

ROUNDUP

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

Volume 45, Number 47

December 3, 1993

Reese AFB, Texas 79489

Holiday spirit

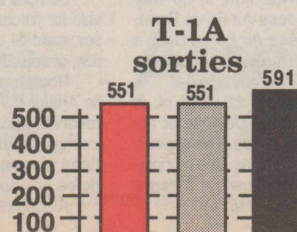
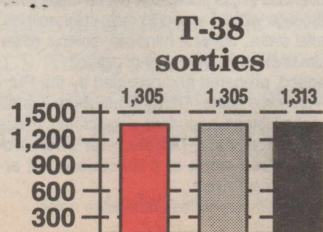
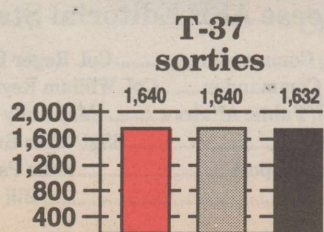
CGOC, wing members spread cheer
Page 6

Second Lt. James Chitty lends a hand during the CGOC Thanksgiving food drive.



SSgt. Mike Breslin

Mission



Inside

- Quarterly award winners Page 4
- Wing fitness program goes on line Page 5
- Caprock Cafe earns AETC recognition
..... Page 5
- New captains selected Page 6

From my perspective

by Col. William L. Reynolds
64th FTW Vice Commander

Lately, we've added a third "sure thing" to "death and taxes," and that is change. Change has always been a fact of life, but it seems lately it's become more pronounced, more visible and everybody's talking about it. We've made some radical changes in our defense structure as a result of the changing threat which has evolved over a period of changing social culture. The evolution may have manifested itself in the collapse of the Berlin Wall and the disintegration of the Soviet structure as we have known it for the past decades, but it didn't happen "overnight."

Another evolution we're dealing with is the social structure in our country. From the beginning, Americans have opened their arms to immigrants from around the world. People have



come to our shores seeking freedom and prosperity. They have joined our culture with varying degrees of willingness to leave behind their own culture, traditions and lifestyles. What we for decades have referred to as a "melting pot"—a term that infers a blending process resulting in at least some degree of homogeneity—has taken on a different character. We're rapidly becoming a nation of diverse cultures, ranging from our own Native Americans (American Indians) to the early immigrants from Europe to those of every culture in the world—and their descendants.

"Diversity" is not a new word, but for those of us in the Air Force, we'll be hearing it more often and probably in a different context than we've considered it before. Our social structure is taking on a very diverse character. Sociologists are predicting the character of our work force will become a "mosaic" rather than a "melting pot." Cultural pluralism is another term being applied: separate cultures, but working together for a common goal. Predictions suggest that sometime soon after the turn of the century, one-half of the U.S. population will be African-American, Hispanic, Native American and Asian-American.

In the work place, a lack of understanding of cultural differences can create stress and discrimination or other inappropriate behavior. In the coming year we'll talk more

about diversity and how we can capitalize on the "difference" each of us contributes to the mission.

As your inspector general, I provide an avenue to surface issues which detract from efficiency in our mission accomplishment or harmony in the work environment. Recently we've shortened the lines between the Reese Social Actions/Equal Opportunity and Treatment office and the IG office. On Nov. 1, social actions, now designated 64 FTW/SA, became part of the wing commander's staff, and social actions complaint processing is now an IG function.

Does this mean you need to come directly to me if you have a social actions or equal opportunity problem? No. Situations that cannot be resolved amicably between individuals should be handled by your chain of command. If the chain of command does not respond or is part of the problem, you can come to the IG. Social Actions is also still available directly to you for advice and counseling. What's changed is that the IG is now the office of primary responsibility for all EOT inquiries and investigations; social actions is the office of primary responsibility for complaint clarification reviews and counseling. This realignment of the EOT and IG complaint functions will continue to preserve the right of wing members to submit EO complaints to any established grievance channel. It's another change in the continuing restructure of our organization. Surely it won't solve all our social problems, but it helps standardize the way we handle complaints.

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 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.

Tree problems

My two areas of concern are, number one, there is a lot of removal and chopping down of trees in the Reese Village area. We find that a little bit

disheartening. Trees are so precious and valuable and we have noticed that some are being chopped down that are not dead and do not look like they need to come down.

The second area of concern is pretty simple. The hours and the days posted by the commissary. Thursday is spelled "Thursday," without an 's' and it's been like that for a while and it would be nice if we had some correct spelling there. Feel free to get back to me. I appreciate it.

The tree trimming you have witnessed simply means we share your concern for trees. We need every tree we can get, but they must be kept healthy by pruning and removed if they become diseased or die. (Personally, I've considered making tree abuse a capital offense, but I can't seem to get the staff judge advocate to agree.)

Believe me, we're doing everything we can to nurture our trees, especially on Thursday. Thanks for calling.

Hangarline Road parking

I'd like to know why we can't re-establish parallel parking along Hangarline Road, east of Bldg. 52, like it was before the construction began.

That's a good question, and there's a good reason for the approach we're taking to parking. The command's "Guide to Installation Excellence" states, "Streets should be designed to accommodate traffic flow—not to be parking lots." We're striving to eliminate on-street parking as we repair/resurface streets and build additional parking lots—both in the interest of safety and decreased traffic congestion.

I realize the ongoing construction projects create some inconvenience, but it's a small price to pay for the improvements we'll all enjoy when they are completed. Thanks for calling.

Bush beating

I'm calling in reference to the bush that's on the corner of War Highway and Mitchell Blvd. It's in a very dangerous location and it needs to be cut down. I don't know what people are waiting for. I guess they're waiting for a couple of accidents before someone cuts it down. Please, cut it down. From a concerned resident of base housing.

You're right. The aforementioned bush is history (or will be very soon!) Thanks for bringing it to our attention.

ROUNDUP

Best newspaper in AETC - 1992

Bldg. 11

3236 or 3843

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

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

Services and products advertised in this publication will be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Roundup's content is edited, prepared and provided by the Public Affairs Office of Reese Air Force Base, Texas. The editorial staff reserves the right to edit submissions based on Associated Press journalistic style and space requirements. Deadline for short notices is noon Monday the desired week of publication; full articles are due noon the preceding Friday.

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 Maj. Judy Burk
Editor SSgt. Mike Breslin
Photo support Mike Parrish
..... Bill Allen

For Home Delivery Call 1-800-433-7300.



American Airlines is the one to call on when you need a lift home. Or anywhere else, for that matter. Because we offer competitive low fares and convenient flights to towns all across America. In fact, along with American Eagle, we fly to over 320 cities throughout the United States and around the world.

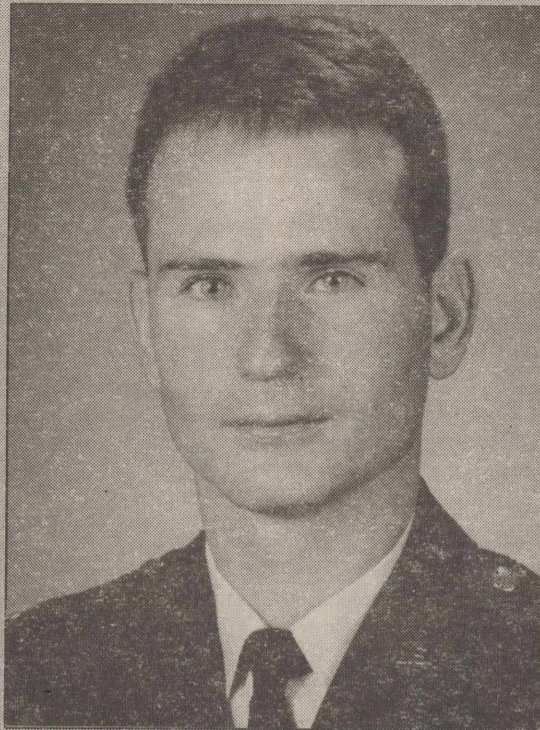
What's more, you can save some extra money by planning your trip in advance. And American even offers special services like pre-

reserved seating and advance boarding passes on every flight.

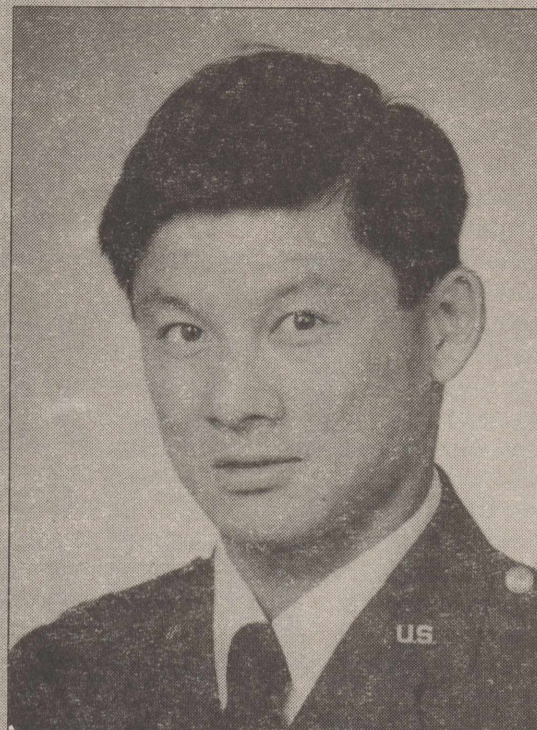
So when it comes to heading home, American delivers. For more information, call your SATO, your Travel Agent or American Airlines at 1-800-433-7300.

American Airlines®
American Eagle

Reese's best of the quarter



Capt. Morgan Kyle
IP of the quarter
Unit: 52nd Flying Training Squadron
Job title: Instructor pilot
Time in service: Four and one-half years
Time at Reese: One year



Capt. Gregory Foo
Flight commander of the quarter
Unit: 64th Operations Support Squadron
Job title: Commander, Current Operations Flight
Time in service: 12 years
Time at Reese: Two years



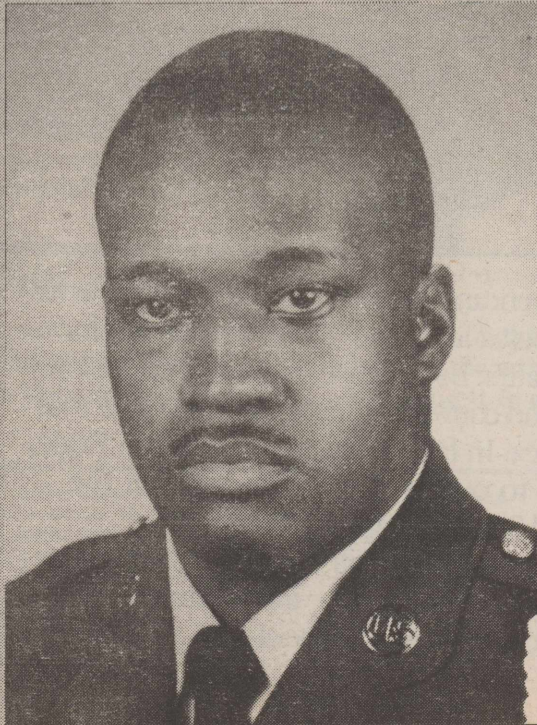
1st Lt. Susan Kirkham
Support officer of the quarter
Unit: 64th Flying Training Wing
Job title: Protocol officer
Time in service: Two years
Time at Reese: Two years



MSgt. Jerry Millsaps
Senior NCO of the quarter
Unit: 64th Civil Engineering Squadron
Job title: Infrastructure element superintendent
Time in service: 19 years
Time at Reese: Eight months



Sgt. Luanne Charles
NCO of the quarter
Unit: 64th Mission Support Squadron
Job title: Reprographics management chief
Time in service: Seven years
Time at Reese: Three years



SrA. Andrick Todd
Airman of the quarter
Unit: 64th Logistics Squadron
Job title: Traffic management specialist
Time in service: Five years
Time at Reese: One year

New fitness program gets under way

by Capt. Phillip W. Petteburg
64th Medical Group

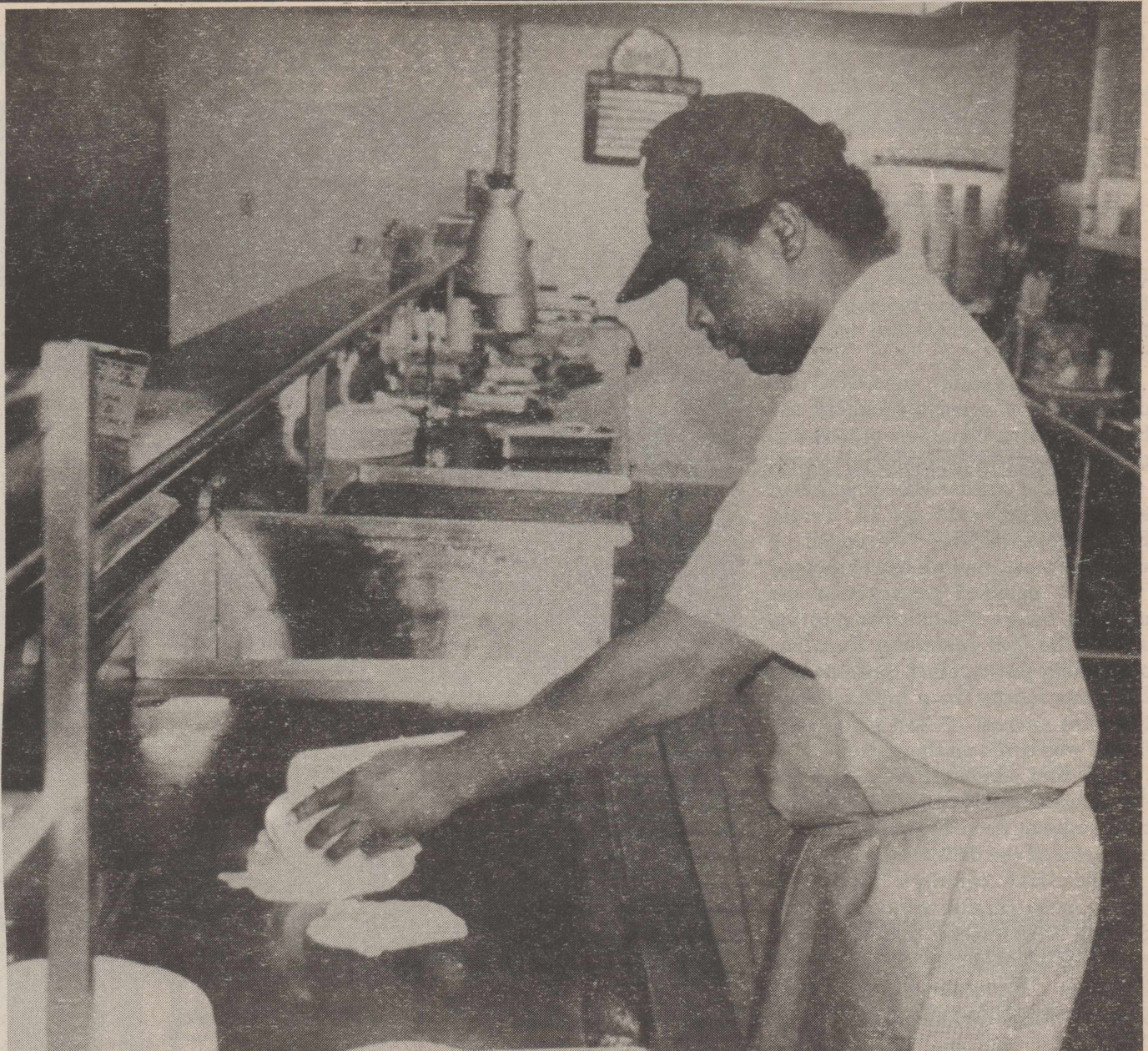
The wing started a new fitness initiative Wednesday.

This mandatory program is consistent with existing fitness programs and will allow the squadrons to accumulate Commander's Trophy points for fitness activities. In this program active duty members will continue to work out a minimum of three times per week. The goal of this initiative is to promote the overall fitness for all active duty members. The responsibility of maintaining fitness is still with the individual active duty member.

As in the past, active duty members will document their fitness activities on an Air Force Form 1975 (Personal Fitness Progress Chart). In addition, these activities will be recorded with your unit fitness representative and converted to a point system. This system is based on intensity and duration of the activity. This fitness data will be reported to the wing on a monthly basis.

The initiative is broken down into a supervised and an unsupervised program. The "Supervised Base Fitness Program" is for members who fail to meet satisfactory weight or fitness requirements. Members in this program will be required to have three 30-minute aerobic workouts each week. Individuals in the unsupervised program may participate in either aerobic or anaerobic activities. Individuals who are over 35 and who have been generally inactive are encouraged to obtain medical clearance prior to entering the program.

Additional information on the initiative is available from your unit fitness representative, Jake Trevino at the gym, or the Health Promotion Office, 6153.



SSgt. Mike Breslin

Caprock takes runner-up honors in AETC competition

Charles Thompson prepares breakfast in the Caprock Cafe Monday. The dining hall was runner up in the annual AETC food service competition, single unit category. Randolph AFB, Texas, won the single unit category, while Sheppard AFB, Texas, won among the multiple units. Sheppard will represent the command in the 1994 Air Force Hennessy Trophy competition.

Fred's Gun Emporium
Everything For the Beginner to the Pro




**10% OFF
Gun Repair**

3003 Slide Rd. Lubbock, Texas 79407 Phone (806) 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

Don Abbe, owner



ADVERTISEMENT

'Cancer in the '90s'

Hodges Cancer Center of Methodist Hospital will sponsor a special four-part television series, "Cancer in the '90s," on avoiding, detecting and surviving common cancers on KAN-TV (cable channel 11) each Monday in December at 8 p.m.

Each part of the series will focus on a different type of cancer. The topics include: Colorectal Cancer, Breast Cancer, Prostate Cancer, and Childhood Cancers.

"Cancer in the '90s," which originated at the University of Wisconsin, celebrates the 20th anniversary of their Comprehensive Cancer Center in Madison. The center has been the site of numerous advances in cancer prevention and treatment. The programs will feature experts from the cancer center as well as patients who have battled the disease themselves.

The TAG Heuer Sports Elegance Chronograph.

Split-time function and fly-back hand. Water-resistant to 200 meters (660 feet).



TAG Heuer
SWISS MADE SINCE 1860





Anderson Bros

WEST TEXAS' OLDEST & FINEST JEWELERS
KINGSGATE SHOPPING CENTER • 82ND & QUAKER AVENUE • 794-7771 • 1-800-658-9801
HOLIDAY STORE HOURS - MON-FRI: 10AM - 8PM • SATURDAY: 10AM - 6PM • SUNDAY: 1PM - 5PM

An authorized TAG Heuer dealer.

© 1993 Heuer Time & Electronics Corp.

CGOC, wing spread holiday cheer

Thanksgiving food drive a big success

Thirty-four wing families were able to enjoy the Thanksgiving holiday, thanks to the efforts of the Reese Company Grade Officers Council and other wing members.

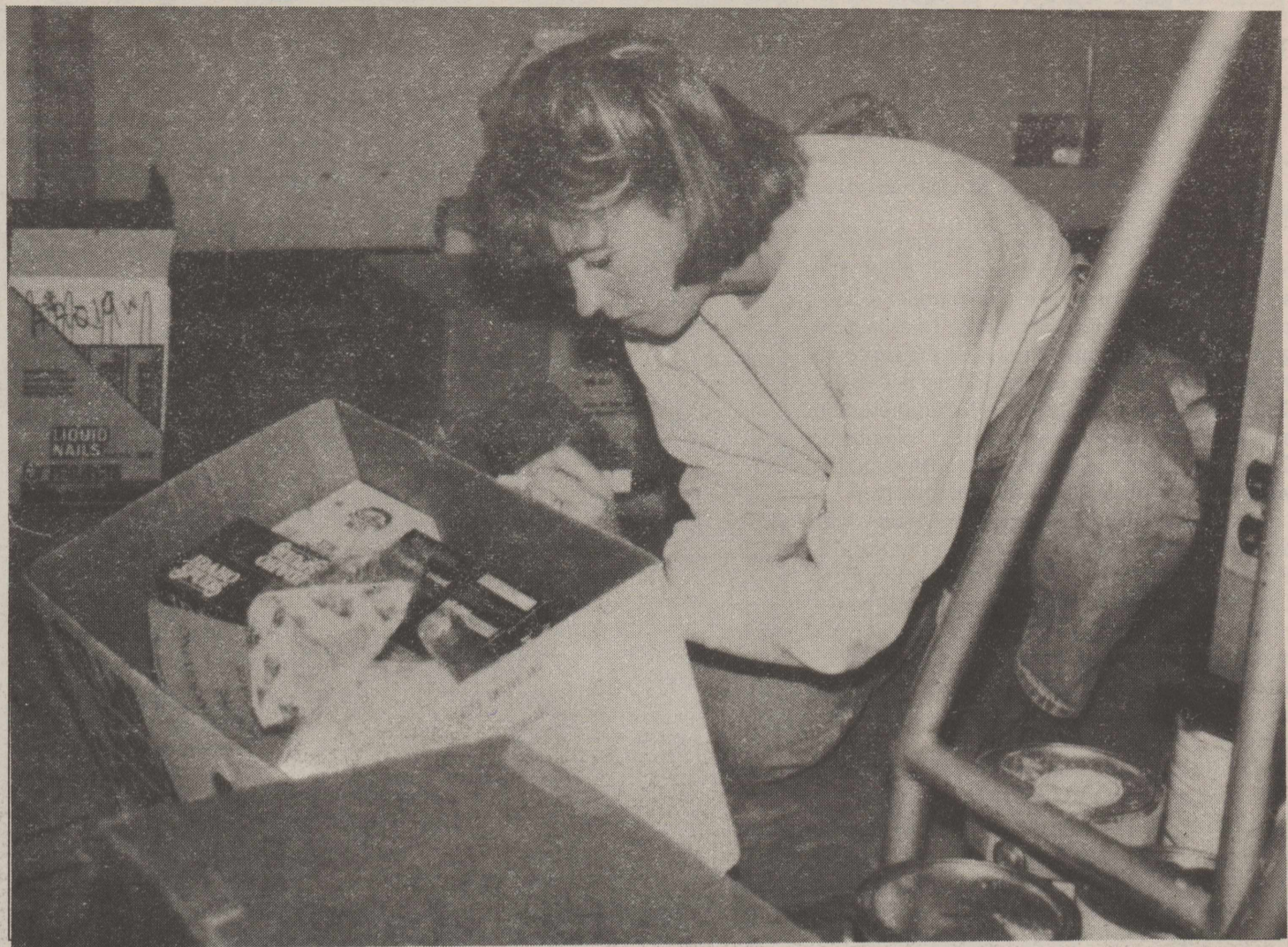
Prior to the holiday, the CGOC conducted a food drive throughout the base, collecting donations of food and money. The drive is an annual event.

"Everyone on base was great about supporting us," said 1st Lt. Teresa Forest of the CGOC. "We ended up with way more than we had expected."

CGOC members got together the morning before Thanksgiving to assemble the food donations. Each box or bag they put together contained all the items needed for a holiday feast; the total amount of food given each family was based on their size.

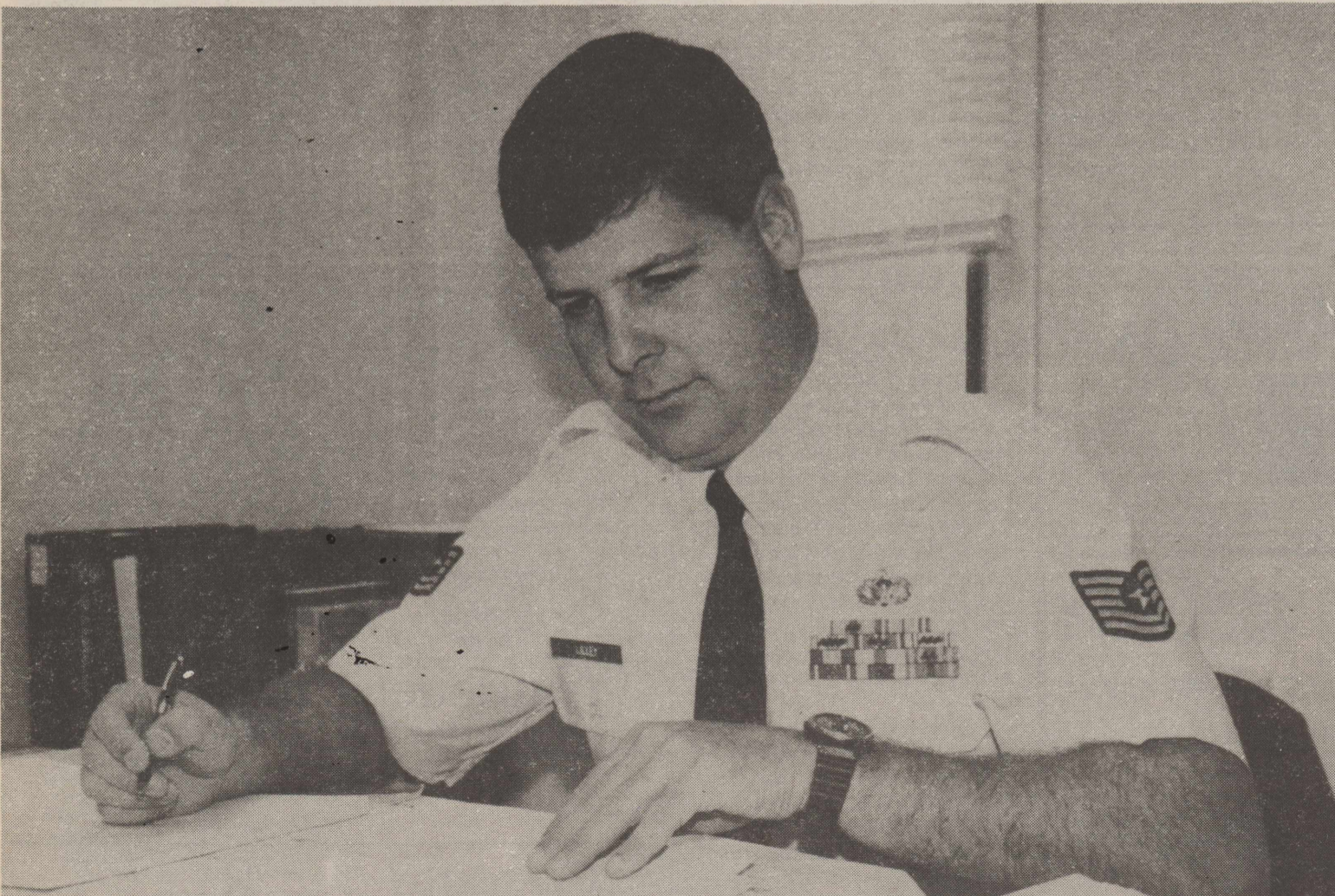
Unit first sergeants picked up the donations earmarked for members of their units at noon Thanksgiving Eve and handled the delivery.

"The drive couldn't have been nearly as successful without the outpouring of generosity that occurred," said CGOC member 1st Lt. Susan Kirkham. "Everyone who played a part deserves thanks."



SSgt. Mike Breslin

Lieutenant Kirkham marks a food box for delivery.



SSgt. Mike Breslin

Social actions sergeant named DG at academy

TSgt. Walt Lilley, 64th FTW, earned honors as a distinguished graduate at the most recent NCO Academy class at Goodfellow AFB, Texas. Sergeant Lilley works in the Reese Social Actions Office.

Wing members earn 'tracks'

The following wing members have been selected for promotion to captain:


Jay O. Aanrud, Neil P. Arnold, Ronald B. Baldinger, Eric R. Bass, Matthew G. Bishop, Robert E. Brankley Jr.

Eric D. Cain, Howard T. Clark III, Jeffrey T. Climer, Thomas D. Crimmins, Brady A. Fuller, John K. Gay, Michael L. A. Holland, Eric G. Jones, Richard D. Kemp, Paul J. Kintz, Kyle J. Kremer, Robert F. Lawyer.

Cuvier W. Lipscomb, Michael F. Mitchell, James P. Mullins, Noel F. Nistler, Daniel S. Ormsby, Jeffrey E. Paterson, Jeffrey D. Philippart, Bryn A. Russell, James B. Sprouse, Todd R. Staudt, James M. Swanik, Michael C. Tiltrum, Mark D. VanCleave, Frank V. Wilson, Dona M. Zastrow.

Apartment Guide

The Best Places to Live in Lubbock



INNSBRUCK*WEST
apartments

ZERO DEPOSIT For Military

- * Video Club * Pool
- * Hot Tub * Ceiling Fans
- * Fireplaces
- * Private Patios & Balconies
- * Exterior Storage
- * Spacious Closets

West 19th & Loop 289 797-7617



EL CHAPARRAL

- * Pool * Club Room * Fireplaces
- * Balconies * Great Location

\$0 Deposit for Military
"Reese...We Love Ya!"

5202 Bangor Ave. • 795-9755
"Professionally Managed by Lexford Properties"



- SPACIOUS FLOOR PLANS
- LIGHTED COVERED PARKING
- MICROWAVES/MINI BLINDS/CEILING FANS
- WOLFF TANNING BED
- GAZEBO/B-B-Q GRILLS
- CUSTOM DESIGNED POOL

5204 50th
797-8612



Savannah Oaks

Monday - Friday 9 a.m. - 5:30 p.m. Saturday 10 a.m. - 4 p.m.

"No Deposit For Reese!"

Ask About Our 5% Rental Discount

Professionally Managed by Centerstone Management Corporation



WOODCREST APARTMENTS

5402 66th at Bangor ♦ 794-9777
(across from Mall)

- ♦ \$0 Deposit for Reese!
- ♦ Fireplaces ♦ 2 Pools
- ♦ Washer/Dryer Conn. ♦ Icemakers ♦ Ceiling Fans
- ♦ Tennis Courts ♦ Frost-Free Refrigerators

"Professionally Managed by Lexford Properties" 

Windmill Hill
5702 50th
797-8871

Windy Ridge
5430 50th
797-8871

Country Park
5602 48th
792-7084

RANCH PARK
5502 49th
793-5115

Farrar West
5720 66th
794-5945 

• \$0 Deposit for Military

- ⇒ 1,2,3 Bedrooms
- Studios Available
- ⇒ Private Patios
- ⇒ Fireplaces
- ⇒ Covered Parking
- ⇒ Swimming Pools
- (amenities subject to availability)

WESTAR
PROPERTY MANAGEMENT

\$100 OFF 1st Full Month's Rent
(For Our New Residents Only)

\$0 Deposit For Military

the CROSSROADS

- Covered Parking
- Ceiling Fans
- Woodburning Fireplaces
- Microwaves
- Spacious Floorplans
- Designer Interiors
- Custom Oak Cabinetry
- 2 Outdoor Pools
- PRIME LOCATION •

"Ask about our concierge services"

793-0400 • 2102 W. Loop 289

The Hudson Group

Reese people are special to us - ask us!

Le Chateau
apartments
"On Maxey Lake"
4345 28th 795-6583



WESTERN OAKS
Two Bdr. Unfurnished Apartments
• Washer/Dryer connections • Backyard
4601 52nd 792-9423



4602 54th St.
797-2656



OMNI...the ONE for ALL !!

Owned & Managed by experienced local professionals

3RD ANNUAL
SOUTH PLAINS
CHRISTMAS
ARTS & CRAFTS FESTIVAL

DECEMBER 11 - 12, 1993
 SAT: 10 AM - 6 PM SUN: 12 - 5 PM
 LUBBOCK MEMORIAL
 CIVIC CENTER

FREE ADMISSION

UNDER THE DIRECTION OF MEL PRATHER

Weekend
 Places to go and things to do



PARTY PLUS
 WAREHOUSE

Santa Shops Party Plus for
 Stocking Stuffers, Christmas Paper
 Goods, & Gift Items
 We can custom decorate your Christmas Party

66th & University Your One Stop Party Stop 795-1443

THE KIND
 OF FOOD
 THAT
 BUILT
 AMERICA.

We've got your hearty dinners right here. Pot roast. Meatloaf. Country Fried Steak. Served with your choice of two vegetables, fresh bread, All-You-Care-To-Eat Soup, Salad & Fruit Bar. All for one low price.

HEARTY HOMESTYLE DINNERS


Starting at **\$5.99**

Offer valid at participating locations.

SHONEY'S
 © 1993 Shoney's

5606 Slide Rd., Lubbock


DON'T MISS OUR HOLIDAY SEASON, FEATURING
"HONEY, I BLEW UP THE KID."
**THIS IS GOING TO
 BE BIG!**



Honey, I Blew Up The Kid
 Starring Rick Moranis



The Walt Disney Company
 Presents The
 American Teacher Awards



Trisha Yearwood:
 The Song Remembers When

©Disney The Disney Channel Programs subject to change.

\$5⁰⁰ Connection to Disney
 When you donate a new toy to our local toy drive.
Mission Cable Company
 1-800-783-5709
 Offer expires soon!

Some restrictions may apply, including additional charges for installation, basic service and/or converter. Please contact your local cable company for details.

Weekend Review

Things to do in the Lubbock area this weekend



WE HAVE IT ALL SIZES 12 - 52

FASHIONS FOR THE LARGE WOMAN

The Forgotten Few

806/872-7961
512 SOUTH FIRST
LAMESA, TEXAS 79331

806/797-9860
3402 73rd ST
LUBBOCK, TEXAS 79423

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

CHEZ SUZETTE
Featuring
Fine French & Italian Cuisine
Banquet Room Available
795-6796
50th & Quaker

The Texas Tech University Theatre



LET US ENTERTAIN YOU

A CHRISTMAS CAROL
sponsored by South Plains Mall
DECEMBER 2-5, 9-12
For information call: 742-3601

CINEMARK THEATRES

MOVIES 12 \$5.50 Adults
\$3.25 Children & Seniors
\$3.25 Matinees Before 6 PM
5721 58th Street 792-0357

THE THREE MUSKETEERS (PG) THX Sat.-Sun. 11:30-2:10-4:55-7:40-10:30 Mon.-Fri. 4:55-7:40-10:30	MY LIFE (PG-13) THX Sat.-Sun. 11:45-2:25-5:10-7:55-10:40 Mon.-Fri. 5:10-7:55-10:40
*REMAINS OF THE DAY (PG) Sat.-Sun. 2:05-4:55-7:50-10:45 Mon.-Fri. 4:55-7:50-10:45 Stereo	FLESH AND BONE (R) Sat.-Sun. 11:15-2:00-4:45-7:30-10:15 Mon.-Fri. 4:45-7:30-10:15 Stereo
*THE NUTCRACKER (G) Sat.-Sun. 12:25-2:45-5:05 Mon.-Fri. 5:05 Stereo	LOOK WHO'S TALKING NOW (PG-13) Mon.-Fri. 7:20-9:45
RUDY (PG) Sat.-Sun. 11:25-1:55-4:25-7:10-9:50 Mon.-Fri. 4:25-7:10-9:50 Stereo	NIGHTMARE BEFORE CHRISTMAS (PG) Sat.-Sun. 12:20-2:35-4:35-7:05-9:20 Mon.-Fri. 4:35-7:05-9:20 Stereo
THE PROGRAM (R) Sat.-Sun. 11:40-2:15-4:50-7:25-10:00 Mon.-Fri. 4:50-7:25-10:00 Stereo	RESCUE ME (PG-13) Sat.-Sun. 12:10-2:40-5:00-7:35-9:55 Mon.-Fri. 5:00-7:35-9:55 Stereo
BEVERLY HILLBILLIES (PG) Sat.-Sun. 11:35-1:50-4:15-7:00-9:35 Mon.-Fri. 4:15-7:00-9:35 Stereo	JUDGMENT NIGHT (R) Sat.-Sun. 12:15-2:50-5:25-8:00-10:50 Mon.-Fri. 5:25-8:00-10:50 Stereo

SNEAK & STAY Sat., Dec. 4, Sneak "GRUMPY OLD MEN" at 8:00 p.m. and stay for "THE NUTCRACKER" immediately following.

MOVIES SLIDE ROAD \$5.50 Adults
\$3.25 Children & Seniors
\$3.25 Matinees Before 6 PM
6205 Slide Road 793-3344

*JOSH AND S.A.M. (PG-13) Sat.-Sun. 11:05-1:40-4:45 Mon.-Fri. 4:45 Stereo	GETTYSBURG (PG) Sat.-Sun. 2:00-7:30 Mon.-Fri. 7:30 only Stereo
MAN'S BEST FRIEND (R) Sat.-Sun. 11:30-1:45-4:30-7:25-9:40 Mon.-Fri. 4:30-7:25-9:40	COOL RUNNINGS (PG) Sat.-Sun. 11:00-1:30-4:20-7:00-9:20 Mon.-Fri. 4:20-7:00-9:20

MALICE (R)
7:20-9:45 p.m. All Week

SOUTH PLAINS 4 \$5.50 Adults
\$3.25 Children & Seniors
\$3.25 Matinees Before 6 PM
6002 Slide Road 799-4121

CARLITO'S WAY (R) Sat.-Sun. 12:45-4:10-7:15-10:20 Mon.-Fri. 4:10-7:15-10:20	*MRS. DOUBTFIRE (PG-13) Sat.-Sun. 11:00-2:00-5:00-7:50-10:40 Mon.-Fri. 5:00-7:50-10:40 DOLBY STEREO
*MRS. DOUBTFIRE (PG-13) Sat.-Sun. 12:30-3:30-7:00-9:45 Mon.-Fri. 7:00-9:45 DOLBY STEREO	ADDAMS FAMILY VALUES (PG-13) Sat.-Sun. 11:45-2:25-4:40-7:20-9:30 Mon.-Fri. 4:40-7:20-9:30

* NO PASSES * NO SUPERSAVERS

VIDEO VISION

410 Frankford 791-5533

We Wish You and Your Family
Seasons Greetings



10 a.m. to 12 midnight
7 Days A Week

Buy Your Stocking Stuffers
Pre-Viewed Movies
Now on Sale \$6⁹⁵

Rent 1, Get 1 FREE Rent Any Movie And Receive A Second Movie Of Equal Or Lesser Value FREE	Rent 1, Get 1 FREE Rent Any Movie And Receive A Second Movie Of Equal Or Lesser Value FREE
--	--

VIDEO VISION
• One Coupon Per Customer • Expires December 31, 1993

ARTS & CRAFTS

♥ Handmade ♥ Happiness ♥
Handmade Crafts From The Heart

6625 19th (Next to Boot City) 784-0055

Special Orders! Lay-Away Available! Gift Certificates!
Shop Early for Christmas!
Space Available For Crafters

Check Out The Bargain Table At 1/2 Price!



A Massachusetts law of 1659 banned Christmas, reading: "Whosoever shall be found observing any such day as Christmas or the like, either by forbearing of labor, feasting, or in any other way...shall be subject to a fine." It's since been repealed.

Enlisted Open Mess
(3156)

Today: Variety music with "The Electrifier" in the lounge 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. Watch NFL football on the large screen TV.
Wednesday: Games night begins at 7 p.m. Two-person teams will compete in 8-ball pool, bowling machine, shuffleboard and indoor golf. First through third-place prizes will be awarded. Call Judge at 3156 for details.
Thursday: Boss-and-buddy night at 4:30 p.m. Free buffet for members in the lounge. Disc jockey at 7 p.m.
 Air Force Sergeants Association bingo at 7 p.m. Twenty-five cents per card.
Monday through Friday: Lounge bingo begins at 5:30 p.m. Hot ball bingo at 5:30 p.m.
Ongoing: Play bonanza bingo and win up to \$500 anytime.

Around Reese



THE FUGITIVE-Harrison Ford, Tommy Lee Jones

Simler Theater
(885-4581)

Friday: "A Bronx Tale" (R) at 7:30 p.m.
Saturday: "The Fugitive" (PG-13) at 7:30 p.m.
Sunday: "Mr. Jones" (R) at 7:30 p.m.

Officers Open Mess
(3466)

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 - Philadelphia vs. Dallas on the large screen TV. Beverage specials and bar and grill menu available. Dining room closed.
Tuesday: The Retired Officers Association meets at 6:30 p.m.
 Bar and grill menu available from 5:30 to 8:30 p.m. Dining room closed.
Wednesday: Italian night buffet served from 5:30 to 8 p.m. Adults \$5.50, children 6 - 12 \$2.50, children under 6 free.
 Over-the-hump day in the lounge. Celebrate with free tacos and beverage specials in the lounge at 5 p.m.
Thursday: Officers Wives Club social - excerpts from Tchaikovsky's ballet "The Nutcracker" at 6:30 p.m. Costs \$6.95. For reservations call Jennifer Alston at 885-2471 or Gerrie Climer at 885-4491.
Monday through Friday: Lunch served from 11 a.m. to 1:30 p.m.

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: Open for sales from 9:30 a.m. to 1:30 p.m. Consignments by appointment.
1st Saturday: Open the first Saturday in December from 9:30 a.m. to 1:30 p.m.

Rest of Reese

Youth Center (3820): Winter Wonderland Camp for youth ages 5 - 13 from 7:30 a.m. to 5 p.m. Dec. 18 - 30. Registration is currently under way; limit 40 campers per session. Cost for members: one week \$50, two weeks \$90. Non-members: one week \$60, two weeks \$120.
ITT and Package Mail (3787): Reese Package Mail has expanded service this holiday season with mailing boxes and packing materials. Pick up a box and take it home or pack them here, an area has been set aside for you-pack-it. Hours of operation are Monday from 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., Sunday and holidays closed. Closed Dec. 24 through Jan. 2.
Skills Development Center (3241): Let It Snow Sale: save 10 percent on all unfinished furniture kits in stock. Assembly fee not included in purchase price.

Chapel
(3237)

Weekdays: Catholic Mass at 11:30 a.m. 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
(885-2639)

Tuesday: All-you-can-eat pizza, pasta and salad bar for \$3.99 from 11 a.m. to 2 p.m.
Ongoing: Mamma's 10-piece chicken bucket with cole slaw and rolls for \$7.50.
 Hot wings special - three dozen for \$6.
Monday through Friday: Special lunch platter served from 11 a.m. to 2 p.m. Ask the cashier about it.

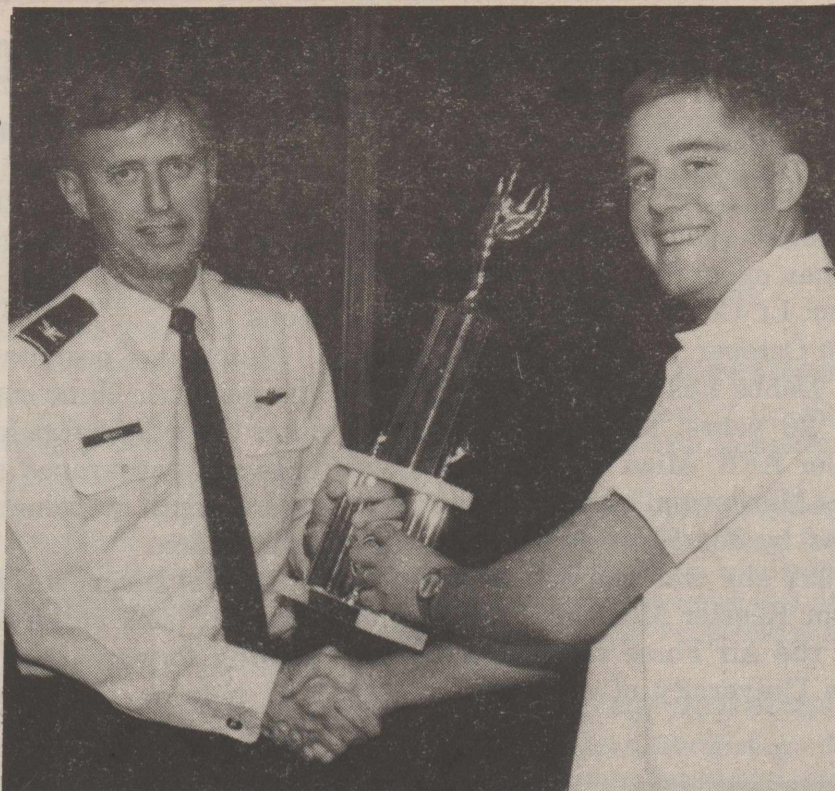
Main Exchange
(885-4581)

HOLIDAY HOURS:
 Mon. - Sat. 9 a.m. - 7 p.m. Through Dec. 9
 Sun. 10 a.m. - 5 p.m. Until Dec. 19
 Mon. - Sat. 9 a.m. - 8 p.m. Dec. 10 - Dec. 23
 7 a.m. - 5 p.m. Dec. 24
 Closed Dec. 25 & Dec. 26
 Back to normal Dec. 27
 11 a.m. - 4 p.m. Jan. 1

SHOPPETTE
 7 a.m. - 6 p.m. Dec. 24
 Closed Dec. 25
 7 a.m. - 10 p.m. Dec. 31
 10 a.m. - 8 p.m. Jan. 1

Honor guard takes best of parade

A1C Bradley Ferch accepts the award for best military unit in the Lubbock Veteran's Day parade from Col. Roger Brady, 64th FTW commander. Airman Ferch and other Reese Honor Guard members participated in the holiday event, which commemorated the annual tribute to America's past and present service-members.



Mike Parrish

PFE waivers announced

Only personnel performing duty in the following reporting/special duty identifiers will take the promotion fitness exam, according to promotions and testing:

1C671 (27770)
1N271 (20771/20772)
2A071A (45570A/45570B)
2A071B (45175/45177)
2A171 (45570A/45570B)
2A171/2A172/2A173/2A471
2A472 (45573A)
2A371 (45271/45273)
2A373/2A571/2A675 (45474A)
2B071 (59170)
2B072 (59171)
2E171 (30470/30476)
2E174 (30475)
2M071 (41170)
2M072 (41171)
2M073 (41172)

2W071 (46170/46570)
3C172 (49272)
3N171 (87170)
3N271 (87170)
3P171 (75371)
3S271 (75170/75171)
4R072 (90371)
4T072 (92471)
4T073 (92570)
4U071 (91970)
1C651 (27750)
1N251 (20750/20752)
2A051A (45154A/45154B/
45156A/45156B)
2A051B (45155/45157)
2A151 (45550A/45550B)
2A151/2A152/2A153/2A451
2A351A (45251S/56253A)

2A351B (45251B/45253B)
2A452 (45553A)
2A851C (45251C/45253C)

2A353/2A551/2A655 (45454A)
2B051 (59150)
2B052 (59151)
2E151 (30450/30456)
2E154 (30455)
2M051 (41150)
2M052 (41151)
2M053 (41152)
2T051 (60250/50251)
2W051 (46150/46550)
3C152 (49252)
3N151 (87150)
3N251 (87250)
3P15A
3S251 (75150/75151)
4R052 (90351)
4T052 (92451)
4T053 (92550)
4u051 (91950)
For more information, call promotions and testing at 3145.

OLD TIME CLOCK SHOP
FINE ANTIQUE CLOCKS - CLOCK & WATCH REPAIRS
SERVICE CALLS ON LARGE CLOCKS
2610 SALEM CACTUS ALLEY 797-8203

Texas Body & Frame
Free Estimates Welcome

- Minor to Major Body Repairs
- Auto Refinishing
- Fiber Glassing

5113 Santa Fe Dr. (29th Drive & Brownfield Hiway) 792-6269

Name Brands at Factory Prices LAYAWAYS ACCEPTED

Tejas
WESTERN OUTLET STORES
5715 19th Street JUST EAST OF FRANKFORD ON 19TH

Register for
5 - \$100 Gift Certificates
to be given away Dec. 11
No Purchase Necessary

Just Arrived In Time For Christmas
Men's Wrangler JEANS
Cowboy Cut & Slim Fit **\$12.00** slightly irregular

Holiday Celebrations: Handle With Care

By Bart Alexander (NAPS)—Everyone looks forward to the annual round of holiday parties with friends and family—complete with twinkling lights, special family dinners and the joy of sharing gifts. If alcohol is normally a part of your holiday celebration, Coors Brewing Company encourages you to drink responsibly and most importantly—don't ever drive if you've had too much to drink. Here are some pointers to keep in mind this holiday season.

Celebrate responsibly
If you're hosting a holiday celebration, follow good-sense tips like serving food with alcoholic beverages and offering non-alcoholic drinks. If you're a guest, be careful not to overdo the spirits of the season.

Designate a driver
Whether you're going to a fancy work party, casual open house or the traditional family get-together, it is important to plan ahead and designate a driver for the

event. There are plenty of alternative beverages for the designated driver, including non-alcoholic brews like Coors Cutter, an ideal beverage for people who enjoy the real taste of beer without all the alcohol.

Call a cab or a friend
Don't be embarrassed to call friends or family members for a ride home, even if it is the middle of night. No doubt, they would rather hear from you instead of the authorities if an accident were to occur. If you're a host, be prepared to call a cab for friends and family members who have had too much to drink. Remember, friends don't let friends drive drunk.

Take advantage of transportation offered by hosts
Often, party planners will make arrangements to provide buses or limos to escort guests to and from the festivities. These accommodations are made to ensure your safety, so use them and thank your hosts for providing the service.

Alcohol-related traffic fatalities have been declining for more than a decade, but even one drunk driver is too many. Ⓟ

Alcohol-related traffic fatalities have been declining for more than a decade, but even one drunk driver is too many. Coors Brewing Company congratulates the vast majority of people who drive safely and encourages you to remember these tips throughout the holiday and entire year. For more information about Coors-sponsored programs to further reduce drunk driving, call the Coors Alcohol Issues Hotline at 1-800-328-6785.

Bart Alexander is the alcohol issues manager for Coors Brewing Company. He spearheads Coors' efforts to promote responsible decisions about drinking.

1000's of Name Brand Mens SHIRTS by Wrangler, Panhandle Slim, and others Values to \$60.00 Only \$15.99	All Ladies Rocky Mountain, Panhandle Slim, Silverlake JEANS \$60.00 Values Just \$24.00	Entire stock of Name Brand Ladies BLOUSES \$60.00 Values Just \$11-\$32
Large Group of BOOTS by Tony Lama, Justin, Nocona \$59.00	Mens COATS By Comfy 50% - 70% OFF <small>Manufacturers Suggested Retail Price</small>	All Men's Lizard & Smooth Ostrich COWBOY BOOTS \$319.95 Value \$139.00

OPEN 10 A.M. TO 7 P.M. MONDAY THROUGH SATURDAY
OPEN SUNDAY 1 TO 5 P.M.

Tejas 5715 19th Street 793-6297

AMERICAN EXPRESS MasterCard VISA DISCOVER



Colonel Dobbs

Nurse practitioner expands clinic's service

by Capt. (Dr.) Stephen S. Baker
64th Medical Group

Appointment availability in the pediatric clinic has expanded. A pediatric nurse practitioner, Lt. Col. Kathleen Dobbs, joined the staff in October.

Colonel Dobbs has been a nurse practitioner for 20 years. Her last assignment was Keesler AFB, Miss. In 1990, she was selected as Mississippi's nurse practitioner of the year by the State Nurses Association; in 1992 she was the senior nurse of the year for Keesler Medical Center. Prior to joining the Air Force she was a professor at the University of Alabama at Birmingham.

Since health promotion is a priority for pediatric clinic, well baby visits through six months of age will now include a class taught by Colonel Dobbs. These informal classes precede the individual examinations.

Many new parents are not aware that the pediatric clinic starts seeing newborns after their discharge from the hospital. Parents are encouraged to call soon after the baby's birth to schedule a two-week well baby exam.

Colonel Dobbs will be caring for well babies and sick children of all ages. She is looking forward to working with parents and helping them to enjoy the precious years of childhood.

Come Join A Lubbock Church Or Synagogue Of Your Choice

HURLWOOD BAPTIST CHURCH
Military Families' Home Away From Home

Sunday School 9:45 a.m.
Worship 11:00 a.m.
Church Training 5:00 p.m.
Evening Service 6:00 p.m.
Nursery Available During All Sessions

9417 W. 4th St.
(across from Reese Village)
Pastor: Billy C. Collins
885-4862

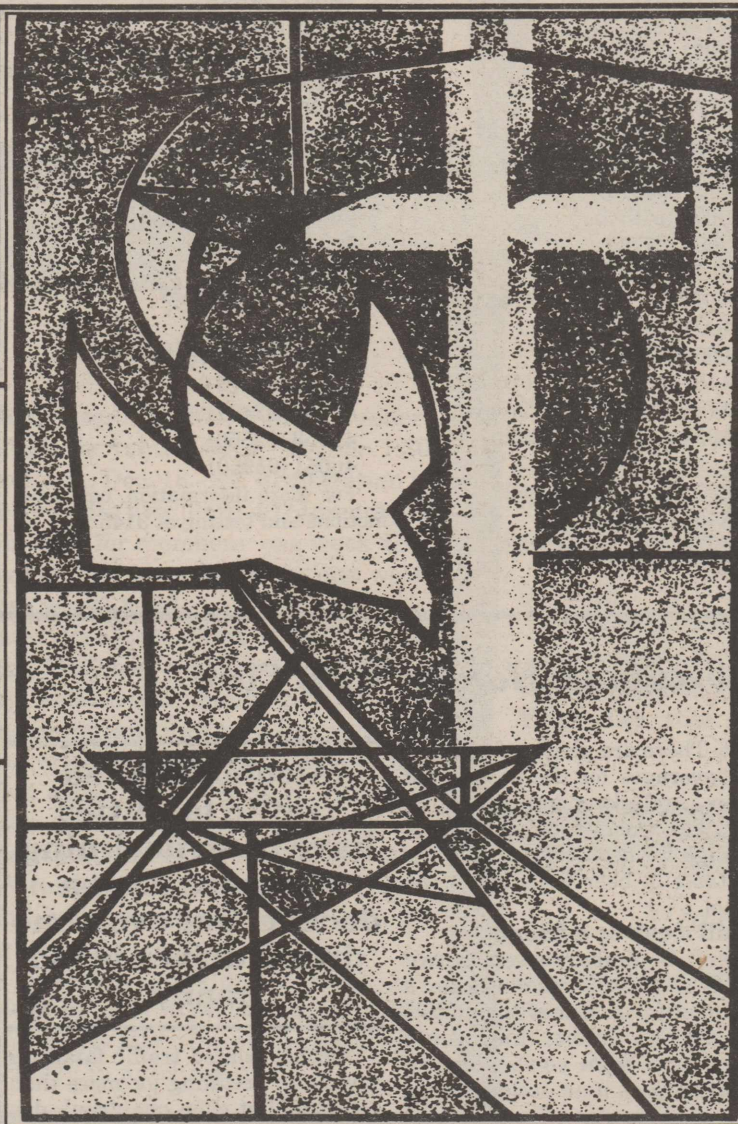
First United Methodist Church

Dr. Jim Jackson, Senior Pastor

Sunday Worship 8:30 a.m., 10:50 a.m., & 7 p.m.
KCBD-TV, Channel 11 at 8:30 a.m.
KFYO-Radio, AM 790 at 11:00 a.m.

Sunday School
A variety of classes are offered for singles and couples. 9:40 a.m.

1411 Broadway 763-4607



Come Share the Spirit!

Gloria Dei Lutheran Church
(ELCA)

1706 Slide Road
8:00 & 10:30 Worship
Sunday School at 9:15 Sept.-May
Nursery Available
Robert Bardy, Pastor
795-2283

FIRST FOURSQUARE GOSPEL CHURCH

Sunday School 9:30
Morning Worship 10:50
Evening Service 6:00
Wednesday Service 7:15

Pastor: PHIL DEMETRO
Assistant: RANDY DEMETRO
745-4581 10701 Indiana

CHRIST LUTHERAN CHURCH

Sunday School/Bible Class 9:00 a.m.
Sunday Worship 10:00 a.m.
Wed. Midweek School 6:30 p.m.
(when public school is in session).

Adults, Youth, Kids, Marrieds, Singles.. ALL are Welcome in Christ's family!

Ronald L. Jenkins, Pastor
Established & Growing at
7800 Indiana
799-0162

SOUTH PLAINS CHRISTIAN FELLOWSHIP
3602 Frankford Ave. Lubbock, TX 792-3229
You're always welcome here!

SCHEDULE OF SERVICES

SUNDAY
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
Children's Church 11:00 a.m.
Evening Services 6:00 p.m.

WEDNESDAY
Adult Service 7:00 p.m.
Youth Service 7:00 p.m.
Kid's of the Kingdom 7:00 p.m.

Pastors Hugh & Lola Dean Harris * Nursery Provided for all services

LAKERIDGE UNITED METHODIST CHURCH

4701 82nd Street
Lubbock, Texas 79424
(806)794-4015

BILL COUCH, Pastor
Worship 9:15 and 10:30
Sunday School 9:15 and 10:30

St. Stephen's Episcopal Church

101 Slide Rd. 799-3439

HOLY EUCHARIST
8 a.m. Sunday

PARISH EUCHARIST
10:30 a.m. Sunday

HOLY EUCHARIST & UNCTION
5:30 p.m. Wednesday

FIRST CHURCH OF CHRIST SCIENTIST

Sunday School ... 9:45 a.m.
Church Service ... 11:00 a.m.

Reading Room
Mon., Tues., Thurs., Fri., Sat. 1-3
Wed. Evenings .. 6:30 - 7:20

2202 Broadway

PILGRIM BAPTIST CHURCH

Extends to You a Welcome

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Church Training 6:00 p.m.
Evening Worship 7:00 p.m.

Mid-Week Service
Wednesday 7:00 p.m.

Leon Anderson, Pastor
6111 19th St.

Contemporary

WORSHIP

9:30 a.m. Sundays
First Christian Church
Broadway & Ave. X

Traditional Services
8:30 & 10:40 a.m.

Michael S. Passmore, Senior Minister
763-1995
Come Into His Presence with Joyful Praise

Shepherd King Lutheran Church
ELCA

• Sunday School All Ages
• VBS
SS 9:00 am
• Worship 10:30 am
Choir & Wed. Evening
Nursery Available
Mel Swoyer - Pastor

2122 - 18th St • 762-5080
(4 Blks. East of TexasTech)

New Covenant Pentecostal Church of God
5810 Ave. P

Sunday School 10:00
Morning Worship 11:00
Evening Service 6:00
Saturday Night Praise & Worship 7:15

Pastor: Les Berg (USAF Ret)
Co-Pastor: Jean Berg

Need transportation or information, call 795-8021

Trinity Church
Reaching the Heart of West Texas
Randal Ross, Senior Pastor

TRINITY CHRISTIAN SCHOOLS
TRINITY COUNSELING CENTER

Services on Saturday, 6 p.m.
Sunday - 9 a.m., 10:45 a.m., 6 p.m.
Wednesday, 7 p.m.

7002 CANTON AVE.
Loop 289 & So. Canton
792-3363

Notes

Toys for Tots collected

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 or Gunnery Sgt. Andy Worley at 747-1277 for more information.

CES provides leaf pick-up

The 64th Civil Engineering Squadron will provide a leaf pick-up service Saturday and Dec. 11 in housing. Residents must rake leaves out of their yards and into the gutter by noon those days. Residents also must park their vehicles off the street on those days.

Workshop planned

A workshop on "Preparing for Change" will be held from 1:30 to 3 p.m. Tuesday in the Reese Family Support Center. Dealing with conflict that arises from changes such as divorce, relocation and retirement will be discussed.

Call 3305 for reservations.

'Bird boom' notice

Wing safety is pursuing further steps to control aircraft bird strike potential. People who live on base and hear the propane gas cannons and/or the firing of shotguns in the morning should not be alarmed. Wing safety is only attempting to scare away the birds from the airfield.

OWC plans social

The Reese Officers' Wives Club social at 6:30 p.m. Thursday will feature the Dancer's Studio performing excerpts from Tchaikovsky's ballet "The Nutcracker." For reservations, call Gerrie Climer at 885-4491 or Jennifer Alston at 885-2471.

Any OWC member who is not receiving the OWC "Breeze" should call Marilyn Spence at 798-3757.

Auto shop plans open house

The Reese Auto Hobby Shop will hold an open house from 9 a.m. to noon Dec. 11. The shop is offering a free pre-holiday road safety inspection and half-price self-help stall fees.

For details, call the shop at 3142.

'Share a little sweetness'

"Share a Little Sweetness" is the theme of this year's base holiday cookie drive, sponsored by the 64th Support Group.

The drive aims to give dormitory residents a "taste of home" by delivering cookies to them Dec. 18.

People who want to donate cookies should bring them to the family support center by 4 p.m. Dec. 16. For more information, call Pat Brooks at 885-4604.

Safety briefing scheduled

A mandatory holiday safety briefing will be held for all military and Defense Department civilians at 10 a.m. and 2 p.m. Dec. 14 and 15 in the Simler Theater.

Transportation plans party

The Allied Management of Texas/Transportation Christmas party will be held at 6:30 p.m. today 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 holds children's party

The 64th Civil Engineering Squadron children's Christmas party will be held from 1 to 3 p.m. Saturday 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.

MSSQ Christmas party

The 64th Mission Support Squadron will hold its Christmas party at 6 p.m. Saturday in the enlisted open mess. A voluntary gift exchange with a \$5-10 limit will be held. Dress will be casual (no jeans). Tickets are available through flight chiefs and the orderly room. Call 6320 for details.

Parenting class given

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

MSSQ sets children's party

The 64th Mission Support Squadron will hold a children's Christmas party from 11 a.m. to 2 p.m. Dec. 18 at the youth center. Parents are encouraged to bring Christmas cookies or other snacks.

In addition, MSSQ asks that parents provide a gift for their child, not exceeding \$10. Gifts should be dropped at the consolidated training office by Dec. 15. Call 6320 for details.

Chapel study offered

The chapel offers a luncheon study, "Your Work Matters to God," every Wednesday for all base people. A complimentary lunch is provided. Call 3237 for details.

SPs sell Christmas trees

The 64th Security Police Squadron is holding its annual Christmas tree sale. They will be open from 8 a.m. to 8 p.m. weekdays, 10 a.m. to 6 p.m. Saturday and noon to 6 p.m. Sunday. Trees will be sold at last year's prices, and the sale will continue until all trees are sold.

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

Sports
SCUBA
3300 D-A 82nd 797-0781

ACTION USA
DEFENSIVE DRIVING COURSE
• Insurance discounts
• Ticket dismissal
• T.E.A. approved course
• We can meet your schedule
• Bonded & insured for your protection
\$17 coupon
24 HOUR CALL
792-1510
4902 34TH ST. • SUITE 26A
Terrace Shopping Center
(Next to Baskin Robbins)

meineke®
Discount Mufflers
"You're Not Gonna Pay A Lot!"
Complete Exhaust Service
Complete Brake Service
Shocks • Struts • Coil Springs • C.V. Joints
Lubbock 793-8854
5521 A West 4th St.
(At the inter. of Loop 289 West & 4th)
Over 900 Locations Coast To Coast
Free Undercar Inspection & Estimate
Nationwide Lifetime Guarantees
OPEN MON. - SAT. 8 AM TO 6 PM

From \$29⁹⁵ Muffler Special
Fits Many Small Domestic Cars
Pipes Clamps & Hangers Extra
1 Year Nationwide Warranty
Expires 1-15-94 • MEINEKE

\$69⁹⁵ Brake Special
Per Axle
With Semi-metallic
Includes new shoes or pads, resurface drums or rotors, repackfront bearings (non-drive) and inspect the entire system. Some make & model exceptions apply.
Expires 1-15-94 • MEINEKE

\$18⁶⁵ Oil & Filter
Up to 5 qts. 10W30
Quaker State & Standard Filter
Most Cars
Expires 1-15-94 • MEINEKE

Offer valid through 1-15-94 at Meineke, Lubbock location. Not valid with any other offer. Must present coupon at time of estimate.

Updates

Bowling schedule

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

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

Intercity travel league from 1 to 6 p.m.

Sunday night league pre-bowls from 6:30 to 9 p.m.

Sunday: Open from noon to 10 p.m.

Mixed league at 6:30 p.m.

Monday: Mixed league at 6 p.m.

Wednesday: Mixed league at 7 p.m.

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

YABA standings and action

(current standing/scores from Saturday matches)

Bantam Division		High series (two games)	
Speed Balls	16-11	Kristin Bray	157
Slow Pokes	16-11	Lisa Kniezewski	116
Beavis III	14-13	Kim Kniezewski	100
Terminators	10-17	Elisha Codgill	97

High games		Prep Division	
Kristin Bray	79	Rat Pack	27-9
Lisa Kniezewski	61	Strikes and Spares	17-19
Kim Kniezewski	58	Team 4	16-20
Elizabeth Stevens	51	4 of a Kind	12-24

High series (three games)		High game	
Chris Madgwick	338	Matthew Cogdill	127
Greg Lubic	334	Josh Marsh	127
Matthew Cogdill	330	Tina Hunter	124
Robbie Tallman	329	Robbie Tallman	123

Jr. / Sr. Division		High series (three games)	
JDC	22.5-13.5	Josh Bray	450
Raptors	22-14	Jimmy Mitchell	406
Team 6	22-14	Gene Hunter	395
Untouchables	19-17	Kim Lee	393
Tag Team	17.5-18.5		
Three Bs	12-24		

High game	
Josh Bray	158
Jimmy Mitchell	156
Gene Hunter	149
Mike Stevens	144
Roger McDermitt	144

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.

NUTRITION QUIZ #2

- Which fruit has the most fiber?
 - Small banana
 - 10 cherries
 - Small pear
 - ½ cup blackberries
- Which food additive should you limit if you wish to lower your risk of high blood pressure?
 - Monosodium glutamate
 - Disodium phosphate
 - Table salt
- True or False: Many common health problems can be solved if people take megadoses of vitamins.
- An adult should take in _____ glasses of fluid per day.
 - 2-4
 - 8-10
 - 3-6
 - 10-12
- Which sandwich has the most calories?
 - Peanut butter and jelly on whole wheat bread.
 - Hamburger with catsup and pickles.
- Match each ready-to-eat cereal with its sugar content

a. Cheerios	1.44%
b. All Bran	2.10%
c. Frosted Flakes	3.22%
d. Rice Crispies	4.20%
- Which cheese is lowest in cholesterol?
 - 1 oz. cheddar
 - 1 tbsp. cream cheese
 - 1 oz. Swiss
- True or False: All vegetable oils are low in saturated fat.
- Which food is the best choice for calcium?
 - 3 oz. canned salmon
 - 1 cup dandelion greens
 - Low fat cottage cheese
- Which canned soup has the most calories? All are diluted with water.
 - Cream of celery
 - Tomato
 - Minestrone

ANSWERS TO NUTRITION QUIZ NO. 2

- d. ½ cup of blackberries contains 3.7 grams of fiber; a small pear, 2.5; a small banana, 1.3; 10 cherries, .9
- a. All. Sodium is essential to many metabolic functions, but most people can get the sodium they body requires from a well-balanced diet.
- False. Megadoses of some vitamins can actually be harmful. The best course is to eat a diet rich in fresh fruits, vegetables and complex carbohydrates.
- b. Fluid can come as water, fruit juice, milk, coffee, tea, fresh fruits and vegetables. Since caffeine is a diuretic, heavy coffee or tea drinkers should make an effort to add fluid from other sources.
- a. 2 slices whole wheat bread has 122 calories; 2 tbsp. peanut butter, 168; 2 tbsp. jelly, 98. Total: 388. A hamburger made with 4 oz. of lean ground beef, broiled, 1 tbsp. catsup, 3 dill pickle slices on a white bun totals about 373 calories.
6. Cheerios, 2.2%; All Bran, 20%; Frosted Flakes, 44%; Rice Crispies, 10%.
- b. 1 tbsp. of cream cheese has 16 mg. of cholesterol; cheddar and Swiss are tied at 28 mg. per ounce.
8. False. Two vegetable oils, palm and coconut, are highly saturated.
- b. One cup of dandelion greens delivers about 280 mg. of calcium; salmon, 167 mg.; cottage cheese, 155 mg.
10. a. 1 cup of cream of celery has 100 calories; tomato, 80; minestrone, 71.

© 1989 PARLAY INTERNATIONAL

BRITE-WAY CLEANERS

Laundry Special
Plain Shirts \$1.09 each
Jeans \$2.29 each

"The World's Greatest Dry Cleaning Process" In 14 Locations
 Hours for Your Convenience
 Mon-Fri 7 am - 7 pm & Saturday 8 am - 5 pm
20% OFF
OUR ALREADY LOW PRICES ON:
 • Dry Cleaning • Furs • Leathers
 • Suedes • Wedding Gowns • Formal Dresses
 Coupon Must Be Presented With Soiled Garments
 Will Not Be Honored at Pick-Up Time
 Limit One Coupon Per Customer - Expires 12-31-93

- 8004 Indiana • 797-8034
- 5718 W 4th • 795-9463
- 707 University • 744-5614
- 5444 A 50th • 792-0118
- 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
- 6602 Slide Rd. • 798-1318
- 4935-B Brownfield Hwy • 795-7390
- 4709 I-27 • 765-9544

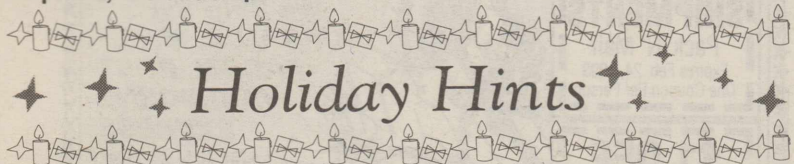
CREATIVE LEARNING CENTER



NOW REGISTERING AGES 0-12
 INCLUDING AFTER SCHOOL PICK UP
 AT REESE, SHALLOWATER, HARDWICK & FRENSHIP
HOURS 6 A.M. - 6 P.M. MON.-FRI.
 525 N. FRANKFORD 795-2843



The first woman to fly the Atlantic was Amelia Earhart, who took off from Boston on May 25, 1908 with two passengers in her airplane, "Friendship."



Handle Those Holiday Hassles

(NAPS)—Want to make your Yuletide more merry? Here's how to handle those holiday hassles:

- Shopping early really is a good idea if you want to beat long lines and get personal attention from salespeople who are likely to be less harried now than a few days before Christmas. Check out the ads in local newspapers to see where the bargains are.

- Buy stamps in bulk for your Christmas cards; mail cards and out-of-town-bound gifts early.

- Holiday parties will go easier if you prepare much of your meal ahead of time and refrigerate. Then just heat up the food shortly before guests arrive, so you can spend more time with them, less time in the kitchen.

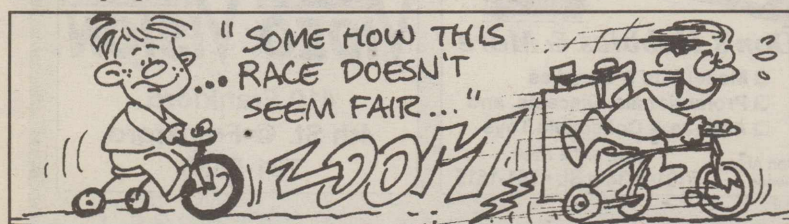
- Stuck on a gift idea? If you're shopping for a teen or pre-teen girl, local stores have many delightful products to choose from, including the very popular new Caboodles™ Signature Tray for cosmetics. Excellent for bathroom or bedroom, it has compartments for make-up, six lipsticks, brushes, pencils and accessories, as well as a cotton holder. Especially nice is the flip-up mirror with a secret



A delightful Caboodles™ cosmetic tray could be a welcome gift for a beauty-conscious teen.

compartment for storing personal items. No more lipsticks on top of blushers, on top of creams, on top of the counter—and it eliminates the hassle of frantic searches for missing makeup. That can make getting ready for those holiday parties much more pleasant.

- A bright idea: Make sure your Christmas tree lights and other holiday ornaments are in good, safe working order before you begin trimming—and while there's still time to find replacements if necessary!



The first electric automobile—a tricycle driven by storage batteries—was designed by Philip W. Pratt in 1888.

Want Ads • Want Ads • Want Ads

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

Dity???

We have boxes and paper. \$50.00 and you must pick up. 798-8652. 12-3

ECONO PAINT & BODY

Complete Paint Jobs Starting At \$375.00
Insurance Claims Welcome
SPECIALIZING IN
• Autos & Pickups • Trailers • Camper Shells
• Body Repair • Frame Alignment • Auto Glass
2122 19th St. • 763-2212

Guitar Lessons

Concert Artist. Beginners/Advanced. All styles. Reasonable rates. 30% Discount startup month! Elegant Park Tower location. Grisanti Guitar Studio. 747-6108. Tapes at Sound Warehouse! 11-26

'87 Mustang Convertible

LX, 2.3 liter, white/black top, power windows/locks/mirrors, AM/FM cassette, cruise, runs & looks great, 92k miles. \$4850 OBO. 885-3204 or 798-7332.

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. 12-10 b-rtn



793-8111

or

832-4856

John Walton Realtors®

David Sewell, REALTOR®

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

Chevrolet Truck

Must See!!! 1976 Long wheel base, 400 small block rebuilt. New tires, nice wheels. '50 series new interior, good paint & body. \$2700 OBO. 793-5011. 12-3

Duplex For Lease

Duplex 2 bd., 1 1/2 bath, 1 garage, 1200 sq. ft. NE Lubbock. Vaulted ceilings, sky light, fireplace, attic, front and back yard. Newly remodeled. Lawn maintained. \$550 mo. 793-3738. 12-3

A&P Mobile Cram Course
100% Guaranteed
January, 1994
FEDERAL EXAMS
405 / 787-2345 1-7

For Sale

Florida Marlins Breakaway Starter Jacket - Worn once - Men's medium size. \$90.00 OBO. Call 788-1723. 12-3

For Rent

Like new, 3/2/2, close to Reese and Tech. 1606 sq. ft. \$685 month. 420 Hyden, 792-7675. 12-17

Childcare & Free Puppy

Licensed Home Day Care Provider in Reese Village has openings for ages 2 and over. Call 885-4752 for details and or appointment. Also FREE puppy to a good home, shots up to date. Call 885-4752. 12-3

King Size Brass Bed

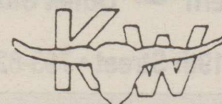
King size brass bed with side rails like new. Large wicker planter very nice. For information call TSG Thompson, 885-3464 or 885-2348. 12-10

Registering Childcare

Days, evenings, nights -- Reasonable rates. References from Reese & Lockheed Personnel. Overnight for New Year's Eve. 792-4016. 12-24

Auto Consignments of Lubbock

"THE NEW WAY FOR THE 90's"



Before you sell or trade your automobile in — We are in need of cars, trucks and vans — any year, make or model. We have several financing sources available. SEE US! Over 20 vehicles to choose from '56 - '92's

'81 Jeep J-10 Pickup

4x4
Automatic
Power Steering
Locks & Windows
Air
\$3,500⁰⁰

'82 Cadillac Eldorado

Loaded
Leather Interior
Power Seats Both Sides
Very Clean
Owner Died, Must Sell
\$3,595⁰⁰

'87 Jeep Wagoneer

Rebuilt Engine
Have All Receipts
Loaded
\$8,200⁰⁰
CASH

'88 Ford F-250 4x4

Looks Great
Runs Great
\$6,995⁰⁰

'90 Mercury Topaz

Brakes Like New
Very Clean, One Owner
AM-FM Cassett
Tilt, Cruise
Great on Gas
\$6,200⁰⁰

'91 Mitsubishi Galant

One Owner
Automatic
4-Door
Loaded
30,000 miles
\$9,750⁰⁰

7402 W. 19th

796-1700

ERA® Town & Country Real Estate

Town & Country Real Estate is a Nationally known franchise firm with a reputation for high quality service since 1978. Russ Baxter is the Broker/Owner with over twenty years in the brokerage and building business. We specialize in finding our clients the very best financing and terms available on the market today. We offer FREE market analysis in establishing a reasonable value on your home, and also offer a FREE relocation service to anywhere in the country, and several foreign countries. Just Give Us A Call! A FREE pre-qualifying service is another of our client services. We own our own Building Company, Raintree Homes, and can evaluate and estimate your costs on any home or plan (your plan or ours).



Give us a try, you'll be glad you did.

Our 24-hour telephone is 793-1395, or call 794-3599 or 791-1215

We welcome your call and inquiries.

RUSS BAXTER

Broker/Owner

DAVID McCLINTOCK

Realtor® & General Manager

ERA® TOWN & COUNTRY

REAL ESTATE

4801 34th Street
Lubbock, TX 79410
Office: 806-791-1215
806-793-1395
791-0190 FAX



ERA® REAL ESTATE
Each office independently owned and operated.

Owned, Managed & Operated by Retired USAF Individuals

Mission Cable collects toys for needy children



A drive to collect new toys for needy children this holiday season is now underway at Mission Cable announced Jimmy Evans, General Manager.

Toys will be collected weekdays at the Mission Cable office, located at 207 Main, Idalou, Tx.

As an added incentive, Mission Cable will offer a special

installation rate for customers who want to add a premium channel to their service when they donate a new toy.

"We've held toy drives like this one in the past and they have always been successful, so we decided to do it again this year," said Evans. "It's such a worthy cause and, with help from

our customers, we hope to collect many toys."

The donated toys will be given to needy families through a local charitable organization.

Mission Cable provides quality cable television service to the community of Reese AFB. For more information on how to subscribe, please call 1-800-783-5709.

DON'T MAKE SANTA DO ALL THE WORK!

Ship Your Packages At

PACK 'N' MAIL

\$1 OFF UPS SHIPMENTS

Pack 'N' Mail
Expires Feb. 24, 1993
One Coupon Per Person

\$1 OFF GIFT WRAP

Pack 'N' Mail
Expires Feb. 24, 1993
One Coupon Per Person

\$1 OFF PACKAGING

Pack 'N' Mail
Expires Feb. 24, 1993
One Coupon Per Person

Bring us your gift and we will box it, gift wrap it, package it, and mail it! **WE'LL DO IT ALL!**

We Ship By:

- UPS • U.S. MAIL
- PARCEL POST
- AIR BORNE EXPRESS

• 5701 Slide Rd., Ste. C
(806) 797-3400

• 3709 19th Street
(806) 797-1197

• 2711 50th Street, Ste. G
(806) 795-6245

• 4th Street & Slide Rd.
(806) 794-6616

• 5217 82nd St., Ste. 2209
(806) 794-3800

• 4210 82nd Street
(806) 796-0076



Reese Shopper's Guide

For Your Holiday Shopping Convenience



22 Days 'til Christmas

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

Tejas
Western Outlet Stores
5715 19th Street • 793-6297

Fred's Gun Emporium
♦ Pawn-Money Loaned
♦ Government Checks Cashed
♦ Repairs & Rebluing
♦ 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
Don Abbe, owner 5101-B 34th St. • 791-1615

VIDEO VISION
410 Frankford
4th St. @ Frankford
791-5533

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

ARTS & CRAFTS
♥ Handmade Happiness ♥
•6625 19th ♥ 784-0055

TACO VILLA
5402 4th St. • 799-4900

S S C Sports
3300 D-A 82nd • 797-0781

PARTY PLUS WAREHOUSE
66th & University • 795-1443

Reese Federal Credit Union
Teach your credit card balance to roll over.

OUTDOORSMAN
68th and Slide
(next to Albertson's)
794-6666

Coming Soon — 1994

Stuarts Jewelers
3419 82nd St.
1 block West of Indiana
762-2110 10-6 Mon.- Sat.

Anderson Bros.
West Texas Oldest and Finest Jewelers
Kingsgate Shopping Center
82nd & Quaker Avenue
•794-7771 • 1-800-658-9801

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

Cattle Baron
Steak & Seafood Restaurant
82nd & Quaker in Kingsgate South

PACK 'N' MAIL
WE DO IT ALL!
We Ship By:
• UPS • U.S. Mail • Parcel Post
• Air Borne Express
(see our ad on page 16)

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