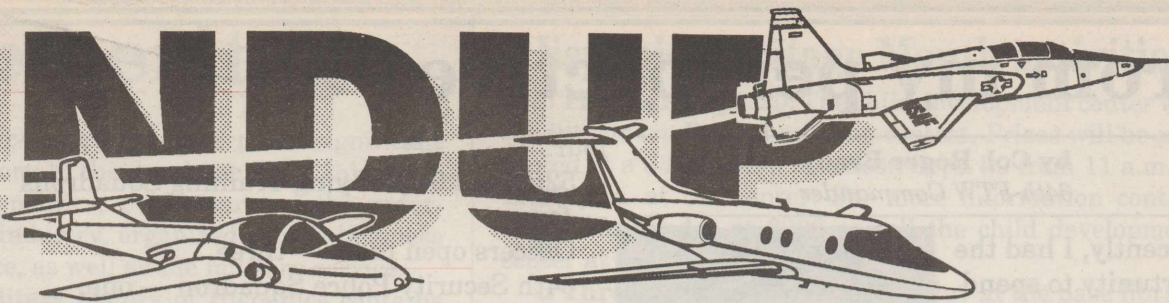


ROUNDUP

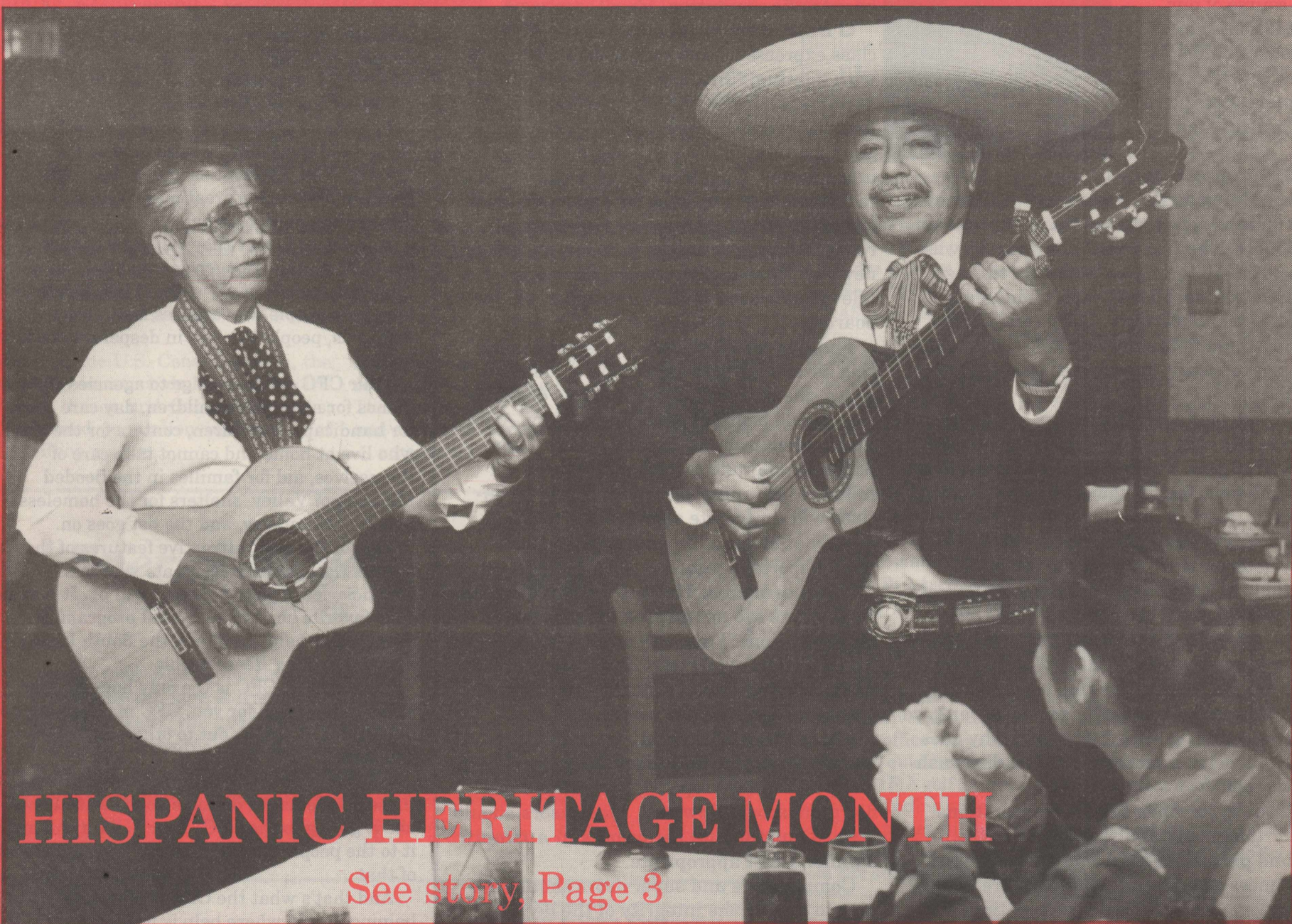


"Air Force people building the world's most respected air and space force ... global power and reach for America"

Volume 45, Number 37

September 17, 1993

Reese Air Force Base, Texas 79489



HISPANIC HERITAGE MONTH

See story, Page 3

Bill Allen

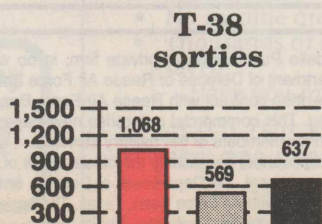
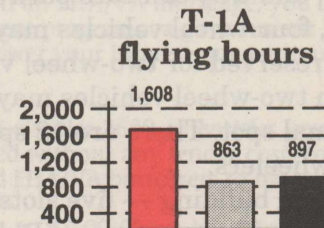
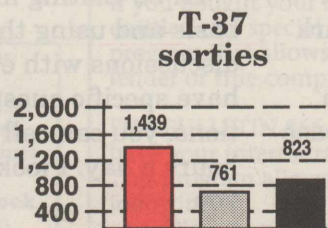
POW/MIA Day today

POW/MIA Recognition Day will be observed today at Reese, as former prisoners of war and their families are honored along with the families of members missing in action.

A buffet luncheon will be held at noon in the officers open mess. The featured speaker will be retired Lt. Col. Bob Jeffrey, a former Vietnam POW. A chapel service will follow the luncheon.

For more on the POW/MIA experience, see Page 6.

Reese mission



█ Required for September
█ Required as of Tuesday
█ Flown as of Tuesday

From my perspective

by Col. Roger Brady
64th FTW Commander

Recently, I had the opportunity to spend time with the members of our latest Airman Leadership School class. During the course of our discussion, they asked a number of questions that may be of interest to the rest of the Reese family.



□ **Shoppette hours:** "Why have they been reduced on the weekends?" A little over two months ago, a survey was completed on the hours. The two-month-long survey was done from 10 to 11 p.m. Mondays through Thursdays and from 11 p.m. to midnight Fridays and Saturdays. The average sales during those hours totalled \$50, which is not enough to justify the salaries paid to stay open.

The current operating hours are 7 a.m. to 10 a.m. Monday through Saturday and 9 a.m. to 10 p.m. Sunday. I believe these hours are sufficient for the majority of patrons on Reese.

□ **AAFES gasoline prices:** "How are they determined?" A price survey of 20 stations in the local area is done each week. An average price is computed based on those prices, and the base price is set two cents lower than that. All AAFES service stations set their prices this way.

□ **Caprock Cafe policies:** "Why can't we have seconds on some items, and why does the contractor sometimes use the dishwashers to cook?"

Actually, seconds are allowed on items other than steak and shrimp. As to the second part of the question, all employees are "mess attendants" and therefore trained to perform both of the duties mentioned above. This practice is in line with the dining hall contract, and the surveys we've seen indicate a high rate of customer satisfaction.

□ **Motorcycle parking spots:** "Where are they, and why can cars park in them?" First off, four-wheel vehicles may **not** park in spots reserved for two-wheel vehicles, although two-wheel vehicles may park in any normal spot. There are 18 spots on base for two-wheelers:

Lockheed building — five slots.
Bachelor officers quarters (Bldg. 1140) —

four.

52nd and 54th Flying Training Squadrons — four.

Officers open mess — three.

64th Security Police Squadron — one.

64th Operations Group — one.

These spaces were established at the request of the building manager/custodian and approved by me after a review by the base traffic committee.

□ **Dormitories:** Members of the ALS class expressed considerable dissatisfaction with lighting, furniture and carpeting in our dormitories. To be brief, they were right. I found that some improvements had already been planned, and we will begin others immediately. Upgrades to our dormitories include new microwaves for day rooms, new carpeting for all rooms, new and larger refrigerators, new lamps in rooms and other new furniture such as chairs, dressers, television/bookcase units and bed headboards.

Funding for all these items should occur this fiscal year, and depending on delivery times, the new look in our enlisted dormitories should begin as early as January. Also, longer-term projects include a three-year, \$454,000 upgrade to each of the three dormitories beginning next year. These initiatives will contribute significantly to the quality of life and the productivity of our most important resource — our people.

□ **Decorations:** There is a perception that supervisors are not putting their people in for decorations. I approve or forward to AETC for approval many decorations every week. My impression is that we are aggressive in recognizing our people.

The purpose of decorations is to foster morale, incentive and esprit de corps. Unlike performance reports, decorations are not mandatory. However, supervisors should reward outstanding performers in a **timely** manner when appropriate.

Commanders and supervisors should take care to protect the integrity of the decorations system and refrain from submitting decorations in a token effort to "do something nice for people." As stated, awards are meant to recognize outstanding performers.

I'll be visiting more of you on a regular basis and using the Roundup to share the discussions with everyone. Meanwhile, if you have specific questions, concerns or suggestions, you can call the Careline at 3273, 24 hours a day. I look forward to hearing from you.

Do you know where your dollars go?

by Maj. Joe Macklin
Wing CFC Project Officer

Do you sometimes wonder just why you should give to the Combined Federal Campaign? I mean, you never really know where your money will go, right?

Wrong. CFC is one of the few places you can put your money and be confident of its destination. Only about four cents of every dollar go to administrative purposes for the CFC. The rest goes where you would want it to go—to help folks who need it.

Your money could stay right here in Lubbock. Or it could go to many places around the country. The possibilities are endless. Why? Because there are a great many agencies that desperately need your help.

And the only way they can get it is through the CFC. These are agencies that help people. They help people of all walks of life. But mostly they help people who are less fortunate than the rest of us, people who are in desperate need of help.

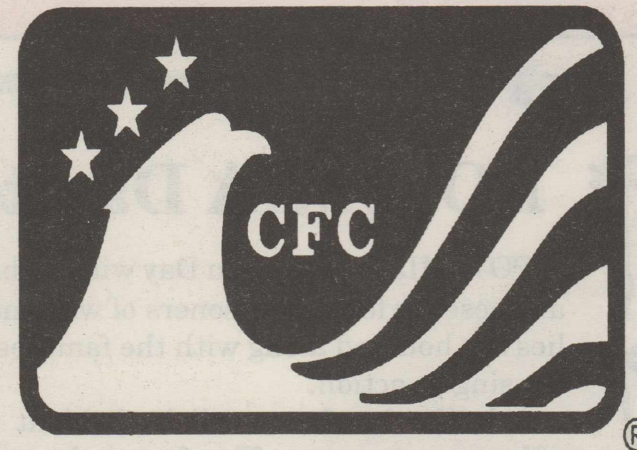
Your CFC dollars will go to agencies such as homes for abandoned children, day care centers for handicapped children, centers for the elderly who live at home and cannot take care of themselves, aid for families in the flooded Mississippi Valley, shelters for the homeless, food for the hungry, and the list goes on.

One of the most attractive features of the CFC is that you can designate who the beneficiaries of your donation will be. It may be your favorite charity, or a local program or agency that helps people in the South Plains area—including Reese people.

The point is, CFC is the only hope for a lot of these people. And for you, CFC may be your best opportunity to reach out to others and show that you care.

Knowing that your donation will make it to these people might dissolve your hesitations about giving to the CFC. Your dollars will make it to the people who need them. You can be sure of that.

And that's what the CFC is all about ... helping people where help is needed most!



ROUNDUP

Best newspaper in AETC - 1992

Bldg. 11

3226 or 3843

Published by Chandelle Publications, a private firm, in no way connected with the Department of Defense or Reese Air Force Base, Texas, under exclusive written contract with Reese Air Force Base's 64th Flying Training Wing. This commercial enterprise newspaper is an authorized publication for members of the military services.

Contents of **Roundup** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the 64th Flying Training Wing at Reese Air Force Base, Texas. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense or Chandelle Publications of the products or services advertised.

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All photos are U.S. Air Force photos unless otherwise noted.

Reese AFB Editorial Staff

Wing Commander Col. Roger Brady
Vice Commander .. Col. William Reynolds
Chief, Public Affairs Capt. Judy Burk
Editor MSgt Ralph Monson
Photo support Mike Parrish
..... Bill Allen

Paying homage to heritage

by Sgt. Laverne Dutkowsky
Reese Social Actions

The Hispanic-American Heritage Month celebration is here and the base committee has scheduled numerous events designed not only to entertain, but to educate as well.

As we move into the 21st century, cultural diversity becomes a key player in establishing and maintaining a successful workplace. We trade in America's "melting pot" for an idea that closely resembles a "tossed salad," each person contributing, yet retaining their distinct "flavor" or cultural identity.

Scholars often use the term mosaic when referring to Hispanic-Americans; each sub-group has its own proud and unique heritage. The Hispanic-American population consists of peoples from at least 20 different countries. They all share common elements, yet are distinct in their own ways.

According to the U.S. Census Bureau, the three largest groups include Mexican-Americans, Puerto Ricans and Cuban-Americans, with a combined population in America of over 17.1 million people.

Hispanic-Americans have made significant contributions to the development of this great nation in politics, public service, the entertainment industry, organized sports, business and science, as well as the military service.

The military history of Hispanics contains a full scope of duty and dedication. Spanish troops assisted the American colonies during the American Revolution. As many as 10,000 Mexican-Americans fought in the Civil War.

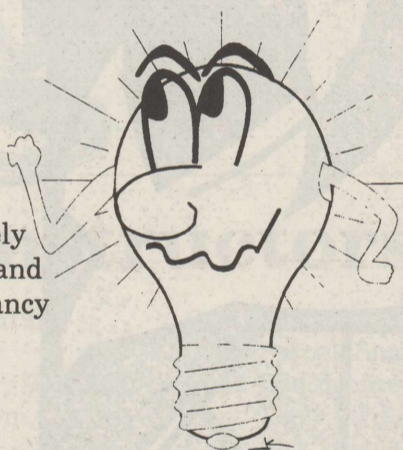
Military historians estimate that up to a half-million Hispanics served in the armed forces during World War II. Eight Hispanics received the Medal of Honor, America's highest military decoration, during the Korean War and

13 were decorated for actions in the Vietnam Conflict. Hispanics played active roles during operations in Grenada, Panama and Saudi Arabia. In total no less than 37 Hispanic-Americans have received the Medal of Honor.

Our continued military success depends largely on our ability to dispel the age-old stereotypes that continue to stagnate our society. This begins with awareness and knowledge and ends with the most important factor of all — acceptance.

About the cover

Daniel Suarez and Cipriano Aguilar perform during the Hispanic Heritage Month kick-off celebration Wednesday in the Caprock Cafe.



Energy surge

(from the Reese Energy Steering Group)

Join a car pool. About one-third of all privately owned automobile mileage is from commuting to and from work. At present, the average vehicle occupancy for these trips is 1.3 people. If that number were increased by only one, the nationwide gasoline savings would be 600,000 barrels per day.

Tanya Tucker Sat., Sept 25	Ricky Van Shelton Sun. Sept 26	Michael English & 4 Him Wed., Sept 29	Alan Jackson Fri., Oct 1

'93 COLISEUM SHOW TICKETS NOW ON SALE AT
• LUSKEYS • RALPHS RECORDS • TEJAS WESTERN OUTLET • FAIR OFFICE
COMPLETE AND MAIL FORM BELOW FOR TICKETS BY MAIL

Name _____ Address _____
City _____ State _____ Zip _____ **ALL SEATS RESERVED!**

EVENT	DATE	CIRCLE TIME & PRICE*	PRICE*	X HOW MANY = COST
Tanya Tucker	Sat., Sept. 25	5pm (\$10) 7pm (\$12)	X	=
Ricky Van Shelton	Sun., Sept. 26	7pm (\$12)	X	=
Michael English and 4 Him	Wed., Sept. 29	9pm (\$8)	X	=
Alan Jackson	Fri., Oct. 1	7pm (\$15) 9pm (\$15)	X	=

Mail To: **SHOW TICKETS**
Box 208
Lubbock, Texas 79408
For ticket information, call 744-9557

* Gate Admission Not Included
Enclose a stamped, self-addressed envelope and include \$1.00 for handling charges per order.

COST OF ALL TICKETS \$
HANDLING CHARGES \$1.00
AMOUNT ENCLOSED \$

Fred's Gun Emporium
♦ Pawn-Money Loaned
♦ Government Checks Cashed
♦ Repairs & Reblueing
♦ Shotgun Choke Tubes
3003 Slide Road • 799-"38-38"

Before you sell or trade your automobile in - we are in need of cars, trucks, & vans, any year, make or model. We have several financing sources available. - See us!
Auto Consignments Lubbock
7402 W. 19th • 796-1700

Don't forget to stop by
VIDEO VISION
791-5533 • 4th @ 410 Frankford

Hispanic Heritage Month activities

Through Sept. 29: The child development center will conduct its traditional coloring contest. Prizes will be presented at a \$3 Mexican luncheon Sept. 29 from 11 a.m. to 12:30 p.m. at the center. For more information contact Diane Hernandez at 3226 or call the child development center at 3541.

Through Oct. 15: A book display at the base library depicts the long cultural background of Hispanics in America.

Wednesday through Oct. 15: A Hispanic cultural booth is on display in the base exchange lobby.

Saturday: The Hispanic committee will sponsor a booth at the air show.

Tuesday and Thursday: Members of the Hispanic Heritage committee will conduct two "conversational Spanish" classes during the lunch hour at the family support center; free to all base personnel.

Sept. 24: The officers open mess will be the site for this year's "Baile Grande" featuring one of Lubbock's top Hispanic bands - Cervantez and Co. - at 8 p.m. The event, which is open to the base, Lubbock and surrounding communities, will also feature the San Patricio Ballet de Folklorico dancers performing traditional Hispanic folk dances at 9 p.m. Cost is \$5.50 per person. Contact Sandi Montez at 3289 or Sandra Briseno at 3499 for tickets.

Sept. 26: A cultural, bilingual Mass will be celebrated at 9:45 a.m. in the base chapel. The Hispanic Heritage committee will also sponsor a reception immediately following the Mass.

Oct. 1: The youth center will host a Friday night "Hispanic style" for children 5 through 12 from 7 p.m. to midnight. Several Mexican games, along with a piñata, will be available. Cost is \$5 for members and \$7 for non-members.

Oct. 8: This year's Fun Run will be held at the base fitness center between 9 a.m. and noon. Contact MSgt. Norm Febus at 3823. This event is open to the base and Lubbock community.

Oct. 9: A teen dance featuring Hispanic music will be hosted by the youth center at the Mathis Community Center at 7 p.m. Cost is \$5 for members and \$7 for non-members. Refreshments will be provided.

Oct. 14: The Hispanic Heritage committee will award a \$200 scholarship to a South Plains College or Wayland Baptist University student at the Hispanic luncheon. The education office will provide application forms and information about qualifications for the scholarship.

Oct. 15: A golf tournament will tee off at noon. Cost per person, including entry fee, one cart per team and lunch, is \$25. Cash prizes will be awarded. Contact Capt. Castillo at 3132. This event is open to all base personnel and golfers from the surrounding communities.

REFINANCE NO CLOSING COST

If you bought your home with an FHA/VA mortgage, you are entitled to a special government program... a government program that allows you to lower your interest rate without any lender or title company costs.

FHA BULLETIN #66-4 and VA circular 2680-45 entitles you to have your interest rate lowered without any lender costs to you. This program allows qualified FHA/VA borrowers to obtain the following:

- No complicated loan applications.
- No income qualifying.
- Thousands of dollars saved.
- \$0.00 (Zero) out-of-pocket lender closing costs.
- Lower interest rate.
- Lower monthly payment without a full credit check.

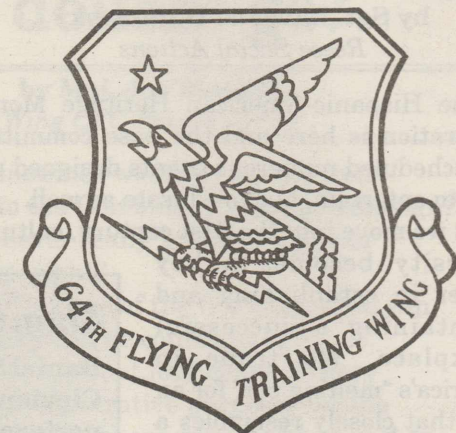
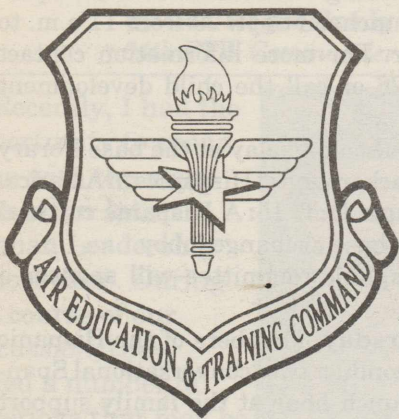
Have you made your last 12 payments on time?

CONTACT THIS FHA/VA APPROVED LENDER FOR DETAILS:
(806) 793-9591, Amber George or Chris Barneich
GATEWAY MORTGAGE COMPANY
801 Quaker, Ste. C, Lubbock, TX 79424

This month in history at

REESE

(provided by the Wing Historian's Office)

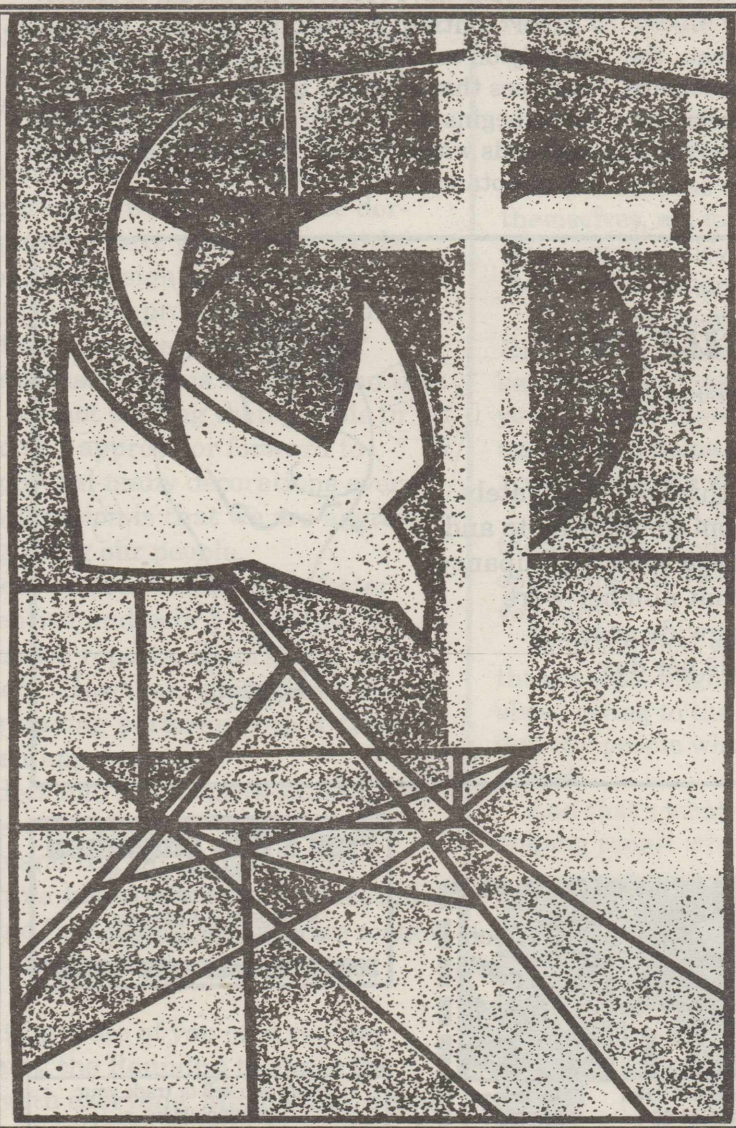


- ...in 1971 — The base hospital is dedicated.
- ...in 1984 — A T-28A is put on display and dedicated in memory of L.E. "Jack" Davis for his lifelong support of Reese and the Air Force.
- ...in 1991 — Ground is broken for the contractor-operated and maintained base supply warehouse.

Come Join A Lubbock Church Or Synagogue Of Your Choice

HURLWOOD BAPTIST CHURCH
Military Families's Home Away From Home
 Sunday School 9:45 a.m.
 Worship 11:00 a.m.
 Church Training 5:00 p.m.
 Evening Service 6:00 p.m.
 Nursery Available During All Sessions*
9417 W. 4th St.
 (across from Reese Village)
Pastor: Billy C. Collins
885-4862

First United Methodist Church
Dr. Jim Jackson, Senior Pastor
Sunday Worship
 8:30 a.m., 10:50 a.m., & 7 p.m.
 KCBD-TV, Channel 11 at 8:30 a.m.
 KFYO-Radio, AM 790 at 11:00 a.m.
Sunday School
 A variety of classes are offered for singles and couples. 9:40 a.m.
1411 Broadway 763-4607



Come Share the Spirit!
Gloria Dei Lutheran Church
 (ELCA)
 1706 Slide Road
 8:00 & 10:30 Worship
 Sunday School at 9:15 Sept.-May
 Nursery Available
 Robert Bardy, Pastor
 795-2283

FIRST FOURSQUARE GOSPEL CHURCH
 Sunday School 9:30
 Morning Worship 10:50
 Evening Service 6:00
 Wednesday Service 7:15
 Pastor: PHIL DEMETRO
 Assistant: RANDY DEMETRO
745-4581 10701 Indiana

CHRIST LUTHERAN CHURCH
Sunday School/Bible Class 9:00 a.m.
Sunday Worship 10:00 a.m.
Wed. Midweek School 6:30 p.m.
 (when public school is in session).
 Adults, Youth, Kids, Marrieds, Singles..
 ALL are Welcome in Christ's family!
Ronald L. Jenkins, Pastor
 Established & Growing at
 7800 Indiana
799-0162

SOUTH PLAINS CHRISTIAN FELLOWSHIP
 3602 Frankford Ave. Lubbock, TX 792-3229
You're always welcome here!
SCHEDULE OF SERVICES
SUNDAY
 Sunday School 9:30 a.m.
 Morning Worship 10:30 a.m.
 Children's Church 11:00 a.m.
 Evening Services 6:00 p.m.
WEDNESDAY
 Adult Service 7:00 p.m.
 Youth Service 7:00 p.m.
 Kid's of the Kingdom 7:00 p.m.
 Pastors Hugh & Lola Dean Harris • Nursery Provided for all services

LAKERIDGE UNITED METHODIST CHURCH
 4701 82nd Street
 Lubbock, Texas 79424
 (806)794-4015
 BILL COUCH, Pastor
 Worship 9:15 and 10:30
 Sunday School 9:15 and 10:30

St. Stephen's Episcopal Church
 101 Slide Rd. 799-3439
HOLY EUCHARIST
 8 a.m. Sunday
PARISH EUCHARIST
 10:30 a.m. Sunday
HOLY EUCHARIST & UNCTION
 5:30 p.m. Wednesday

FIRST CHURCH OF CHRIST SCIENTIST
 Sunday School ... 9:45 a.m.
 Church Service ... 11:00 a.m.
 Reading Room
 Mon., Tues., Thurs., Fri., Sat. 1-3
 Wed. Evenings .. 6:30 - 7:20
2202 Broadway

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 7:00 p.m.
Leon Anderson, Pastor
6111 19th St.

In belief there is power:
 our eyes are opened;
 our opportunities become plain;
 our visions become realities.

Shepherd King Lutheran Church
 ELCA
 • Sunday School All Ages
 • VBS
 SS 9:00 am
 • Worship 10:30 am
 Choir & Wed. Evening
 Nursery Available
 Mel Swoyer - Pastor
2122 - 18th St • 762-5080
 (4 Blks. East of TexasTech)

New Covenant Pentecostal Church of God
5810 Ave. P
 Sunday School 10:00
 Morning Worship 11:00
 Evening Service 6:00
 Saturday Night Praise & Worship 7:15
 Pastor: Les Berg (USAF Ret)
 Co-Pastor: Jean Berg
Need transportation or information, call 795-8021

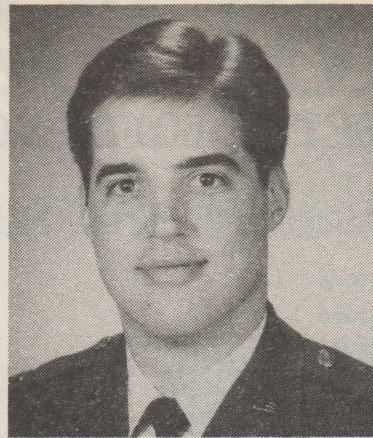
Trinity Church
Reaching the Heart of West Texas
 Randal Ross, Senior Pastor
 TRINITY CHRISTIAN SCHOOLS
 TRINITY COUNSELING CENTER
 Services on Saturday, 6 p.m.
 Sunday - 9 a.m., 10:45 a.m., 6 p.m.
 Wednesday, 7 p.m.
7002 CANTON AVE.
Loop 289 & So. Canton
792-3363



Captain Alston



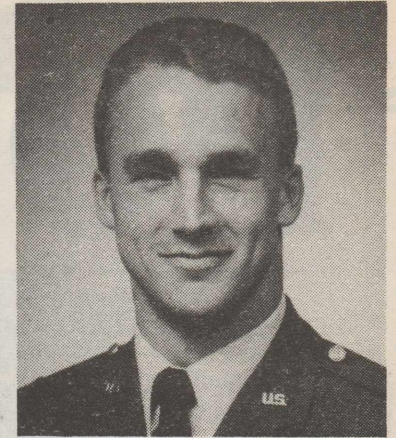
Captain Barker



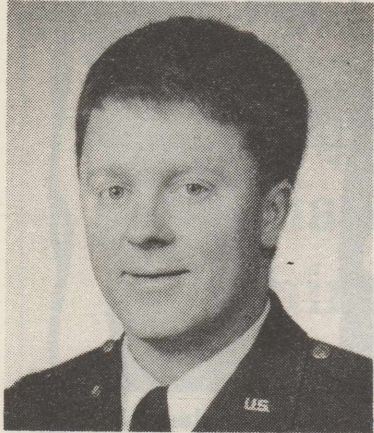
Captain Llewellyn



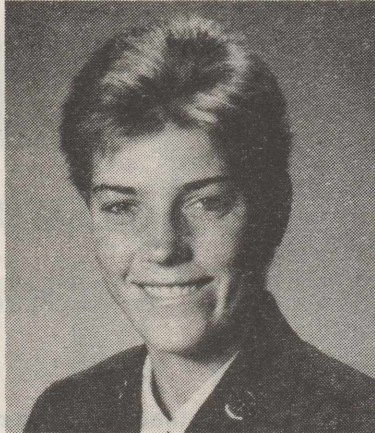
Captain Miller



Lieutenant Stolt



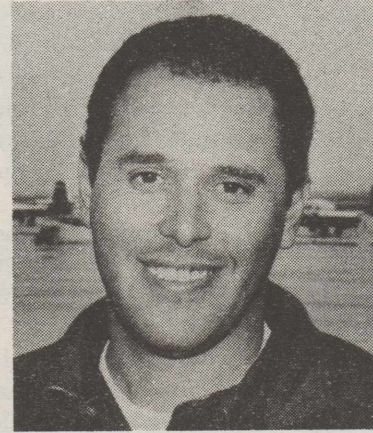
Lieutenant Wallace



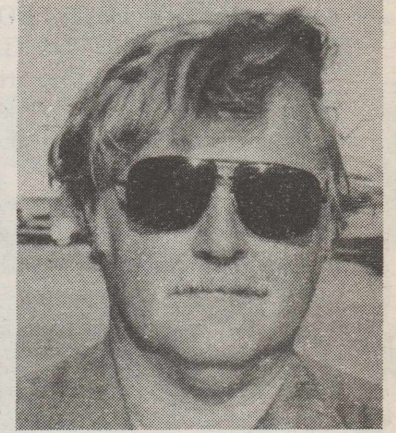
Airman Weaver



Kelley



Leyva



Martin

Wings

Awards presented as Class 93-14 graduates

Class 93-14 instructors

Academic IPs

Capt. Matt Anderson
 Capt. Roger Anderson
 Capt. John D'Annunzio
 Capt. Curt Castillo
 Capt. Greg Hall
 Capt. Eric Jenkins
 Capt. Mark Llewellyn
 Capt. Pete Martin
 Capt. Matt Miller
 Capt. George Rank
 Capt. Jeff Schollmeyer
 Capt. Rob Vaccarella
 Capt. Mike Vanzo
 Capt. Kurt Walker
 1st Lt. Dave Cool
 1st Lt. Bryan Radliff

Flightline IPs

35th FTS Crusaders Flight IPs
 Capt. Steve Parker
Flight Commander, "C" Flight
 Capt. Garland Bennett
 Capt. Rod Fuller
 Capt. Keith Kaiser
 Capt. Stacy Knutzen
 Capt. Jim Wurzer
 1st Lt. Russ Lee
 1st Lt. Todd Mottl
 1st Lt. Mike Stolt
 1st Lt. Mike Tiltrum

35th FTS Fox Flight IPs

Capt. Keith Kaiser
Flight Commander, "F" Flight
 Capt. George Alston
 Capt. Russ Alston
 Capt. Curt Castillo
 Capt. Collin Farrell
 Capt. Mark Heinhold
 Capt. Steve Parker
 Capt. Todd Post
 Capt. Darren Sprunk
 Capt. Mike Vanzo
 Capt. Cary Windler
 1st Lt. Mike Mitchell
 1st Lt. J. Patrick Mullins

52nd FTS B Flight IPs

Capt. Mark Ostrye
Flight Commander, "B" Flight
 Capt. John Arias
 Capt. Randy Barker
 Capt. Tom Borowiec
 Capt. Dave Brown
 Capt. Randy Dyess
 Capt. Troy Eckhart
 Capt. Don Graber
 Capt. Mike Hinz
 Capt. Bobby Loher
 Capt. William MacKinzie
 Capt. Mike Nigl
 Capt. Gerald Peaslee

Capt. Sparr Sapyta
 Capt. Patrick Shope
 Capt. Don Spence
 Capt. Terry Striha
 Capt. Rick Uliano
 Capt. Travis White
 1st Lt. Mike Holland

54th FTS Bandits Flight IPs

Capt. Mike Kennedy
Flight Commander, "B" Flight
 Capt. Steve Brewer
 Capt. Howard Hobday
 Capt. Mike Hunt
 Capt. James Joyce
 Capt. Kelly Latimer
 Capt. Bennie Martin
 Capt. Craig Nelson
 Capt. Robert Volpe
 Capt. Todd Wentzlaff
 Capt. Mike Wilson
 1st Lt. Robert Brankley
 1st Lt. Eric Cain
 1st Lt. Brian Chamness
 1st Lt. Joel Heft
 1st Lt. James Swank
 1st Lt. Jeff Wallace
 Flt. Lt. Noel Derwort

Instructor pilots, students, maintainers and others were awarded for their work with Reese SUPT Class 93-14 during graduation activities Sept. 10 in the Simler Theater.

In T-37s, Capt. Mark Llewellyn was chosen as the top academic instructor pilot. Top flightline IPs were Capt. Russ Alston and 1st Lt. Michael Stolt, while crew chief honors went to Sal Leyva.

In T-38s, the top academic IP was Capt. Matt Miller. First Lt. Jeffrey Wallace was the top flightline instructor, and Jimmy Martin was chosen as the outstanding crew chief.

T-1A honors for academic instruction went to Capt. Pete Martin. Capt. Randy Barker was the top flightline instructor. Morris Kelley was the top crew chief.

Other permanent party award winners were Donald Buechler, chosen for the Lockheed Support Systems Award, and A1C Tiffany Weaver of the 64th Security Police Squadron, the class's outstanding mission maker.

The top student in the class was 2nd Lt. Craig Baker, who won the Commander's Trophy, was a distinguished graduate and co-winner of the flying training ("top stick") award. The other winner in flying training was 2nd Lt. Michael Forsythe.

Other distinguished graduates were 2nd Lt. William Spagna, 2nd Lt. Matt Rafter and 2nd Lt. John Froehlich. Academic awards went to 2nd Lt. Doug Beck and 2nd Lt. John Lyons.

The class leadership awards went to 1st Lt. Todd Staudt and 2nd Lt. Karl Gashler. Lieutenant Gashler shared the citizenship award with 2nd Lt. Christopher Cozzi. The outstanding second lieutenants in the class were Jason Wolf and Jeremy Baenen.

POW: Desert Storm vet recalls Iraqi brutality and salvation from capture

by K. Keane
Air Force News Service

Stretched out on a black, leather sofa in his Civil War era-decorated home, feet propped on a coffee table, Lt. Col. Jeffrey Fox sips a diet cola, and recalls his trials as a POW during the Persian Gulf War. His dogs, Henry T.-Bird and Andy, are by his side. Looking back, he says it's sometimes hard to believe the whole thing ever happened.

"Think about it," he says. "What are your chances of ejecting out of a plane and surviving, let alone being a POW?"

But survive, he did. In fact one might say that Colonel Fox had more lives than a cat during his captivity, as he endured countless interrogations, beatings and bombings. Also, he was given little water and food, so little food that the 145-pound OA-10 forward air controller dropped nearly 20 pounds during his 15-day imprisonment.

"Still, the only thing I actually craved was water," said Colonel Fox, who was the operations officer for the 23rd Tactical Air Support Squadron at Davis-Monthan AFB, Ariz., when he was sent to Saudi Arabia in 1990.

In spite of it all, he feels pretty much the same person today as he was prior to his POW status — "an average guy who keeps things light, whose personality is to keep laughing all the time." Colonel Fox remains at Davis-Monthan, where he is now a staff officer with 12th Air Force operations.

"It was traumatic and it scared the hell out of me," he said of his POW experience. "But you press on, you don't dwell. If you stop at a certain point, you've failed."

Feb. 19, 1991, 9 a.m.

Flying his 26th mission, the colonel found himself alone at 8,200 feet in Iraqi-held airspace — well above the established 5,000-foot ceiling, less than half his usual flying height of 17,000 feet. Colonel Fox had been waiting for accompanying aircrews to fly the mission. None showed. But that was not unusual as the pilots often diverted, aborted or were required to fly somewhere else.

Colonel Fox decided to continue the mission. Just as he pointed his OA-10 toward his target city, the aircraft was struck.

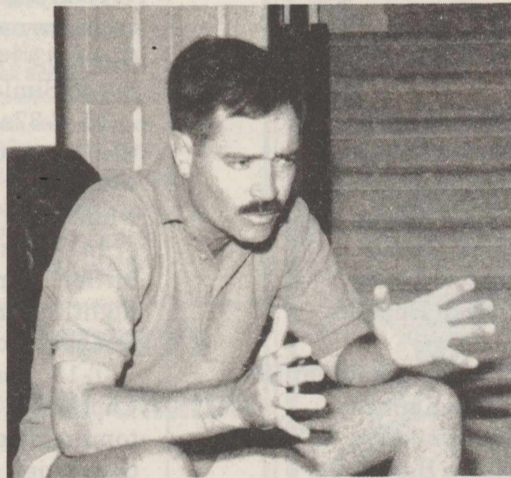
"My first response was, 'Geez, what was that?'" Colonel Fox said.

"Then immediately I knew I'd been hit, and the airplane began to go out of control."

He made numerous attempts to recover the aircraft, which had been struck by an Iraqi surface-to-air missile. But as the OA-10 began spiraling toward the ground, dropping below the horizon with nothing but desert in sight, Colonel Fox knew he was out of options. Eject.

"I vaguely remember the instrument panel going away and getting smaller. And the maps were flying everywhere," he said. "A FAC uses a lot of maps to locate targets, like tanks and bunkers, so planes with artillery, such as A-10s and F-16s, can go in and bomb the targets."

His second of many brushes with fate came as he descended to the ground in his parachute. He was headed for his crashed aircraft, which was igniting the casings of 1,000 rounds of 30mm ammunition. He tried steering away, but found it physically impossible as he had



Colonel Fox tells the story of his capture and subsequent release.

no control of his right hand, due to a flailing injury, and an injury to his right knee, both of which occurred upon ejection. As luck would have it, he drifted and landed just south of the crash.

"It's now about 10 past 9 (a.m.). I saw a stationary, burned-out object and I began to run towards it, simultaneously calling for assistance on my survival radio," he said.

After several unsuccessful contacts with airborne aircraft, Fox's last hope remained with one of the pilots in his squadron, who tried

desperately to reach him before the Iraqi ground-soldier, who was now in pursuit.

"There are two modes you can be in — flee or fight. I was in the flee mode," the colonel said.

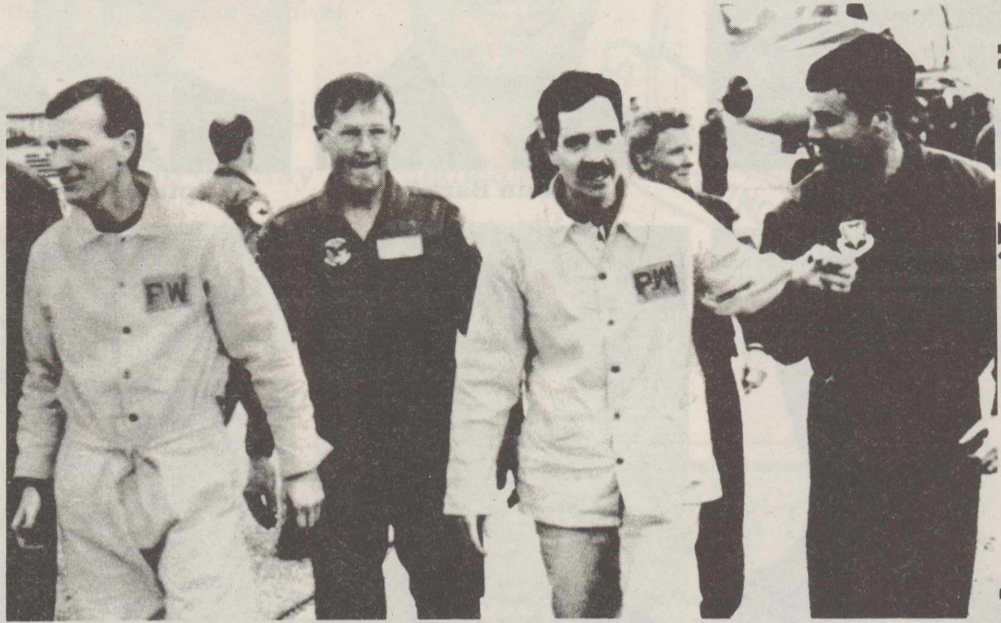
From his radio he heard, "Hold on, hold on. We're coming." From the ground he heard the sound of bullets from an AK-47 rifle whizzing past his ear.

"That's all I got," were Fox's thoughts as he stopped, threw up his hands and turned around. He remained on the radio giving the play-by-play of his capture until his captor was in his face, ordering him to turn it off.

"The question is always asked, 'You had means to resist,' my 9mm pistol," Colonel Fox said. "Why didn't I use it? I was 12 miles in enemy territory. There's no logic to going one-on-one with an individual who's shooting at you with an AK-47. It would have been suicide."

Initially when you're captured, Colonel Fox said, you're on automatic. Every pore in your body knows you're in big trouble, but you don't necessarily have any outward signs of fear.

Colonel Fox and his captor, who was the first of a very long line, headed east with another Iraqi soldier on a motorcycle. A couple of stops were made before reaching the initial destination. During such delays, more soldiers would come out of their bunkers, circle him and speak Arabic. Colonel Fox sat si-



Air Force members greet Colonel Fox (second from right) and another U.S. servicemember, both held captive during the Persian Gulf War.

lent.

"You are in a survival situation," he said. "You want to be as subservient as possible, and you don't want to make any eye contact."

Fox's first interrogation was more or less a lecture.

"This is not California, and when the United States has trouble with California, Iraq doesn't go over and try to straighten things out," said an Iraqi ranking officer.

A little time had passed, and Colonel Fox began shaking.

"I think what had happened was I started realizing what was going on," he said.

"Why, WHY you shake," asked the Iraqi officer. "You cold?"

"No, I'm not cold. I'm worried somebody's gonna kill me here," the colonel said.

"Don't you worry. We are not gonna kill you. We are Islam."

Colonel Fox joked, "I thought to myself, 'That makes it all better. Why didn't you say so to begin with?'"

He was then led to another bunker, interrogated about his personal life, accused of lying, then off to the next stop.

Colonel Fox and his captors had not been in their truck long when they stopped it and evacuated. As he ran from the vehicle, the colonel fell several times — partly because of his knee, partly because he was handcuffed, partly because his captors were knocking him down and kicking him.

"What was happening was there were airplanes overhead. If the pi-

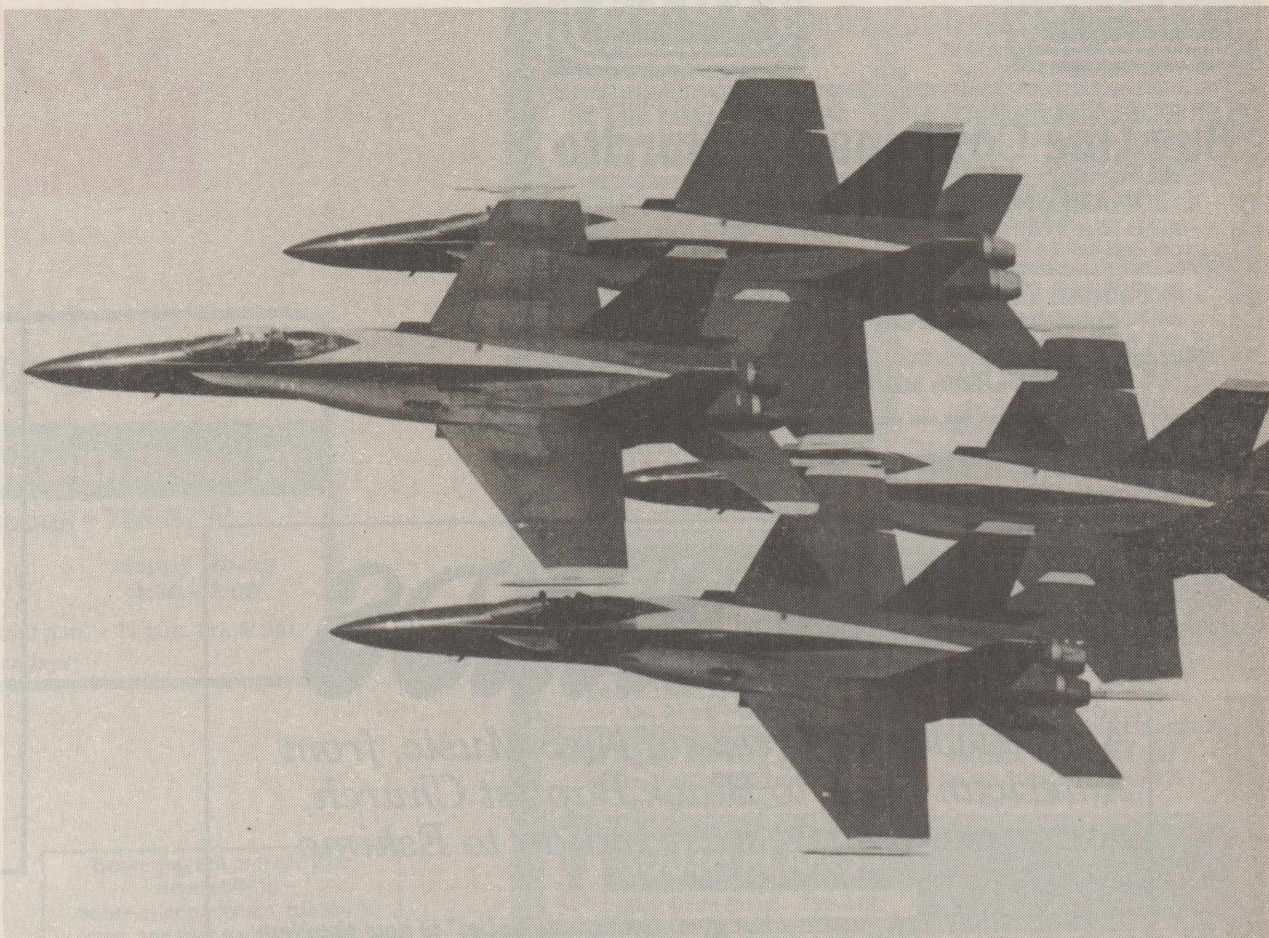
See "POW," Page 11

Air show set for Saturday

About 100,000 people are expected for Saturday's community appreciation day and air show at Reese, featuring the Navy's Blue Angels.

Gates will open at 9 a.m. Because of the volume of traffic expected, Reese Village residents are encouraged to walk to the flightline for the event. Officials in the 64th Security Police Squadron said the hospital gate will be open Saturday.

A special supplement to the Roundup will be available at the air show (cover depicted below), detailing the day's events and the participating aircraft and units.



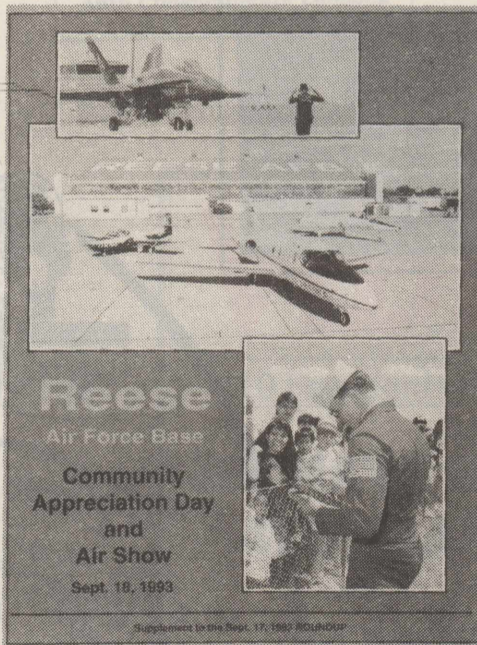
The Blue Angels will be at Reese Saturday.

Courtesy/file photos

Community appreciation day and air show

Schedule of events

- 9 a.m.Gates open to Reese visitors
- 9 a.m. to 5:30 p.m.Aircraft displays, concessions open
- NoonT-37 four-ship fly-by
- 12:10 p.m.T-1A two-ship fly-by
- 12:20 p.m.T-38 four-ship fly-by
- 12:30 p.m.Christian Eagle demonstration
- 12:50 p.m.Helicopter pararescue team demonstration
- 1:10 p.m.Christian Eagle demonstration
- 1:45 p.m.F-117 fly-by
- 2:45 p.m.Two-ship F-111 fly-by
- 3 p.m.Blue Angel aerial demonstration
- 5:30 p.m.Air show ends



Large crowds are expected at the air show.

The Roundup air show supplement will be available to all Saturday.



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Around Reese

Enlisted open mess

(3156)

Today: Top Three induction in the ballroom at 3 p.m.

Dance to the sounds of The Electrifier in the lounge from 7 p.m. to 2 a.m.

Saturday: Lounge open from noon to 2 a.m.

Air show party presenting "Texas Steel," live country and western band, from 7 p.m. to midnight.

Pool tournament at 3 p.m.

Sunday: Main lounge opens at noon. NFL football on the big-screen TV.

Three ball at 3 p.m.

Monday: Play lounge bingo and win up to \$1,000. Games begin at 5:30 p.m. Authorized guests of club members can play bingo.

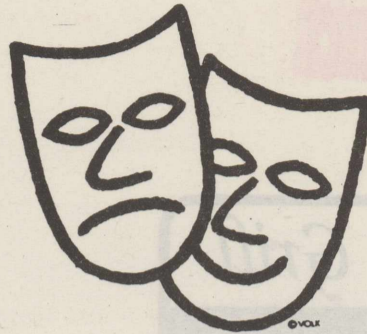
Wednesday: Ladies night - free beverage for the ladies.

Disc jockey will take requests from 7 to 11 p.m.

Thursday: Boss-and-buddy night at 4:30 p.m. with free buffet for members.

Disc jockey in the lounge at 7 p.m.

Ongoing: Hot ball bingo Monday through Friday at 5:30 p.m.



Simler Theater

(885-4581)

Today, Saturday, Sept. 24 and 25: The Reese Little Theater will perform John Steinbeck's "Of Mice and Men" at 7:30 p.m. Doors will open at 7 p.m. Tickets are \$5 and can be purchased in advance or at the door. Call 885-4223 for reservations.

No movies this weekend or next.

Officers open mess

(3466)

Today: POW/MIA luncheon at noon.

Prime rib special served from 6 to 9 p.m. Queen cut \$7.95, king cut \$9.95. Grilled chicken breast \$8.95 and grilled halibut \$9.95.

Sunday: Sunday brunch from 10:30 a.m. to 1:30 p.m. Adults \$7.95, children 6 to 12 \$4.95, children under 5 free. Bring a church program and receive a 50-cent discount. Open to all officer and enlisted club members and their guests.

Monday: Free pizza in the Smokin' Hole at 5:30 p.m.

Tuesday: Free buffalo wings in the Smokin' Hole at 5:30 p.m.

Wednesday: Family style fried chicken special served in the Jack Davis Room from 5:30 to 8 p.m. Adults \$5.50, children 6 to 12 \$2.50, children under 6 free.

"Over the hump" night in the lounge at 5 p.m. Free tacos and beverage special for club members.

Thursday: Two-for-one Texas steak night from 5:30 to 8:30 p.m. New York strip, ribeye or top sirloin - 10 ounce \$12.95, 6 ounce \$8.95. Grilled chicken breast \$8.95. No coupons or take out orders.

Thrift Shop

(885-3154)

Location: Bldg. 629 (across from the commissary parking lot).

NEW SEPTEMBER HOURS

Tuesday: Open for sales from 9:30 a.m. to 12:30 p.m. Open for consignments from 9:30 a.m. to 12:30 p.m.

Thursday: Sales - 9:30 a.m. to 1:30 p.m.; consignments by appointment.

1st Saturday: Sales - 9:30 a.m. to 1:30 p.m.; consignments 9:30 a.m. to 12:30 p.m.

Rest of Reese

ITT/Select-A-Seat/Package Mail/Equipment Rental (3787): Football tickets on sale for all Texas Tech home games. Oct. 2: Texas Tech vs. Texas A&M, 2 p.m. Reese ticket price \$23; ticket sale deadline is Sept. 28. All ticket sales are final.

Six Flags Over Texas discount tickets are on sale at the ITT office.

Mamma Reesione's

(885-2639)

Monday: Hamburger and french fries for \$1.

Ongoing: Three dozen hot wings for \$6.

Ten-piece chicken bucket with cole slaw for \$7.50.

Chapel

(3237)

Weekdays: Catholic Mass at 12 noon. Confessions by appointment.

Saturday: Catholic Mass at 5 p.m.

Sunday: Catholic Mass at 9:45 a.m.

Protestant Sunday School at 9:45 a.m.

Catholic Confraternity of Christian Doctrine at 11 a.m.

Protestant worship service at 11:15 a.m.

Church of Christ Bible study at 5:30 p.m.

Protestant praise service at 6:30 p.m.

Tuesday: Religious education teacher training at 7 p.m.

Thursday: Rite of Christian Initiation at 7 p.m.

Photo contest entries being accepted



Courtesy photo

The deadline for entering the base photo contest is Oct. 1. The annual contest is sponsored by the Reese Skills Development Center and will include three categories: black and white prints, color prints and color slides. According to contest officials, each contestant may submit up to three entries in each category. Entries may be submitted at the center (Bldg. 340).

Winning entries in the local competition will be forwarded to the Air Education and Training Command photo contest at Keesler AFB, Miss., in November.

For additional information and entry forms, contact the center staff at 3141.

POW From Page 6

lots had seen the vehicle moving, they may have bombed it," he said. "I'll never forget one guy giving me hell about my American brothers above."

There would be many more stops with interrogations and accusations over the coming days, which would also result in more beatings. Colonel Fox would also go from being handcuffed in the front, to behind his back, as well as being blindfolded.

"I learned pretty quickly they were not interested in hearing 'I don't know,' or 'I think,'" Colonel Fox said. "I gave an answer to every question, but I tried to use the 60 percent rule. If a plane went 400 mph, I told them 240.

A new group of interrogators arrived. Not more Iraqi soldiers, but the civilian ruling party in Iraq — meaner, Colonel Fox said, than the former.

"They asked me repeatedly who bombed one of their communication facilities," he said. "I couldn't even make up a good lie for that one, I really didn't know. They didn't believe me."

Shortly after that questioning, Colonel Fox was taken to another area and placed on a chair. He remembers a cool breeze, and a feeling that came over him: something bad was going to happen. Several Iraqi soldiers approached, began circling him, and out of nowhere began beating him with sticks and rubber mallets. The first blow burst his right ear drum.

Colonel Fox would finally have his first encounter with allied POWs that same day as he was taken to a place that became known as the "Baghdad Builtmore." This prison offered him the first great relief of his captivity — hearing fellow Americans' voices.

Ironically enough, having survived an ejection, beatings and other possible death-producing activities, what almost killed Colonel Fox that same night was the very nature of his occupation. The building was bombed three times by U.S. Air Force F-117s. Cells filled with chalky smoke and window bars fell in. After the second bomb was dropped, the Iraqi guards fled, enabling the POWs to call out their identity.

"It wasn't a panic state,"

Colonel Fox said. "It was a bunch of guys who knew they were trapped, yelling to get some reassurance from each other."

It was after that bombing that the POWs were finally placed together for a short while and able to talk. Colonel Fox said his fellow captives wanted to know how America was reacting to the war. They also wanted to know who won the Super Bowl.

Before Colonel Fox would see the light at the end of the tunnel, he would go through several more harrowing experiences. One time he was threatened at gun point. The gun was fired at ear level. An act, Colonel Fox described, as "very well orchestrated." At another prison, whenever he was permitted to go to the water closet (bathroom), there was a soldier outside his cell, one at the halfway point, and one at the closet. All journeys were roundtrip, and meant getting kicked in the groin, back, head — wherever they could reach.

"I thought, 'Here comes the electric chair,'" he said. "Fact was they were getting their last licks in as we were being turned over to the Red Cross."

Getting turned over meant receiving hygiene for the first time in two weeks. He shed his flightsuit to bathe in a garbage can of luke-warm water, and was redressed in a POW suit. The Iraqis also gave him a shave. "During my captivity I never saw myself. I would have liked to have seen 15 days worth of growth," he said.

The journey home to Davis Monthan was a long one for the colonel. It began with a flight from Baghdad to Riyadh on a Swiss aircraft, with an escort that included two F-15Es on the right wing, and two British Tornados on the left.

"That's when I knew this (his release) was no kidding, really happening," he said.

But it wasn't until after many talks with people wanting to welcome him home and hear his story, plus a month-long stay at USAF Hospital Malcolm Grow at Andrews AFB, Md., that he was able to start getting back to a normal lifestyle.

And that's pretty much how Colonel Fox, who will retire in May, is living his life to-

day. No fanfare, just a simple lifestyle that includes running with his dogs and collecting Civil War paraphernalia. Just an "average Joe," he says, who can say he was a POW.

"Some people put me on a pedestal, and that's the absolute wrong thing to do," he said. "By telling the story, it shows those serving in the military that being taken prisoner can happen to them. It also shows they have it in them to survive."



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The Hudson Group

Notes

Change of command set

Col. Frank Geisler will assume command of the 64th Operations Group at 10 a.m. Sept. 24 during a change-of-command ceremony in front of base operations.

Colonel Geisler comes to Reese from Luke AFB, Ariz., where he has served as the deputy commander of the 58th Operations Group. The colonel's selection as the new OPG commander was announced in May.

Pediatrics offers class

An infant and child basic cardiac life support class will be held today at 1 p.m. in the pediatric clinic. Enrollment is limited. Call 3297 to register.

CCD set

Classes on the Roman Catholic Confraternity of Christian Doctrine begins at 11 a.m. Sunday in the chapel. Call Peggy Melloy at 3237.

Chapel starts new service

The Reese Chapel starts a new worship service at 6:30 p.m. Sunday, featuring music, Bible teachings and personal ministry. The hour-long service will be open to people of all faiths.

Anyone who plays a musical instrument and wants to participate in the service should contact Chaplain (Capt.) Steven Crossman at 3237 for details.

Program started

The 64th Medical Squadron offers a cholesterol reduction program through the primary care clinic every Wednesday afternoon. The initial appointment can be scheduled through the clinic at 3515; follow-ups should be scheduled through the appointment desk at 3245.

Certain requirements, such as fasting before lab work is done, do apply. Participants should be sure to call the clinic or stop by for full details.

OB/GYN clinic schedules exams

The OB/GYN clinic at the Reese hospital is now open during lunch and until 6 p.m. Wednesdays for annual pap exams. Patients with chronic conditions or acute problems are asked to make appointments during regular duty hours.

In addition, a daily birth control pill refill clinic will be offered weekdays at 3:30 p.m. Medical records are required when requesting refills.

Hispanic group meets

The Hispanic Heritage Month Committee meets at 10 a.m. every Thursday in the fam-

ily support center. Anyone who wants to take part in this year's celebration should attend.

Family support plans classes

The Reese Family Support Center has the following seminars scheduled:

□ Application for federal employment — 1 to 4 p.m. Thursday in the FSC. Call 3305 or 3310 to make a reservation.

□ Home-based business seminar — 1 to 4 p.m. Sept. 27 in the FSC, also conducted by the Tech Small Business Development Center. Space is limited; call 3305 or 3310 to make a reservation.

Catholic classes resume

Classes in the Rite of Christian Initiation of Adults Program have resumed in the base chapel. RCIA is the process by which adults are fully entered into the Catholic community, according to chapel officials. Call Peggy Melloy at 3237 for details.

Recycling advisory

The recycling trailer in Reese Village is moving to the base exchange parking lot near the Goodwill drop-off point. Call 3815 for details.



**Suggestions? Problems?
Concerns? Questions?**

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CARELINE

3273

(24-hour access)

Breaking the habit

by Capt. Maritza J. Milan
Chief, Reese Mental Health Clinic

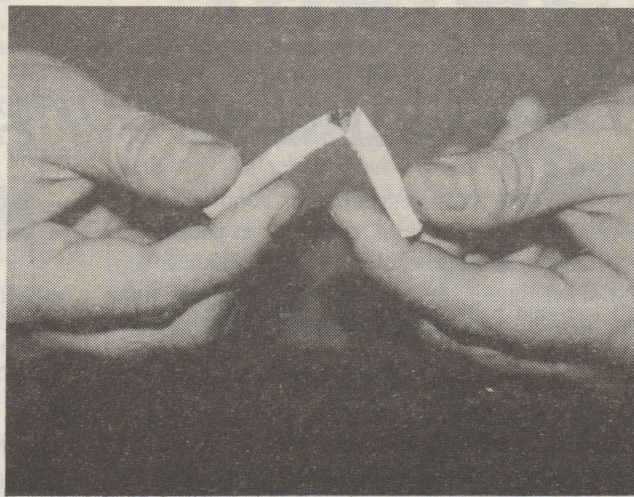
Some, but not all, smokers experience withdrawal symptoms once they stop smoking. These symptoms are mostly chemical addiction as described in past Roundup articles.

No one will experience pain when stopping; rather, they might experience some mild discomfort. Two very important points about withdrawal symptoms must be made.

First, the symptoms are all short-lived; they will disappear within one-and-a-half days to two weeks. Second, the withdrawal symptoms show that the body is repairing itself and is returning to the healthy state it was in before smoking started.

The most familiar symptom is a craving for cigarettes. The craving will diminish after a few days and may disappear completely in about two weeks. However, some people may never fully lose the desire to smoke, although this diminishes over time. The best way to get rid of a craving is to distract your attention from it. I would like to emphasize that each craving will disappear if it is ignored for a few seconds.

A second familiar symptom is tension. The best way to cope with the irritability caused by nicotine withdrawal is to practice relaxation exercises. Diaphragmatic breathing along with progressive muscle



relaxation are frequently used.

Many smokers experience tingling sensations in their arms and legs after they stop smoking. The tingling sensations are the result of improved circulation without the effect of nicotine. As soon as the body is back to normal, the tingling stops.

Many new ex-smokers also feel light-headed or dizzy when they first stop. Others find it difficult to concentrate. These two withdrawal symptoms are due to the increased supply of oxygen to the brain once carbon monoxide is gone. These withdrawal symptoms will disappear on their own within a week

or two, as the brain adjusts to a normal, healthy supply of oxygen.

Some ex-smokers are surprised that they cough more after they stop smoking. This is because the cilia that line the lungs were paralyzed when exposed to smoke. The cilia clean out the lungs, but can only clean at night when the smoker sleeps and is not smoking. When you first quit smoking, the cilia have to work overtime, cleaning out the debris from the lungs.

When the lungs are finally clean, the individual's cough will leave for good. This may take several weeks. Just keep in mind that the increased coughing is a sign that the body is repairing itself.

While there are physical reasons for some withdrawal symptoms, others may be psychological. You can be assured that all of the symptoms will disappear in a short time, and none of them are unbearable. If any symptoms persist, you should consult a physician as they may not be related to stopping smoking.

Some additional symptoms new ex-smokers occasionally experience are headaches, tightness in the throat and dry mouth. Our Habitrol patch program can help you cope with nicotine withdrawal symptoms. If you are interested in our smoking cessation classes, please contact the mental health clinic at 3739.

Air Force officials offer AIDS warning

by Sgt. Bertrand L. Washer
Wilford Hall Public Affairs

LACKLAND AFB, Texas — Bungee jumping, motorcycling without a helmet and other risk-taking behaviors are part of the mindset of many young people.

However, this James Dean attitude may lead to serious injury and even death.

The same false sense of immortality can lead directly to a deadly disease — AIDS. "It's a pattern of behavior that we need to combat to reduce the spread of HIV infection," said Maj. (Dr.) Stephen Blatt, HIV unit director at the Wilford Hall Medical center in San Antonio, referring to the virus that causes AIDS. "The major misconception today is still that the only people at risk of getting HIV are gay people or intravenous drug users, but this is not the case."

Major Blatt said physicians are starting to see more heterosexual transmission of the disease in the Air Force community. "The increasing HIV infection rate in women, both in the Air Force and the U.S. population at large, is a strong indication of heterosexual transmission," he said. These findings are further reinforced by the knowledge that female

homosexual transmission of HIV is very common.

Major Blatt said the safest choice for prevention of HIV infection is abstinence or a monogamous relationship with someone who is HIV negative. "Condoms probably decrease the chance of HIV infection," Major Blatt said, "but they're only 80 percent effective in preventing pregnancy and I wouldn't expect them to be any better at preventing transmission of HIV."

"Just handing out condoms isn't the answer," he said. "Without proper training in their use and continued behavior modification, condoms alone will not decrease the rate of transmission."

Major Blatt said the ultimate goal is to find a safe and effective vaccine to prevent the infection in both the military community and the world. "We're currently involved in research with our HIV-infected patients in hopes of developing a vaccine to moderate disease progression," he added.

Until a cure is found, the

At Reese

Figures provided by the military public health section in the 64th Medical Squadron and the epidemiological research division at Brooks AFB, Texas, bear further witness to the fact that Air Force people are not immune to AIDS.

In 1992, 55 active-duty members tested positive for the HIV virus, as did 24 dependents and retirees. According to SSgt. Jeanette Yiaras of military public health, members who test positive for the HIV infection are sent to Wilford Hall for evaluation. If they show no signs of active AIDS, they are stationed at a stateside base (if they are not already).

Once the disease becomes active and several symptoms begin to show, they are retired medically. Once retired, members continue to receive military medical care.

Military public health has several interactive computer programs available on AIDS for group or individual training. Call SSgt. Robert Roach at 3534 for details.

only current "medication" is behavior modification to reduce high-risk behavior among Air Force people. Major Blatt defined high-risk behavior as sex with anyone whose HIV status is unknown.

"It's dangerous to assume that someone in the Air Force is HIV-negative because we

continue to find new HIV infections in active-duty people," Major Blatt said. Part of the problem is that for the majority of the Air Force population, routine testing is only done every five years with the periodic physical examination. Only one-third or less of the Air Force, such as medical people, pilots and others get tested more often. "You could have the disease for many years without knowing," he explained.

Another potential problem is the window of uncertainty in the currently available HIV tests. The test measures a person's antibody response to exposure to the HIV infection following the AIDS virus. This antibody response may take anywhere from six weeks to three months before the blood test turns positive.

"That's because it measures the antibody and not the virus," the major said.

"We look for the immunologic fingerprint of the virus, not the virus itself."

Outside the window of uncertainty, the test is very reliable, according to Major Blatt.

Other methods are being developed, but currently none are available for routine use. "There are rare cases where we get false positive readings, but we always confirm every case with a second blood sample," he said.

Changing patterns of behavior and attitudes toward sex is possible. Major Blatt cited the reduced HIV infection rate among middle-aged gay men, who previously were at very high risk. In the San Francisco community, the doctor described how a group of gay males introduced new attitudes about high-risk behaviors, by not accepting risky and promiscuous lifestyle patterns within their social circles.

"People today must realize that they are at risk, no matter what their sexual orientation, and try to avoid high-risk behaviors," Major Blatt said. "Additional tools for changing people's behavior include helping people build a positive self-esteem and learning how to say no to sexual encounters that may be high risk."

"I don't have all the answers on how to make these changes," he said. "But we need to address behaviors and put as much, if not more, focus on prevention as on treatment for the future." (AETC News Service)

Updates

YABA action continues

(Results from Saturday bowling)

Standings

Bantam Division	Junior/Senior Division
Team 2 6-0	Team 4 8-0
Team 3 4-2	Team 6 4-0
Team 1 2-4	Team 2 4-4
Team 4 0-6	Team 5 4-4
	Team 3 3-5
Prep Division	Team 1 1-7
Team 2 6-2	Team 7 0-4
Team 1 4-4	
Team 3 3-5	
Team 4 3-5	

High games

Bantam — Kristin Bray, 84; Cody Cogdill, 82; Chris McCoy, 74; Elizabeth Stevens, 67.

Prep — Robbie Tallman, 167; Chad McKinizie, 153; Chris Madgwick, 138; Jordan Bailey, 122.

Junior/Senior — D.J. Ferrand, 199; David Scroggins, 173; Carla Castillo, 165; Josh Bray, 160.

High series

Bantam (two games) — Kristin Bray, 158; Cody Cogdill, 149; Chris McCoy, 146; Elizabeth Stevens, 130.

Prep (three games) — Robbie Tallman, 403; Chad McKinizie, 358; Chris Madgwick, 343; Chelsea Mont, 320.

Junior/Senior (three games) — D.J. Ferrand, 499; Josh Bray, 455; David Scroggins, 439; Carlos Castillo, 424.

POW/MIA runs today

The annual POW/MIA mile and 10-kilometer runs will be held at noon today starting at the base picnic grounds. It is open to the public and medals will be awarded in the mens, womens and seniors category.

Entry fee for runners registering today is \$7. Call the fitness center at 3207.

Bowling schedule

Today: "TGIF" bowling for \$1 per game from 7 a.m. to midnight.

Saturday: Snack bar opens at 7 a.m.

No Young American Bowling Alliance.

Sunday: Open bowling from noon to 10 p.m.

Mixed league at 6:30 p.m.

Monday: Mixed league at 5:15 and 7:45 p.m.

SODIUM

A Little Goes a Long Way

Sodium is a mineral that is essential for good health. You must have a balance of sodium and water in your body fluids and tissues at all times. Too much sodium or too much water will upset the balance. Unfortunately, most of us eat far more sodium than we need—a little sodium goes a long way.

How Much Sodium?

According to the National Research Council 1100 to 3300 milligrams of sodium daily is enough. However, Americans consume 2-6 times that amount! Sodium is most commonly found in salt but is also found naturally in foods and is used as an additive in foods and drugs. Salt is 40% sodium and the rest of the compound is chloride. There are approximately 2000 mg. sodium in a teaspoon of salt.

Effects of Too Much Sodium

Salty foods make you thirsty because sodium added to the body requires extra water for dilution. When you sweat, the increased concentration of sodium in the blood also stimulates thirst. Unless the proper concentration of

FDA Approved Sodium Labeling

Sodium-free—Less than 5 mg. sodium per serving
Very Low sodium—No more than 35 mg. per serving
Low Sodium—No more than 140 mg. per serving
Reduced Sodium—Sodium reduced at least 75% (Label to show before & after sodium levels)

sodium is maintained, something goes wrong.


In healthy kidneys, an enzyme called renin is secreted and passed into the blood stream to control the hazardous buildup of pressure. If the kidneys have been abused too much with sodium, the process can begin to break down.

If the body cannot get rid of excess sodium because of diseases of the heart, circulatory system or kidneys, it accumulates in the body along with excess fluids. This results in edema, a swelling of the tissues that can cause temporary weight gain. When tissues become water-logged and blood vessels so sensitive to nerve stimulation that they contract, blood pressure rises, causing hypertension.

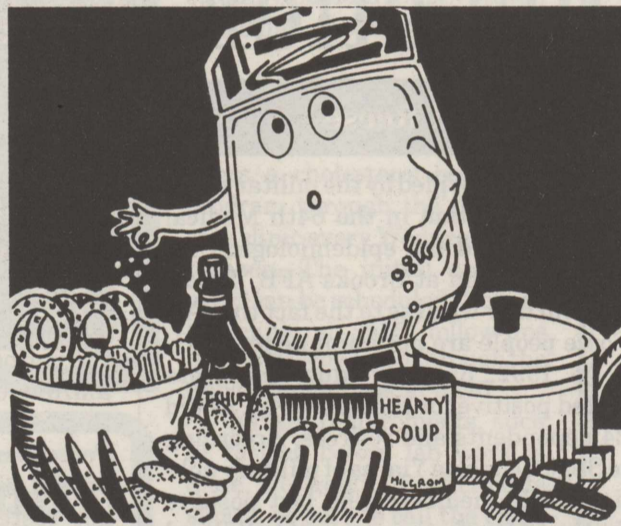
Side Effects of Sodium

Hypertension or high blood pressure is a major risk factor for heart disease and stroke. Individuals with hypertension often need to reduce sodium in their diet as part of good blood pressure management. The direct link between high sodium intake causing hypertension is not definitive. It is felt that some individuals may be salt-sensitive and a high sodium intake for them could increase their chances of developing high blood pressure. Other people seem to tolerate high levels of sodium with no effect. At the present there is no test to determine who is salt-sensitive. Therefore, prudent use of salt is advised.

Reading Labels for Sodium

Even if you never salt your foods, 90% of all processed foods contain sodium. In reading labels watch for the words "sodium" or the symbol "Na" and eat these foods moderately. It is important to note that liking salty foods is an acquired taste or habit that can be changed. When reducing salt and high sodium foods, it will take the taste buds 2-3 months to readjust to the new sodium level. So be patient! You will eventually like less sodium. 

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Check food labels for "hidden" sources of sodium and limit your intake of other foods that are naturally high in sodium.



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Moving - Must Sell Now!

5909 70th St., 3/2/2, Frenship ISD, cul-de-sac, Open & bright raised ceilings, 3 years old, Open house Sunday 2 - 5 p.m., or for appointment, 794-5320.

93 Year Old Man Says

Sell my one owner 1978, 98 Regency. Brakes like new - inside like new. Just inspected. Will finance. \$300 down plus TT&L. Auto Consignments Lubbock, 7402 W. 19th, 796-1700.

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Yamaha

For Sale. Yamaha 500cc dirt motorcycle. Good condition, \$425. Phone 6281 days, 793-3200 evenings.

Free Dog

8 month old black Lab, has all shots, loves kids. Call 885-4590, leave message.

Roommate Wanted

To share nice 3/2 1/2 house in Shadow Hills. Must be mature and responsible. Call Scott at 796-1396.

Beware

For more information and assistance regarding the investigation of get-rich-quick, work-at-home and other financial/business opportunities, The Roundup publisher urges its readers to contact the Better Business Bureau, 1206 14th St., Suite #901, Lubbock, TX 79401 or Call (806) 763-0459.

For Sale

Samsung 4 head VCR, \$100, mess dress: 2 jackets, one pants. 885-4291.

1983 Olds Delta 88

2 door - real clean, 88,000 miles, \$2595. Just inspected, brakes like new. Auto Consignments Lubbock, 7402 W. 19th, 796-1700.

1991 Grand Am LE

4-door, 18,000 miles. Excellent condition. \$8500. 885-1938 after 5 p.m.

For Sale

• Wurlitzer console piano, pecan wood, \$1500. • Amiga 1000 computer with internal and external 3 1/2" disk drives, Seikosha SP1000I printer and desk, \$500 • Entertainment center \$70 • 19" color Hitachi television, \$50 • Oak dining room table with one leaf and 6 chairs, \$500. Call 794-7119.

86 Chev S-10 Pickup

Extended Cab. V6, PS/PB, jump seats, 5 speed OD, canopy. Good condition. \$3800. Call Dan at 885-4369.

Wanted

Fun loving mom with toddler, ages 20-30 months to join a weekly playgroup. Call for more information, 795-5645.

Yard Sale

Saturday, September 25, from 8 to 3 @ 322 Harmon.

Baby Sitter

Needed. Parttime, in our home or yours. Non-smoker, references. Call 885-2468.

For Sale

Daewoo VCR w/remote, \$100. Emerson TV Color \$90; Both for \$160. Sharp Stereo System - 5 disc changer. Double Cassette, tuner, Cabinet, speakers, remote. \$300. \$425 for all. 792-9227.

Roommate Wanted

Private room and bath. Gorgeous home with fun girl, must like rock-n-roll. 225 month + 1/2 utilities. 791-0496.

1969 Plymouth Valiant

2 door, runs great, new tires and lots more! Good inspection and plates. \$300 total down. Will finance. Auto Consignments Lubbock, 7402 W. 19th, 796-1700.



793-8111
or
832-4856

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For Sale

Grey matching, sofa, loveseat, chair & ottoman. Entertainment center, gas dryer, 8x10 burgandy carpet, 8' oval gray carpet, large metal desk, Western saddle, All in good condition. 791-1831.

For Sale

3 piece living room set, beige, contemporary style. Asking \$250. obo. Please call 788-1359 after 5 p.m. or can be seen at 5604 16th St., Lubbock. Also RCA VCR, reasonably priced.

1990 Cutlass Supreme

1990 Cutlass Supreme International V6, 63,000 miles, priced to sell! Heads-up display, sunroof/moonroof, AM/FM cassette, climate control A/C, Power everything, bucket seats, Midnight Blue/grey, much more! Call for details. Days 885-3132 Evenings 792-7205.

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Carpet

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Home For Sale

3/2/2 home in Northwest Lubbock. 513 North Durham. Approximately 1500 square feet. Fireplace, storage building and covered patio in back. Call 797-8731. Easy access to Reese.

1987 Mazda RX-7

For sale. Blue with electric sunroof, 5 speed, excellent condition. Come take it for a test drive. 885-2468.

Computer For Sale

Apple IIe, dual floppy, monitor, printer, modem and software. Used by many school systems, excellent for student. \$425. Call 6281 days, 793-3200 evenings.

89 Camaro

V8, 5-speed, loaded, new tires, tinted, 27,000 miles, \$8,500. 885-4868, leave message.

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High Flight

by John Gillespie Magee Jr.

*Oh, I have slipped the surly bonds of earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
Of sun-split clouds—and done a hundred things
You have not dreamed of—wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along, and flung
My eager craft through footless halls of air.
Up, up the long, delirious, burning blue
I've topped the windswept heights with easy grace
Where never lark, or even eagle flew.
And while with silent, lifting mind I've trod
The high untrespassed sanctity of space,
Put out my hand, and touched the face of God.*

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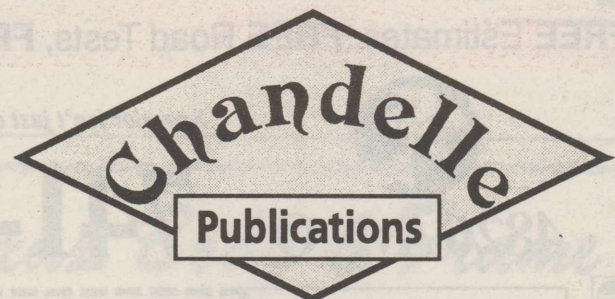
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