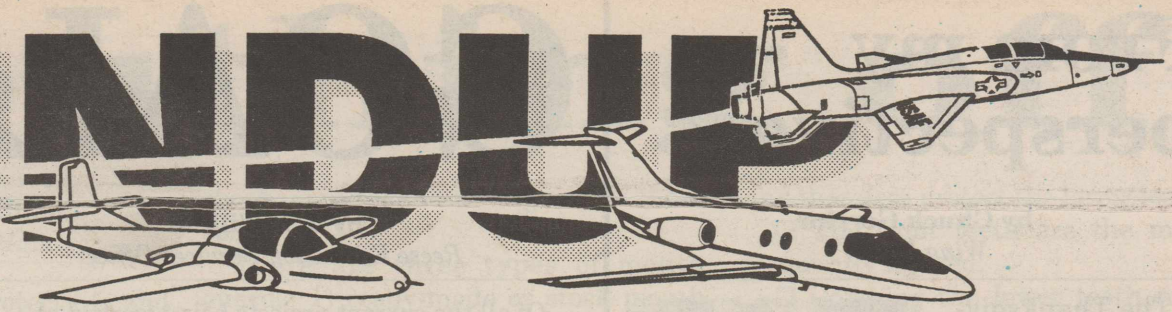


ROUNDUP

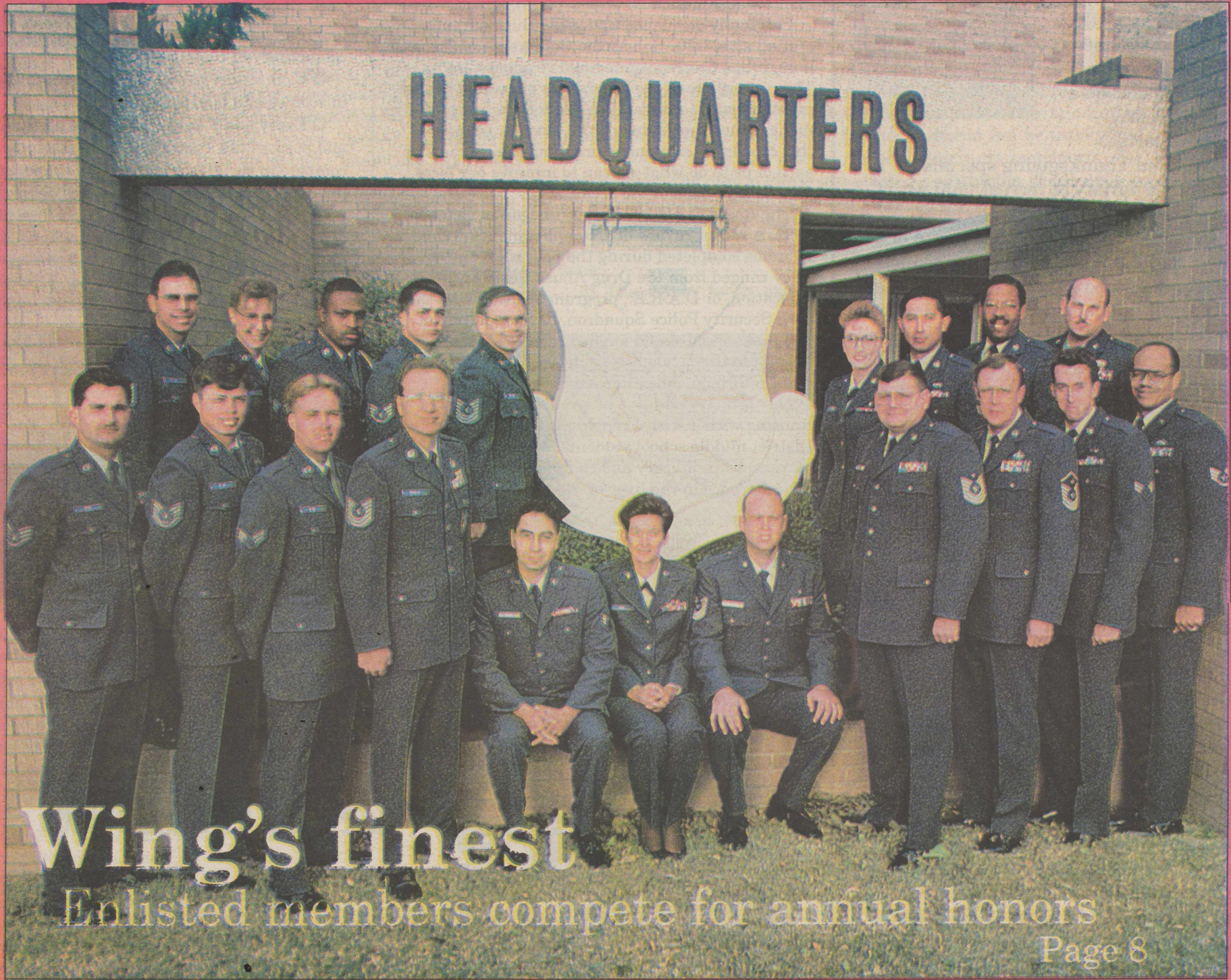


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Vol. 45, No. 46

November 19, 1993

Reese AFB, Texas 79489

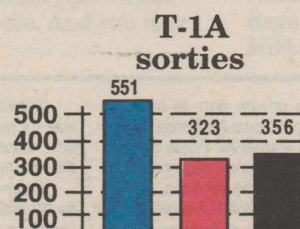
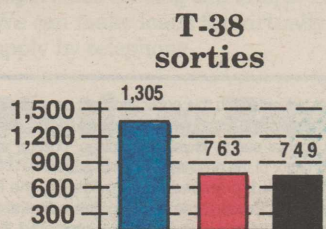
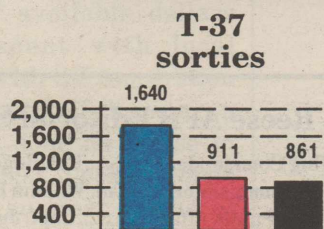


Wing's finest
 Enlisted members compete for annual honors
 Page 8

Mike Parrish

Mission

■ Required for November
■ Required as of Tuesday
■ Flown as of Tuesday



Inside

- Suggestions earn cash awards Page 4
- AFSCs changed Page 4
- Family Week events scheduled Page 11
- Top 3 hold aerobathon Page 14

From my perspective

by **Chuck Gerrior**
Wing Safety



The Thanksgiving holiday weekend is Nov. 25 - 28. During this weekend family and friends will be gathering to reflect our good fortune for the last year. This will also be a time to relax, watch sports events and Thanksgiving specials on TV or enjoy a variety of recreational activities.

Personnel at Reese can be proud of their flight and ground mishap reduction efforts in fiscal 1993. This year our Class C aircraft mishaps decreased to 8 percent in fiscal year 1992, while Class C ground mishaps decreased over 56 percent in the same time frame.

This decrease in Class C mishaps did not just happen, it was the product of commanders, supervisors and individuals working together to control and prevent mishaps in the workplace and off the job. Military and civilian personnel alike can be proud of their mishap prevention efforts.

Fiscal year 1994 is now under way and we cannot relax and let our guard down. Hoping that someone else or another unit will take up the slack in the mishap prevention efforts will not cut it in fiscal 1994. We all must be aware of the potential hazards associated with our workplace, getting to and from work and our recreational activities. Look at them carefully each day and think about that one thing that is not right and could cause a mishap. If each one of us performs to the same level of safety standards achieved in fiscal 1993, Thanksgiving Day 1994 will be as great a day as I hope this year's holiday will be.

Again, it is a great pleasure for me to take this opportunity to wish each and every member of the Reese community and their families a joyous and safe Thanksgiving.

GOALS 2000

by **Jeff Wilbur**
Reese Education Services Officer

Of all the current projects being worked at Reese, few have the potential long-range impact of the Goals 2000 program. Goals 2000 is the federally-sponsored effort to generate grass roots support in every community and military installation to improve the educational opportunities and skills of all Americans.

Originally developed under the Bush administration after initiation by the Conference of Governors, it has been continued by President Clinton. The centerpiece of the program is pursuit of the six national goals [see inset]. While total accomplishment of these goals during the next six years of this century is extremely ambitious, the idea is for each of us to do what we can to improve our local programs in each of the areas.

The Reese Goals 2000 project began in October 1992. A recent review of accomplishments detailed 20 items completed during the past six months. They ranged from the Drug Abuse Resistance Education, or D.A.R.E., program sponsored by the 64th Security Police Squadron, to the addition of 300 books in pure and applied science at the base library, to the new master's degree in aeronautical science through education services.

Our primary additive program is "Mentorship"—tutoring with at-risk Frenship Independent School District middle school students. Many base employees, both military and civilian, are making a big difference in the lives of "their" children

Objectives

By the year 2000:

- All children in America will start school ready to learn.
- The high school graduation rate will increase to at least 90 percent.
- American students will leave grades four, eight and 12 having demonstrated competency in core subjects.
- U. S. students will be first in the world in science and mathematics achievements.
- Every adult American will be literate and possess the knowledge and skills to compete in the global economy and exercise the rights and responsibilities of citizenship.
- Every school in America will be free of drugs and violence and will offer a disciplined environment conducive to learning.

through their weekly visits. If you would like to participate in this very gratifying program, please contact Cheryl Ortiz at 3305.

During the next few months, we'll be requesting designation as a Goals 2000 community. The "real" goal, however, is for all of us to continue to work toward education improvement in our schools, our children and ourselves.

Suggestions? Problems? Concerns? Questions?



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ROUNDUP

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

Reese AFB Editorial Staff

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Vice Commander Col. William Reynolds
Chief, Public Affairs Capt. Judy Burk
Editor SSgt. Michael Breslin
Photo support Mike Parrish
..... Bill Allen

Contracting discusses mission

by Lydia B. Larson
64th Contracting Squadron

What's black and white and translates to a lot of green? The answer is Reese's many construction, services and supply contracts amounting to \$40 million in fiscal 1993.

The 64th Contracting Squadron is, first and foremost, a customer service organization. Last year the office purchased nearly 14,000 items that were necessary to keep Reese running smoothly. These items included everything from repairing typewriters and roads to maintaining aircraft for the flying mission.

Contracting teamed up with civil engineering and financial analysis to award 18 construction projects in the last couple of months. Results will be seen across the base as construction begins.

Contracting personnel are tasked with not only providing the taxpayer "the most bang for the buck," but also for meeting socioeconomic program goals mandated by public law. The AETC goals for contract dollars placed with small and socially and economically disadvantaged businesses were all exceeded.

Another noteworthy accomplishment of contracting personnel was spending 99.4 percent of available dollars on a competitive basis. These programs encourage smaller firms to compete with larger firms — a process that keeps everyone "on their toes." Also, the citizens of Lubbock will be pleased to learn that over \$8 million, or 20 percent of available dollars were spent with local firms. With the cooperation and support of the wing, a lot was done for Reese in fiscal 1993. Look for even better support in fiscal year 1994.

Mouthing off

by SrA. Jack B. Williams
Reese Dental Health Manager

Athletes who seek to protect life and limb can choose from a variety of sports safety equipment. Helmets, knee pads, goggles, face masks and mouth guards help prevent serious injury on the playing field. Mouth guards, also called mouth protectors, are particularly important in safeguarding smiles.

The Reese Dental Clinic recommends that if you engage in active sports, you should consider wearing a mouth guard. Some active sports include football, basketball, soccer, hockey, skateboarding and volleyball. There are many other sports that present a risk of injury to the head, face or mouth as a result of head-to-head contact, falls, teeth-clenching or from impact with equipment. A well-constructed mouth guard can help prevent injury to the mouth, teeth, lips,

cheeks and tongue during any of these sports.

There are three types of mouth guards: 1) ready-made or stock mouth guards; 2) mouth-formed guards; and 3) custom-made mouth guards. The three types differ in comfort, fit and cost. The most effective mouth guards are resilient, tear-resistant and thin enough for comfortable breathing and speaking.

Stock mouth guards and mouth-formed guards are available at most sporting goods stores. A custom mouth guard made by the dentist is closely shaped to fit the player's teeth for extra comfort. This is the type of mouth guard which the dental clinic can make for you. No matter which type of mouth guard you wear, only the upper teeth should be covered, for the following reasons:

□ The upper teeth usually overlap

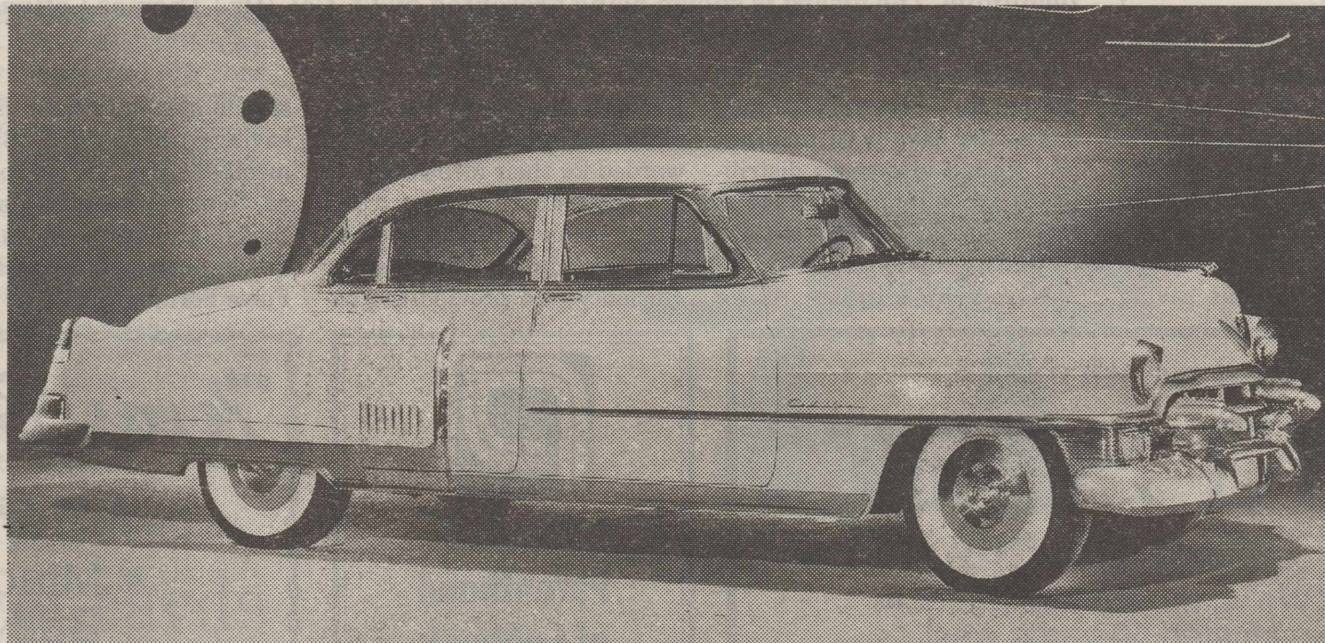
and therefore protect the lower teeth.

□ The front teeth are the most frequently injured.

□ Covering the lower teeth may create additional bulk, diminishing comfort and fit while providing little extra protection.

Some special circumstances, such as a protruding jaw or the presence of orthodontic appliances (braces) may require that the lower teeth also be covered. Your dentist can determine whether such a condition might apply. The dental clinic cautions parents that orthodontic retainers should not be used when participating in contact sports.

Athletes of all ages have discovered that wearing a mouth guard during practice, a game or while simply skateboarding in the park makes good sporting sense. For more information, call the dental clinic at 3711.



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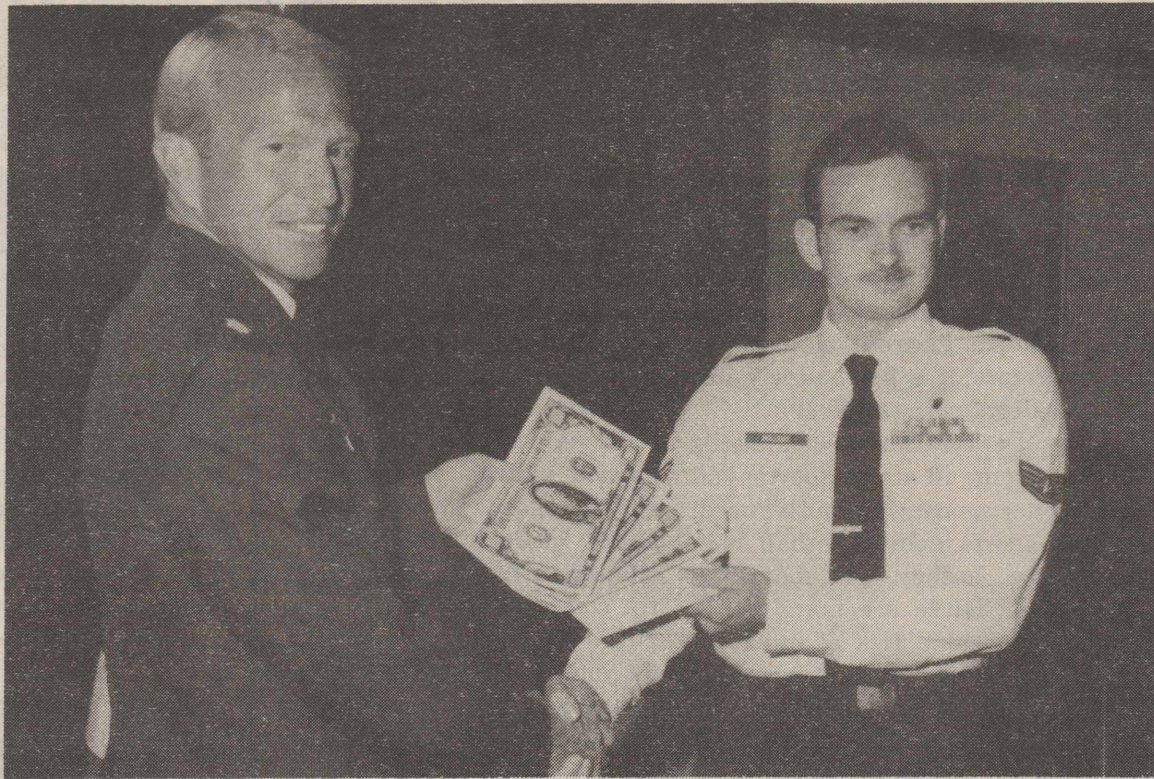
'Big bucks' for suggestors

SSgt. Jeffrey P. Holliday, assistant NCO in charge of the surgery unit for the 64th Medical Group, counted his "big bucks" during a recent group commander's call.

Lt. Col. (Dr.) Thomas Loftus, group commander, handed over \$813, commenting he was pleased to pass along part of the \$7,630 tangible saving that resulted from Sergeant Holliday's suggestion to use a clean intermittent catheterization technique for patients requiring intermittent catheterization.

This was one of several awards finalized as fiscal 1993 closed. Another \$500 was split between MSgt. Gerald Schnyder and SSgt. Vickie Harvey, 64th Logistics Squadron. Their suggestion established an automated program which helped determine the cost effectiveness for repair of items under the depot level repairable program, according to the suggestion program manager, Ruedele Turner.

"Personnel from both the hospital and logistics showed solid support for the suggestion program," Mrs. Turner said. The largest saving came from the hospital during fiscal 1993, with \$18,700 tangible saving.



SSgt. Jeffrey Holliday, assistant NCO in charge of the surgery unit, 64th Medical Group, counts the "big bucks" he received for suggesting a clean intermittent catheterization technique. The award is shown being presented by Lt. Col. (Dr.) Thomas Loftus, 64th Medical Group Commander.

Most of the 19 suggestions they submitted have been finalized and \$1,542 in awards distributed to hospital personnel during fiscal year 1993.

"We're challenged daily to achieve more with less. As we

focus on improvements, managers and workers can be rewarded for their ideas through the suggestion program. Once these ideas are documented, they become the blueprint for efficiency and provide the ba-

sis for monetary awards once savings are verified. But remember," Mrs. Turner concluded, "no award can be made for those innovative ideas until they're documented on an Air Force Form 1000."

AFSCs changed

RANDOLPH AFB, Texas — Air Force members received new Air Force specialty codes Oct. 31, following the Air Force overhaul of the classification system.

The new system provides better career path visibility, reduces the number of AFSCs, and is better aligned with the restructured Air Force, Air Force Military Personnel Center officials here said.

The Reese Military Personnel Flight has provided a computer printout of new AFSCs to all members whose new specialty codes are "direct" conversions from the old ones. Other members are in the process of being contacted.

Officers and enlisted members in the same career fields will have similar AFSCs, since Air Force re-grouped skills that had become fragmented over the years, officials said. Currently, there are 216 officer and 203 enlisted AFSCs. Those figures will drop to 120 and 180, respectively, under the new system.

While the Air Force has made minor changes to the classification system in the past, this is the first major overhaul since 1952, officials said.

For more information, call classification and training at 6492. (Air Force News Ser-

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Diners Club out, AMEX in as gov't travel cards change

by 2nd Lt. James Chitty
Reese Accounting and
Finance Office

As you all should know by now, American Express has won the government contract to replace Diners Club as the government charge card contractor.

What does that mean for government travelers? It means government travelers will enjoy the same benefits as the corporate traveler. The AMEX card will be accepted at more locations, making its use more convenient. AMEX has been working diligently to make the transition to the new card as imperceptible to the cardholder as possible.

Cardholders should have already received an American Express card in the mail during the last few weeks. Included with that card was an agreement to be signed by the cardholder with the American Express company. The agreement basically outlines the cardholder's responsibilities and the proper use of the card. As with the previous card, the American Express card may only be used for "official travel and official travel-related expenses away from your official station/duty station and may not be used for personal purposes." Cardholders who have not signed and returned the agreement will have their cards canceled March 1.

All charges with the American Express company are due in full

upon receipt of the monthly billing statement. Charges remaining unpaid after 60 days from the original billing date are considered "serious" and may result in a suspension of card privileges. Having charges remain unpaid after 120 days from the original billing date will result in the cancellation of the card. It is important to pay off your balance in a timely manner; the finance office is provided with a list of delinquent account holders and will pass that information to squadron commanders as needed.

As with the Diners Club card, the American Express card will give the cardholder access to cash advances through ATM machines. AMEX will be sending out information on obtaining personal identification numbers to cardholders by mid-November.

AMEX will be providing cardholders with initial PIN numbers, or personalized PIN numbers may be selected by calling an 800 number. A fee of 2.75 percent will be assessed on all cash advances and may be claimed on your travel voucher.

Local ATM machines accepting AMEX can be located by calling 1-800-CASHNOW. American Express may be contacted at 1-800-528-2122 or 602-492-5000 for address changes, billing inquiries, billing disputes, reporting lost or stolen cards, and problems with goods and services.

Questions answered regarding travel cards

□ How much longer will I be able to use my Diners Club card? When should I start using my American Express card?

Your Diners Club card should be used for official government travel until midnight Nov. 29. The American Express card will be effective for official uses at 12:01 Nov. 30. If your travel plans will start before and will continue after Nov. 29, bring both cards and use them accordingly.

□ Will I be able to use my American Express card at base establishments such as billeting and clubs?

Yes, AMEX is working with MWR, Armed Forces Financial Network, CIRBUS, Plus and others to assure that cardholders have the same access to base usage with AMEX as they had with Diners Club.

□ I presently have a debt with Diners Club; will that be transferred over to AMEX?

No; any debts you presently have accrued with Diners Club will remain with Diners Club.

□ What benefits will I be entitled to with the American Express card?

American Express is approximately five times larger than Diners Club, so the card will be accepted at many more locations making travel more convenient. Other advantages include:

- AMEX covers travelers with \$200,000 travel insurance.
- Baggage insurance of up to \$1,250 for carry-on baggage and up to \$500 for checked baggage.
- 24-hour customer service.
- Worldwide card acceptance and traveler support.
- Emergency check cashing and card replacement.
- An indirect benefit is the fee for cash advances is 2.75 percent compared to 4 percent with Diners Club, saving the government and taxpayers money.

□ Will a government AMEX card differ in appearance from a regular card?

Yes, the government AMEX card will have U.S. Government printed on top and United States Air Force by the cardholder's name.

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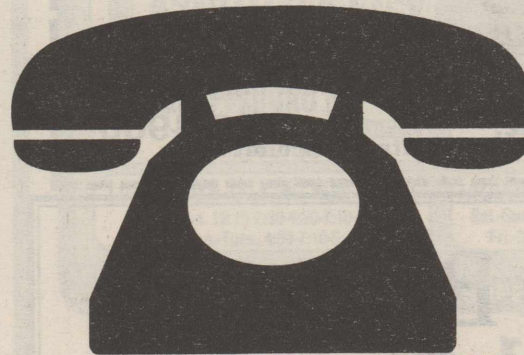
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Weekend Review

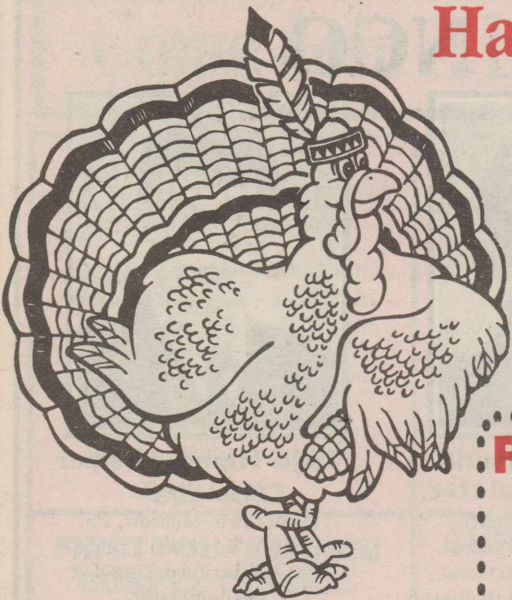
Places to go and things to do in Lubbock this weekend

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***MY LIFE (PG-13) THX**
Sat.-Sun. 11:45-2:25-5:10-7:55-10:40
Fri.-Mon.-Tues. 2:25-5:10-7:55-10:40

***REMAINS OF THE DAY (PG)**
Sat.-Sun. 2:05-4:55-7:50-10:45
Fri.-Mon.-Tues. 2:05-4:55-7:50-10:45 Stereo

***FLESH AND BONE (PG-13)**
Sat.-Sun. 11:15-2:00-4:45-7:30-10:15
Fri.-Mon.-Tues. 2:00-4:45-7:30-10:15 Stereo

RUDY (PG)
Sat.-Sun. 11:25-1:55-4:25-7:10-9:50
Fri.-Mon.-Tues. 1:55-4:25-7:10-9:50 Stereo

ROBO COP 3 (PG-13)
Sat.-Sun. 11:50-2:20-5:05-7:45-10:35
Fri.-Mon.-Tues. 2:20-5:05-7:45-10:35 Stereo

THE PROGRAM (R)
Sat.-Sun. 11:40-2:15-4:50-7:25-10:00
Fri.-Mon.-Tues. 2:15-4:50-7:25-10:00 Stereo

NIGHTMARE BEFORE CHRISTMAS (PG)
Sat.-Sun. 12:20-2:35-4:35-7:05-9:20
Fri.-Mon.-Tues. 2:35-4:35-7:05-9:20 Stereo

THE GOOD SON (R)
Sat.-Sun. 12:10-2:45-5:00-7:20-9:45
Fri.-Mon.-Tues. 2:45-5:00-7:20-9:45 Stereo

BEVERLY HILLBILLIES (PG)
Sat.-Sun. 11:35-1:50-4:15-7:00-9:35
Fri.-Mon.-Tues. 1:50-4:15-7:00-9:35 Stereo

JURASSIC PARK (PG-13)
Sat.-Sun. 11:20-2:00-4:40-7:35-10:20
Fri.-Mon.-Tues. 2:00-4:40-7:35-10:20 Stereo

JUDGMENT NIGHT (R)
Sat.-Sun. 12:15-2:50-5:25-8:00-10:50
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Sat.-Sun. 11:05-1:40-4:45-7:20-10:00
Fri.-Mon.-Tues. 4:45-7:20-10:00 Stereo

DAZED AND CONFUSED (R)
Sat.-Sun. 11:10-2:15-4:35-7:15-9:40
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Fri.-Mon.-Tues. 4:10-7:15-10:20

LOOK WHO'S TALKING NOW (PG-13)
Sat.-Sun. 12:15-2:30-4:50-7:10-9:40
Fri.-Mon.-Tues. 4:50-7:10-9:40

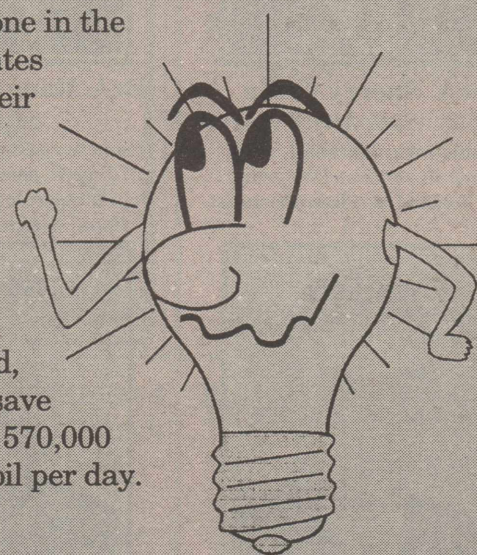
***ADDAMS FAMILY VALUES (PG-13)**
Sat.-Sun. 12:00-2:20-4:40-7:00-9:30
Fri.-Mon.-Tues. 4:40-7:00-9:30

* NO PASSES * NO SUPERSAVERS

Energy surge

(from the Reese Energy Steering Group)

□ If everyone in the United States lowered their average heating temperature 6 degrees over a 24-hour period, we would save more than 570,000 barrels of oil per day.

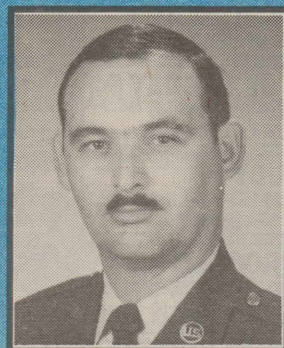


1993 Enlisted Award Nominees

Senior NCO



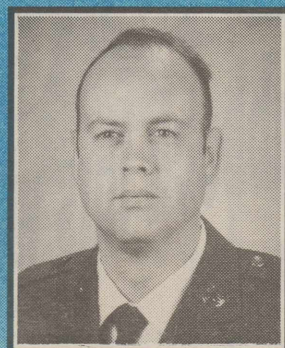
MSgt. David Boom
64th OG
Hometown: New York
Time in service: 21 years
Job: Weather flight superintendent



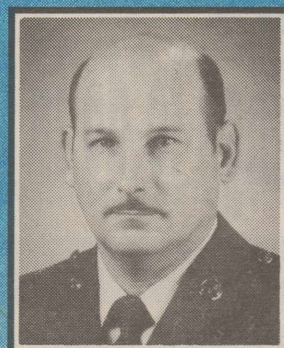
MSgt. Samuel Brown
64th MSSQ
Hometown: Dallas
Time in service: 21 years
Job: Military personnel flight superintendent



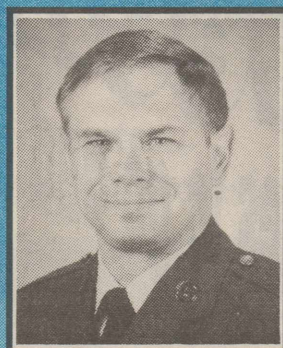
MSgt. Roger Gravelle
64th SPS
Hometown: Canistota, S.D.
Time in service: 18 years
Job: Training and resources flight superintendent



MSgt. James Koranda
64th MG
Hometown: Longview, Wash.
Time in service: 12 years
Job: Nutritional medicine NCO in charge

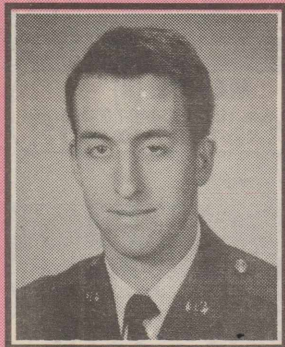


MSgt. Jerry Millsaps
64th CES
Hometown: Columbus, Ga.
Time in service: 19 years
Job: Infrastructure element superintendent



MSgt. James Williams
64th LS
Hometown: Moberly, Mo.
Time in service: 19 years
Job: Training and resources flight superintendent

Airmen



SrA. James Barnes
64th FTW
Hometown: Euless, Texas
Time in service: Three years
Job: Administrative specialist



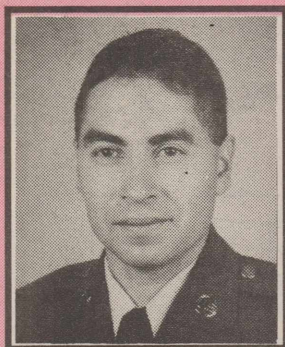
SrA. John Clum
64th SPS
Hometown: El Paso, Texas
Time in service: Five years
Job: Desk sergeant



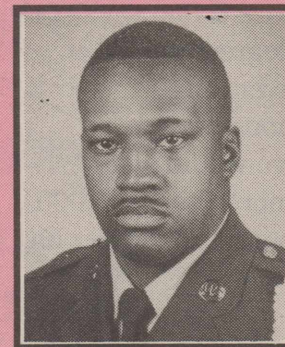
SrA. Sherry Crain
64th MG
Hometown: Marshall, N.C.
Time in service: Two years
Job: Medical services specialist



SrA. Ramon Guerrero
64th CS
Hometown: Sierra Vista, Ariz.
Time in service: Six years
Job: Meteorological and navigational equipment specialist



SrA. Robert Palos
64th OG
Hometown: Gary, Ind.
Time in service: Six years
Job: Life support specialist

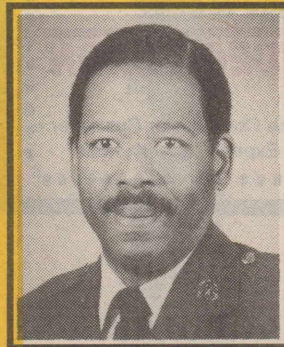


SrA. Andrick Todd
64th LS
Hometown: Mayfield, Ky.
Time in service: Five years
Job: Traffic management specialist

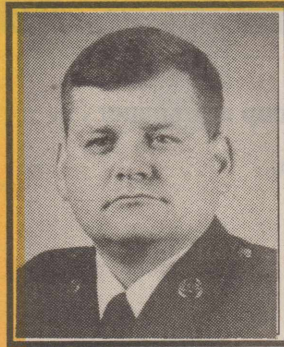
First sergeants



SMSgt. Michael Braskett
64th LS
Hometown: Columbus, Ohio
Time in service: 25 years

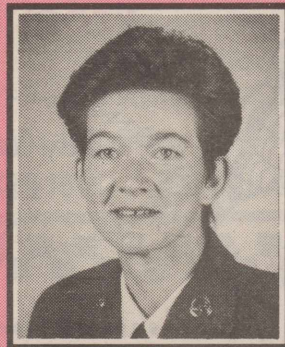


MSgt. Donald Carroll
64th MG
Hometown: Washington, D.C.
Time in service: 21 years



MSgt. Richard Miller
64th CES
Hometown: Austin, Texas
Time in service: 17 years

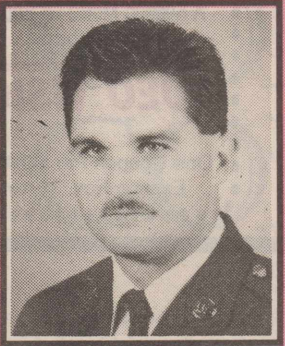
NCO



TSgt. Theresa Faulk
64th MG
Hometown: Cincinnati
Time in service: 17 years
Job: Primary care services/medical readiness NCO in charge



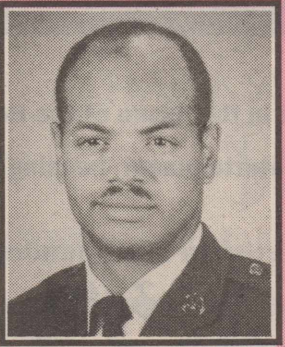
TSgt. Timothy Setzer
64th SPS
Hometown: Moscow, Pa.
Time in service: 11 years
Job: Military working dog kennelmaster



SSgt. Douglas Crider
64th CES
Hometown: Fenton, Mich.
Time in service: 10 years
Job: Metal fabrication technician



SSgt. Jesse Nelson
64th CS
Hometown: Westbend, Wis.
Time in service: Eight years
Job: Ground radio maintenance assistant NCO in charge



SSgt. Harry Washington
64th OG
Hometown: Milwaukee
Time in service: 13 years
Job: Group administration NCO in charge



Sgt. Luanne Charles
64th MSSQ
Hometown: Munster, Ind.
Time in service: Seven years
Job: Reprographics management chief



SSgt. Mike Breslin

Youth program earns award
 (From left) Shirl Francis, Debra Collatt and Lena Hall of the Reese Civilian Personnel Office pose with the base's award for having the outstanding summer youth program this year. The award, presented by the Texas Employment Commission and the Lubbock/Garza Private Industry Council, is the result of Reese's most recent summer hire program for youth, which employed four dozen disadvantaged young people from the surrounding community.

Come Join A Lubbock Church Or Synagogue Of Your Choice

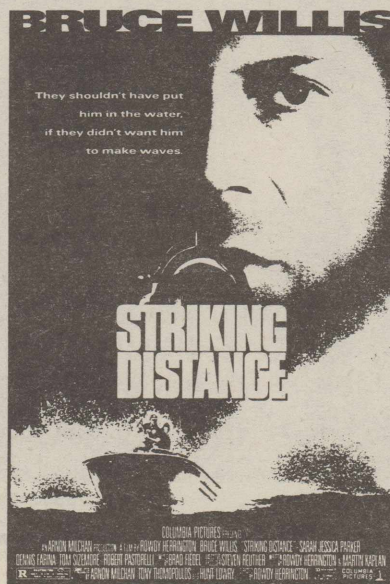
<p>HURLWOOD BAPTIST CHURCH <i>Military Families's Home Away From Home</i> Sunday School 9:45 a.m. Worship 11:00 a.m. Church Training 5:00 p.m. Evening Service 6:00 p.m. Nursery Available During All Sessions 9417 W. 4th St. (across from Reese Village) Pastor: Billy C. Collins 885-4862</p>	<p>First United 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</p>		<p><i>Come Share the Spirit!</i> 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</p>	
<p>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</p>	<p>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</p>		<p>SOUTH PLAINS CHRISTIAN FELLOWSHIP 3602 Frankford Ave. Lubbock, TX 792-3229 <i>You're always welcome here!</i> 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</p>	
<p>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</p>	<p>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</p>		<p>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</p>	
<p>PILGRIM BAPTIST CHURCH Extends to You a Welcome Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Church Training 6:00 p.m. Evening Worship 7:00 p.m. Mid-Week Service Wednesday 7:00 p.m. Leon Anderson, Pastor 6111 19th St.</p>	<p>In belief there is power: our eyes are opened; our opportunities become plain; our visions become realities.</p>		<p>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)</p>	<p>Wolforth United Methodist Church 915 Main Street 866-4200 9:45 a.m. Fellowship & Coffee 10:00 a.m. Sunday School 10:55 a.m. Morning Worship "We Need You In His Service" We are located 2 miles from ABC Bank on Loop 193 Eddie Marcum, Pastor</p>

Enlisted Open Mess

(3156)

Today: Dance to the sounds of "The Electrifier" from 7 p.m. to 2 a.m.**Saturday:** Maestro Lee in the lounge from 9 p.m. to 2 a.m.

Pool tournament at 3 p.m. with cash prizes.

Sunday: Main lounge opens at noon. Play three-ball and watch NFL football on the large screen TV.**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.**Tuesday:** Family appreciation night at Mamma Reesione's from 5:30 to 9 p.m.**Thursday:** Thanksgiving Day; lounge opens at noon. Watch Miami vs. Dallas on the large screen TV.**Ongoing:** Hot Ball Bingo — come out and be a winner Monday through Friday at 5:30 p.m.**Around Reese****Simler Theater**

(885-4581)

Friday: "The Real McCoy" (PG-13) at 7:30 p.m.**Saturday:** "Striking Distance" (R) at 7:30 p.m.**Sunday:** "Warlock: The Armageddon" (R) at 7:30 p.m.**Officers Open Mess**

(3466)

Today: 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.

Bar and grill menu available in the Smokin' Hole lounge.

Saturday: Closed.**Sunday:** Sunday brunch from 10:30 a.m. to 1:30 p.m. Adults \$7.95, children 6 - 12 \$4.95, children under 5 are free. Bring a church program and receive a 50 cent discount. Open to all officer and enlisted club members and their invited guests.**Monday:** Free pizza in the Smokin' Hole at 5:30 p.m.

Bar and grill menu available in the Smokin' Hole.

Watch Monday night football at the club.

Tuesday: Italian night from 5 to 8 p.m. Lasagna, spaghetti, salad bar and dessert for \$5.50.**Wednesday:** Family style chicken served with the works from 5:30 to 8 p.m. Adults \$5.50, children 6 - 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: Happy Thanksgiving; club is closed.**Caprock Cafe**

(6027)

Thanksgiving Day: Breakfast served from 7:30 to 8:30 a.m., lunch from 11 a.m. to 3 p.m., dinner from 4 to 5 p.m.

There will be no surcharge for active-duty military and their family members. Civilian patrons will pay a surcharge.

Thrift Shop

(885-3154)

Location: Bldg. 629 (across from the commissary parking lot).**HOURS****Tuesday:** Open for sales from 9:30 a.m. to 1:30 p.m. Open for consignments from 9:30 a.m. to 12:30 p.m.**Thursday:** Closed for Thanksgiving.**Rest of Reese****Equipment Rental (3787):** Company coming? Equipment rental has tables, chairs, sleeping bags, futons and cots available for your holiday guests.**Skills Development Center (3241):** Ten percent discount on all unfinished furniture kits in stock. Assembly available — not included in sale price.**Holiday hours:** The following activities will be closed on Thursday so staff members can enjoy the Thanksgiving holiday with their families — auto hobby, child development center, fitness center, golf course, library, ITT/package mail and youth center.**Chapel**

(3237)

Weekdays: Catholic Mass at 12 noon.

Confessions by appointment.

Saturday: Men of the Chapel prayer breakfast at 8:30 a.m.

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**

(885-2639)

Tuesday: Family appreciation night from 5:30 to 9 p.m. Spaghetti with sauce and garlic bread. Adults \$3, children 6 - 12 \$2, and children under 6 free. Open to all Reese personnel and their invited guests.**Monday through Friday:** Dine at Mamma's from 11 a.m. to 2 p.m.

Call 885-2639 for take out orders. Remember, Mamma's delivers on base and in base housing.

Thursday: Happy Thanksgiving; Mamma's is closed.**ITT / Select-A-Seat / Package Mail Service**

(3787)

Package mail service has expanded service during the holiday season with mailing boxes and packing materials. Take the boxes home or pack them here.

Hours of operation: 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.

We accept enlisted and officers club cards for shipping and packing services.

Commissary

(3315)

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

Please note that even though the Commissary is normally closed on Monday, we will be **open on Monday, Nov. 22.****Monday:** 9:30 a.m. to 6 p.m.**Tuesday:** 10:30 a.m. to 7 p.m.**Wednesday:** 9:30 a.m. to 6 p.m.**Thanksgiving:** Closed.**Nov. 26:** Closed.**Nov. 27:** 9:30 a.m. to 5 p.m.

Family Week

Schedule of events

- Nov. 21-27** MWRS logistics offers one-half off folding cots, sleeping bags, futons and ice chests.
- Nov. 21-27** Book display, reading sheets and Dobson video at the base library from 10 a.m. to 6 p.m.
- Nov. 21-22** Ten percent off custom frames at Arts & Crafts.
- Nov. 21-27** Bowling center discounts: Children bowl three games for \$2; adults 90 cents per game from 9 a.m. to 5 p.m.
- Nov. 21-27** Special sales offered at base exchange.
- Nov. 21-27** Auto Hobby Shop offers 10 percent off oil change on domestic and foreign models if filter available.
- Sunday** 18-hole putting contest for youth, ages 8-16, at the golf course from 2 to 5 p.m.
- Nov. 22-26** Literature fair at family support center from 8 a.m. to 4 p.m.
- Monday** Pot luck dinner at the youth center from 6:30 to 9 p.m. Bring a covered dish for the whole family. A night of family fun, with games such as bingo, relays, sack races and pie-eating contest.
- Monday** Basketball free-throw parent/child competition at the fitness center from 2 to 5 p.m.
- Monday** Social actions workshop: "Substance Abuse in the Family," from 10:30 to 11:30 a.m.
- Tuesday** Thanksgiving luncheon at the Child Development Center from 11:30 a.m. to 1:30 p.m. Cost is \$2 for children's parents.
- Tuesday** Family appreciation night at Mamma Reesione's from 5:30 to 9 p.m. Spaghetti with sauce and garlic bread costs \$3 for adults, \$2 for children 6-12, and free for children under 6.
- Tuesday** Family advocacy workshop, "Learning to STEP Together," from 12 noon to 2:30 p.m.
- Wednesday** Youth Center members play Putt-Putt golf and games from 4 to 7 p.m. Unlimited golf, 30 tokens, soft drink cost \$5.50 per person.
- Wednesday** Officers club traditional Thanksgiving buffet from 11 a.m. to 1:30 p.m. Children 7-12 half price, children 6 and under free.
- Thursday** Snack bar lunch special at bowling center.
- Thursday** Thanksgiving Day meal at Caprock Cafe from 11:30 a.m. to 3:30 p.m. No surcharge for active military and their family members.
- Nov. 26-27** Movie special - up to two children free for each paid adult.
- Nov. 30** Parent Appreciation Day at child development center. Open house from 2 to 4 p.m.
- Nov. 30** Family Advocacy workshop, "Understanding Your Teen," from 9 to 11 a.m.
- Nov. 30** Drawing for \$50 gift certificate at base exchange.

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RANCH PARK
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Base center offers array of materials

Think about the base self-help center. What sort of images come to mind?

If you are like many people on base, you probably thought about lawn and garden care items. The center certainly does have those things, but that's just the beginning of the tools and materials it can provide wing members.

Just ask Capt. William "Spuds" Mackinzie. Using materials from the self-help center, the 52nd Flying Training Squadron member was able to construct two podiums that are now permanent fixtures in the wing conference room.

That's not all the center has to offer. Items like foam



Captain Mackinzie poses with the podiums he constructed.

A1C Tabatha Eanes

weather stripping, carpet cleaners, self-help instruction booklets, material for repairing screens in housing and more.

The center is located next to the 64th Civil Engineering Squadron complex and it's open from 11 a.m. to 4:15 p.m. Monday, Wednesday and

Friday, and from 11 a.m. to 3:15 p.m. Tuesday and Thursday.

For more information, call 3415 or 6390.

Notice issued

PUBLIC NOTICE: On July 8, bioenvironmental engineering services collected a routine water sample at the child care center in order to test for the presence of coliform bacteria.

During collection, the sample was inadvertently contaminated with non-sanitary pool water. Subsequent analysis showed the presence of bacteria in the child care drinking water. The State of Texas denied our request that the results of the contaminated sample be voided.

BES, as required by the State of Texas, conducted additional sampling that confirmed there was no bacteria in the drinking water at the child care center. We failed, however, to meet the condition that the results of five routine samples be submitted to the Lubbock Department of Health in August. We submitted only four of the eight monthly routine samples.

If you have any questions concerning this issue, please call Capt. Raymond Bray at 3328.

Hospital offers cholesterol program

From the 64th Medical Group

Our current society is overwhelmed with the health craze of overall fitness, nutrition and improved lifestyle. We're all familiar with the common catch-phrases: stay fit . . . just do it . . . reduce fat . . . decrease salt intake . . . daily nutrition is important . . . learn to deal with stress.

Members of the 64th Medical Group have also taken part in this health craze. Their focus has switched to preventive health care by exposing ourselves to the relevant facts and statistics. By increasing customer awareness, MG has begun to contribute to the overall Air Force mission of total quality through enhancement of understanding. An enthusiastic process action team has developed an innovative cholesterol-lowering program. The goal is to not only slow the progress of heart problems, but also to educate our people with some important figures most are unaware of. An example of such data is the increasing incidences of heart disease in our society.

Although the number of actual heart attacks has declined over the past two decades, more people still die from heart and

blood vessel diseases than from all other causes of death combined. These include cancer, AIDS, other infectious diseases, accidents and homicides. Forty million people in this country suffer from diagnosed cardiovascular disease, and an even larger number don't yet know they have a heart problem. Sixty million people have elevated cholesterol levels.

Over one and one-half million Americans have heart attacks every year. For almost one-third of them, having a heart attack was their first indication they had a heart problem — clearly not the best way to find out. Reduction of risk is the obvious place to start.

Elevated cholesterol is a known risk factor for coronary artery disease. The tricky thing about high cholesterol is you can't see it, hear it, or feel it. It won't make you feel ill — in fact you will feel "normal." Yet, left unchecked it can silently start clogging up your blood vessels, putting you in a higher risk category for developing coronary artery disease or a stroke.

One of the ways MG has attempted to inform its customers of facts such as these is through the development of its chole-

sterol-lowering program. This is run through the primary care clinic each Wednesday afternoon. Appointments can be scheduled through primary care clinic (3515) for the initial appointment and through the appointment desk (3245) for follow-up visits.

The first step after obtaining a cholesterol clinic appointment is to stop by the primary care clinic front desk for a lab slip for a lipid panel. This gives the doctor a full analysis of the patient's cholesterol status. After 12-14 hours of fasting (nothing except water), a blood sample is drawn in the laboratory during normal duty hours. This should be done three to five working days before the appointment to ensure the results are available when you are seen by the doctor. The laboratory no longer draws random cholesterol levels for people coming in without a previously booked appointment in the cholesterol-lowering program.

The next step is the actual appointment with a provider who will explain your results and inform you of your level of risk. The clinic also provides handouts and videotapes which emphasize a holistic ap-

proach to a healthy heart lifestyle. Medications may also be required to get your cholesterol under control. These medications are expensive, some as high as \$2 per tablet and are not appropriate for all patients. The hospital has elected to limit the prescribing of these medications to patients enrolled in the cholesterol lowering program. In this way, the patients who need medications are fully informed on the comprehensive lifestyle approach to lowering their cholesterol level which enhances the likelihood of a good outcome for the patient.

Ultimately, the final step of the program is the lifestyle modification of the patient — putting knowledge into action. This of course is the most difficult part of the program. What our medical system can provide is much less important in determining our health than the lifestyle choices we make as individuals on a daily basis. The cholesterol program aims to encourage the patients to improve their quality of health by: stop smoking; get regular aerobic exercise; follow a low-fat, low-cholesterol diet; and learn to manage stress effectively.

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7020 Quaker • 792-1116
8102 University • 745-0947
3806 50th • 799-0309
3331 70th • 792-9948
86th & Brownfield Hwy • 866-4003
6407 University • 795-7591
4404-A 19th • 799-4859
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* Discount cannot be used w/coupons or any other special offer.

Notes

Toys for Tots needs new, unwrapped toys

The annual Toys for Tots program is under way on base, sponsored by the local Marine Corps Reserve. The program needs new, unwrapped toys, which can be dropped off in the Toys for Tots barrels in Bldgs. 452, 455, 500, 555, 820, 920/230 and the hospital.

Call 1st Sgt. James Gordan at 763-2853 of Gunnery Sgt. Andy Worley at 747-1277 for more information.

Chapel men meet

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

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. Tuesday in the family support center.

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

Call 3739 to sign up.

Lead/asbestos survey

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

An increased concern is for base people to keep their scheduled ap-

pointments 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.

Thanksgiving service

The Protestant and Catholic congregations on base will hold a Thanksgiving service for the Reese community at 7 p.m. Wednesday in the base chapel. Canned food donations will be accepted at the service.

Hospital closed

The base hospital and the primary care clinic will be closed Thursday for Thanksgiving. Base emergency ambulance service will still be available.

Parenting class

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

Transportation party

The Allied Management of Texas/Transportation Christmas party will be held at 6:30 p.m. Dec. 3 in Reese Manor. Cost is \$5 each (BYOB) and everyone attending should bring a salad, dessert or covered dish. Sodas will be provided.

There will be a gift exchange at the party; gifts should not be worth more than \$5. People who want to get a gift

should bring one.

CE children's party

The 64th Civil Engineering Squadron children's Christmas party will be held from 1 to 3 p.m. Dec. 4 in the fire department. All military and civilian CES members are encouraged to bring their children; parents should also bring a dozen cookies, cupcakes or the like.

In addition, parents should provide a wrapped gift with their child's name on it. A drop box for the gifts is outside the customer service section; they should be dropped off by Dec. 3. Call 885-1190 for details.

Fitness testing

Ergometry (fitness level) testing is available for wing members who want to check their fitness before their annual test. Call health promotions at 6153 for an appointment.

Housing sets closure

The Reese Housing Office is closed between 11 a.m. and noon each day. Customers should schedule their visits accordingly.

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 set on child care concerns

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 details.

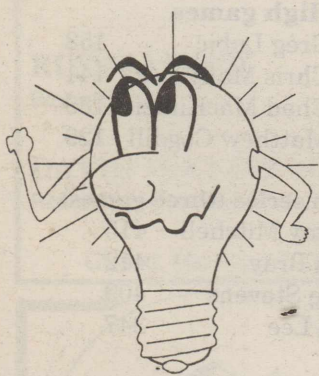
Team formed to find OOM improvements

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 at 6607.

New dentist list

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 at 3581.



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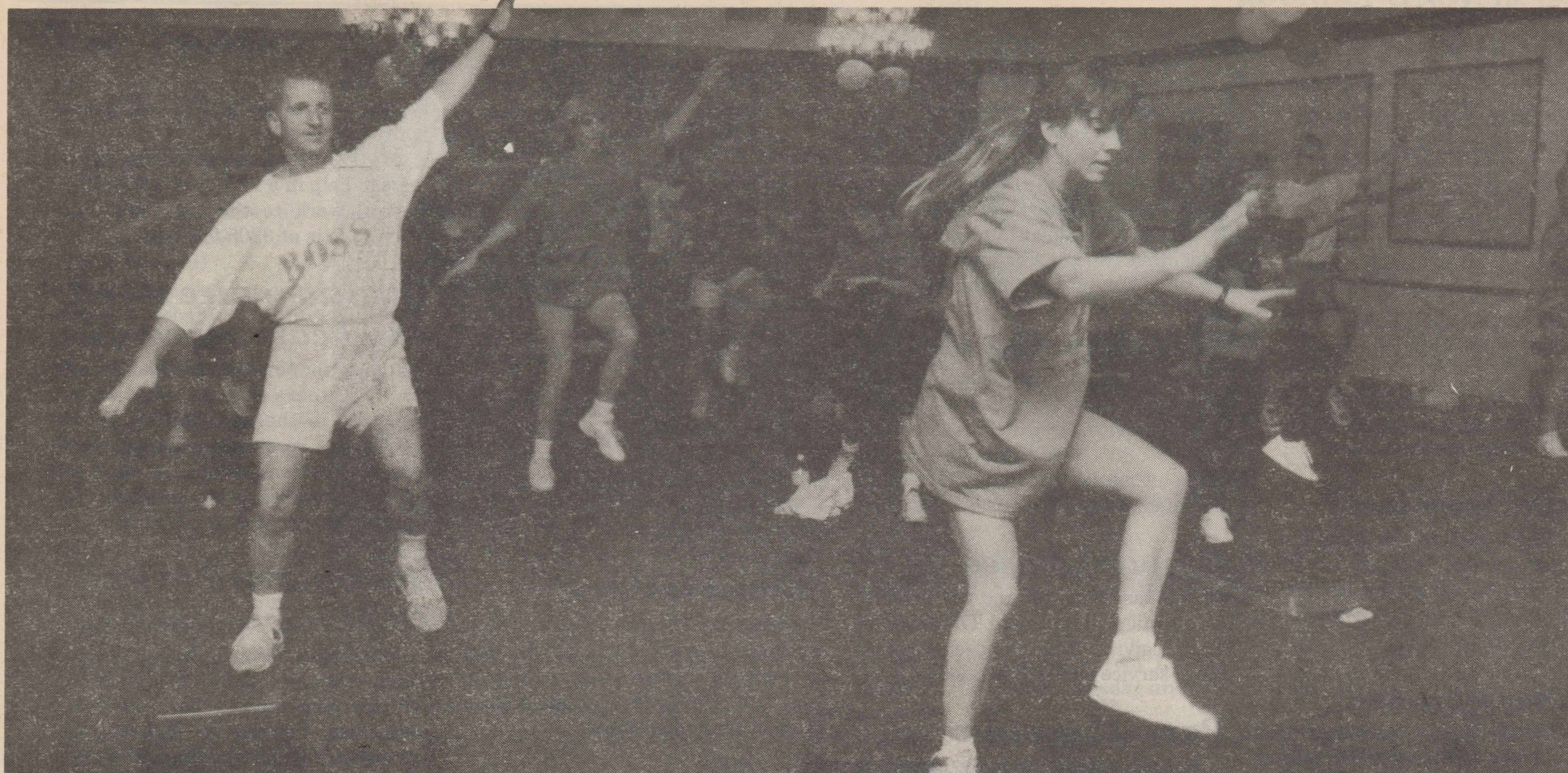
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Mike Parrish

Wing members take part in the aerobathon.

Wing members support aerobathon

by MSgt. Michael J. Pleskovitch
Chairman, Top 3
Publicity Committee

Reese's Top 3 Association raised more than \$3,300 during its "Pumping Hearts" Aerobathon last Wednesday in the enlisted open mess to support the Holiday Food Fund and the Enlisted Wives Club Scholarship Fund. Pumpin' their hearts out were

21 participants who completed maximum three hours of step aerobics. The grunts and groans started at 11 a.m. and continued until 2:30 p.m. Two well-deserved 15-minute breaks were allowed to replenish lost fluids and to eat some fruit provided by the Top 3 for the extra nutritional boost we needed. During the exercise period, a few of us needed more coaching than others due to a serious lack of experi-

ence in step aerobics, yet we all stuck together and finished, fatigued but happy. Good job, gang.

An extra pat on the back goes to our top pledge getters. MSgt. Steve Hastings came out on top with \$641 collected. Second was Capt. Peggy Bowes with \$423. We had a tie for third between 2nd Lt. J. R. Boddy and Gunnery Sgt. Andy Worley. They each collected \$230.00.

A special thanks goes to "Judge" Chisolm and the enlisted open mess staff, the people of the 64th Communications Squadron who set up the public address system, and our aerobics instructors, Roberta Fuller, Laurie Koshowski and 1st Lt. Terry Forrest.

And, of course, a big thanks to all of you who pledged your hard-earned cash to this worthy cause.

Updates

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.
- Moonlight no-tap tournament night at 7 p.m. Costs \$8 per person.
- 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:** Closed for Thanksgiving.

Free aerobics offered

Free step aerobics are offered at 11 a.m. and 4:45 p.m. weekdays in the Mathis Community Center. Call 3207 for more information.

Intramural bowling standings

(as of Nov. 10)

National League		American League	
CES "A"	27-9	CS	28-8
MG	24-12	MSSQ	24-16
Lockheed	19-13	SPS	20-20
CES "C"	18-18	CES "B"	12-20
CONS	17-19		
35th FTS	15-17		
OSS	17-23		

YABA standings and action

(current standing/scores from Saturday matches)

Bantam Division		High series (two games)	
Speed Balls	16-8	Cody Codgill	206
Slow Pokes	13-11	Kristin Bray	180
Beavis I	11-13	Elizabeth Stevens	131
Terminators	10-14	Chris McCoy	119

High games

Cody Codgill	131
Kristin Bray	95
Elizabeth Stevens	78
Andrew Richardson	66

Prep Division

Rat Pack	27-5
Strikes & Spares	13-19
Team 4	13-19
4 of a Kind	11-21

High series (three games) High games

Greg Lubic	388	Greg Lubic	153
Chad MacKinzie	386	Chris Madgwick	141
Chris Madgwick	368	Chad MacKinzie	135
Robbie Tallman	317	Matthew Cogdill	129

Jr./Sr. Division

JDC	22.5-9.5
Raptors	20-12
Team 6	18-14
Tag Team	15.5-16.5
Regulators	15-17
Three Bs	12-20

High series (three games)

Jimmy Mitchell	415
Josh Bray	412
Mike Stevens	409
Kim Lee	347

High game

Jimmy Mitchell	167
Carlos Ferrand	164
Josh Bray	152
Roger McDermitt	152

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11-26

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(405) 787-2345

Petsitter Wanted

Small dog and 2 cats, all indoor animals. Well trained, well loved. Need someone to watch in their home for 4 months while owners go TDY. Call Lt. Palmier **885-4579**.
11-19

Sale Fixer-Upper

1980 Ford Mustang Hatchback. Needs hood, top replaced, repaired. Rollover. Engine runs good. No leaks. One car accident. One owner car. N. Gridley **885-2704**.
11-19

Non-Qualifying Assumables
Some low equities, call and inquire. Real Estate Consultants. **797-7424**.
11-19

Super Sharp

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.
11-19

'79 Cutlass Supreme

Black with red interior. Good rubber, needs some work. Leave message **885-2863**.
11-19

For Sale

Twin Bed and Frame in great condition - \$100. Boxes and packing materials, all for \$60 (we have lots). Call **794-1089**.
11-19

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11-19

'91 Plymouth Acclaim

Only 22K miles. AM/FM cassette, A/C, PS, PB, PW, Auto, Airbag, Antilock Brakes. \$8,100. **795-5171**.
11-19

1991 Saturn SC

1991 Saturn SC, red, 32K miles, excellent condition, automatic, A/C, tinted windows, AM/FM stereo with CD, equalizer, and coaxial speakers, power sun roof, windows, and locks, cruise, cover, black interior, extended warranty, 72/75K miles, \$13,680, **798-1285**.
12-3

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.
12-24

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11-26

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**.
b-rtm

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SW Lubbock, 3/2/2, 2000 sq. ft., 2620 75th St., \$785.00 per mo. + \$500.00 deposit, **747-8632**.
11-19

Residential House Cleaning

Residential House Cleaning. References available. Call Peters' Cleaning Service **885-4791**.
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For Rent

Like new, 3/2/2, close to Reese and Tech. 1606 sq. ft. \$685 month. 420 Hyden, **792-7675**.
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3/1/1 cul-de-sac, vinyl siding, new roof, new evaporative cooler, big backyard, double carport, storage house, built-in desk, bookcases, and microwave, walk-in-closet, \$34,500. 1504 46th St. **762-8168**.
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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 **797-7700**.
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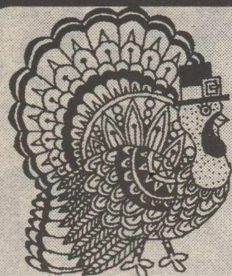
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