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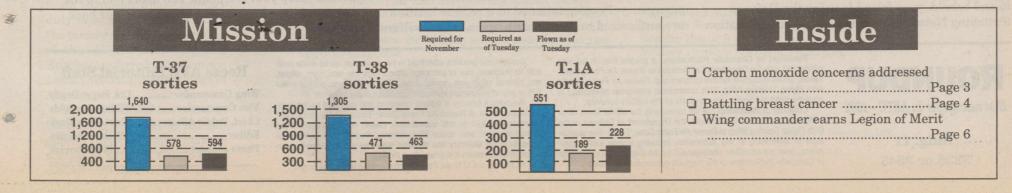
Vol. 45, No. 45

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Nov. 12, 1993

Reese AFB, Texas 79489





## From YOUR perspective

(Editor's Note: The following note is from wing commander Col. Roger Brady, addressing his concerns for future Carelines.)

Dear Roundup readers;

A Careline column provides one of the many opportunities for a commander to find out what people are thinking, what's bothering them, what they like, etc. If you've wondered about why we do something, or just want to make a comment, don't hesitate to call.

If you leave your name and telephone number, we'll get back to you and answer your concern by telephone.

Calls of interest to the Reese community will be published, without the caller's name, in the Roundup the following week. I look forward to hearing from you.

Calls can be made to the Careline 24 hours a day at 3273.

#### Dormitory heat

I've recently moved back into the dormitory and I would like to know when the heat is coming on. I understand that we are trying to conserve energy, but it gets pretty cold at night and it's hard to deal with when you get up in the morning and it's cold in the room.

It is getting a bit chilly, isn't it? The heat in your building had been turned on several days before your Careline call, but it can take as long as 36 hours to stabilize. We apologize for the discomfort this has caused you or any other dorm resident.

It should be fine now, but if you have further problems, you will get a prompt response from the CE service call desk at 3811, 3647 or 3801. I appreciate your call.

#### Housing hazard

I'm calling about a safety hazard in base housing. It seems that people don't think they need to abide by the leash laws anymore. I've had to put my body between my dog and another dog whose owner was standing right there. I almost got bit last night by a dog. I had to actually physically restrain someone else's dog from going after mine.

I'm really putting myself at risk. I would like this researched and have something done about it, if possible.



Failure to restrain pets on a leash when outside the home and not in a fenced yard is a violation of base housing policy. As you point out, such failure can result in both safety and health problems. All residents should be aware of this policy.

I think most of our residents will comply after one gentle reminder, but if they don't, please contact the security police for assistance.

#### NCO club concern

I am calling to express my disappointment with the NCO club this past weekend. Everytime we go to the club we have to continuously ask for music other than rap. After requesting a few times for some country music to be played, we finally asked if the disc jockey would just switch back and forth from rap to a different type of music. He politely told me that the majority of the crowd wanted rap.

Number one, this is why the NCO club is having trouble drawing a crowd on Saturday nights. Number two, I pay my dues just like the next person. Shall we not find another DJ that can be a little more understanding of the wants of the NCOs at Reese? After all, this is Texas . . . country music should be OK.

First, let me make it perfectly clear that our clubs will strive to satisfy all our customers. The fact is that our patrons on Saturday night have primarily preferred soul or rap music. Nevertheless, club DJs have been instructed to take requests to satisfy the whole spectrum of customers in the club. Bottom line: if you're supporting your club, we want to treat you so that you'll come back. Thanks for calling in.

## Dial 1-800-STOP FWA

by SSgt. Phillip D. Turcotte Jr. 64th Communications Squadron

Fraud, waste and abuse deals with the loss of monies to the government. In today's fiscal environment, everybody needs to be on the lookout for the \$800 wrench. Our tax dollars pay for the waste you see around the armed services. Closer to home, something we've all seen abused is the government telephone. Have you ever had to make an important phone call for the boss, only to reach that dreaded busy signal? You storm over to your neighbor to complain about the phone service, and lo and behold, your friend is using the Defense Switching Network, talking away about a vacation

he's going to take. This scenario happens every day and it costs us money. Man-hours are wasted and important phone calls are missed.

Telephones are an integral part of military life, but they're for official use only. That applies to all types of calls: local, long distance, DSN, Federal Telephone Service 2000, and toll-free calls. Air Force Regulation 700-8 reads, "Calls must be official, necessary, and as brief as possible. Supervisors, managers and users at all levels are responsible for proper telephone use."

Government phones may be used to make unofficial calls to cope with a personal or family emergency. People stationed at a remote location are authorized to place health, morale and welfare

#### Wing member looks at use of phones

calls. Even these have limitations however. Installation commanders have the authority to deny unofficial off-netting from their bases depending upon several factors, such as manning and the number of local telephone trunks.

When placing an official call, use the ABC's of speaking: accuracy, brevity and clarity. These three things will provide for a sharp and professional military image. Conducting business on the phone is a common, daily task to move material, personnel and miracles. Telephone etiquette will get you down the road farther than salt in a wound. Keep your telephone call short and to the point and that \$800 wrench won't be in our back

#### ROUNDUP

Best newspaper in AETC - 1992

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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. . SSgt. Michael Breslin Photo support ... . Mike Parrish

## New ADC signs on

by Capt. Melinda Davis-Perritano

Area Defense Counsel

Reese does not have an area defense counsel located at the base; however, defense services are provided by the Cannon AFB, N.M., area defense counsel. I am Cannon and Reese's new Area Defense Counsel, having replaced Capt. Douglas Huff, who recently moved to Vandenberg AFB, Calif.

The ADC provides confidential legal defense services to active-duty members in courtsmartial, Article 15 actions, involuntary discharge actions and demotions. He or she also advises military members suspected of wrongdoing or likely to be adversely affected by reports of survey, line-of-duty determinations, accident investigations, flying evaluation boards and decredentialing boards.

These services are provided free of charge and are completely confidential. The ADC is entrusted with a sacred responsibility to zealously defend clients. Information given to the ADC by a member seeking legal advice is held in strict confidence and unless disclosed as part of the defense, it remains forever confidential.

The ADC office is an independent tenant unit on base and is assigned to the Central Circuit of the Air Force Legal Services Agency and is not subject to the command structure of either the base or AETC. Unlike the base legal office, which represents the wing commander, the ADC represents the individual.

Air Force members should always remember there is an independent attorney on their side. If they are the subject of an investigation, they have the absolute constitutional right to remain silent and request an attorney.

Prior to the ADC assignment, I served as claims officer and chief of military justice at the Cannon Legal Office, beginning in March 1091. Also assigned to the ADC office is SSgt. Michele Burch. Sergeant Burch is a defense paralegal whose primary duty is to support the ADC in the management and operation of the ADC office. Sergeant Burch transferred from Cannon Legal Office to the ADC Office in August.

The ADC Office is located at Cannon in Bldg. 327 at 102 Engineer Way, and they may be contacted at DSN 681-2915 or commercial (505) 784-2915.

## Winter's approach raises concerns about CO gas

by Capt. Raymond Bray 64th Medical Group

With cold weather rolling in, residents of base housing will be turning on their furnaces in an attempt to stay warm. With the increased furnace use comes concern about carbon monoxide. Remember the following information can help you and your family have a safe heating season.

Carbon monoxide is a colorless and odorless gas produced by the burning of fuel, in this case natural gas. The incomplete burning of gas leads to elevated levels of carbon monoxide which can be harmful to you, your family members, and family pets.

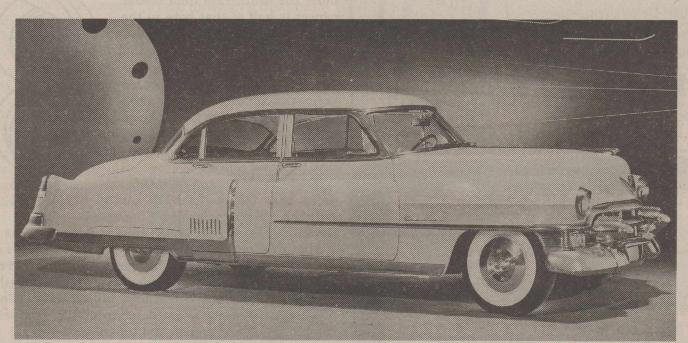
Symptoms of elevated levels of carbon monoxide in your home may include headache, fatigue, and/or nausea. Severe carbon monoxide poisoning leads to more intense symptoms and possibly confusion, unconsciousness or death. Therefore, if you suspect the presence of carbon monoxide

in your home, leave immediately and phone 911 from another residence.

To assist you in monitoring carbon monoxide levels in your home, you can get a chemical dot detector from the housing office. The detectors can be sensitive to some household cleaners, so if you need to clean around them, remember to move the detector first.

Electronic detectors are also sensitive to some aerosols, cigarette smoke, and sudden temperature changes. If your chemical dot changes color from brown-orange to black, or if your electronic detector maintains a steady light and alarm, there is probably carbon monoxide in your home. Remember, leave immediately — do not wait until symptoms set in!

Housing maintenance workers check furnace burner adjustments on an annual basis — you should never adjust your furnace on your own. If you have questions about furnace servicing, you can call housing maintenance at 3047. Questions about carbon monoxide can be directed to bioenvironmental engineering services at 3328.



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#### John V. Ward, Jr., DMD

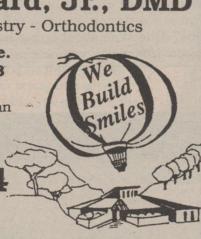
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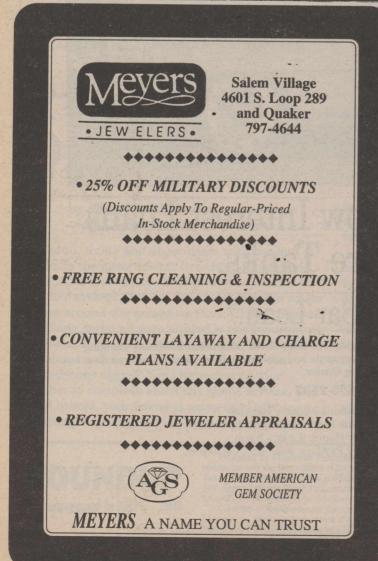
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## Battling breast cancer

Editor's Note: This is the second half of the important. two part series started last week promoting breast cancer awareness by Maj. (Dr.) Ted Smith of the 64 Medical Group.

Recently it has been noticed that there is a relationship between dietary fat content and breast cancer. Women who con-

sume a diet high in fat seem to have a higher risk of breast cancer. This may be one reason why women in the more industrialized

countries have a higher incidence of breast cancer. In the U.S., an average of about 40 percent of our calories come from fat. In some countries where the dietary fat level is half of ours, the death rate from breast cancer is half of that here in the U.S. The evidence for this association is still being investigated and more studies need to be done, but decreasing dietary fat content seems prudent since there is a solid relationship between fat intake and our two major killers, heart disease and stroke, and now also there is a

link to breast cancer.

There has been no convincing evidence that the use of birth control pills or hormone replacement increases the risk of developing breast cancer. Some studies even point to a protective effect of birth control pills for middle-aged women. There is some evidence that long-term birth control pill use before the first full-term pregnancy may carry an increased risk. This is in no way a proven fact and the information is only preliminary. Combination hormone replacement of estrogen and progestin after menopause or hysterectomy has not been shown to increase the risk of breast cancer, but definitely has benefits in preventing bone deterioration and heart disease.

So, what can you do to decrease your risk? There is nothing you can do about your family history and not a lot you can do about the reproductive factors. This leaves decreasing your dietary fat content as one factor you can influence. As of now there is not a lot that can be done to prevent breast cancer, but a lot can be done to decrease the death rate from breast cancer. This is achieved through screening. If breast cancer is caught in the early stages it is a very curable disease. The goal of screening is to find breast cancer early before it has spread outside of the breast. To achieve this we have mammography and self-breast exam as the main tools at this time. Both are

Mammography is able to detect cancers very early, and many times long before a lump can be felt. The average doubling time for breast cancer is 100 days. This is the time it takes the number of cells in a tumor to double. By the time a breast cancer has grown large enough to feel (about

> about eight years. This is why mammography is a powering tool. The other benefits are it is easy to perform, it is safe, and it can be used on a vast majority of women. Current screening mammography uses very lowdose radiation, so the risk associated with the radiation received during a mammogram is far outweighed by the benefits of early breast cancer detection. The current recommendations for mammography are to have a

1 cm) it has passed through

30 doubling times and

has been present

and yearly after age 50. Mammograms are good at detecting cancer, but many densities seen on the mammogram are not cancer. Some of these densities require additional investigation such as different angles or magnification views or ultrasound. So don't write yourself off to cancer if your doctor tells you he sees

base-line mammogram at age 35,

then every two years after age 40,

something on your mammogram. The other mainstay of early detection is the self-breast exam. All women, no matter what age, should perform monthly selfbreast exams. The main goal is to familiarize yourself with the characteristics of your own breasts so if you note a change you can seek a medical opinion. Detecting a change in the way your breast feels is the main goal of self-breast exam. If you perform a self-breast examination at the same time each month, you will have a much better chance of finding a change than a doctor who examines you once a year.

Breast cancer screening is important since breast cancer is the second leading killer of American women behind heart dis-

If you would like to receive more education or instruction on self-breast exam, we offer a breast cancer education class at the hospital in Reese's Primary Care Clinic each Wednesday morning at 9 a.m. We offer educational videos, instruction in self-breast exam, a breast exam model and answers to your questions.

## Child development center earns accreditation

Reese's Child Development Center is among the growing number of day care centers in the United States to be accredited by the National Academy of Early Childhood Programs. The Academy recognizes outstanding early childhood programs which meet national standards of quality.

The base child development center and preschool handles more than 60 children daily ranging from 6 weeks to 5 years old, said Viola Aiken, the center's director.

"Accreditation is an additional means of ensuring that the child development programs at Reese are offering quality child care to the families in the Reese community," Aiken said.

"Accreditation helps answer the question, What is a child care program?" said Dr. Marilyn Smith, executive director of the National Association for the Education of Young Children. The NAEYC is the nation's oldest and largest association of early childhood professionals, which sponsors the academy. "Most parents want to find the highest quality program for their young children; nents that should be present however, few parents know in a quality program."

About the cover

Reese child care provider Teri Cogdill plays with several children on the center playground.

how to assess whether a program meets more than just the minimum standards required by state licensing."

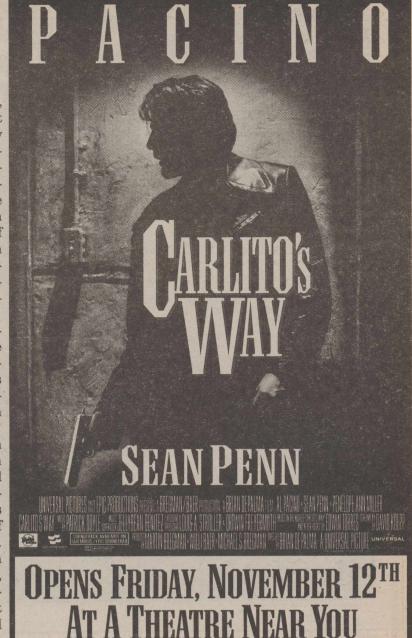
The Academy's standards were developed over a threeyear period with input from thousands of educators and administrators across the country. In 1985, the first program was accredited by NAEYC. Now in 1993, there are over 2,500 programs across the country, and U.S. military installations around the world, that have been accredited by the academy.

"Accreditation is not meant to replace parents' onsite visits to centers as a means of selecting a program that best meets their child's needs," Smith said, "but accreditation does help parents recognize the varied compo-

To become accredited, Reese's Child Development Center had to meet a variety of strict criteria related to providing a developmentally appropriate program for preschool-aged children. These criteria range from having a well qualified and trained staff to meeting stringent health and safety standards. In addition, the program must provide opportunities for parental involvement.

"I'm happy to have the center accredited and would like to express my sincere appreciation to the staff, parents and the entire Reese community for their support," Aiken

Accreditation includes an on-site study of the program by professional validators and a final review by a three-member panel of commissioners who are experts in the field of early childhood education. The nationwide accreditation of early childhood programs, such as Reese's, benefits parents, children, development center workers, and the local community.



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#### Wing commander decorated by General Pratt

Wing Commander Col. Roger Brady and his wife, Litha, pose with 19th Air Force Commander Maj. Gen. Everett Pratt Jr. after the general presented Colonel Brady with the Legion of Merit for his service as Hq. **AETC** deputy chief of staff for personnel and as commander of the 3415th Support Group, Lowry AFB, Colo. Colonel Brady held those positions prior to assuming command of the wing. The presentation was made during General Pratt's visit to Reese last week.

## Health care issue a continuing concern

by TSgt. David P. Masko Air Force News Service

WASHINGTON — Under the national health care plan, President Clinton wants to cover all 37 million uninsured Americans, control costs and eliminate waste. President Clinton said health care access in the United States is a "national disgrace," and he is committed to reforming the system.

While Deputy Air Force Surgeon General Maj. Gen. (Dr.) Robert Buethe concurs with the president on the condition of U.S. health care, his prognosis for military medicine continues to be optimistic.

Even with more defense cuts, there has been no degradation in the quality of medical care for Air Force people; in fact, it's never been higher, General Buethe told Air Force News Service recently.

However, he pointed to several significant factors that have influenced and caused great change in military health care delivery. They include:

□ Rate of health care cost

☐ Plans to attain a more effective, accessible system.

□ Defense manpower and budget reductions.

☐ Base realignment and closure actions.

But overall, General Buethe said spiraling health care costs are driving the new set of management initiatives, which include annual enrollment fees and co-payments for activeduty families and retirees.

"Cost is a big issue," said General Buethe. "While the civilian health care industry is growing at a 10 to 20 percent inflation rate per year, we in the Department of Defense have been restricted by the budget to 5 or 6 percent. So we've already been in the cost containment business for several years."

tant when it comes to delivering health care to more than 8 million eligible military beneficiaries located throughout the world, he said.

For example, military medi-

of resource and funding reduc-

In April, the Air Force announced a "budget shortfall" that affected some hospital services. Although the shortfall did not eliminate any general care programs for patients, General Buethe said it did put a "crunch" on dollars needed to operate Air Force medical

Leaders in military medicine feel the armed services need to get "more bang from the buck" when it comes to health care, and are concerned that budget shortfalls will continue unless the current health care system is reformed.

Before making the announcement for Tricare -DOD's plan to reform military medicine — Rear Adm. Harold Koenig, deputy assistant Controlling costs is impor-secretary of defense for health affairs, told Congress the military must contain health care costs or risk losing some health care services.

He said the DOD health care program is a military entitlecine has struggled in the face ment, but is driven by the requirements of the eligible beneficiary population.

Senior health officials like General Buethe feel President Clinton's health care plan is just the right medicine for the nation's complex health care system and for helping stabilize costs for military health

For instance, General Buethe said that as Hillary Rodham Clinton briefed Congress on the new health care plan, DOD surgeon generals were finalizing ideas for the military's plan.

"We had significant input into what was being decided for the nation," he said. "They (Mrs. Clinton's health team) also took into account what the military was doing in health care reform."

At the heart of the Clinton plan to cut costs and cover everybody in the United States is a concept called managed care — something General Buethe said has long been part of military medicine's plan to save money.

Likewise, one of the major

principles of the new Tricare program is to optimize the use of military health care system resources through a managedcare program that both increases efficiency and reduces the rate of growth in medical costs.

The design for Tricare is a managed health care delivery system that offers enrollment and cost-sharing through 12 health care regions in the United States.

Under this concept, designated medical centers — such as Wilford Hall in Texas — will act as lead agents with increased responsibility and accountability. Officials said the lead agents will manage health care for the regions, coordinate planning, build integrated health care networks and serve as referral centers for a broad system of care within geographic regions.

General Buethe said the over all idea behind regionalization, as it is called, is to help control cost, maintain quality and improve ac-

"It (Tricare) will take a couple of years to phase in, but in the end we'll really have a commonsense approach to health care."

## Thursday is Great American Smokeout

Officials address means of preventing smoke, cancer hazards

by TSgt. David P. Masko Air Force News Service

Editor's note: Thursday is Great American Smokeout.

The word "cancer" has become such a frightening stigma in today's society that even the dictionary has come to define it as "anything bad or harmful that spreads and destroys."

The definition certainly rings true when considering that, according to present rates, one in three or about 85 million Americans now living will eventually have cancer. One out of every five deaths in the United States is from cancer.

One reason for the Air Force's recent drive to buttout smoking in the work place, and to eventually have a smoke-free Air Force, is the belief that smoking is the most preventable cause of death in the United States.

Statistics show that cigarette smoking is responsible for 90 percent of lung cancer cases among men, and 79 percent among women, or about 87 percent overall.

Smoking accounts for about 30 percent of all cancer deaths.

Air Force health promotion experts believe that in addition to quitting smoking, proper nutrition plays a key role in preventing cancer. Evidence indicates people may reduce their cancer risk by observing these nutrition guidelines:

☐ Maintain desirable weight. Being overweight increases the risk of colon, breast, prostate, gallbladder, ovary and uterus cancers.

☐ Eat a varied diet. A varied diet eaten in moderation offers the best hope for lowering the risk of cancer.

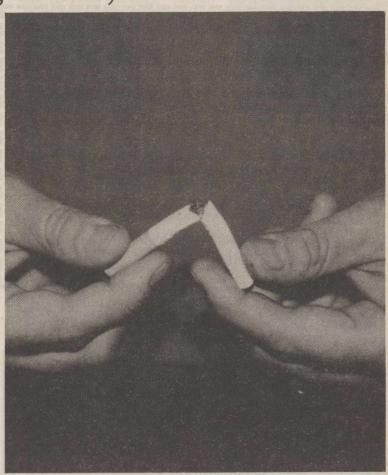
☐ Include a variety of vegetables and fruits in the daily diet.

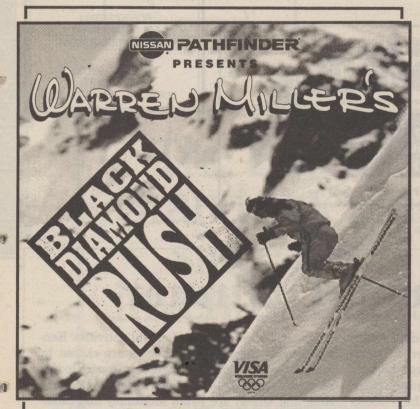
Studies have shown that daily consumption of vegetables and fresh fruits is associated with a decreased risk of lung, prostate, bladder, esophagus, colorectal and stomach cancers.

☐ Eat more high-fiber foods. High-fiber diets are a health substitute for fatty foods and may reduce the risk of colon cancer.

☐ Cut down on total fat intake. A diet high in fat may be a factor in the development of certain cancers, particularly breast, colon and prostate.

☐ Limit consumption of alcohol. The heavy use of alcohol, especially when accompanied by cigarette smoking or smokeless tobacco use, increases risk of cancers of the mouth, larynx, throat, esophagus and liver.





#### One show Only!

Thursday, Nov. 18th, 7:30 pm.

at Cinema West Theatre (19th & Quaker) Tickets on sale at Ski Lubbock Sports \$400 advance / \$500 door

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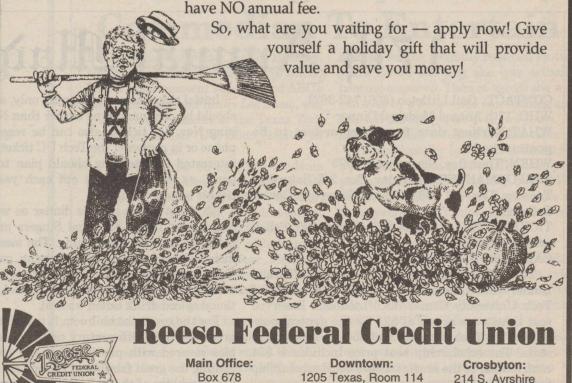
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## 17th Annual Madrigal Dinner

CONTACT: Gail Littleton (806) 742-3621 WHO: 17th Annual Madrigal Dinner

WHAT: Earliest date for ticket orders to be postmarked

WHEN: Thursday, November 4, 1993

PERFORMANCES: Thursday, Dec. 2 & Saturday-Tuesday, Dec. 4-7, 1993, 7 p.m., University Center Ballroom

TICKETS: TTU-Students \$17; Others \$25; Scholarship Seats \$50

CALL: (806) 742-3621

Texas Tech University's 17th annual Madrigal Dinner will be offered at 7 p.m. Dec. 2 & 4-7 at the Tech University Center (UC) ballroom. Reserved seat tickets are priced at \$25 for the general public, \$17 for Tech students and \$50 for scholarship seats. The scholarship seat price includes a \$31 contribution to the music school's vocal scholarship fund.

Call (806) 742-3621 to receive a ticket order flyer

Initial ticket sales are by mail only, and all orders should be postmarked no earlier than Nov. 4. Beginning Nov. 11, tickets also can be reserved by telephone or in person at the Tech UC ticket booth. Those interested in attending should plan to buy tickets early, as the event sells out each year soon after tickets become available.

All ticket prices include dinner as well as performances by Tech's Madrigal Singers and entertainment throughout the evening. The menu for dinner includes chicken breast with dressing, potatoes, mixed vegetables (broccoli, cauliflower, green beans and carrots), fruit salad, plum pudding, bread, and a traditional spiced drink called wassail.

For the event the ballroom is transformed into the great hall of a 16th century castle. Candles light tables covered with pine boughs, and banners representing the great families of Europe are hung around the perimeter of the hall. Entertainment before and during dinner is provided by trombones, a recorder consort, magicians, and jugglers.

Under Tech's director of choral activities Kenneth Davis, the Madrigal Singers are chosen by competitive audition. Davis will also appear in this year's dinner as the Lord Chamberlain. This year's King and Queen are Brian McKinney and Shannon Koonce, respectively. Other group members are Adrian Archer, Clint Barrick, Amy Boltz, Tracey Brown, Kathryn Dawes, Marnie Everitt, Clay Ferguson, Jill Hardin, Peri Hegdal, Michael Madrid, Sara Oldmixon, Brad Olesen, Rusty Sieck, Dawn Sprague, Dwayne Stilley and Peter Zetterstrom

The program is divided into two segments, presented before and after the meal. The first segment includes traditional Christmas carols and the second is composed of authentic 16th century madrigals. During the course of the program the audience will also participate in the singing of three carols.

Sponsors for the event are the UC and the School of Music.

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The name is Cattle Baron.

The Grand Opening is November 10 thru November 19. (with-live entertainment Friday and Saturday)

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#### **CINEMARK THEATRES** \$3.25 Children & Seniors 5721 58th Street 792-0357 \$3.25 Matinees Before 6 PM \*THE THREE MUSKETEERS (PG) THX \*MY LIFE (PG-13) THX Sat.-Sun. 11:30-2:10-4:55-7:40-10:30 Mon.-Fri. 2:10-4:55-7:40-10:30 Sat.-Sun. 11:40- 2:25-5:10-7:55-10: Mon.-Fri. 2:25-5:10-7:55-10:40 \*NIGHTMARE BEFORE CHRISTMAS (PG) \*FLESH AND BONE (PG-13) Mon.-Fri. 2:35-4:50-7:05-9:20 Stereo Mon.-Fri. 2:00-4:45-7:30-10:15 Stereo ROBO COP 3 (PG-13) Sat.-Sun. 11:45-2:15-5:05-7:45-10:35 Mon.-Fri. 2:15-5:05-7:45-10:35 Stereo RUDY (PG) Sat.-Sun. 11:25-1:55-4:25-7:10-9:50 Mon.-Fri. 1:55-4:25-7:10-9:50 Stereo THE PROGRAM (R) THE FUGITIVE (PG-13) Sat.-Sun. 1:45-4:35-7:25-10:15 Mon.-Fri. 1:45-4:35-7:25-10:15 Stereo Mon.-Fri. 2:40-5:15-7:50-10:25 Stered THE GOOD SON (R) Sat.-Sun. 12:10-2:45-5:00-7:20-9:45 BEVERLY HILLBILLIES (PG) Sat.-Sun. 11:35-1:50-4:10-7:00-9:35 Mon.-Fri. 1:50-4:10-7:00-9:35 Stereo Mon.-Fri. 2:45-5:00-7:20-9:45 Stereo **JURASSIC PARK (PG-13)** JUDGMENT NIGHT (R) Sat.-Sun. 11:20-2:00-4:40-7:35-10:20 Mon.-Fri. 2:00-4:40-7:35-10:20 Stereo Sat.-Sun. 12:15-2:50-5:25-8:00-10:45 Mon.-Fri. 2:50-5:25-8:00-10:45 Stereo **MOVIES SLIDE ROAD** \$5.50 Adults \$3.25 Matinees Before 6 PM 6205 Slide Road 793-3344 \*FEARLESS (R) DAZED AND CONFUSED (R) Sat.-Sun. 11:20-2:00-4:45-7:20-10:00 Mon.-Fri. 4:45-7:20-10:00 Stereo Sat.-Sun. 11:10-2:15-4:35-7:15-9:40 Mon.-Fri. 4:35-7:15-9:40 Stereo **ERNEST RIDES AGAIN (PG)** MALICE (R) Sat.-Sun. 11:20-2:00-4:25-7:20-9:30 Mon.-Fri. 4:25-7:20-9:30 Sat.-Sun. 11:00-1:30-4:20-7:00-9:45 Mon.-Fri. 4:20-7:00-9:45 \$5.50 Adults \$3.25 Children & Seniors 6002 Slide Road 799-4121 \$3.25 Matinees Before 6 PM **GETTYSBURG (PG)** CARLITO'S WAY (R) Sat.-Sun. 2:00-7:30 Mon.-Fri. 7:30 Only Sat.-Sun. 12:45-4:10-7:00-9:50 Mon.-Fri. 4:10-7:00-9:50 DOLEYS LOOK WHO'S TALKING NOW (PG-13) FOR LOVE OR MONEY (PG) Sat.-Sun. 12:15-2:30-4:50-7:10-9:40 Mon.-Fri. 4:50-7:10-9:40 Sat.-Sun. 12:00-2:15-4:30-7:15-9:30 Mon.-Fri. 4:30-7:15-9:30

\* NO PASSES \* NO SUPERSAVERS

## Hearing-Impaired ommedian To Entertain

LUBBOCK-Comedian Kathy Buckley, a school for the mentally retarded for two who has appeared on The Tonight Show, NBC's Entertainment Tonight, and ABC's Live with Regis and Kathy Lee Show, will give a comedy concert at the Texas Tech University Center (UC) Allen Theater on Nov. 13 at 8 p.m.

Tickets, priced \$5 for Tech students and \$8 for the general public, are on sale at the UC Ticket Booth (806-742-3610) and are also available at Select-a-Seat outlets for \$9.50 (including the \$1.50 service charge). Select-A Seat outlets are located at Dollar Western Wear, Memphis Place Mall, both Ralph's Records & Tapes outlets, and the Arts & Crafts Center at Reese Air Force Base.

Labeled as the first hearing-impaired comedian. Buckley has inspired and entertained many audiences across the U.S. Buckley has not only dealt with being deaf. As a child she was diagnosed as

years before learning she was actually hearing-impaired. Then at age 20 she was run over by a Jeep while sun-bathing and was left paraplegic for over two years. At age 27 Buckley defeated cervical cancer.

Her philosophy has been to maintain a positive attitude and actually make people laugh about disability. She even pokes fun at herself: "I haven't had a date in three years. I don't know if I just haven't heard the phone or what."

Buckley is also luncheon speaker at the fourth annual Tech diversity conference Nov. 12-13. A reduced ticket price of \$4 will be charged for her evening concert to those attending the conference. Call 742-3610 for information.

Interpreters will be provided at Buckley's evening performance ant the conference luncheon. Seating has been reserved at both events for those who may having a learning disorder and placed in need to read lips of see the interpreter.

1



#### Enlisted Open Mess

**Today:** Variety music in the lounge with "The Electrifier" from 7 p.m. to 2 a.m. Two dance contests with prizes.

Saturday: Maestro Lee takes requests in the lounge from 9 p.m. to 2 a.m.

Lounge opens at noon. Pool tournament at 3 p.m. with cash prizes.

**Sunday:** Main lounge opens at noon. Play three-ball and watch Phoenix vs. Dallas on the large screen TV.

Wednesday: Ladies night in the lounge – free beverage for ladies.

Disc jockey takes requests from 7 to 11

**Thursday:** "Boss and Buddy Night" begins at 4:30 p.m. Free buffet and DJ in the lounge from 7 to 11 p.m.

Monday through Friday: Play bonanza bingo anytime and win up to \$1,000.

Lounge bingo from 5:30 to 7 p.m. Pizza by the slice in the lounge for \$1.25.

#### **Around Reese**



#### Officers Open Mess

**Today:** Prime rib special served in the Jack Davis Room from 6 to 9 p.m. Queen cut \$7.95, king cut \$9.95. Grilled chicken breast \$8.95, and grilled halibut \$9.95.

Saturday: Closed. Sunday: Closed.

Monday: Monday night football on the big screen TV.

**Tuesday:** Italian night from 5 to 8 p.m. Lasagna, spaghetti, salad bar and dessert for \$5.50.

Wednesday: Mongolian barbecue from 5:30 to 8 p.m. Costs \$5.50.

"Over-the-hump" night in the lounge at 5 p.m. Free tacos and beverage specials 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.

Monday through Friday: Lunch served from 11 a.m. to 1:30 p.m.

Monday through Thursday: Social hour from 5 to 6 p.m.



#### Simler Theater (885-4581)

Friday: "Son of the Pink Panther" (PG) at 7:30 p.m.

Saturday: "True Romance" (R) at 7:30 p.m.

**Sunday:** "Only the Strong" (PG-13) at 7:30 p.m.



#### Thrift Shop (885-3154)

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

HOURS

Tuesday: The Thrift Shop will close at noon on Tuesday, Nov.-9.

Thursday: Closed for Veterans Day.

Please note that the Thrift Shop will also be closed on Thursday, Nov. 25, for Thanksgiving.



#### Rest of Reese

ITT / Select-A-Seat / Package Mail / Equipment Rental (3787): Package mail service is here to serve you! Mail holiday packages early and beat the rush.

Hours of operation are: Monday 9 a.m. to 2 p.m.; Tuesday through Friday from 9 a.m. to 6 p.m.; Saturday from 9 a.m. to 5 p.m.; closed Sundays and holidays.

Youth Center (3820): Swimming at the Lubbock YWCA from 6:30 to 10:30 p.m. Friday for youth 5 to 16. Cost for members \$5, non-members \$7.

Auto Hobby Shop (3142): Watch for our open house coming soon. All new programs and lower prices are headed your way.



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

Saturday:

Catholic Mass at 5 p.m.

Sunday: Catholic Sunday 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. Wednesday: Bible study luncheon at 12 noon. Thursday: Rite of Christian Initiation at 7 p.m.



### Mamma Reesione's

**Tuesday:** All you can eat pizza, pasta and salad bar for \$3.99 from 11 a.m. to 2 p.m. **Thursday:** Two-item calzone for \$3 from 11 a.m. to 2 p.m.

**Ongoing:** Mamma's 10-piece chicken bucket with fries, cole slaw and rolls for \$7.50.

Three dozen hot wings for \$6.

Ask about Mamma's football season specials good through Jan. 31:



The commissary will be open the following hours for the week of Thanksgiving:

Nov. 22: 9:30 a.m. to 6 p.m.

Nov. 23: 10:30 a.m. to 7 p.m.

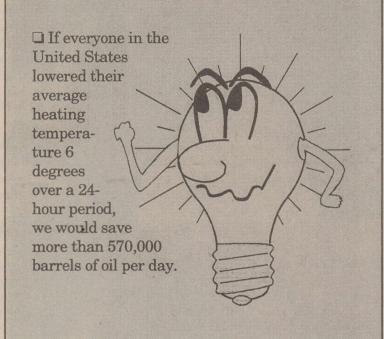
Nov. 24: 9:30 a.m. to 6 p.m. Thanksgiving: Closed.

Nov. 26: Closed.

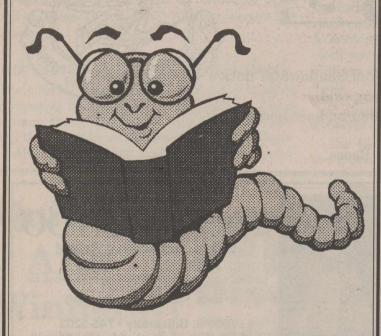
Nov. 27: 9:30 a.m. to 5 p.m.

## Energy surge

(from the Reese Energy Steering Group)



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"A Natural Resource, Consumed To Support Life. Is Slowly Becoming

Extinct."

Energy-It's A Terrible Thing To Waste

#### West End Church of Christ

6305 26th St. Sunday Classes 9:30 a.m. Worship 10:30 a.m. & 5:30 p.m. 799-6813

#### Town West Baptist Church

6606 26th St.
Church Office 799-4379
Sunday School 9:45 am
Worship 11:00 am & 6:00 pm
Wednesday Prayer &
Bible Study 7:00 pm
William (Bill) McGraw
Chaplain, USAF (Ret.), Pastor



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RANCH PARK

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#### Wing members mentor youth

**Duke Patterson shows students from** Frenship Intermediate School the console of a T-38 Talon simulator while on a field trip for the Mentoring Program. Thirty-six fifth-graders were given the base tour through the program where Reese people assist students from the school in their studies and help them develop their career interests. For more information about the Mentoring Program, call Capt. Eric Marshall at 3895.





#### This month in history at

(provided by the Wing Historian's Office)

...in 1949— The base was renamed Reese AFB in honor of Shallowater native 1st Lt. Augustus Reese Jr., killed in a World War II bombing raid.

...in 1951 — The automatic trainers and altitude chamber on base became operational.

...in 1991 — Reorganization test program completed at Reese.



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#### **Social Security Numbers** for Dependent Children by: Bruce Wells

Social Security manager in Lubbock, TX

Are you aware that:

\* an application for a social Security number is included in the birth registry system in many

\* a Social Security number is required for each dependent child you plan to claim on your tax return, if the child is age 1 or older; and

\* obtaining a Social Security card is a free service?

If you weren't aware of those facts and your child does not have a Social Security number, contact your local Social Security office of call Social Security's toll-free number, 1-800-772-1213, and ask for an application for a Social Security card.

After you complete the applica tion, if your child was born in the U.S., you will need to provide an official birth certificate as evidence of the child's age and citizenship. If your child was born in a foreign country, you must provide a foreign birth certificate and a U.S. immigration document to establish age and lawful alien status.



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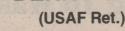
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#### Notes

#### Scouts plan sale, open house

A Boy Scout open house will be held at 6 p.m. Monday in the cafeteria at Reese Elementary School. All boys age 6 to 18 are welcome. Featured will be outdoor camping and wilderness survival.

Also Reese Boy Scout Troop 548 will hold a yard sale from 1 p.m. Friday to 5 p.m. Saturday at 104 War Highway. Donations for the sale can be picked up. For more information, call Matt Alvarez at 885-2426 or 3815.

#### Housing sets closure

The Reese Housing Office will begin closing between 11 a.m. and noon next week. Customers should schedule their visits accordingly.

#### Child care class set

An orientation for Reese Village residents who would like to provide professional child care in their homes will be held from 6 to 7 p.m. Tuesday in the child development center. For details, call Gloria Goff at 6720 or 3541.

#### Computer class offered

An introductory MS-DOS class is being offered to base people by Data Monitor Systems Tuesday and Wednesday. For more information, call 3299.

#### Chapel women meet

The Reese Women of the Chapel will meet at 7 p.m. Wednesday for part two of "Whatever Happened to Those 12 Apostles?" All base women are welcome.

#### New dentist list is published

The CHAMPUS office has a new list of dentists participating in the Delta Dental Program. There are many changes, so please stop by get the new list in the health benefits office at the Reese Hospital. Also, each time you visit a new dental provider, be sure to check that they participate in the plan. For more information, call Elva Whitehead

#### Parenting class given

A program for actively parenting teenagers will be offered from 6:45 to 9 p.m. Nov. 17, Dec. 1, 8 and 15 in Thompson Hall on Texas Tech University. Call Phil Thierry at 6394 for details.

#### Team forms to improve OOM

A recently formed Process Action Team needs your help to enhance the officer's open mess. Share your ideas with them to ensure the highest quality service, facilities and fun. For more information, call Capt. Jim Dilli at 6572 or Capt. Pete Kanikula

#### Men of the Chapel meet

The Reese Men of the Chapel will hold their monthly prayer breakfast at 8:30 a.m. Nov. 20. Father David Ivey will be the guest speaker. All Reese men are welcome.

#### Listing available

RANDOLPH AFB, Texas — The first version of the Enlisted Quarterly Assignments Listing featuring special duty positions and unique enlisted assignments is now available. Personnel officials said EQUAL-Plus listings will be updated weekly and highlight enlisted opportunities for special duty assignments, joint or departmental assignments, and chief master sergeant assignments. For more information, check the listings at the customer service counter of the 64th Mission Support Squadron Military Personnel Flight. (Air Force News Ser-

#### Family classes planned

The Reese Family Advocacy Program will offer two classes this month:

"Learning to Step Together," for stepfamilies, from noon to 2 p.m. Nov. 23 in the family support

☐ "Understanding Your Teen" from 9 to 11:30 a.m. Nov. 30 in the center.

Call 3739 to sign up.

#### Tots dance

A dance class for tots age 4 to 6 is held 4:15 to 5:15 p.m. Tuesdays and Thursdays in the youth center. For details, call the youth center at 3820.

#### Volunteers sought

The Reese Family Support Center is looking for volunteers to do light typing, computer and filing a few hours each week.

Also, United Santas needs volunteers to help in a variety of areas, from clerical work to the toy shop. Call Cheryl Ortiz at 3305 for details.

#### Questionnaire pending

A questionnaire on child care needs for volunteers will be distributed basewide in the near future. People who do not receive one should check for the questionnaire at the base exchange, commissary or hospital. Call Cheryl Ortiz at 3305 for

#### Survey needs cooperation

Base housing's lead and asbestos surveys are currently under way, with the asbestos survey ending in November and the lead survey continuing through December, with no surveys Thanksgiving week.

An increased concern is for base people to keep their scheduled appointments and limit changes the day before an inspection. Surveys not finished in the requested time by the contractor, will cost Reese more funds to reschedule at a later date. Please help keep our costs down and make your appointed times. For more information, call Hamid Kamalpour at 3150.

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## **Updates**

#### YABA standings and action

(current standing/scores from Saturday matches)

<b>Bantam Division</b>		High series (two	games)
Speed Balls	13-8	Cody Codgill	170
Slow Pokes	12-9	Chris McCoy	152
Terminators	10-11	Lisa Kniezewski	151
Beavis III	9-12	Kristin Bray	136
- State Plan		dence plans for Lots at	

Wieh same		D D:	
High games		<b>Prep Division</b>	
Cody Codgill	88	Rat Pack	23-5
Andrew Richardson	86	Strikes & Spares	13-15
Lisa Kniezewski	86	4 of a Kind	11-17
Kristin Bray	78	 Team 4	9-19
Chris McCov	78		

High series (thre	ee games)
Chad MacKinizie	375
Robbie Tallman	325
Chris Madgwick	315

mgn game	
Chad MacKinizie	131
Chris Madgwick	125
Robbie Tallman	121

#### Junior/Senior Division 22.5-5.5 Team 4 Raptons 16-12 Regulators 15-13 Team 6 14-14 Tag Team 13.5-14.5 Three Bs 10-18

High series (thre	e games)
Carlos Ferrand	492
Josh Bray	480
Roger McDermitt	437

High game	
Carlos Ferrand	212
Josh Bray	183
Roger McDermitt	162
Jimmy Mitchell	161

Jimmy Mitchell

#### Bowling schedule

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

Saturday: Young American Bowling Alliance from 9:30 a.m. to 1 p.m.

Open bowling from 1 to 6:30 p.m.

Casino night at 7 p.m. Costs \$10 per person includes bowling, snacks and prizes.

Sunday: Open from noon to 10 p.m.

Mixed league at 6:30 p.m.

Monday: Mixed league at 6 p.m.

Tuesday: Local law enforcement league at 7 p.m.

Wednesday: Mixed league at 7 p.m.

Thursday: Industrial league at 6:30°p.m.

#### Smokeout run set

The 1993 "Run Your Butts Off" Cold Turkey Fun Run will be held at 12:15 p.m. Thursday at the Reese picnic grounds. T-shirts will be awarded to participants in the event, which is · held in conjunction with the Great American Smokeout.

Entry fee is \$5 until close of business today; the late fee on the day of the run will be \$7. Entry forms are available at the fitness center. Call Gary Grant at 3783 for details.



## NUTRITION **QUIZ #1**

■ Which seafood has the most calories per

a. Tuna b. Shrimp

c. Lobster d. Scallops

2. True or False: A teaspoon of honey has the same number of calories as a teaspoon of

3. Which food has the greatest percentage of

a. 1 Brownie

b. 3 oz. hamburger

c. 1 cup ice cream

d. 1 cup almonds

Which food has the most fiber?

a. 1/2 cup cooked Lima beans

b. 3 cups popcorn

c. 1 cup raw lettuce

d. 1 small apple

**5.** Match each with its calorie content per gram:

b. Carbohydrate 2.9

6. True or False: It is not possible to overdose on

• How many of these ingredients are actually

a. Fructose b. Cellulose c. Maltose d. Glucose

8. Match each with their recommended proportions of daily caloric intake:

> a. Protein 1.60% b. Complex carbohydrate 2.10% c. Saturated fats 3.20% d. Unsaturated fats

9. True or False: Margarine has fewer calories than butter.

f 10. Which has the least amount of caffeine per

a. Drip coffee b. Black tea

c. Pepsi

d. Milk chocolate

nilk chocolate, 6; black tea, 4-9; drip coffee, 22-30. 10. c. One ounce of Pepsi has 3 mg. of caffeine;

ories per teaspoon. Margarine has fewer calories from saturated fat. 9. False. Both margarine and butter have 34 cal-

8. Protein, 10%; complex carbohydrates, 60%; saturated fats, 10%; unsaturated fats, 20%.

and some breakfast cereals; glucose (also called dextrose, corn sugar, or grape sugar) is the form of carbohydrate circulating in the blood. Cellulose is a fiber. 7. 3. Fructose is found in honey, ripe fruits and some vegetables; maltose in malted beers, snacks

6. False. Sonre vitamins can be toxic in excess amounts. Always follow recommended dosages.

5. Protein, 4; Carbohydrates, 4; Fat, 9.

4. d. A small apple has 3.9 grams of fiber; 3 cups popcorn, 2.8; ½ cup cooked Lima beans, 1.4; 1 cup raw lettuce, .35.

57%; one cup of ice cream, 49%. from fat. 3 oz. of hamburger, 63%; a brownie, 3. d. A cup of almonds gets 82% of its calories

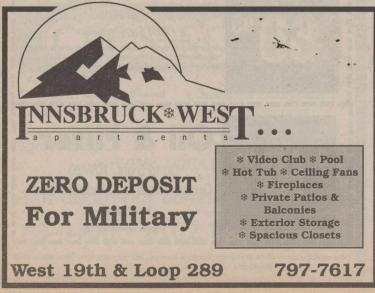
2. False. A teaspoon of honey has 22 calories; sugar, 16.

lobster, 26; shrimp, 26; scallops, 23.

1. a. tuna. One ounce of tuna has 41 calories;

ANSWERS TO NUTRITION QUIZ NO. 1

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#### **Beware**

For more information and assistance regarding the investigation of get-richquick, 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.

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Concert Artist. Beginners/Advanced. All 747-6108. Tapes at Sound Warehouse!

#### Perfect "10"

This lovely 3 bedroom, 2 bath, double car garage home located in Westchester Park Addition. Close to Reese and only 1 block from Northridge Elementary, Wolfforth. This 2 year old home offers all the amenities and features you can imagine. \$89,000. Call Margaret Sparks. 797-5270 or 793-8111, Century 21 John Walton Realtors.

#### Sun Pro

styles. Reasonable rates. 30% Discount startup month! Elegant Park Tower location. Grisanti Guitar Studio.

#### Window Tinting

Clearly The Best! Lifetime Guarantee

Will Pick Up & Deliver

#### **Childcare In My Home**

Frenship/Reese Area. A.M. Pre-K. Pick up. 1 acre fenced in back yard for safe playing. Hot meal, snack. Days, most nights, and some weekends. 799-0683.

#### **Buying & Selling...**

Good used furniture, antiques, collectibles. Layaways & credit cards accepted. Bobo's Treasures, 202 Avenue S (2 blocks north of 4th St. on Ave. S) 744-6449, 10 a.m. to 5:30 p.m. Monday through Saturday; 1 to 5 on Sunday.



793-8111 832-4856

David Sewell, REALTOR®

By owner: 3-2-2, well maintained, open living area, sprinkler system, Frenship Schools, close to Reese & Tech. \$66,000, 6104 10th Dr., 799-5624 by appointment.

#### 3-2-2 House For Sale

3-2-2 in Spanish Oaks. Cathedral ceiling in living room. Atrium door. Covered patio. Large storage shed / work shop. Convenient to shopping, schools. Open House Sat. & Sun. 1-5. Call Bill Lord 794-0705. Hudgens & Campbell Realtors. 866-9092

#### **Yorkshire Puppies**

For Sale: Cute, Cuddley Yorkshire puppies to selective home. \$300 for male, \$350 for females. 797-4849 or 885-

In the country off FM 2378. 4 bedroom, 2 bath main house with 2 bedroom 2 bath mobile home for those extra rooms. Large workshop, storage barn, & storm cellar. Pmts. less than \$450/mo. with VA loan, Minimum restrictions. Hudgens & Campbell Realtors, 866-9092.

#### **Mustang For Sale**

1965 Mustang Fastback 2 x 2. Automatic, 289 with 2 BBL, newly rebuilt motor, A/C, AM/FM cassette, spoke wheel covers, blue w/ blue interior. Real good condition. \$8500. Call John at 797-

#### For Sale

Twin Bed and Frame in great condition -\$100. Boxes and packing materials, all for \$60 (we have lots). Call 794-1089.

#### **CUSTOM ENGRAVED EMBLEM MUGS** ONLY \$13.95\* ppd (\*quantity discounts available, call for details) Just send us your class/unit patch

20 oz. glass mug Actual Height 5" • PERSONALIZED •

Your name/nickname engraved at no additional charge! Visa/MasterCard accepted

Call TOLL FREE 1-800-327-9567

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## WAREHOUSE

For REESE Graduates... Birthday Parties... or ANY Occasion!

• Party Favors • Helium • Balloons

66th & University

"We Deliver To Reese!" Your One Stop Party Stop

795-1443

## Looking for something?

Check out the advertising offers in this issue of the Reese Roundup newspaper . . . for weekend entertainment, housing offers, etc.

> To advertise in The Roundup call 797-3495

# Want Ads:

#### To Place a WANT AD in THE ROUNDUP:

Want Ads are \$3 for 30 words per week. (\$3 is a minimum charge); Extra words, above 30, are 10¢ per word.

Write out your Want Ad,

Indicate the number of weeks you want the ad to run . . .

Bring the ad and payment by the publishing office, 5760 40th St., (corner of 40th & Frankford) Mail the ad and payment to the Roundup,

P.O. Box 16243, Lubbock, TX 79490.

Ads must be in the publisher's office by noon. on Wednesday to run in Friday's paper.

> CHANDELLE PUBLICATIONS Publishers of The Roundup

P.O. Box 16243, Lubbock, TX 79490 • 5760 40th St. (806) 797-3495 (806) 792-6387 FAX



## Reese Shopper's Guide

For Your Holiday Shopping Convenience Days 'til Thanksgiving



**Days 'til Christmas** 



Forgotten Few

512 S. First 3402-G 73rd St. Lamesa Lubbock 872-7961 797-9860

**Outlet Stores** 

5715 19th Street • 793-6297

#### Fred's Gun Emporium

- Pawn-Money Loaned
- Government Checks Cashed
- \* Repairs & Reblueing Shotgun Choke Tubes

3003 Slide Road · 799-"38-38"

## Don's Hobbies & More

☐ Model Kits & Supplies ☐ Promotionals, Diecasts, and

☐ Antique & Collectible Toys Buy, Sell & Trade

5101-B 34th St. • 791-1615

410 Frankford 4th St. @ Frankford 791-5533

#### SKI LUBBOCK **SPORTS**

3817 50th (In Memphis Place Mall) 797-3477

Suzy's **Pecans** 

> 5406 Slide Rd. 792-3300



Sports

3300 D-A 82nd • 797-0781



66th & University • 795-1443

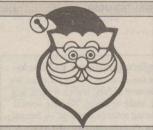


(next to Albertson's) 794-6666



Coming Soon — 1994

Stuarts Hewelers 4110 Ave. Q 762-2110





In Salem Village, 4601 S. Loop 289 & Quaker • 797-4644



Steak & Seafood Restaurant 82nd & Quaker in Kingsgate South

#### **NationsBank**

Military Banking on Base We've Been Offering

Low Interest Loans Since Cars Were Tanks.

#### Gilbert's Bar & Grill

5601 Aberdeen • 795-8791

4:30 p.m. - 10 p.m. Mon.-Thurs. 4:30 p.m. - 11 p.m. Fri. & Sat. Closed on Sundays

#### **ALDERSON**

**CADILLAC - LEXUS - BMW** CALL US FOR ALL YOUR TRANSPORTATION NEEDS 18th & Ave L 1-800-766-8041 763-8080

## Vietnam Vet Memorial Museum

An Exhibition of Photographs, Equipment, Weapons, Clothing, and Memorabilia with a Tribute to Those Who Served

"Words of the Grunt"

Why, when every way we could have turned, did we survive? So that we vets that lived and our 58,000+ brothers and sisters who gave the ultimate sacrifice could carry each other to eternity!

> Tuesday through Sunday Nov. 9 through 14

> > 8 a.m. to 8 p.m.

**Mahon Park** 

29th & Chicago

Lubbock, Texas



Open to the public, with a special invitation to those who have served this nation at any time.