removed from his car with the jaws-of-life and taken to the Enid hospital, where he was pronounced dead. He was not wearing a safety belt.

Safety officials said skid marks at the scene indicate the sergeant apparently saw the stop sign too late to stop.

Occupants of the van received only minor injuries.

Inattentive driving was cited as the primary cause of the accident by ATC safety officials. Alcohol was apparently not a factor.

Effective parenting class upcoming

Improving parent-child relationships will be the focus of a series of discussions beginning July 29 at the Reese AFB Chapel. The program is being sponsored by the Reese Health Promotion Coordinator. The discussions will be based on Systematic Training for effective parenting (STEP), the most widely used education program in the country.

The STEP program encourages mutual respect between parent and child, increased cooperation, more effective communication, and a more responsible, self-reliant attitude among children. Parents who have participated in STEP groups have found the pro-

gram beneficial for many reasons. High on the list was the opportunity it provided them for sharing experiences and learning from others. Other benefits include learning new ways to handle persistent problems and developing a sense of confidence and self-esteem.

Benefits cited for children include the opportunity to take more responsibility for their own behavior, a calmer environment in which to develop emotionally, and less spanking and parent "snooper-vision."

For more information about the class and to enroll, please call the Health Promotions Office at 3140.

Officer Professional Development initiatives given

By 1st Lt. Barbarah Mahan
Chief, Personnel Utilization

A recent letter from USAF Personnel Plans Director, Brig. Gen. Maralin Coffinger summarized several initiatives in the area of Officer Professional Development (OPD). These initiatives are listed below and are all supposed to be in effect within two years.

EDUCATION: To recap an item previously publicized, SOS is now a captains (with less than seven years TAFCS) only program. There are also some changes occurring in the area of Intermediate Service School (ISS) and Senior Service School (SSS). All majors will be required to take an ISS in some form and all will be eligible to attend in residence. In particular, Air Command and Staff College will become a twice yearly PCS school about 24 weeks long. The only change to SSS is that now lieutenant colonel selectees will

be eligible for selection.

ASSIGNMENTS: A revised AF Form 90 will be used for requesting the next assignment only and should be in the field within the next six months. In an effort to minimize careerism in certain special selection programs, the rules have changed on some and others have been canceled.

Astra and its spin-off, the JCS intern program will be canceled effective with the fiscal year 1990 class.

In the area of AFIT, now both qualified volunteers and non-volunteers will be screened for selection. The rationale here is the Air Force wants to send only its best to these programs, not just the best of those who have formally applied.

PROMOTIONS: Effective with the 1986 year group captains' board, promotion to captain will mean incurring a one year ADSC, which runs concurrently with other

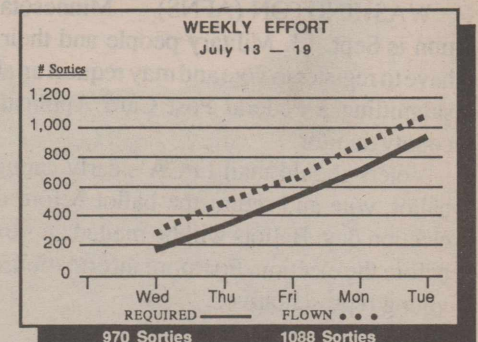
ADSCs. To discourage interruptions in development of company grade officers, BPZ consideration to major will begin two years early vice the current three beginning with the 1989 majors board.

To give more meaning to the Regular Air Force commission and structure the force prior to the majors board, the regular Air Force augmentation program will change from three looks with a 50 percent rate each, to a single look at about the seven-year point with augmentation rates varying among four categories: pilot, navigator, non-rated ops; and mission support. Those not offered a Regular commission would either separate or be offered IRS to the majors board at the Air Force's option. We will implement this program with the 1986 year group. Non-line officers will maintain their program.

There will be a transition regular Air Force board in Sept. 88 with program implementa-

tion in 1989.

Mission Milestones



A great week for the 64 FTW. Good weather plus good scheduling equals 118 sorties above our requirement. T-37s are 3.6 days ahead and T-38s are 3.7 days ahead of the timeline.

Bits & Pieces

Can enough ever be said

I feel sure that most of you have either read or heard about the recent accident where an Air Training Command airman died in what is being called a "heartbreaking and frustrating" accident. The airman involved was 20-years-old, married with two beautiful children, and a precious third child on the way. I am simply at a total loss for words to even begin to express how such a needless and tragic loss of life makes me feel.

Air Training Command safety officials have targeted their mishap prevention efforts over and over again toward the exact characteristics of this accident: young person, safety belts, speeding and, lastly, alcohol. The airman fit the mold to perfection: in the target age group (under 26), was not wearing a safety belt, was doing about 80 miles per hour and was drunk. His blood alcohol count was .23. A count of .10 is legally drunk.

In the event you are not familiar with the accident, the airman was speeding when he lost control of his 1988 Honda Prelude, crossed over the center line into on-coming traffic striking another vehicle. Upon impact, the airman was ejected from his car hitting his head on the vehicle's frame and was killed. The driver of the other vehicle died three days later. So, not only did the airman take his own life, but the life of an innocent victim as well. Imagine if you or one of your loved ones was in that other vehicle.

The investigation further revealed the airman had been visiting his supervisor, it was early in the afternoon and they both had been drinking. The airman is believed to have had 12 cans of beer in a period of less than three and one-half hours! Despite the airman's not being accustomed to drinking alcohol, the supervisor failed to observe any unusual behavior. His supervisor let this young airman drive home, when he was in the perfect position to prevent this horrible loss of life.

Lessons re-learned yet again

Drinking and driving do not mix. I say again, DRINKING AND DRIVING DO NOT MIX. How many people are going to be needlessly killed before we all learn this painful lesson. Please notice the airman was not an alcoholic, unable to control himself. Nor was he in a bar with his buddies or out late at night. No excuses, no reasons, just the inescapable fact that deaths needlessly occur.

We need desperately to take care of each other. That means we do not allow anyone to drive who has been consuming alcoholic beverages in a manner that would lead to intoxication. I would prefer that we assume a person is unable to drive, rather than assume they can. Supervisor or friend, get involved and stay involved before we allow disaster to strike once again.

As I conclude, I want each and every one of you to think of the total loss of life involved, of not only the airman, but of everyone affected.

The other driver was a wife and mother of two; think of the brutal impact felt by her husband and children. Their mom isn't coming home anymore. Think of the airman's wife and children left behind, and the dark dilemma that they now must face. Think of the many parents, family and friends who must deal with the loss. And think of the supervisor who must bear this burden on his conscience.

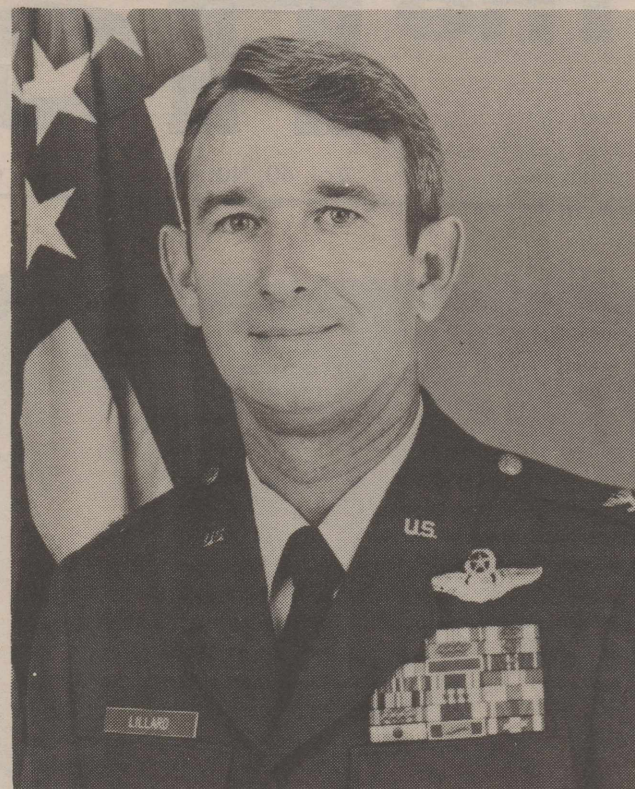
All have lost a measure of their own lives as a result of this needless waste of human life. Let us think of the loss in HUMAN terms and not as just another fatality statistic. It is my earnest hope that we all have re-learned this painful lesson once again.

On the road again

This last Tuesday, I flew down to Randolph for the Wing Commander DO fly-in. I am most happy to report that there continues to be improvements being made in Air Training Command. I feel that the leadership that exists within the command has your best interest at heart and are working very hard towards that end.

As an example, I offer T-3 time. As most flyers know, it was reduced this past spring in conjunction with other budgetary changes. I am proud to report that the T-3 time has been restored. So, we should begin flying more proficiency sorties almost immediately. Also, IPs are going to be allowed to fly four sorties maximum per quarter, SOLO. This change to the regulations is currently being printed and will be in effect upon receipt. There are other changes coming down the pike, and I'll be sure and keep you informed.

On Wednesday through Friday, I accompanied 30 distinguished visitors from the Lubbock community to Eglin AFB, Florida for a Civic Leader Tour. It is a time to show our civic leaders a part of the Air Force away from Reese. They get an in-depth view of what the current Air Force is doing as well as where the Air Force is heading into the 21st century.



Col. Mark H. Lillard III, Wing Commander

Farewell to a friend

This Friday we say good bye to a warrior, a patriot and a friend...Col. Ken Hess and his wife Debbie. We are certainly going to miss them as Ken and his family move to Washington D.C. to attend the National War College. Your contributions to the success of the mission here at Reese will not long be forgotten, and we will greatly miss your friendship and support. Warmest wishes on your move and we wish you only the very best!

Kudos to . . .

Congratulations to Mrs. Janet Duke, our Windmill Lanes Bowling Center manager on receiving a 1988 ATC Meritorious MWR Award. This award is indicative of the superb MWR programs available throughout the base. She will join the other 13 winners from the command to compete in the Air Force competition. We at Reese are certainly proud of her and appreciate everything she does at the bowling center.

Low lead levels in drinking water

The United States Environmental Protection Agency (EPA) has determined that lead in drinking water is a health concern at certain levels of exposure.

The EPA sets drinking water standards and the current standard is 50 parts per billion (ppb). Reese AFB has a lead level of less than 20 ppb in the base drinking water, according to 2nd Lt. Joe Feaster, Base Bioenvironmental Engineer.

EPA and others are concerned about lead in drinking water due to adverse effects on human health. "Too much lead in the human body can cause serious damage to the brain, kidneys, nervous system and red blood cells," stated Maj. (Dr.) Michael D. Jones, chief, Aeromedical Services at USAF Hospital-Reese. "The greatest risk, even with short-term exposure, is to young children and pregnant women."

Part of the purpose of the notice is to inform people of the potential adverse health effects of lead. This is being done even though Reese water is not in violation of the current standard. Based on new health information, EPA is likely to lower this standard significantly.

"It's obviously good that we have less than one-half of the allowable level, but the bottom line is that the Reese public is

not only being informed of lead in drinking water, but also its health effects and its main source," added Lieutenant Feaster.

That main source of lead is most likely pipe or solder in a home's plumbing, according to the EPA. The most common cause is corrosion of the solder joints due to 'soft water' or lack of the minerals calcium and magnesium.

"We definitely have 'hard water' and that is probably one reason for Reese's low lead level in the drinking water," replied Lieutenant Feaster.

The EPA report continues with other likely reasons for high lead levels:

- * If your home or water system has lead pipes;
- * If your home has copper pipes with lead solder;
- * If the home is less than five years old;
- * If you have acidic water; and
- * If water sits in the pipes for several hours.

Major Per A. Korslund of the 64th Civil Engineering Squadron said that Reese doesn't fall into many of these categories. "There are no lead pipes, housing is much older

than five years and our drinking water is definitely not acidic," said Major Korslund. "Lead solder on copper pipes and water sitting in pipes for hours is typical of a water distribution system."

There are two basic methods the EPA study recommends to minimize one's health risk. The first is to "flush" the cold water faucet if the water has been in contact with your home's plumbing for six hours, such as overnight or during your workday. This could take as little as five to 30 seconds if there has been recent heavy water use. Otherwise, it could take two minutes or longer, the study says. It also recommends using only water from the cold faucet for drinking, cooking and especially for making baby formula.

"We want to emphasize that Reese's drinking water is fine and its lead level appears to be healthy," said Col. James Higham, base commander. "It is Air Force policy to periodically test drinking water for lead content, and report the results to the public."

Bioenvironmental Engineering Services 3327 or Environmental Health Office 3536 can provide additional information on drinking water quality.

State primary elections scheduled

Minnesota

WASHINGTON (AFNS) — Minnesota's primary election is Sept. 13. Military people and their families do not have to register to vote and may request an absentee ballot by submitting a Federal Post Card Application to the local county auditor.

Voters should mail FPCA's early enough to receive the ballot, vote and return the ballot before close of polls on election day. Ballots will be mailed approximately 30 days before the election. For more information, contact your unit voting representative.

District of Columbia

WASHINGTON (AFNS) — District of Columbia's primary election is Sept. 13. Military people and their families may register and request an absentee ballot by submitting a Federal Post Card Application to the board of elections and ethics no later than 30 days before the election.

Voted ballots must be postmarked no later than midnight on the day of the election and received no later than 10 days after the election.

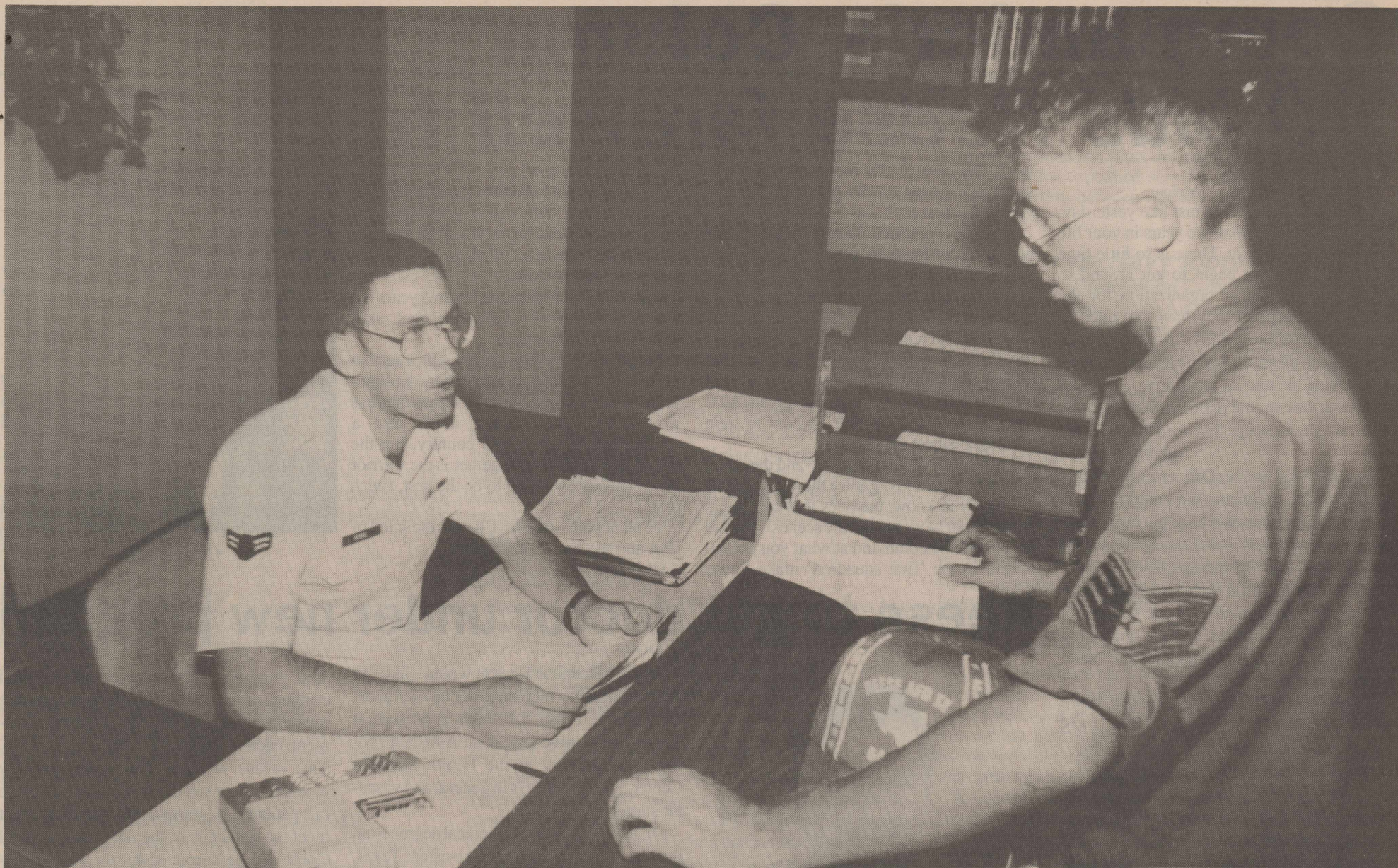
For more information, contact your unit voting representative.

Vermont

WASHINGTON (AFNS) — Vermont's primary election is Sept. 13. Military people and their families may register and request an absentee ballot by submitting a Federal Post Card Application to the town clerk no later than 17 days before the election.

Ballots will be mailed approximately 35 days before the election and must be returned to the clerk by close of polls on election day. For more information, contact the unit voting representative.

Continued on page 9



Airman First Class Rodney L. Henkel (left) helps SSgt. Daniel Nuffer at the travel section of the Accounting and Finance Branch. Airman Henkel is Airman of the Quarter, 3rd quarter 1988. (USAF photos)

NCO Academy lays solid foundation for career

By TSgt. Michael Kelly

Headquarters ATC Public Affairs

Editor's note: This is the first of two stories on the ATC NCO Academy at Lackland AFB, Texas. This story looks at the history and philosophy of NCO professional military education and what the academy staff and senior Air Force leadership hope to accomplish during the five-week course. The second story, to be printed next week, will take a closer look at how several academy graduates see the course and the major benefits it provided them.

RANDOLPH AFB, Texas (ATCNS)— They come from every corner of the nation and from every conceivable background and career field. Some are eager to "get it over with" and others anxious to learn. Whatever their reasons for attending, each one walks away a little sharper, a little smarter and a little prouder. The folks at ATC's Noncommissioned Officers Academy like to call it a "re-blueing" process.

Ask any staff member, instructor or student exactly what that means and each will give you a different answer. Nailing down a concrete definition to this phenomenon is difficult.

But it's real. Just ask the supervisors or commanders of graduates who come back to the work place with a fresh outlook and a deeper commitment to their role as an NCO and the Air Force in general. Ask the technical sergeant who feels more confident about his leadership style now.

This re-blueing process takes place at no less than 18 NCO academies run by a dozen major commands and the Air National Guard. More than 10,000 master sergeants, technical sergeants and tech selectees attend the schools annually to absorb the latest in leadership and management ideas.

At Lackland AFB, home of ATC's academy, approximately 140 students immerse themselves in the educational experience over a five week period. Students in eight classes each year receive more than 200 hours of study in four major areas that include military studies, leadership and management, communication skills and world affairs.

Since the academy opened its doors in 1973, more than 13,400 NCOs have found the curriculum offers something for everyone—whether they're an aircraft maintainer working alone or a tech school instructor responsible for a classroom of students.

Chief Master Sergeant M. Wayne Smith, academy commandant, believes NCO professional military education lays a solid foundation and provides good exposure to ideas and concepts that will last an entire career.

"All we attempt to do is plant a seed. Hopefully then, they will take it, apply it and expand upon it as they see fit.

"History says what we're doing is effective and that's being judged by outside people," the commandant said. "People are saying 'this is a better NCO since I got him back. He looks better, he's prouder, he's working harder — he's just a better all around NCO.'"

However, the chief was quick to point out that the academy is no magic potion or cure-all. "We don't want to fool people. It's a tough course. What students put into it is exactly what they'll get out of it."

But what does the academy staff and senior Air Force leadership really expect NCOs to gain from the course? Enhancing NCOs' knowledge of their chosen profession is a major goal, according to CMSgt. Robert P. Dean, director of education.

"They've been in long enough now and have adopted the military as a profession. Our job is to give them more awareness of the way of life they have chosen. To remind them again that it's a profession and a commitment, not just a job."



Technical Sergeant Michael Burns, assigned to Data Automation, 1958th Communications Squadron, pulls a computer tape from the files. He is the NCO of the Quarter, 3rd quarter 1988.

Commander's Column

DO bids Reese farewell to 64 FTW

By Col. Ken Hess

Deputy Commander for Operations

August 6, 1986 seems just like yesterday. It's hard to believe that two years in your life could pass so quickly. There is so little time left that I couldn't begin to get around to thank each person or organization for the magnificent support they have provided to the mission of Reese AFB—so I won't even try. Instead, please accept my heartfelt thanks for making the tour so much fun.

Now at the extreme risk of offending some, there are a few groups that need to be singled out.

Pauline Reed and her Officer's Open Mess staff—you're excellent. We couldn't begin to count all the hours you have put into graduations, newcomers' welcomes, Phase II graduations, new IP dinners, special functions and the like. But the outstanding reputation you have earned over the years supporting Reese is second to none and richly deserved. Oh yes, and thanks for the 'new' Smokin' Hole!

To the hospital, dental clinic and flight medicine office. Thousands of colds, SMS eye exams, annual physicals, aviation physiology, special counselings . . . the list goes on—our safety record wouldn't be what it is without your commitment, very visible support and 'can-do' attitude.

What would a flying mission be like without fuel, supplies and long-range planning necessary to sustain operations? It would probably be grounded! You folks are the lifeblood of what we do and your support is right out front whenever flying is on and behind the scenes when the air is quiet.

Maintainers—you're not forgotten. We work most closely with you and, as operators, know you better than any other group on

base. The crew chiefs, the visible ones who sweat and freeze on the plains of Texas—you're the best.

Special recognition must go to the hidden two-thirds of maintenance—the specialists, AR, the pros who work the docks—your grit makes cap and spare happen every day.

New operations. First, the Student Squadron where the reorganization you brought to life through tremendous self-sacrifice has reaped tremendous benefits to our overall training effectiveness and has given ATC new, far-reaching insights in how to train tomorrow's best today.

To the band of thieves in AV and the entire team who plan and organize the social events of UPT (you know, the ones that take hours and hours of work behind the scenes), you are the best in the command at what you do. All of you in the 'first squadron' make Reese

look very, very good.

To the men and women of the 35th and 54th Flying Training Squadrons, your cohesiveness, integrity and commitment to superior training set you apart. You do things right every day and it shows.

Our safety record for the last two years is a sound reminder of your seriousness, skill (hands) and competence.

For the FAIPs whose energy is the fuel that makes pilot training go, remember—military aviation has a proud heritage whose fabric is woven with professional ideals and a commitment to serve your country. But the thread that holds it all together is the warrior spirit—always wanting to be the best, finish first.

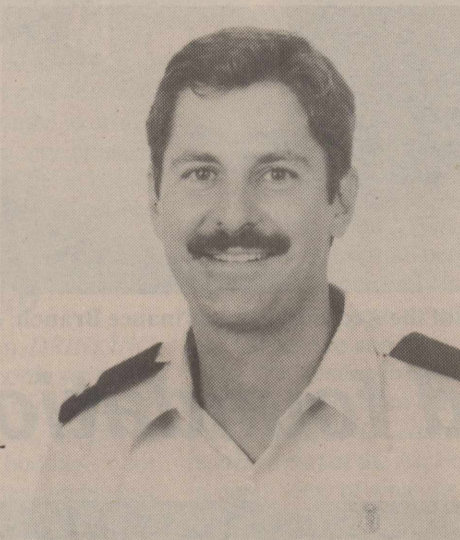
To all of you—thanks. I'll miss the smell of JP-4 and the sound of freedom.

Check six.



Col. Ken Hess

Reese to get doctor under new program



Dr. Mark E. Pessa

USAF Hospital-Reese would like to extend a hearty welcome to our new surgeon, Dr. Mark E. Pessa. Dr. Pessa is on staff at Texas Tech University as an Assistant Professor of Surgery at the Health Sciences Center. His specialty is in general and vascular surgery.

Dr. Pessa received his medical degree from the University of Texas in Galveston, Texas. After medical school he went on to complete a residency program in general surgery at the University of Florida College of Medicine in Gainesville, Fla.

He lives in Lubbock with his wife Jennifer and their two children Shelley and Kurt.

Dr. Pessa joins us as a captain in the USAF Reserve program. We are pending approval to include him under the new USAF Partner-

ship program. This program allows local civilian health care providers to practice medicine within the Military Medical Treatment Facility under CHAMPUS coverage. This means we can offer more specialty medical services in our hospital at no cost to our patients. All partnership providers must meet the standards of the Air Force Medical Corps and be approved by the ATC Command Surgeon.

Dr. Pessa will begin seeing patients this month on a consulting basis. Consultations can be obtained through Primary Care and Flight Surgeon providers. His arrival meets one more goal in an effort to increase medical services to the Reese community. USAF Hospital-Reese is looking into a variety of programs which will expand services.

Welcome to God's Family

at Hope Lutheran Church

July 25 — 29

9:00 — 11:30 a.m.

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P185/75R14 - \$45.97
P195/75R14 - \$47.02
P205/75R14 - \$50.17
P215/75R14 - \$52.27
P225/75R14 - \$54.39
P205/75R15 - \$51.71
P215/75R15 - \$52.21
P225/75R15 - \$53.32
P235/75R15 - \$54.39

EXP 400

P155/80R13 - \$39.88
P165/80R13 - \$42.17
P175/80R13 - \$45.72
P185/80R13 - \$49.86
P175/75R14 - W-A
P185/75R14 - \$54.37
P195/75R14 - \$56.63
P205/75R14 - \$58.88
P215/75R14 - \$62.97
P225/75R14 - N-A
P205/75R15 - \$60.05
P215/75R15 - \$65.72
P225/75R15 - \$66.01
P235/75R15 - \$67.12

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News Briefs

Mexican American Club meeting

The Mexican American Club is having a general membership meeting Sunday at 3 p.m. at Reese Manor. Anyone interested in the club or its activities is invited to attend. The main topic for discussion is Hispanic Heritage Week and several plans will be formulated at this meeting. Any questions or for more information, call MSgt. Matt Alvarez at 6065.

CE parking lot closed

Attention all Civil Engineering Customers. The front parking lot of the Civil Engineering building (Bldg. 555) is closed due to contractor repairs. Please use the back parking lot until further notice.

Taco sale

The Reese Nursing Service is having a taco sale Saturday from 11 a.m. to 4 p.m. in the BX Gazebo. Point of contact for this activity is Lt. Col. Joyce Kloeber, 3509.

Retreat Ceremony

A retreat/awards ceremony is Wednesday at 4:15 at the base flagpole in front of the wing headquarters building.

Picnic grounds off limits

Due to the flooding of the picnic area, all personnel must refrain from using the picnic area until further notice.

Attention housing occupants

In order for air conditioning units to operate properly, the filter must be checked and changed as often as every two weeks. Filters are available for pickup at the Housing Office, Bldg. 6100. If filters are not kept clean at all times, the units could be damaged, possibly causing you to be financially liable for the repair of damages.

Housing Maintenance number

Attention base housing occupants: Housing maintenance now has a commercial line at 885-2293. Please use this

number when requesting repair work for your quarters.

OMS Family Picnic

The 64th Organizational Maintenance Squadron T-38 Branch is having a family picnic Saturday, at Buddy Holly Park. Lots of food, fun and games will be available for the entire family. Ask your spouse for details. Family members are needed for volunteers. Contact Sgt. J.L. Morris at 3461 for more information.

Deputy Director needed for Family Services

The Family Support Center will be interviewing for the position of Deputy Director soon. If you are interested in a special duty assignment that will bring you into close contact with people and human issues, submit your name for consideration and an interview. Questions may be directed to the attention of Mr. Jerry Meyer at the Family Support Center, 3482.

CGOC Meeting

The next Company Grade Officer Council meeting is Aug. 3 at 4:45 p.m. in the Jack Davis Room of the Officer's Open Mess. All company grader officers are welcome and encouraged to attend. The council is dedicated to officer professional development and the building of stronger relationships among company grade officers.

401st FBG/TFW reunion

Attention members of the 401st Fighter-Bomber Group/Tactical-Fighter Wing stationed at England AFB, La. between 1953 through 1963. (The wing includes 612th, 613th, 614th and 615th Tactical Fighter Squadrons.) A reunion is being planned for the first weekend of June 1989. Anyone interested in more details can contact A.J. (Tony) Gagliano at 300 Holcomb Blvd., Ocean Springs, Miss. 39564. Please respond by July 31, 1988 and include a self addressed stamped envelope.

Legal assistance available

Assistance in preparing powers of attorney and notary service are available in the base legal office between the hours of 10 a.m. and noon and 2 to 4 p.m. You may drop off

your document at any time, and pick it up during the above listed hours for expedited services. Emergency service is available anytime between 7:30 a.m. and 4:15 p.m., Monday through Friday.

Air Force vs. Navy football game

The Company Grade Officer Council is planning a trip to the Air Force Academy for the Air Force-Navy football game during Columbus Day Weekend. The game is scheduled for Oct 8, 1:30 p.m. Tickets are \$13 each and lodging will range from \$30-40 per night. Transportation is car pool/POV. Anyone interested in participating should contact 1st Lt. Joan Kinsey at 3074 by July 25.

New flags available

Attention housing occupants: Is your U.S. flag worn, torn or discolored? If so, you may exchange it for a new one at the Housing Office, Bldg. 6100. If you do not have a flag, you can have one issued to you. All occupants are encouraged to fly the flag as long as weather is permissible. Should you have a question about when or how to fly your flag, printed instructions are also available.

Farewell dinner

A farewell dinner for Col. and Mrs. Ken Hess, Deputy Commander for Operations, is tonight, 7 p.m. at the Officer's Open Mess. All are welcome. Dinner, presentations and dancing are part of the festivities. Tickets are \$7.50 per person and can be purchased in the DO's office, Bldg. 920. The dress for the evening is casual.

A farewell dinner for Lt. Col. and Mrs. Vizzone, former Deputy Base Commander, is tomorrow at 6:30 p.m. at the Officers Club. Anyone interested in attending can contact Capt. Danny Thomas at 3614.

Television wanted

A color TV for the base officer of the day is being sought. If you have one you would like to donate or sell for a reasonable price, call Capt. Robert McManaway, 3385.

Career Advisor move

The Base Career Advisor has moved to Room 225 in CBPO, 3082.



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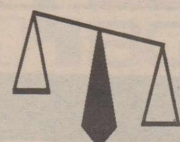
745-6644
M - Th. 8:15 - 6:00
Fri. 8 - 2:30



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Weekly Housing Winners
July 7 Inspection

Enlisted Duplex

213 Arnold

TSgt. Walter and Jackie Brown
64th Supply Squadron

215 Arnold

SSgt. Ken and Suk Hye Wenzel
64th Organizational Maintenance Squadron

Enlisted Duplex

(two duplexes were awarded since there were no single winners)

301 Mitchell

SSgt. Jimmy and Shelia Bourns
64th Organizational Maintenance Squadron

303 Mitchell

SSgt. Mark and Jacki Duffy
3500th Mission Support Squadron

Officer Duplex

212 Harmon

2nd Lt. Perry and Laura Elvin
64th Student Squadron

214 Harmon

2nd Lt. Daniel and Catherine Holland
64th Student Squadron

Officer Single

223 Harmon

1st Lt. Mark and Nancy Beauchemin
35th Flying Training Squadron

Housing eases final inspection requirement

Funding has been received to ease the cleaning requirements for those housing occupants terminating base housing. The relaxed cleaning instructions are designed to ease the pain of preparing for a final inspection of Military Family Housing by eliminating such requirements as disassembling and moving appliances and waxing floors.

Current instructions call for the house to be clean to the eye, a concept which eliminates the so called "white glove" inspection. The new cleaning instructions call for the occupant to remove all marks, stains, cobwebs and dirt from the interior, strip and damp mop floors, remove mineral build-up from fixtures and ensure that all food and grease stains are cleaned up.

The occupant is still responsible for the exterior. Occupants expecting to terminate their housing should notify the Housing Office at least 30 days prior to expected final date to establish a date and time for a pre-termination inspection. During this inspection, a copy of the new cleaning instructions will be given to you as well as a detailed explanation.



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Cut, Style, Blow Dry . . . \$8.00
Perm \$30.00

Appointment or Walk-in

Call 885-4812

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the Reese Golf Course
Hours: 8 a.m. to 6 p.m. Mon.-Fri.
9 a.m. to 4 p.m. Saturday

Nicki, Howard & Yolanda
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1200 to 1900

Main Lounge

1800 to closing

Open to Members Only

Mamma Reesione's
885-2639

Mon. - Fri. — Lunch 11 to 1:30

Mon. - Thur. — Dinner 4:30 to 10

Fri. - Sat. — Dinner 4:30 - 11

Sunday — Dinner 1:30 - 8

THIS WEEK'S SPECIAL EVENTS

- Friday, July 22- Variety with "Jody Max"
9 p.m. - 2 a.m. in the Lounge.
- Saturday, July 23 - Variety with "Jody Max"
9 p.m. - 2 a.m. in the Lounge.
- Tuesday, July 26 - "Turk C.D. Night"
7 p.m. - 11 p.m. in the Lounge.
- Wednesday, July 27 - Ronnie J. Walker "Country"
7 p.m. - 11 p.m. in the Lounge.
- Thursday, July 28 - Variety with "Jody Max"
7 p.m. - 11 p.m. in the Lounge.

THIS WEEK'S SCHEDULE COURTESY OF . . .



For the Superbowl of
Fine Dining

Dining
Mon.-Thurs. 5 p.m.-10 p.m.
Fri.-Sat. 5 p.m.-11 p.m.
Press Box Lounge:
4:30 - Till

6 ALL PRIVATE
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10 - 250 Capacity

Best Known for Charcoal Broiled Steaks

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Major Credit Cards Accepted

O' CLUB

Wed. 1600 - 2200 **MAIN LOUNGE HOURS** Roast Beef Plus Two
Fri. 1600 - 0100 Open to Members Only Other Hot Entrees
Sat. 1700 - 2300 Sat. & Sun. — Closed Daily - Mon.-Fri.

Officers Open Mess now offers cinnamon rolls and fresh baked bread. Call by 1500 daily for next day pick up between 9 & 10:30. Perfect with that morning coffee. Call 885-4564.

Fri. July 22
Col. Hess
Farewell Party

Tues. July 26
Call
Mamma Reesione's
Delivery
885-2639

Sat. July 23
Air Base
Group Party
Closed Sunday

Wed. July 27
Lunch Served
Monday - Friday
11a.m. - 1:30 p.m.

Mon. July 25
Blast Off
89-12

Thurs. July 28
Use coupons from
this month's
calendar

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FINALLY, TAKING CARE OF YOUR CAR IS NO BIG DEAL.

Coupon
Oil & Filter
• Drain old oil
• Add up to 5 qts.
Kendall 15w40 oil
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\$12.95
Most Cars expires 7-30-88

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• Up to 1lb. refrigerant
• Most types of cars & pickups
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Coupon
TUNE-UP
4-Cylinder \$32.95
6-Cylinder \$42.95
8-Cylinder \$59.95
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Whole lotta **SAVING** goin' on

Prices Reduced!

NEW LOW PRICES ON Firestone brand tires for every car
5% TO 40% LESS!*

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\$25.95

P155/80R13 Whitewall

TRIUMPH RADIAL A low-priced alternative to Firestone-brand quality. Affordable, yet features good traction and mileage.

| Whitewall | WAS | NOW |
|------------|---------|---------|
| P155/80R13 | \$27.95 | \$25.95 |
| P165/80R13 | 30.95 | 29.95 |
| P175/80R13 | 32.95 | 31.95 |
| P185/80R13 | 33.95 | 32.95 |
| P185/75R14 | 35.95 | 34.95 |
| P195/75R14 | 36.95 | 35.95 |
| P205/75R14 | 38.95 | 37.95 |
| P205/75R15 | 39.95 | 38.95 |
| P215/75R15 | 40.95 | 39.95 |
| P225/75R15 | 43.95 | 42.95 |
| P235/75R15 | 45.95 | 44.95 |

\$29.95

P155/80R13 Whitewall

FR312 RADIAL Our lowest-priced steel-belted radial for domestic cars, but with Firestone-brand features like curvilinear tread & long-wearing rubber compounds.

| Whitewall | WAS | NOW |
|------------|---------|---------|
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| P165/80R13 | 41.95 | 36.95 |
| P175/80R13 | 43.95 | 38.95 |
| P185/80R13 | 44.95 | 39.95 |
| P185/75R14 | 48.95 | 43.95 |
| P195/75R14 | 50.95 | 44.95 |
| P205/75R14 | 54.95 | 46.95 |
| P205/75R15 | 56.95 | 50.95 |
| P215/75R15 | 58.95 | 51.95 |
| P225/75R15 | 60.95 | 54.95 |

\$52.95

P185/70R14 Black Letters

FIREHAWK GT. H speed-rated. Aggressive tread.

| Raised Outline Black Letters | Reg Price | Sale |
|------------------------------|-----------|---------|
| P185/70R14 | \$ 93.95 | \$52.95 |
| P195/70R14* | 96.95 | 55.95 |
| P205/70R14* | 101.95 | 58.95 |
| P225/70R15 | 117.95 | 72.95 |
| P215/65R15* | 110.95 | 67.95 |
| P185/60R14 | 98.95 | 59.95 |
| P195/60R14 | 101.95 | 65.95 |
| P205/60R14 | 105.95 | 70.95 |
| P195/60R15 | 102.95 | 66.95 |
| P205/60R15 | 107.95 | 69.95 |
| P215/60R15 | 110.95 | 71.95 |

*White letters, too. Add \$3.00

*Compared to March '88 nationally advertised regular pricing.

West Side
W 19th & Loop 289
793-6163
M-F 7-6 Sat 8-5

South Plains Mall
Slide & S. Loop 289
797-4821
M-F 7-6 Sat 8-5

Winchester Square
50th & Indiana
792-2801
M-F 7-6 Sat 8-5

AF News Briefs

OES guide available soon

AIR FORCE MILITARY PERSONNEL CENTER, Randolph AFB, Texas (AFNS) — All officers soon will receive the new Guide to the Officer Evaluation System, Air Force pamphlet 36-6.

Air Force is encouraging raters, both military and civilian, to familiarize themselves with the pamphlet. The new evaluation system goes into effect Aug. 1 and will not be phased in as previously announced.

Copies for all officers must be ordered through publications account representatives or clerks. The pamphlet was announced in Publishing Bulletin 4 on Feb. 26 as AFP 36-6, Rater's Handbook.

The pamphlet will provide raters information about the evaluation system and will help in preparing the officer performance report and promotion recommendation form.

The pamphlet also contains information about observing and evaluating performance and performance feedback.

The guide is to be used in conjunction with AFR 36-10, Officer Evaluation System.

50 massed bombers to drop live ordnance

BARKSDALE AFB, La. (AFNS) — One of the largest non-nuclear exercises in the history of the Strategic Air Command will see more than 50 massed bombers dropping live ordnance in Nevada and Utah next month.

Exercise Mighty Warrior '88 will demonstrate the Strategic Air Command's conventional warfighting capability.

During the exercise, portions of 10 bomb wings assigned to the command's 8th Air Force will deploy to 11 airfields in the United

States and one in England from July 28 to Aug. 11.

Each unit will deploy seven bombers and will be supported by aerial tankers. Both supersonic FB-111 medium-range bombers and B-52 Stratofortress heavy bombers will fly in the exercise.

Tanker support will be provided by KC-135 Stratotankers and KC-10 Extenders.

The exercise scenario calls for strikes against a wide variety of simulated targets. Live ordnance will be dropped on the Nellis AFB range complex in Nevada and the test and training range in Utah. Inert weapons will be dropped on other ranges.

Mighty Warrior '88 is to culminate with concentrated attacks on the Nellis range by more than 50 bombers — first by day and then by night.

"This dramatic finale will vividly demonstrate the enormous conventional firepower that our long-range bombers can bring to bear in a conventional conflict," Lt. Col. Charlie Glazener, operations planning team project officer, said.

More than 4,000 people will sustain conventional operations for nearly two weeks in support of simulated conflicts in Southwest Asia and western Europe.

Exercise spokesman Maj. Ken St. John described exercise flying activity as "intense" and noted that conditions at the bases would simulate wartime levels of effort.

"We're training as we intend to fight," Colonel Glazener said. "Our people will live, work and fly much as we would during a conventional conflict."

The colonel said people taking part in the exercise will be living in tents or old abandoned facilities, eating food prepared in field

kitchens, operating from austere facilities, using limited communications systems and employing realistic tactics during bombing and refueling missions.

"During this exercise, we will be doing almost everything just as we would if we were involved in a real war," Colonel Glazener said.

"The sense of realism should be remarkable," he added. "Even though we'll be dropping bombs on designated ranges, the intelligence scenario and procedures will be keyed to an overseas conflict."

'Gallant Eagle'

WASHINGTON (AFNS) — Approximately 28,000 military people will participate in a United States Central Command-sponsored exercise called Gallant Eagle '88 in August.

The exercise will be conducted in the western United States under a simulated combat environment to exercise, train and evaluate Central Command's headquarters and units of its service components in tactical employment operations in a desert environment.

Deployment from bases throughout the United States began in July.

A major objective of the exercise is the movement of forces using the joint deployment system, followed by a rapid set-up for combat operations.

Ground maneuver portions of the exercise and opposing force operations will be conducted at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif. Air operations will be conducted throughout the exercise area and at the Utah test and training range.

Reserve and National Guard units will provide combat service support units in all phases of the exercise.

Help for adoption fees

Service members who adopted children after Sept. 30, 1987 and plan to before Oct. 1, 1989, may get up to \$2,000 from the Department of Defense to help offset adoption fees, Air Force legal officials announced.

Under a test program in the fiscal 1988 and 1989 Defense Authorization Acts, up to \$2,000 can be paid to a service member for "reasonable and necessary" expenses incurred in adopting a child under 18 years of age. The reimbursement can be as high as \$5,000 if multiple adoptions are made within one calendar year. Reimbursement is made only after the adoption is final.

Defense Department defines "reasonable and necessary" expenses a public and private agency fees (including foreign agencies); placement fees; legal fees; medical expenses relating to pregnancy and childbirth for the biological mother; transportation fees (including foreign travel under certain circumstances); and temporary foster care charges when payment of such charges are required before child placement.

At the present time, the Air Force Staff Judge Advocate Office is waiting for the DOD to write implementing directions for the plan, which is to be funded with \$2.8 million. Since the plan is not yet implemented, there are no forms or procedures set up for members who want reimbursement of adoption expenses. Presently, members who are adopting a child are urged to keep detailed records of all expenses. When guidelines for the plan are set, the base legal office will publish them.

New Announcing the opening of **JONES VCR Sales & Service** **Used**

- Free Estimates
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- Old Fashion Integrity

10% Military Discount

4930 South Loop 289 #208
(West of Wolfe Nursery)
796-0550
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| | |
|-----------------|-------------|
| Monday - Friday | 0930 - 1800 |
| Saturday | 0930 - 1700 |
| Sunday | 1100 - 1700 |
| Shoppette Hours | 0700 - 2400 |

Health promotion clinic tested by Air Force

By SSgt. Denise Battle
Staff writer, Air Force News Service

KELLY AFB, Texas (AFNS) — Awareness of health promotion is increasing in the United States and is now being tested by the Air Force.

A prototype clinic has been set up at Carswell AFB, Texas, headed by Maj. Kathy K. Cash, health promotion coordinator, to test the feasibility of setting up a total-clinic concept for health promotion throughout the Air Force.

Health promotion is essentially lifestyle enhancement. It addresses lifestyles, habits and attitudes that affect the level and type of health people can anticipate.

A health promotion coordinator evaluates people's lifestyles and habits, then sets up programs to help improve the lifestyles and reduce the risks of developing diseases later in life.

"There are things we can modify today in the way of lifestyle which will impact the kind and quality way of life we can expect 10 to 20

years from now," Major Cash said. "Eating the right foods and exercising to reduce the chances of developing illnesses such as heart disease or a number of cancers are just a few examples.

"There is no coordinated system for health promotion being worked into the normal military medical care facility today, mainly because doctors and other medical staff spend 10 to 20 hours a day attending sick people," Major Cash added.

But doctors do not have to monitor these programs since the health promotion staff can. In the test clinic, Major Cash, a nurse, is assisted by a medical service specialist, an administrative clerk, two part-time doctors, a dietician, a physical therapist and a social worker. The clinic also gets assistance from other agencies such as the fitness center and social actions.

During the test phase, the clinic will be measuring the impact of health promotion on selected groups of people for a year, collect-

ing data to help decide about using this system throughout the Air Force.

Measuring the clinic's impact on health is a difficult task, Major Cash pointed out, especially in just one year.

"We decided to measure these people's lifestyles and statistically predict from that data how the positive changes made in their lifestyles have affected their risks for certain illnesses," she said.

Three groups of 500 people were selected to be tested. Two of the groups will be taken from Carswell and one from Barksdale AFB, La.

One group will go through actual interventions such as group and one-on-one counseling, classes, and work environment manipulation. "We will inform them of problem areas or potential problem areas and find out what aspects of their health they feel are of highest priority," said Major Cash. "Then we'll set goals to be achieved over the next year and develop programs to help the individual achieve

them." The other two will be control groups and will not have any intervention. But the group from Carswell will have more exposure to health promotion than the group from Barksdale.

At the end of the test phase, the clinic will remeasure and note any changes. The data will be given to the surgeon general.

Major Cash said that information will be looked at from two perspectives. "The first is the measurable health parameters that can be effected quickly by lifestyle changes, such as blood pressure, percent body fat or lean muscle mass, aerobic fitness, resting pulse rate, lung capacity, weight, cholesterol and blood sugar level.

"The other is the long-range effect. In health promotion, some benefits are not readily noticeable — not even in years. What actually happens is that a person changes his lifestyle enough that the accumulated effect of a healthier lifestyle is going to mean a healthier end-life.

They may live longer and their quality of life may be better as well. We will make projections of our effect in these areas."

Major Cash would like to see all agencies come together under an established health promotion clinic monitored by health promotion coordinators.

She said that health promotion in the Air Force frequently has been fragmented. For example, there's a weight management program for people considered overweight, an aerobics program for people who fail the annual test, an alcohol rehabilitation program for excessive drinkers and a smoking cessation program for people who want to stop smoking.

"In the past, those kinds of programs have been more punitive than helpful," Major Cash said. Citing the weight management program, she said, "When an individual was put in it, they were told to either lose the weight or get out.

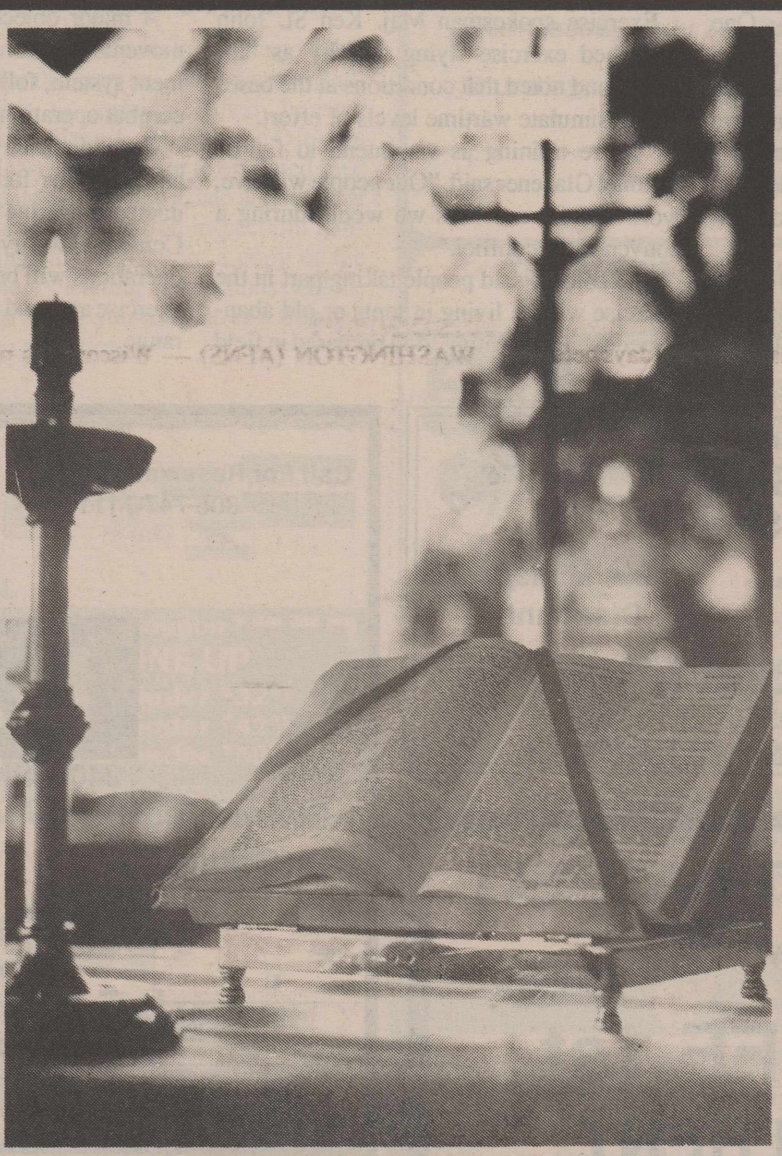
"This does not help the individual develop the tools needed to lose

Continued on Page 12

Lubbock churches invite Reese personnel to attend church

HURLWOOD BAPTIST CHURCH
*Military Families' Home
Away From Home*
Sunday Morning 9:45 a.m.
Worship 11:00 a.m.
Church Training 6:00 p.m.
Evening Service 7:00 p.m.
Nursery Available During All Services
9417 W. 4th (Across from Reese Village)
Pastor, DARRELL STRICKLAND
885-4862

NEW HOPE BAPTIST CHURCH
Faith Cometh By Hearing
Sunday School 10:00 a.m.
Morning Worship 11:30 a.m.
Wednesday 7:30 p.m.
William J. Watson, Pastor
806-793-0570
Hwy 84 West to FM 1294
South 1 mile.



Temple Baptist Church
Sunday School 9:45 a.m.
Preaching Service 10:45 a.m.
King Kid Class 5:00 p.m.
Sunday Evening Bible 5:00 p.m.
Sunday Evening Service 6:00 p.m.
Wednesday Evening
AWANA 6:20 p.m.
Wednesday Bible &
Prayer Service 7:45 p.m.
There is a Difference... Come and See
Rylan Millet — Pastor
795-5245
5413 38th
Just West of City Bank
38th and Brownfield Hwy.

Hope Lutheran Church
5601-G Aberdeen
On the north edge of the
South Plains Mall
Worship -- 9:30
Sunday School -- 10:45
*There's more to life
than just living*
797-9431 794-1967

FIRST CHURCH OF CHRIST SCIENTIST
Sunday School 11:00 a.m.
Church Service 11:00 a.m.
Reading Room 12:00-3:00
Daily Except Sunday
2202 Broadway

BACON HEIGHTS BAPTIST CHURCH
Sunday School 8:30, 9:30, 11:00 a.m.
Worship 9:30, 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 6:30 p.m.
Meal 5:45 p.m.
H.F. SCOTT, Pastor
5039 53rd St. (53rd and Slide)
795-5261

FIRST FOURSQUARE GOSPEL CHURCH
Sunday School 9:30
Morning Worship 10:50
Evening Service 6:00
Wednesday 7:00
Pastor: PHIL DEMETRO
Assistant: DANA FLUD
3115-2nd St. 762-8481

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

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

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.

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

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

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

Welcome to
CALVARY TEMPLE
Good Spiritual Singing
and Preaching
in every service.
QUENTON NEWTON
Pastor
2002 N. Ash 762-4202

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.

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.
DENNIS STUART, Pastor
792-4400. Rides Available
A PENTECOSTAL FELLOWSHIP

BROADVIEW BAPTIST CHURCH
1402 North Frankford
797-3038 797-1745
BILL HATLER, Pastor
Come As You Are
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

CHURCH ON THE ROCK
Jackie White - Pastor
2002 W. Loop 289 Lubbock Church Facilities
7200 Quaker, Suite 75 Lubbock Office Facilities
• SUNDAY WORSHIP 10:00 AM
• SUNDAY EVENING CARE GROUPS
• BELIEVERS MEETING
Wednesday 7:00 PM
791-4471
INTERDENOMINATIONAL

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

State primary elections scheduled

Continued from page 2

New York

WASHINGTON (AFNS) — New York's primary election is Sept. 15. Military people and their families may register and request a ballot by submitting a Federal Post Card Application to the local board of elections not later than 30 days prior to the election. Party affiliation must be provided. For more information, contact your unit voting representative.

Massachusetts

WASHINGTON (AFNS) — Massachusetts' primary election is Sept. 15. Military people and their families may request a ballot by submitting a Federal Post Card Application to the local city or town clerk up to 60 days before the election. Ballots will be mailed approximately 21 days before the election and must be returned by close of polls on election day. For more information, contact your unit voting representative.

Virgin Islands

WASHINGTON (AFNS) — The U.S. Virgin Islands' primary election is slated for Sept. 13. Military people and their families may request ballots by submitting a Federal Post Card Application to the supervisor of elections in St. Thomas up to 60 days before the election. Party affiliation is required. Ballots are mailed 20 days prior to the election. Voted ballots must be postmarked not later than the day of the election and received within 10 days after the election. For more information, contact your unit voting representative.

Utah

WASHINGTON (AFNS) — Utah's primary election is Sept. 13. Military people and their families may apply for ballots by submitting a Federal Post Card Application to the county clerk, county of voting residence, no later than 20 days before the election. Ballots must be returned by the close of polls on election day or postmarked not later than noon on the Monday following the election. For more information, contact your unit voting representative.

Nevada

WASHINGTON (AFNS) — Nevada's primary election is Sept. 6. Military people and their families may register and request a ballot by submitting a Federal Post Card Application to the local election official not later than 30 days before

the election. Ballots will be mailed approximately 25 days before the election and must be returned by the close of polls on election day. Party affiliation must be provided. For more information, contact your unit voting representative.

Connecticut

WASHINGTON (AFNS) — Connecticut's primary election is Sept. 14. Military people and their families may register and request ballots by submitting a Federal Post Card Application to the local town clerk. Ballots will be mailed 30-45 days before the election and must be returned by the close of polls on election day. A special write-in absentee ballot is available 90 days before the election. For more information, contact your unit voting representative.

New Hampshire

WASHINGTON (AFNS) — New Hampshire's primary election is Sept. 13. Military people and their families may request absentee ballots by submitting a Federal Post Card Application to the city or town clerk. Party affiliation is required. Ballots will be mailed approximately three weeks before the election. Voted ballots must be received no later than 5 p.m. on election day. For more information, contact your unit voting representative.

Washington

WASHINGTON (AFNS) — Washington state will hold its primary election Sept. 20. Military people and their families may request absentee ballots by submitting a Federal Post Card Application to the county auditor. Voted ballots must be postmarked not later than midnight on election day and received up to 10 days after the election. Washington also provides a special write-in ballot. For more information, contact your unit voting representative.

Rhode Island

WASHINGTON (AFNS) — Rhode Island's primary election is Sept. 14. Military people and their families may request ballots by sending a Federal Post Card Application to the board of canvassers in their city or town of residence no later than 21 days before the election. Ballots must be returned no later than the close of polls on election day. For more information, contact your unit voting representative.

Wisconsin

WASHINGTON (AFNS) — Wisconsin's primary elec-

tion is Sept. 13. Military people and their families may request ballots by submitting a Federal Post Card Application to the municipal clerk. Ballots are mailed 30 days before the election and must be returned no later than the close of polls on election day. For more information, contact your unit voting representative.

Delaware

WASHINGTON (AFNS) — Delaware's primary election is Sept. 10. Military people and their families may request state registration forms and an absentee ballot by submitting a Federal Post Card Application to the department of elections. Party affiliation is required. Voted ballots must be received no later than noon on the day before the election. For more information, contact your unit voting representative.

Guam

WASHINGTON (AFNS) — Guam's primary election is Sept. 3. Military people and their families may register and request ballots by submitting a Federal Post Card Application to the Guam Election Commission, P.O. Box BG, Agana, Guam 96910. FPCAs should be mailed at least two months prior to the election. The FPCA and ballot return envelope must be sworn to before an official authorized to administer oaths. For more information, contact your unit voting representative.

Arizona

WASHINGTON (AFNS) — Arizona's primary election is Sept. 13. Military people and their families may register and request absentee ballots by submitting a Federal Post Card Application to the county recorder 50 days before the election. Party affiliation is required. Voted ballots must be received by 7 p.m. on election day. Arizona provides a special write-in ballot 60 days before the election. For more information, contact your unit voting representative.

Florida

WASHINGTON (AFNS) — Florida's primary election is Sept. 6. Military people and their families may register and request absentee ballots by submitting a Federal Post Card Application to the supervisor of elections at least 30 days before the election. Voted ballots must be postmarked not later than the day of election and received up to 10 days after the election. Party affiliation is required. For more information, contact your unit voting representative.

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Newsmakers . . .

News items on this page are brought to you by the advertisers in the Roundup, who actively solicit business from the military and civilian personnel at Reese Air Force Base.

MS Bike Tour set for Panhandle area, July 30-31

The Panhandle Chapter of the National Multiple Sclerosis Society's First Annual MS Wild West 150 Bike Tour will be held Saturday and Sunday, July 30-31. This is a two day event beginning in Amarillo and ending at Lake Marvin, near the Oklahoma state line.

"What's so wonderful about this bike tour," said Cindy Dawson Bike Tour Coordinator, "is that it is a chance to see parts of the Panhandle, such as the old wagon train and military trails that have made the west what it is today.

Also each participant will receive a T-shirt from Bud Light, a water bottle from Hill's Sport Shop, a cycling cap from Mason Pro Frame Shop and a T-shirt from Arrowhead Mills."

Everyone regardless of age is encouraged to ride in the bike tour that will begin in Amarillo and conclude at Lake Marvin near Canadian, TX.

The tour is open to individuals and teams. Teams are comprised of four cyclists. There is a \$25 registration fee and a minimum of

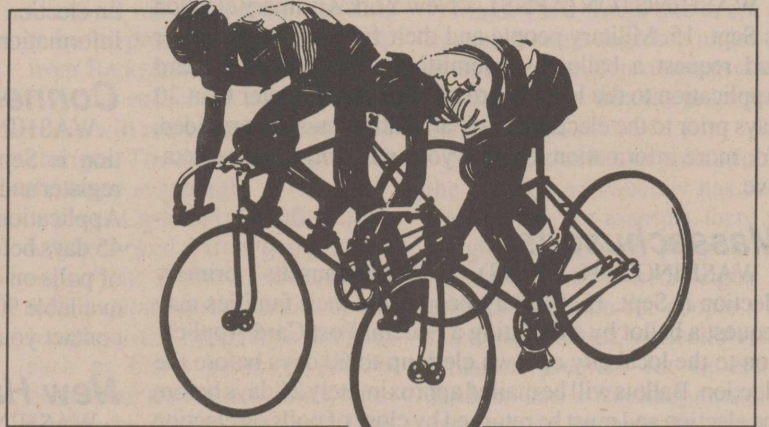
\$150 in pledges required from each participant.

Funds raised help scientists nationally to research the cause and cure of Multiple Sclerosis and help provide patient services in the Panhandle area. MS strikes the central nervous system of young adults between the ages of 20 and 50, causing difficulty in walking, talking and seeing.

Over 250,000 Americans have this debilitating disease, with 200 new cases being diagnosed each week.

Over 85 tours are conducted by chapters of the Multiple Sclerosis Society throughout the year across the United States.

For more information about the Amarillo to Lake Marvin tour contact Robbie Clark at 793-8755.



BBB addresses number one complaint problem

For years the Better Business Bureau, governmental agencies and consumer reporters have

warned consumers about problems with the remodeling industry. The BBB receives more com-

plaints on home remodeling contractors than on any other type of business.

In order to help consumers gain maximum satisfaction when dealing with professional remodeling contractors the BBB has announced a new program entitled Remodelcare. Participating contractors in the program must meet certain conditions.

Contractors must show evidence of liability insurance and workman compensation insurance - this is vital to protecting the customer against law suits. Contractors must pass a credit check and

provide five verifiable references.

Participants must pledge to adhere to a rigid code of ethics and precommit themselves to BBB binding arbitration. If, in the unlikely event, a consumer has a problem with a participant of Remodelcare he may seek help from the BBB. The Bureau will use mediation and, if necessary, arbitration to settle the complaint. Consumers may call the Bureau office at 763-0459 for a list of Remodelcare participants. Please note that the BBB is not acting as a guarantor of any participant's performance.

SAIL schedules outdoor dinner party

SAIL (Single Adults Involved in Lubbock) is sponsoring an outdoor dinner party for all Lubbock singles, including Reese Air Force Base personnel.

The party will be held Saturday, July 30, 7 p.m. at The County Line Restaurant located north of Lubbock at FM

2641 west of the Amarillo Highway.

Activities will include volleyball, horseshoes, barbecue and live entertainment by singer / comedian Rod McClendon.

Admission is \$11 per person. RSVP by July 24 to 763-9667.



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Weight-loss gimmick seized by government

KELLY AFB, Texas (AFNS) The government has begun seizing millions of dollars worth of so-called "diet patches," the newest weight-loss gimmick.

United States attorneys in Southern California announced last month that the government filed lawsuits and made the first seizures of patches and related raw materials and labeling with a retail value estimated at \$22.5 million.

The patches, sold as part of a kit with appetite-control claims, have not been shown to be safe and effective, nor do they have approval from the Food and Drug Administration.

The patches mimic legitimate prescription "transdermal" patches used to deliver drugs through the skin for such conditions as motion sickness.

Makers of the non-prescription patches are selling them without studies to demonstrate their safety and effectiveness, and without FDA approval.

Advertisements have been appearing in newspapers and magazines, as well as on radio and television. Advertisements also have been placed in some Air Force base

newspapers.

Marshals seized Meditrend International patches and materials in San Diego worth \$474,000.

In Los Angeles, they seized Appetof Liquid, materials and labeling was estimated to be worth \$22 million.

FDA has learned of claims to consumers that these patches were FDA approved or met FDA standards. As a result, FDA issued a statement to consumers reiterating that the patches were not endorsed by the federal agency.

The FDA also told Meditrend and other companies that the patches were being illegally marketed. Some firms began voluntary recalls as a result.

When Meditrend and others continued to market the patches, FDA requested the seizures.

FDA Commissioner Dr. Frank E. Young said it was "unfortunate that 50 years after the signing of the landmark Food, Drug and Cosmetic Act of 1938, we see some companies trying to bypass procedures designed to protect consumers from fraud, from unproved, worthless or unsafe products and from unfounded claims."

Caprock menu

Today

| | |
|-----------------|------------------------|
| Pork Chop Suey | Grilled Ham Slices |
| Chipper Perch | Turkey Ala King |
| Baked Chicken | Southern Fried Catfish |
| Mashed Potatoes | Rice Pilaf |
| Baked Beans | Mashed Potatoes |
| Sauteed Corn | Fried Cabbage w/bacon |
| Mustard Greens | Carrots w/margarine |
| Succotash | Summer Squash |
| Brown Gravy | Brown Gravy |

Saturday

| | |
|-----------------------|---------------------------|
| Steamship Round | Grilled Top Sirloin Steak |
| Chicken Fried Steak | Stuffed Cabbage Rolls |
| Baked Chicken | Seafood Platter |
| Mashed Potatoes | Baked Potatoes |
| French Fried Potatoes | Mashed Potatoes |
| Succotash | Southern Fried Okra |
| Peas w/margarine | Corn on the Cob |
| Carrots w/margarine | Peas/Onions |
| Natural Pan Gravy | Brown Gravy |

Sunday

| | |
|--------------------------|-----------------------|
| Turkey Nuggets | Baked Ham |
| Steak Smothered w/onions | Tempura Fried Shrimp |
| Chicken Fillets | Roast Turkey |
| Home Fried Potatoes | French Fried Potatoes |
| Mashed Potatoes | Mashed Potatoes |
| Cauliflower Au Gratin | Brussels Sprouts |
| Lima Beans | Sliced Carrots |
| Harvard Beets | Corn on the Cob |
| Brown Gravy | Turkey Gravy |

Monday

| | |
|------------------------|----------------------------|
| Grilled Liver w/onions | Roast Beef |
| Creole Shrimp | Chili Macaroni |
| Savory Baked Chicken | Chicken Fried Beef Patties |
| Fried Rice | Mashed Potatoes |
| Mashed Potatoes | Oven Glo Potatoes |
| Fried Cauliflower | Stewed Tomatoes w/cROUTONS |
| Collard Greens | Mixed Vegetables |
| Wax Beans | Broccoli Spears |
| Cream Gravy | Natural Pan Gravy |

Tuesday

| | |
|-------------------------------|-----------------------|
| Simmered Corn Beef | Salisbury Steak |
| Baked Fish Portion (Perch) | Baked Canned Ham |
| BBQ Chicken | Jambalaya |
| Steamed Rice | Savory Bread Dressing |
| Golden Potato Balls | Buttered Noodles |
| French Fried Okra | Harvard Beets |
| Southern Style Collard Greens | Wax Beans |
| Stewed Tomatoes | Corn Pudding |
| Onion Gravy | Brown Gravy |

Wednesday

| | |
|-----------------------------|-------------------------------|
| Oriental Steak | Swiss Steak w/gravy |
| Pork Chop Suey | Fish Fillets Herb |
| Chicken Teriyaki | Chicken Chow Mein |
| Fried Rice | Baked Macaroni & Cheese |
| Buttered Noodles | Rissolo Potatoes |
| Fried Cabbage w/bacon | French Fried Eggplant |
| Fried Onions | Southern Style Mustard Greens |
| Sweet & Sour Collard Greens | Whole Kernel Corn |
| Brown Gravy | Brown Gravy |

Thursday

| | |
|------------------------|----------------------------|
| Braised Spareribs | Ginger Pot Roast |
| Baked Tuna & Noodles | Chipper Perch |
| Southern Fried Chicken | Honey Glazed Cornish Hen |
| Candied Sweet Potatoes | Steamed Rice |
| Duchess Potatoes | Mashed Potatoes |
| French Cut Green Beans | Club Spinach |
| Mexican Corn | Stewed Tomatoes w/cROUTONS |
| Peas & Carrots | Buttered Lima Beans |
| Chicken Gravy | Brown Gravy |

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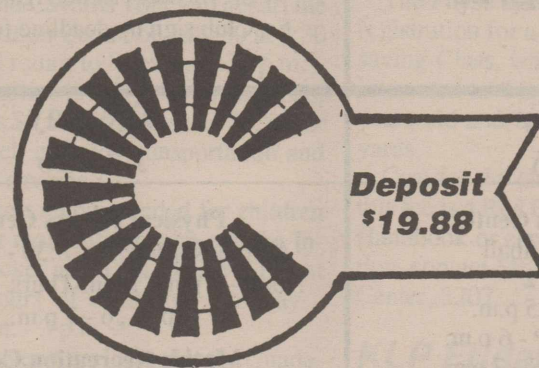
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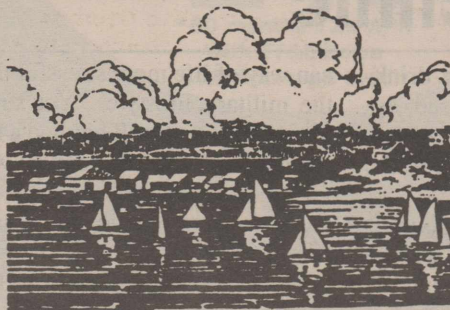
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MWR Events Calendar

Information provided by
Becky Pillifant, MWR Publicity

July 22 through 28

| | Friday July 22 | Saturday July 23 | Sunday July 17 |
|--|---|---|---|
| | <p>Physical Fitness Center Register for Advanced Life Saving, 15 years old and up. Class begins Aug. 15</p> <p>Mathis Recreation Center Free Movie "Missing in Action III" 7 p.m. Rated R Quilting Classes sign up deadline: Aug. 1</p> <p>Information, Ticket and Tour (ITT) Office Carlsbad Caverns Tour sign up deadline: Aug. 27</p> <p>Bowling Center T.G.I.F., 3 games for \$1, 7 a.m.-10 p.m. Colorama - 7 p.m.</p> <p>Youth Center VCR Movie: "Hello Again" 5 p.m. Sr. Club sign up deadline for Joyland</p> | <p>Physical Fitness Center Flag Pole Run at base flag poles: 8 a.m.</p> <p>Mathis Recreation Center Free Shuttle Bus to South Plains Mall 2 - 6 p.m. Live band on Aug. 5, "The American Peddlers" 9 p.m. - 1 a.m.</p> <p>Bowling Center Red Pin Bowling: 10 a.m. - 10 p.m.</p> <p>Youth Center Seniors Club trip to Joyland \$5.50 Arts and Crafts building stick house</p> | <p>Mathis Recreation Center Free Movie "Three Men and a Baby" 3 p.m. Rated PG</p> <p>Information, Ticket and Tour (ITT) Office Discount tickets for Aquarena Springs, International Wildlife Park, Sea World of Texas, Six Flags Over Texas, Texas Water Rampage, Water Wonderland, Wax Museum of the Southwest, Wet 'n' Wild</p> <p>Hours of Operation: Monday - Friday 11 a.m. - 3 p.m., Closed weekends and holidays</p> <p>Bowling Center Unlimited Bowling games Noon - 6 p.m.</p> <p>Youth Center Bingo 3 p.m. Exercise Classes 3:45 p.m. Junior Club Origami 2 p.m.</p> |
| Monday July 25 | Tuesday July 26 | Wednesday July 27 | Thursday July 28 |
| <p>Physical Fitness Center Intramural Softball Field No. 2 CES vs. SPS - 5 p.m. 35 FTS vs. HOSP - 6 p.m. FMS A vs. 54 FTS - 7 p.m.</p> <p>Mathis Recreation Center Discount tickets to the Fox Mann and United Artists Theaters - \$3.50 Reservations available for Reese Manor and Base Picnic Grounds - call 3787</p> <p>Bowling Center Youth Summer Day Camp - 10 a.m. Improve Your Average league - 6:30 p.m.</p> <p>Youth Center Drama Club meets 3 p.m. Ping Pong tournament 5 p.m. Bowling 3 p.m. - \$.75</p> | <p>Physical Fitness Center Aerobics: Mon.-Fri. 8:30 - 9:30 a.m., Noon - 1 p.m.; Mon.-Thurs. 4:30 - 5:30 p.m., 6 - 7 p.m.</p> <p>Mathis Recreation Center Monthly birthday drawing - Noon</p> <p>Bowling Center Open Bowling Summer Lunch Special: 3 games for \$1.00 11 a.m. - 1:30 p.m. Kids Out of School Special 3 games \$1.00</p> <p>Youth Center Martial Arts - 4:30 p.m.</p> <p>Child Development Center Broad Jump and Obstacle Course</p> | <p>Physical Fitness Center Tennis instructor needed - contact center</p> <p>Bowling Center Open Bowling Snack Bar: enjoy the all-new Soup & Salad Bar</p> <p>Library Summer Reading Club meets 1:30 - 3 p.m.</p> <p>Youth Center Arts & Crafts - Collage</p> <p>Child Development Center Olympics Daily Track Events: 9 - 11 a.m.</p> | <p>Physical Fitness Center Squadrons interested in forming co-ed Softball teams should contact the gym</p> <p>Bowling Center Improve Your Average League - 5:15 p.m.</p> <p>Youth Center Martial Arts - 4:30 p.m. Trip to Showplace Six. Last day to sign up</p> <p>Child Development Center Pre-School registration now being taken for September classes Swimming Olympics: 2 - 3 p.m.</p> |

Exhibit aimed toward medical professionals

GENTILE AFS, Ohio (AFNS) — Medical professionals should look to the Air Force when considering their career options.

That is the message an Air Force Recruiting Service exhibit is bringing to medical trade shows throughout the United States.

The Air Force Orientation Group designed and built the 20-foot-long display that its designer, Jerry Grieser, said should attract attention.

"Most shows are flooded by pharmaceutical and medical hardware companies. The exhibits scream 'medicine' at you. We wanted to give people a little relief from the show — to go a different direction," Mr. Grieser said.

That direction is a seven-section display with an audio-visual module.

A laser disk tucked in the center panel runs clips of flying sequences, including Thunderbirds aerial shows and Red Flag tactical exercises.

The other panels carry color graphics directed at physicians, nurses or allied health professionals.

"This exhibit shows that Air Force medical professionals have a



The new Air Force Orientation Group medical exhibit is aimed at recruiting physicians, nurses and allied health professionals. (Air Force photo by SrA. Gary Keltz)

quality lifestyle. They have good conditions to work in, don't have the cost of starting a practice and

have a chance to travel worldwide," Mr. Grieser said. The exhibit was displayed first in

Boston at the National Convention of Pediatric Nurses and Practitioners in March.

Health promotion clinic

Continued from Page 8

weight efficiently and permanently. Consequently, they end up going on fad diets, fasting or doing other things that are more destructive than constructive, or they fail altogether and the Air Force loses an otherwise valuable asset. These people need help with their attitudes about eating, exercising and looking at their own self image.

In alcohol abuse, the military

cautions against excessive drinking, but what isn't addressed, according to Major Cash, is the reason why people drink to excess in the first place.

"In many cases, alcohol abuse is actually the end product of a number of unhealthy behaviors and is not the problem itself," she said.

The major emphasized there are not many conditions in the Ameri-

can way of life more stressful than the military lifestyle. "Yet stress management in itself has had a bad reputation because people who visit mental health about stress-related problems are thought to have something wrong with them or are failures," she said. "Because of this stigma, people frequently don't seek help until their functioning becomes impaired by the effects of

excess stress. The underlying problems and unhealthy coping mechanisms which are causing the problems aren't addressed, so the cycle frequently repeats itself.

"Everything that relates to a person's purpose in life, goals and what makes them different from everyone else needs to be looked at. This is what makes health promotion effective."

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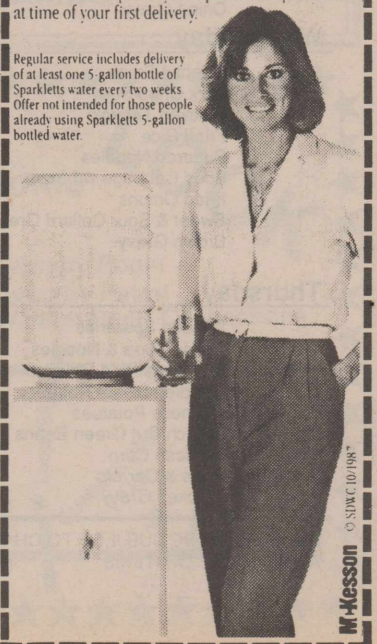
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Regular service includes delivery of at least one 5-gallon bottle of Sparkletts water every two weeks. Offer not intended for those people already using Sparkletts 5-gallon bottled water.



McKesson



Displayed in the Reese Library is Coca-Cola memorabilia from the collection of Mr. Dean Trotter. The display will be up until the end of the month. (USAF Photo)

Coca-Cola memorabilia displayed

Remember the good old days when a Coca-Cola was a nickel and came in a glass bottle? How about the old metal Coca-Cola ice chest?

Those days are long past, but you can bring back some fantastic memories of the past four decades by visiting the base library. This month the base library is featuring Coca-Cola memorabilia from the collection of Mr. Dean Trotter. Mr. Trotter works in Data Automation and began his collection three years ago as a hobby.

Serving trays, portable radios, pencils, and toys—all sporting the famous red and white logo—present a wide of variety of attention-getters.

Do you remember the eight ounce pop-top can, or the checker sets? How about the old wall thermometer that was on the wall of the corner grocery store, or the pen and pencil set handed out in grammar school?

These are just a few of the items on display during July at the library. Why not stop by and view some of the past.

If you have a collection you care to share with others in the Reese community, call the Library at 3344. The Library is always on the lookout for items to display.

MWR Notes

Carlsbad Caverns tour

The Carlsbad Caverns Tour will depart the Mathis Recreation Center on July 30 at 7:30 a.m., and will return to Reese at 9:30 p.m.

Sign up deadline is July 26, at 3 p.m. Cost for this tour is \$6.50 for adults and \$4.50 for children, which includes transportation and entry into the caverns.

This tour isn't recommended for children under six. For more information call the Information, Ticket and Tour Office (ITT) at 885-3787. Hours of operation: Monday - Friday, 11 a.m. - 3 p.m.

Carlsbad Caverns are located in the Guadalupe Mountains of New Mexico. The caverns go deep within the earth where you can have lunch some 750 feet below the surface.

Temperatures in the caverns range from 55 to 60 degrees continually so don't forget a jacket or sweater.

Comfortable walking shoes or rubber-soled shoes with non-skid soles are a must.

When you wish to return to the surface ride the high speed elevator to the top.

Advanced Lifesaving

The Physical Fitness Center is now taking registration for a Red Cross Advanced Lifesaving Class, which begins Aug. 15. Those interested in this course must be at least 15 years old and be able to swim at least 500 yards.

Cost for the class is \$15. Not included in this fee is a Red Cross Advanced Lifesaving Handbook or certificate. For more information, contact Mr. Jake Trevino at the Fitness Center, 3207.

KLP Friday night Disco

Dance till the early hours of the morning at the Mathis Recreation Center on July 29 at a KLP Disco. The disco begins at 11 p.m. Friday and the tunes spin till 4 a.m. Saturday. Admission is \$2 at the door.

Tennis instructor needed

The Physical Fitness Center is looking for
Continued on Page 15

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PIONEER CD player for sale, \$140. See at 6402 Albany #303 or call Roland at **798-1409**. 7-22

FOR SALE: 19" RCA XL100 color T.V., \$150 firm. Bass guitar & amp, \$75. Must see these items. Contact Jerome at #112 George Drive, Reese Village, Mon. thru Fri. 5 p.m. to 11 p.m. No home phone yet... 7-22

LIBRARY TECHNICAL ASSISTANT qualifications include good typing skills and public relations skills, library experience and associate degree in library science preferred. Work hours 11:30 a.m. - 8:00 p.m., Monday - Thursday. 9:00 a.m. til noon on Saturday. A skills test is required. Request application **AND SUBMIT RESUME TO SAM HILL, DEAN OF INSTRUCTIONS,** 1302 Main, Lubbock, 79401. **SOUTH PLAINS COLLEGE** is an equal opportunity affirmative action employer. 7-22

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MWR Notes

Continued from Page 13

a tennis instructor. If you can fill the bill and if you care to share your talents, contact Mr. Jake Trevino at 3207.

Quilting class beginning

Why not set aside six Tuesday evenings for yourself by signing up for Quilting Classes? You will learn how to make a four-block wall sampler, how to select fabrics, draft patterns, piecing, marking, quilting and binding. All work is done by hand and no previous sewing experience is necessary. Classes will be held on Aug. 2, 9, 16, 23 and Sept. 6 and 27, from 6 - 7:30 p.m. Cathy Straub is the instructor. Cost for the class session is \$20 per person. Registration deadline is Aug. 1. Register at the Mathis Recreation Center any Monday - Friday from 10 a.m. - 6 p.m. For more information call 3787.

Reese kids on the go

This summer is a busy one for the Library's "Trailblazers and Star Gazers" Summer Reading Club. The reading club meets on Wednesdays from 1:30 to 3 p.m. at the Base Library and is for children grades kindergarten through fourth grade. Last Wednesday, the club took a tour of Reese. The group took a bus and started at the simulator building, learning about what it takes to be a pilot. The children were given ear plugs so they could visit the flightline and take a first hand look at a T-37 and T-38. Last stop for the day's events was the fire station.

Bowling league forming

Reese's Intramural Bowling League will have an organizational meeting at the Windmill Lanes Aug. 8, at 5 p.m. The season begins Aug. 22. For more information call 3116.

Day camp registration

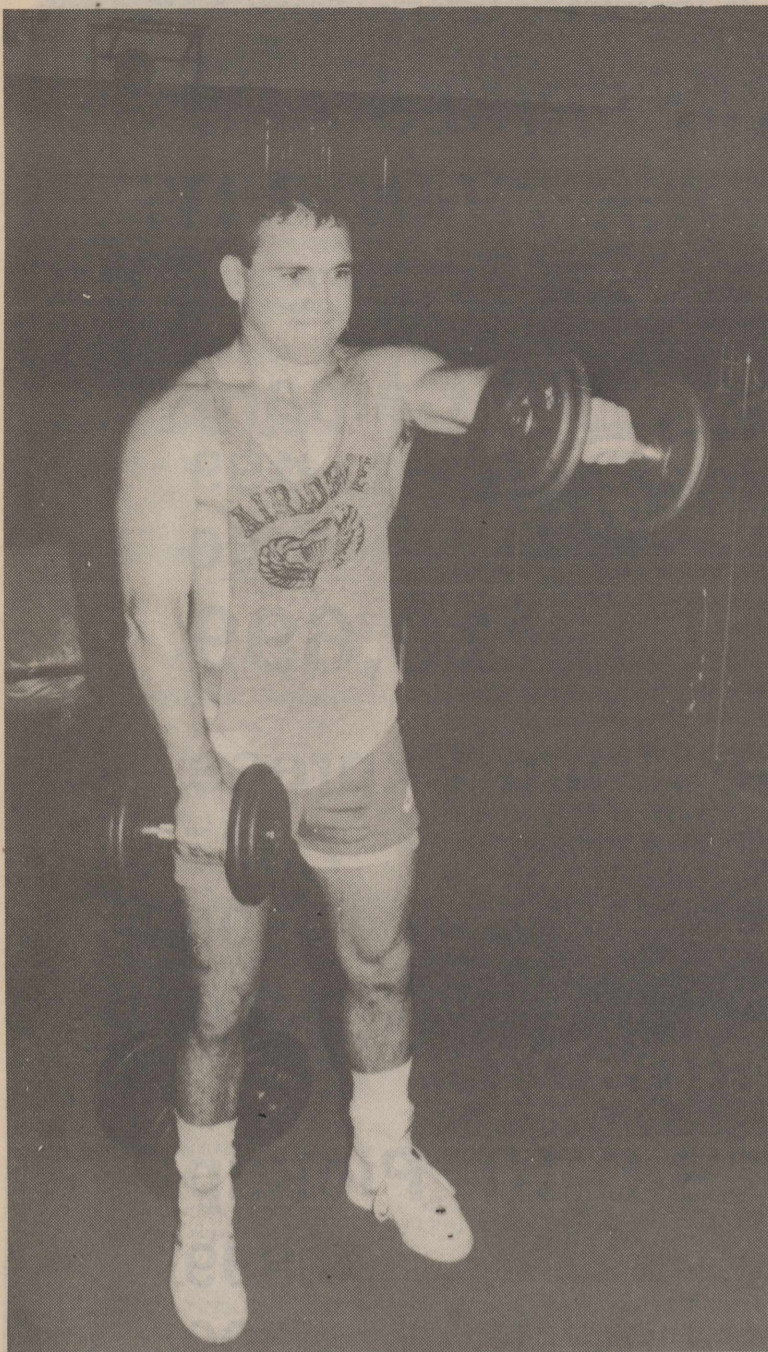
Reese Youth Center's Camp Rainbow Summer Day Camp is taking registration for the fifth camp session which begins Aug. 1. Campers have a two week session of field trips, games, bowling, arts and crafts, movies and songs.

Live band at Rec Center

"The American Peddlers" band will be at the Mathis Recreation Center Friday, Aug. 5, from 9 p.m. to 1 a.m. "The American Peddlers" are better known as the "Peddlers." They play a selection of classic Rock 'n' Roll, and have entertained military audiences nationwide for 16 years. The Peddlers have a show that has been described as unforgettable.

Children visit hospital

Summer fun at the Child Development Center keeps the children involved with arts and crafts, exercises, games, story hour and field trips all summer long. Recently the three to five-year-olds climbed aboard a base bus and headed for Methodist Hospital. The tour began in the chapel where the children learned that Methodist has more than 700 beds, employs 3,000 people and has its own police and fire department. They visited the cardiac rehabilitation and fitness area, which has a running track and exercise equipment. Next stop was the children's ward. The walls were brightly colored with pictures of clowns, animals and balloons. Then it was off to see the newborn babies. The next stop was the X-ray department where the children learned about bones. The last stop was the Care Link helicopter.



First Lieutenant Kurt Gallegos, a 35th Flying Training Squadron IP assigned to D Flight, pumps iron in the Physical Fitness Center. (USAF Photo)

Exercise and fitness questions and answers

By SSgt. Randy Pratt
Base physical fitness advisor

Q. I'm thinking of pursuing a vegetarian lifestyle. Will my nutritional needs change?

A. The nutrition requirements of a vegetarian are no different from those of persons who eat animal products. There are various degrees of vegetarianism, however, which complicates the attempt to explain how to keep your diet a nutritious one.

For example, a strict vegetarian, known as a vegan, eats no animal products at all. Most nutrients are obtained from vegetables, fruits, cereals, bread, legumes, seeds, and nuts.

Fruitarians are also vegans, but their diet consists almost exclusively of fruits. Lacto-vegetarians include dairy products in their diets, while ovo-lacto-vegetarians consume both eggs and dairy products.

These distinctions are important because the complexity of selecting a nutritionally adequate vegetarian plan depends on the foods allowed on the diet. For instance, the strict vegetarian must be careful to select foods that provide the nutrients that are normally supplied by eggs, dairy products, and meat. The ovo-lacto-vegetarian needs to be concerned only about including sources of nutrients commonly found in meat.

A daily guide for a meatless diet centers around sensible selections

from the following groups: (1) grains, legumes, nuts, and seeds; (2) vegetables; (3) fruit; and (4) dairy products and eggs. Six servings a day from the first group will provide most of the protein a person needs. Depending on the strictness of the diet, the other nutrients should come from several servings a day from the remaining food groups.

For more details on how to organize and plan a vegetarian diet, seek help from a certified nutritionist or purchase a book on vegetarian lifestyles or a vegetarian cookbook.

Q. Is it true that some foods act as a catalyst to burn other foods?

A. Kelp, apple cider, grapefruit, Vitamin B6, and lecithin are some of the products reputed to burn the calories contained in other foods, as well as, your own body fat.

This claim is NOT true. Matter (food and fat) cannot be dissolved away without being converted into energy (exercise). Quite simply the Law of Conservation of Matter and Energy means that fat loss will occur when the energy expended by the body is greater than the energy value of the food consumed. Period!

If you have questions about exercise, fitness and sports, write them down and send them to the Reese Physical Fitness Center, 64 ABG/SSRS, or call 6020; and ask your question. We will provide an answer to your question in writing and publish the best ones in the Roundup.



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