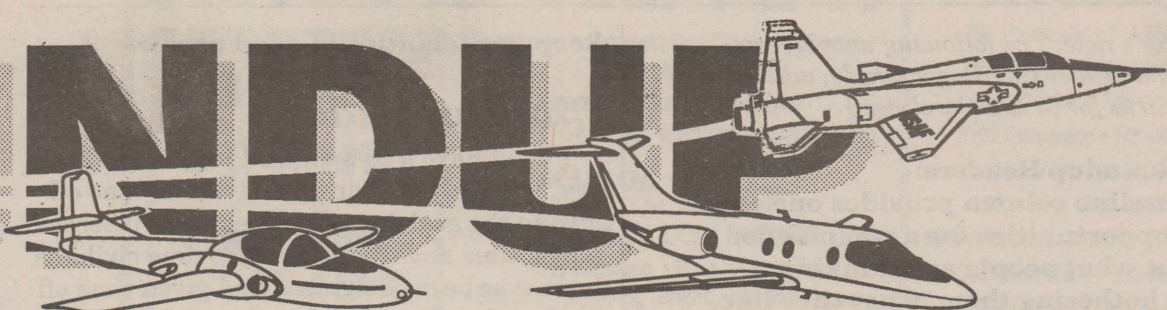


ROUNDUP



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

Volume 45, Number 50

December 17, 1993

Reese AFB, Texas 79489



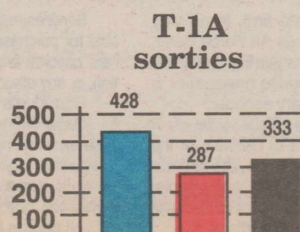
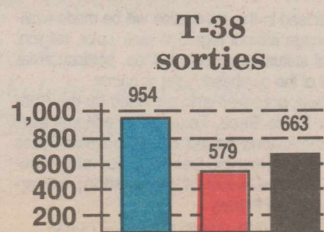
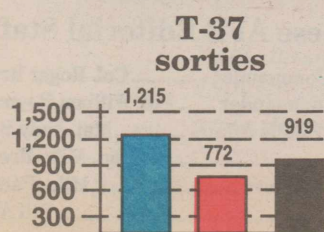
SILVER BELLS,
SILVER
WINGS

94-03 graduates
Pages 4-5

Mike Parrish

Mission

■ Required for December
■ Required as of Tuesday
■ Flown as of Tuesday



Inside

- Thinking about drinking and driving? Think again Page 2
- CCAF graduates Page 6
- Lieutenant colonels selected Page 6
- Helping hand awards given Page 12

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.

Club concern

This is a concern about the under-age drinking at the NCO club on Friday and Saturday nights. I was wondering if there was anything that could be done about that because the security police go through there all the time, but nothing is ever done about it. I'm in the military and this is a major concern of mine.

Mine too! The consumption and/or purchase of alcoholic beverages by persons under 21 is strictly prohibited. All club employees have been briefed on this statute.

Persons in the enlisted club who have knowledge that this law is being violated have an obligation to immediately report such incidents to the manager on duty or the club manager. Thank you for your interest in this matter.

Damaged door

We have a building out here, number 99, where the door is messed up and won't shut, and the wind is blowing it and banging it and knocked it off the hinges. I have called the security police desk and also housing maintenance inspectors, and I've received no response to my request to have someone come repair it or even come look at it and I wondered why.

I understand your frustration, but once we got the right folks involved, the door was repaired by noon the next day.

As a reminder to all, when you need a facility repair, call the civil engineering service desk at 3647 and you'll get action. Thanks for calling, and for helping us

keep our facilities in good repair.

Civilian kudos

I don't have a complaint. I just wanted to say "thanks" for giving the civilians time off during the goal days. I've been in civil service a long time and this is the first time civilians have ever been recognized and given time off for free. I really appreciate it and I think all the civilians do.

We've always considered our civilian workforce an integral part of the mission. Without their expertise and experience, we simply couldn't get the job done.

Fortunately, recent changes in civilian personnel rules allow us to extend the same "goal day" rewards to the civilian workforce as we have provided our military members. Thank for your call — it's always great to hear the good news!

Education woe

I'm calling because I feel I've received poor service from the base education office. I was separated from the Air Force two years ago under the voluntary separation incentive program. At that time, I invested \$2,500 in the Veterans Educational Assistance Program. I was unaware my opportunity to trade in my VEAP benefits for the Montgomery G.I. Bill expired on Oct. 23 and now I'm stuck with a program I don't really like.

I have an education to pay for and don't feel as if the education office has been providing me with accurate information. I need to know what my options are and how best to use my VEAP money.

In 1992 Congress passed a law allowing for VEAP conversion into the new Montgomery G.I. Bill. In October 1992, Headquarters Air Force sent a letter to all eligible personnel notifying them of this option to convert VEAP but stating it must be done before Oct. 23, 1993. You apparently received a letter but unfortunately failed to notice the cutoff date.

As for using VEAP benefits, we apologize if we inadvertently misled you. Nevertheless, you are still eligible to claim VEAP benefits retroactively for courses already completed, as well as any future courses.

If anyone has any questions about VEAP, the Montgomery G.I. Bill or any of our other educational programs and benefits, please contact Jeff Wilbur at 3384. Thanks for your call.

DUI

(Editor's note: The following article first appeared in the July 12 edition of the "Lowry Airman." The article was written by Lt. Col. Larry Beach, 3415th Mission Support Squadron commander, Lowry AFB, Colo.)

Her first words to me were, "The doctor said they're going to disconnect his life support systems."

As we stood there, hand in hand, watching the technician removing the intravenous feeding tubes and respirator from the motorcycle accident victim, I was thinking this was a poor way to first meet the wife of a young airman in my squadron. Just 12 hours before, these young people were at a party at a friend's house. For the previous three weeks, the young airman had been pulling security police augmentee duty.

For the couple, it was time to relax, play some cards and have a few drinks. Nobody knows how many drinks the young airman had but it was enough to put him above the legal limit. Around midnight, he decided to ride home on his motorcycle. His wife and friends tried to get him to leave his cycle there and ride home with his wife in the family pickup.

"Naw, I'm OK," he told her, and then rode off.

At the intersection of Havana and Alameda, a car turned head-on into his cycle, launching the young airman 60 feet into a light pole. The blow cracked his helmet in half and broke his neck.

The driver who hit him was also legally drunk — twice over the legal amount.

If he had been caught driving under the influence on base, I probably would have given him an Article 15 with a reduction in grade, substantial loss of pay and maybe 30 days in correctional custody. But he would have been alive.

Regardless of whether the DUI incident occurred on or off base, his base driving privileges would have been revoked for one year (a year of taking the shuttle bus or walking from the gate to work awaited him). An unfavorable information file would have been established, and his next enlisted performance report would be downgraded because of the DUI. He could have also faced a possible administrative discharge from the Air Force. But this young airman wasn't that lucky. Instead of being caught driving under the influence, he was a fatality.

His wife was also a victim of his accident. After the funeral, she began to think about going back to school full time on her Veterans Administration survivor's benefits. As the surviving spouse of an airman first class, she was eligible for the VA dependency and indemnity compensation of \$629 a month for life, or until she remarried, and educational benefits of \$304 for 48 months.

However, the VA determined that the young airman's DUI-related accident was due to his willful misconduct and has denied his wife all of her VA survivor benefits.

DUI offenses have many well-known repercussions. Not only is a person's life and limb at stake, but also their Air Force career.

So the next time someone suggests that you have had a little too much to drink, think of that airman and his young widow. Don't become another DUI victim . . . it's a lose-lose situation.

ROUNDUP

Best newspaper in AETC - 1992

Bldg. 11
3236 or 3843

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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



'Twas the night...'

THE NIGHT-BEFORE A FIRE SAFE CHRISTMAS

by Arnold P. Miranda
Chief Fire Inspector

'Twas the night before Christmas, and all through the house

Not a creature was stirring, not even a mouse,

When down through the chimney, all covered with soot,

Came the "spirit of fire," an ugly galoot.

His eyes glowed like embers, his feathers were stern,

As he looked all around for something to burn.

What he saw made him grumble, his anger grew higher,

For there wasn't a thing that would start a good fire.

No doors had been blocked by the big Christmas tree,

It stood in the corner leaving passageways free.

The lights that glowed brightly for Betty and Tim

Had been hung with precaution so none touched a limb.

All wiring was new, not a break could be seen,

And wet sand at its base kept the tree nice and green.

The tree had been trimmed by a mother's insistence—

"Ornaments used must be fire-resistant."

Mother knew the things to avoid,

Like cotton, paper and plain celluloid.

Rock wool, metal icicles, trinkets of glass,

Gave life to the tree—it really had class.

Would you believe it, right next to the tree,

Was a suitable box for holding debris.

A place to throw wrappings of paper and string,

For all gifts Santa might bring.

The ugly galoot was so mad he could "bust,"

As he climbed back up the chimney in utter disgust.

For the folks in this home had paid close attention

To all the rules of good fire prevention.

Best wishes and to all a fire-safe
Christmas and holiday season from
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3806 50th • 799-0309
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but didn't you make a
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We learned from our own experience that resolutions just won't do it when it comes to kicking the nicotine habit. The problem can best be understood if you think of quitting smoking like you think of performing some sort of magic trick. Anyone can say that they're going to do a certain trick, but only the person who knows the secret behind it will actually pull it off. And that's why saying, "Abbracadabrrra, I'm going to quit," just isn't enough.

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The choice to quit always remains yours. We're there to help you quit, not force you. You'll gain the strength and positive reinforcement you need to meet your goal, from others who are quitting too, right there with you all the way.

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Hometown: Albuquerque, N.M.
College: University of New Mexico
Aircraft assignment: F-16, Albuquerque, N.M.

1st Lt. Michael G. Sahd



Hometown: Chicago
College: Southern Illinois University
Aircraft assignment: UH-1, Minot AFB, N.D.

2nd Lt. Steven E. Adams



Hometown: Plainfield, Ill.
College: Southern Illinois University
Aircraft Assignment: F-16, Syracuse, N.Y.

2nd Lt. Michael G. Besley



Hometown: Appleton, Wis.
College: University of Minnesota
Aircraft assignment: C-130, Little Rock AFB, Ark.

2nd Lt. Kevin M. Blahnik



Hometown: St. John, Wash.
College: Washington State University
Aircraft assignment: KC-10, March AFB, Calif.

2nd Lt. Kyle R. Blumenschein



Hometown: Pittsburgh
College: Pennsylvania State University
Aircraft assignment: T-37, Vance AFB, Okla.

2nd Lt. Michael J. Comtois



Hometown: Hemel Hempstead, U.K.
College: Embry-Riddle Aeronautical University
Aircraft assignment: B-52, Minot AFB, N.D.

2nd Lt. Brian A. Dudas



Photo not available

2nd Lt. Denine R. Greiner



Hometown: Pearl City, Hawaii
College: Air Force Academy
Aircraft assignment: C-21, Langley AFB, Va.

2nd Lt. Michael K. Honma



Hometown: Meridian, Miss.
College: Mississippi State University
Aircraft assignment: KC-135, Meridian, Miss.

2nd Lt. Steven S. Ivey



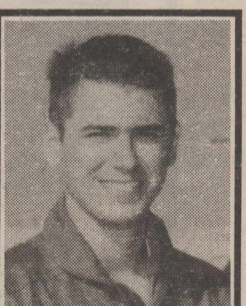
Hometown: Bedford, Texas
College: Texas A&M University
Aircraft assignment: C-130, Moody AFB, Ga.

2nd Lt. Karl A. Kent



Hometown: Great Falls, Mont.
College: Montana State University
Aircraft assignment: KC-135, Robins AFB, Ga.

2nd Lt. Jillene M. Knutson



Hometown: Wilmette, Ill.
College: Embry-Riddle Aeronautical University
Aircraft assignment: C-130, Pope AFB, N.C.

2nd Lt. Matthew T. Magness



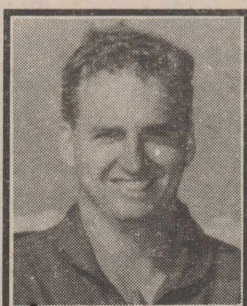
Hometown: Desher, Ohio
College: Bowling Green State University
Aircraft assignment: F-16, Toledo, Ohio

2nd Lt. Timothy S. Moses



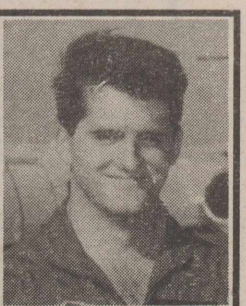
Hometown: Missouri City, Texas
College: Texas A&M University
Aircraft assignment: F-16, Luke AFB, Ariz.

2nd Lt. Todd A. Murphey



Hometown: Birmingham, Ala.
College: Mississippi State University
Aircraft assignment: KC-135, Fairchild AFB, Wash.

2nd Lt. Steve Polomsky



Hometown: Bellevue, Neb.
College: Air Force Academy
Aircraft assignment: UH-1, Grand Forks AFB, N.D.

2nd Lt. Victor B. Putz



Hometown: Fort Worth, Texas
College: Air Force Academy
Aircraft assignment: UH-60, Keflavik AS, Iceland

2nd Lt. Michael J. Remualdo

Graduation events

Twenty-seven new Air Force pilots will receive their wings when Reese SUPT Class 94-03 graduates during a ceremony at 10 a.m. today in the Simler Theater.

Col. Richard S. Ritchie, reserve mobilization assistant to the Air Force Recruiting Service commander and AETC deputy director for recruiting services and commissioning programs, will be the guest speaker at the graduation. Colonel Ritchie is a Vietnam War ace; he is the only American in history to shoot down five MiG-21s.

The ceremony is open to the base, and will be followed by several events in the Reese Officers Open Mess.

They include a buffet from 11 a.m. to 1 p.m., a parents' social at 6:15 p.m. and a dinner-dance at 7 p.m.

During the ceremony and dinner-dance, awards will be presented to students and permanent party members. They will include the commander's trophy (top graduate), "top stick" (best in flying training), academics, distinguished graduate, leadership and outstanding second lieutenant.

Permanent party awards will go to the outstanding academic and flightline instructor pilots, maintainers and mission makers.



Hometown: San Diego, Calif.
College: Air Force Academy
Aircraft assignment: UH-1, Langley AFB, Va.

2nd Lt. Regan T. Ritchie



Hometown: Arlington, Texas
College: Embry-Riddle Aeronautical University
Aircraft assignment: F-16, Houston, Texas

2nd Lt. Stephen K. Sambell



Hometown: Canon City, Colo.
College: Colorado State University
Aircraft assignment: B-1, Ellsworth AFB, S.D.

2nd Lt. Ryan C. Sherwood



Hometown: Duluth, Minn.
College: University of Minnesota-Duluth
Aircraft assignment: C-9, Ramstein AB, Germany

2nd Lt. Allan P. Thilmany



Hometown: Cincinnati
College: Wright State University
Aircraft assignment: F-15, Tyndall AFB, Fla.

2nd Lt. Gregory D. Thomas



Hometown: Crystal Springs, Miss.
College: University of Southern Mississippi
Aircraft assignment: C-141, Jackson, Miss.

2nd Lt. Tommy F. Tillman



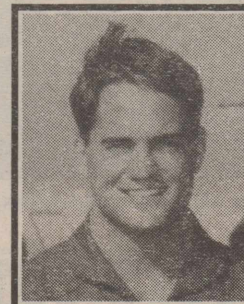
Hometown: Burlington, N.C.
College: Embry-Riddle Aeronautical University
Aircraft assignment: F-16, Des Moines, Iowa

2nd Lt. Jerry A. Winstead



Hometown: Scranton, Penn.
College: Air Force Academy
Aircraft assignment: C-26, St. Louis, Mo.

2nd Lt. Jon C. Wozniak



Hometown: Denver
College: Air Force Academy
Aircraft assignment: KC-135, Fairchild AFB, Wash.

2nd Lt. Shannon R. Yates

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Five earn silver leaf

Four wing members and one inbound member have been selected for promotion to lieutenant colonel.

The announcement was made Thursday morning. The four local promotees are:

□ **Edmund Bloom**, 64th FTW. Major Bloom has served in the military for 12 years and has been at Reese for more than two.

□ **Mark Hamilton**, 35th Flying Training Squadron. Major Hamilton is a 15-year service veteran and has

been at Reese for six months.

□ **Mark Richardson**, 64th Operations Group. Major Richardson has served in the Air Force for 15 years, more than two years of which has been at Reese.

□ **Michael Ross**, 54th FTS. Major Ross is also a 15-year service veteran, and he has been stationed at Reese for four months.

The inbound member, **Thomas Bronder**, will be assigned to the 54th FTS upon his arrival.



Fall 1993 graduates

Wing members earn degrees CCAF graduation held

Wing members' educational efforts were honored Dec. 9 during a Community College of the Air Force graduation ceremony in the enlisted open mess.

Wing people earned their degrees through CCAF, along with two other schools. They are:

CCAF

(associate's degrees)

□ **SMSgt. Curtis Trull**, 64th Communications Squadron — electronic systems technology.

□ **MSgt. Allen Ralph**, 64th Logistics Squadron — logistics.

□ **TSgt. David Johnson**, 64th Medical Group — avionics systems technology.

□ **SSgt. Phillip Turcotte**, CS — electronic systems technology.

□ **SSgt. Jesse Nelson**, CS — electronic systems technology.

□ **SSgt. Angela Harper**, CS — electronic systems technology.

□ **SSgt. Shashi Jairam**, 64th Security Police Squadron — criminal justice.

□ **SSgt. Ronald Hill**, 64th Operations Support Squadron — weather technology.

□ **SSgt. William Watson**, 64th Civil Engineering Squadron — fire science.

□ **SrA. Julio Giraldo-Ramirez**, CES — mechanical and electrical technology.

□ **SrA. Laura Holt**, 64th FTW — administrative management.

□ **SrA. Edgar Sagen**, MG —

biomedical equipment technology.

Wayland Baptist University

□ **SSgt. Charles Risley**, MG — master of business administration, management.

□ **SSgt. Rodney Henkel**, FTW — MBA, management.

□ **MSgt. David Koester**, Det. 1, 21st Test and Evaluation Squadron — bachelor of science in occupational education, logistics.

□ **TSgt. Ralph Olguin**, LS — BSOE, logistics.

□ **SSgt. Alford Hardy**, MG — BSOE, biomedical technology.

□ **SSgt. Mike Breslin**, FTW — BSOE, public relations.

□ **SSgt. Shashi Jairam**, SPS — BSOE, criminal justice.

□ **MSgt. Luis Lynch**, CES — associate in applied science, fire science.

Peru State College

□ **MSgt. David Boom**, OSS — bachelor of technology, meteorology.

The guest speaker at the ceremony was Col. Roger Brady, wing commander. In his remarks, he praised the graduates for their work, saying that preparation like theirs was the way to meet the challenges and changes faced by military members.

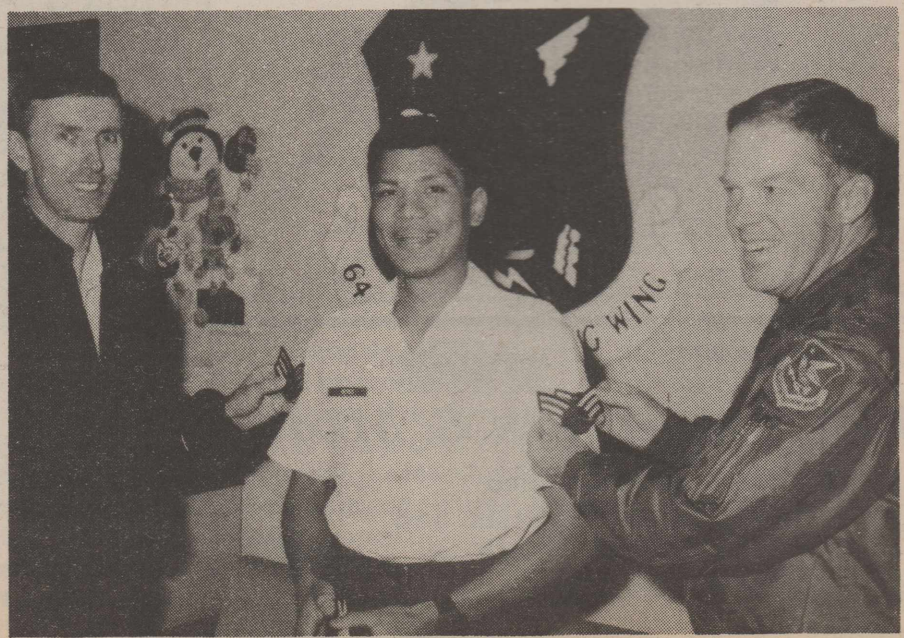
Citing the graduates' "determination and discipline," Colonel Brady said, "They've sacrificed a lot of their free time to get where they are today and reach this milestone."



Mike Parrish

Wing airmen earn third stripe early

Three wing airmen got an early Christmas present Dec. 10 in the form of below-the-zone promotions to senior airman. Col. William Reynolds, 64th FTW vice commander, and CMSgt. David Ptomey, 64th FTW senior enlisted advisor, presented stripes to Daniel Garlick (above), 64th Operations Support Squadron; Kristi Mayo (below), 64th Security Police Squadron; and Henry Reyes (bottom), 64th Medical Group. BTZ promotions are given to airmen whose duty performance and bearing distinguish them from their peers as being ready for early promotion.



Apartment Guide

The Best Places to Live in Lubbock

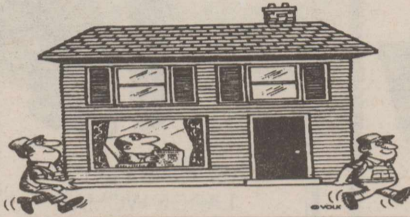


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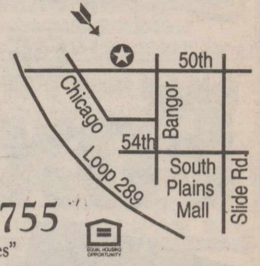


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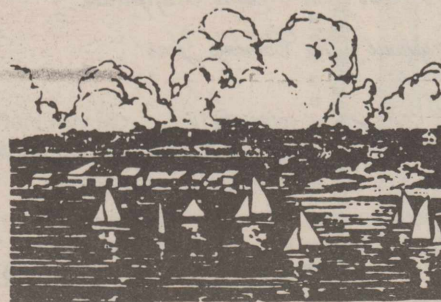
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Southern Humor

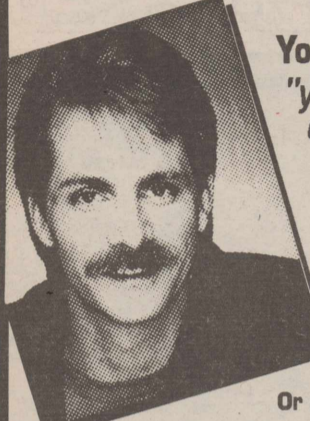
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OF Jeff Foxworthy

Featured on Showtime

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"you've ever been to drunk to fish!"


Friday, Jan. 14th, 8pm



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Weekend

Places to go and things to do



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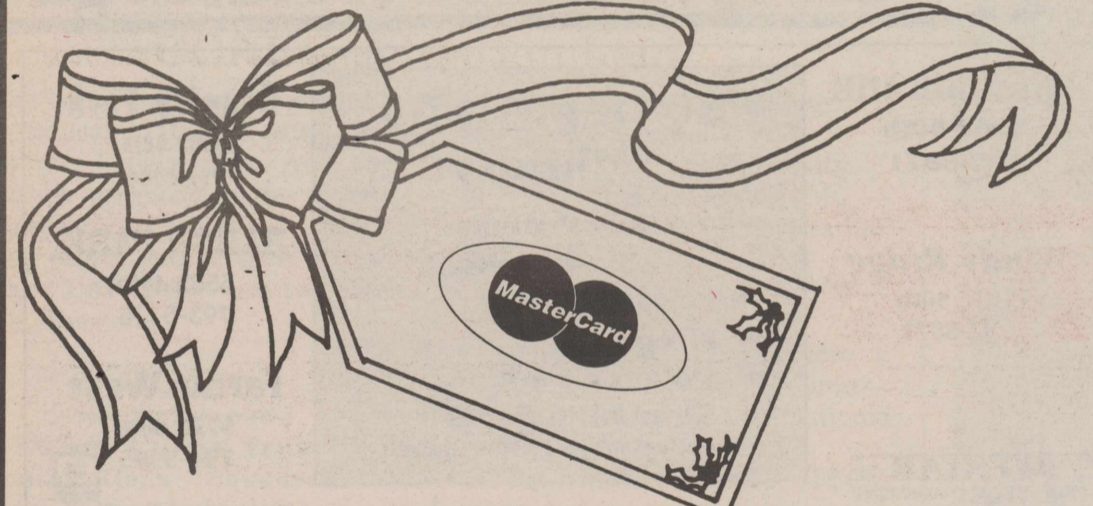
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Thank You For Your Trust And Confidence. We Wish You Health, Happiness, And Prosperity This Holiday Season And Throughout The Coming Year!

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Weekend Review

What's going on in the Lubbock area this weekend

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 Handmades From The Heart
 6625 19th (Foot City) 784-0055
 Special Orders! Available! Gift Certificates!
 Shop Christmas!
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 Saturday evenings after sundown - 10:00 pm
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 7 Days A Week

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MOVIES 12 \$5.50 Adults
 \$3.25 Children & Seniors
 \$3.25 Matinees Before 6 PM
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***PELICAN BRIEF (PG-13) THX**
 Fri. Only 4:10-7:10-10:25
 Sat.-Thurs. 1:00-4:10-7:10-10:25

***BEETHOVEN'S 2ND (PG) DIGITAL**
 Fri. Only 2:05-4:20-7:15-9:25
 Sat.-Thurs. 11:50-2:05-4:20-7:15-9:25

***WAYNE'S WORLD 2 (PG-13)**
 Fri. Only 2:30-5:00-7:20-9:40
 Sat.-Thurs. 12:10-2:30-5:00-7:20-9:40 Stereo

***GERONIMO (PG-13)**
 Fri. Only 2:15-4:50-7:30-10:10
 Sat.-Thurs. 11:35-2:15-4:50-7:30-10:10 Stereo

REMAINS OF THE DAY (PG)
 Fri. Only 1:55-4:45-7:45-10:35
 Sat.-Thurs. 1:55-4:45-7:45-10:35 Stereo

***WAYNE'S WORLD 2 (PG-13)**
 Fri. Only 3:00-5:30-7:50-10:15
 Sat.-Thurs. 12:40-3:00-5:30-7:50-10:15 Stereo

RUDY (PG)
 Fri. Only 1:50-4:25-7:25-9:55
 Sat.-Thurs. 11:15-1:50-4:25-7:25-9:55 Stereo

THE THREE MUSKETEERS (PG)
 Fri. Only 2:10-4:55-7:40-10:30
 Sat.-Thurs. 11:30-2:10-4:55-7:40-10:30 Stereo

FLESH AND BONE (R)
 Fri. Only 2:00-4:40-7:35-10:20
 Sat.-Thurs. 11:20-2:00-4:40-7:35-10:20 Stereo

MY LIFE (PG-13)
 Fri. Only 2:25-5:10-7:55-10:40
 Sat.-Thurs. 11:45-2:25-5:10-7:55-10:40 Stereo

BEVERLY HILLBILLIES (PG)
 Fri. Only 1:45-4:15-7:00-9:35
 Sat.-Thurs. 11:25-1:45-4:15-7:00-9:35 Stereo

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

MOVIES SLIDE ROAD \$5.50 Adults
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WE'RE BACK! (G)
 Fri. Only 4:45
 Sat.-Thurs. 11:15-1:40-4:45 Stereo

GETTYSBURG (PG)
 Fri. Only 7:30
 Sat.-Thurs. 2:00-7:30 Stereo

MAN'S BEST FRIEND (R)
 Fri. Only 4:30-7:25-9:40
 Sat.-Thurs. 11:30-1:45-4:30-7:25-9:40

COOL RUNNINGS (PG)
 Fri. Only 4:20-7:00-9:20
 Sat.-Thurs. 11:00-1:30-4:20-7:00-9:20

THE PROGRAM (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)
 Fri. Only 4:10-7:15-10:20
 Sat.-Thurs. 12:45-4:10-7:15-10:20

MRS. DOUBTFIRE (PG-13)
 Fri. Only 5:00-7:50-10:40 DOLBY STEREO
 Sat.-Thurs. 11:00-2:00-5:00-7:50-10:40

MRS. DOUBTFIRE (PG-13)
 Fri. Only 7:00-10:00 DOLBY STEREO
 Sat.-Thurs. 12:30-3:30-7:00-10:00

ADDAMS FAMILY VALUES (PG-13)
 Fri. Only 4:40-7:20-9:30
 Sat.-Thurs. 11:45-2:25-4:40-7:20-9:30

* NO PASSES * NO SUPERSAVERS

Holiday Inn Civic Center

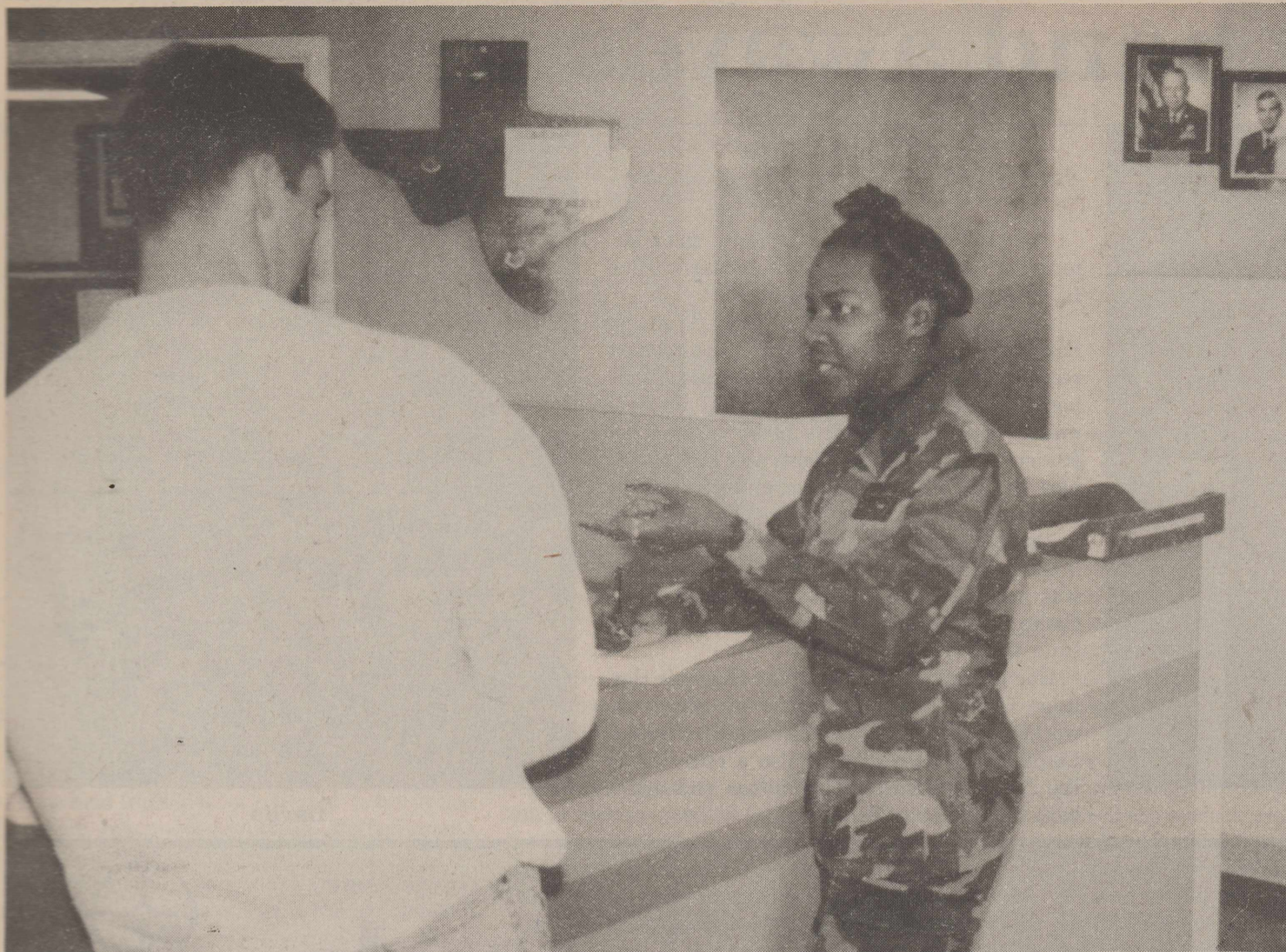
HAPPY NEW YEAR

The Rex Thomas Band
 in our spacious Ballroom

PACKAGE #1 •Overnight accommodations for two •Prime Rib & Seafood for two •Admission to the New Year's Eve Party •After Midnight Breakfast Buffet •Champagne Toast at Midnight •Party Favors •5:00p.m. check out on New Year's Day \$130 per couple (Suite Upgrades Available for \$15)	PACKAGE #2 A fantastic value package for those that choose not to stay with us on New Year's Eve. •Prime Rib & Seafood Buffet for two •Admission to the New Year's Eve Party •After Midnight Breakfast Buffet •Champagne Toast at Midnight •Party Favors \$80 per couple	PACKAGE #3 This is the package if you have already made dinner plans but still want to attend Lubbock's Premier Party! •Admission to the New Year's Eve Party •After Midnight Breakfast Buffet •Champagne Toast at Midnight •Party Favors \$19.94 per person
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SPECIAL PACKAGE BRASS BANJO
The Craven Morehead Band
 Includes: •Party Favors •Champagne Toast at Midnight
 Limited Seating Available \$8.00 cover Reserve Seats Today!

Call To Make Reservations:
 HOLIDAY INN CIVIC CENTER • 801 Avenue Q • 763-1200



SSgt. Mike Breslin

Reese Inn praised by AETC

AB Travana Austin, 64th MWR-Services Squadron, helps a customer at the Reese Inn. The inn and its staff took runner-up honors in the annual AETC Innkeeper Award competition, small base category. First place in that category went to Vance AFB, Okla.; Randolph AFB, Texas, took first place in the large base competition.



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20 to 30% off
Regular Prices.

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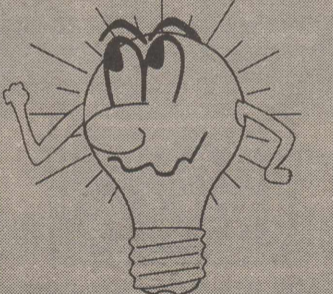
Holiday Hours
Mon. - Sat. 10 am To 8 pm
Sun. 1 pm To 5 pm

Salem Village
S. Loop 289 & Quaker Exit

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Energy surge
(from the Reese Energy Steering Group)

□ Did you know that warm air rises and cold air falls? This is why the ceiling areas are warmer than floor spaces. Using a ceiling fan properly can help alleviate this problem. During winter months, set the fan so it blows up, mixing the cold air from the floor with the warm ceiling air. Reverse the fan in the summer.

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Guaranteed Lowest Prices in Lubbock. We will meet or beat anyone's advertised sale price on identical merchandise

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Large Group of BOOTS by Tony Lama, Justin, Nocona \$59⁰⁰	Mens COATS By Comfy 50% - 70% OFF Manufacturers Suggested Retail Price	First Quality Laredo ROPERS \$60.00 Value \$39⁹⁹

Extended Hours For Christmas Mon-Sat 10 am-9 pm Sunday 12-6 pm

Tejas WESTERN OUTLET STORES
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Helping hand awards presented



Lieutenant Hill

by Cheryl A. Ortiz
 Reese Volunteer Resource Center Coordinator

The "Helping Hand" volunteer of the quarter award winners for the last quarter are 2nd Lt. Jennie Hill and DeeDee Davila.

Lieutenant Hill, 35th Flying Training Squadron, is an instructor in cardio-pulmonary resuscitation at the American Red Cross of Lubbock, where she instructs several times a month. Due to her efforts in instructing her students, one of her students was able to employ the Heimlich maneuver and successfully rescue a choking victim.

Davila, 64th Operations Support Squadron, is involved in several volunteer activities. She was a counselor for Camp Blue Yonder and Camp I Can. She also raised money for Camp Blue Yonder.

She was a key member of the Hispanic Heritage Committee. During the air show she worked both the OSS and Hispanic Heritage Committee booths. She is also a recorder for the Natural Disaster Committee and active with the American Red Cross.

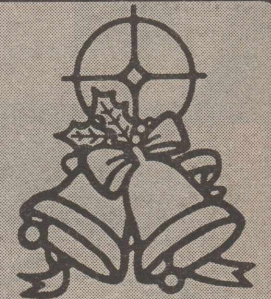


Davila



Reese Shopper's Guide

For Your Holiday Shopping Convenience



8 Days 'til Christmas

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

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 Western Outlet Stores
 5715 19th Street • 793-6297

Fred's Gun Emporium
 ♦ Pawn-Money Loaned
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 □ Promotional, Diecasts, and
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VIDEO VISION
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 4th St. @ Frankford
 791-5533

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 (In Memphis Place Mall)
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ARTS & CRAFTS
 Handmade Happiness
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TACO VILLA
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S S C Sports
 3300 D-A 82nd • 797-0781

PARTY PLUS WAREHOUSE
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Top 3 support fund

MSgt. Steven Hastings (second from left), president of the Reese Top 3 Association, presents a check to Phil Thierry, Reese Family Support Center director, on behalf of the Top 3 as Col. William Reynolds (left), 64th FTW vice commander, and MSgt. Donald Carroll, 64th Medical Group, look on. The \$1,200 check will be used to support the Reese Holiday Food Fund.



Mike Parrish

Notes

Mentoring party set

A Christmas party for mentors and their students in the Frenship Mentoring Program will be held from 1:45 to 2:45 p.m. today at the Frenship Intermediate School. Refreshments will be provided.

For more on the party or the mentoring program, call Cheryl Ortiz, Reese Family Support Center, at 3305.

AFSA holds party

The local chapter of the Air Force Sergeants Association will hold its general membership meeting and annual Christmas party at 7 p.m. Monday in the enlisted open mess. All active-duty and retired enlisted members are welcome.

'Hearts apart' party set

The "Hearts Apart" program will sponsor a

Christmas party for families from 1 to 4 p.m. Wednesday in the Reese Family Support Center.

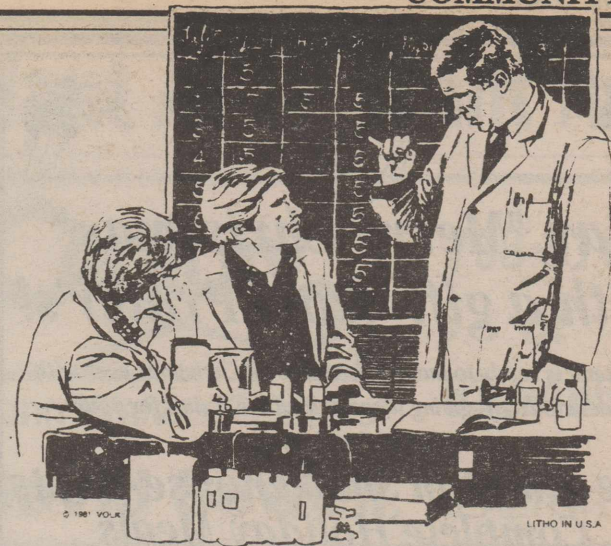
Family support is extending an open invitation to spouses needing assistance or "just someone to talk to" while the active-duty or reserve spouse is deployed, TDY or on a remote tour. They offer a wide range of personnel assistance.

For more on Hearts Apart, call Gloria Coward at 3306.

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.



Teachers sought

by Jeffrey Z. Wilbur
Education Services Officer

If you are leaving the military and considering a career in teaching, look at the "Troops to Teacher" program.

Aimed at service members and DOD civilians, it offers jobs teaching in hard-to-fill positions in low-income areas or certain geographical areas. The program is designed to provide financial support for individuals who need the necessary credentials to become teachers or teacher's aides. Participants will receive a stipend of up to \$5,000 (or actual expenses, if less) to offset the costs of an alternative certification program.

To be eligible for the program, military personnel must have served for at least six continuous years on active duty prior to release from service, have a service record which will lead to an honorable discharge and apply no later than 30 days after separation. Eligible civilian employees of the DOD must be facing termination as a result of the draw down or base closure and must apply no later than 30 days after termination of employment.

Both military and civilian employees must have completed a bachelor's degree to qualify for the teaching program. Those entering as a teacher's aide must have an associate degree.

For more information contact the education center at 3469 or stop by Bldg. 920, Room 139.

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Pipes Clamps & Hangers Extra
1 Year Nationwide Warranty

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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.

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Quaker State & Standard Filter
Most Cars

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

Say "Merry Christmas" with a gift from Prater's!

Prater's is ready to make this your best Christmas ever with delicious gift-giving ideas and all the fixin's for your special family meals.

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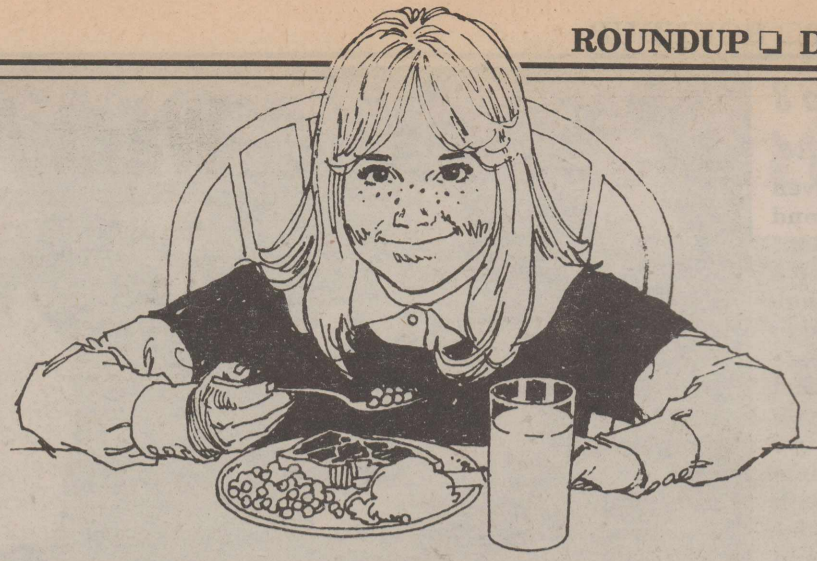
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NUTRITION QUIZ #3

1. Our bodies use _____ and _____ for immediate energy.
 - a. oxygen and stored fat
 - b. glucose and glycogen
 - c. strength and endurance
2. True or False: Loading up on carbohydrates prior to strenuous activity is recommended for endurance athletes.
3. Dried fruit tastes great, but may be high in _____ used in the drying process.
 - a. Minerals
 - b. Fat
 - c. Sodium
4. True or False: Polyunsaturated fats have fewer calories than saturated fats.
5. Match each food with its cholesterol content:

a. 1 oz. cooked poultry	1. 35 mg.
b. 1 tbsp. vegetable oil	2. 85 mg.
c. 1 tbsp. butter	3. 25 mg.
d. 1 cup ice cream	4. 0 mg.
6. Around _____ grams of caffeine can be fatal.

a. 10	c. 5
b. 25	d. 50
7. Which three are the best sources of dietary fiber?

a. Spaghetti	c. Apples
b. Rye bread	d. Lima beans
8. To carry the label *sodium-free*, a food must have _____ mg of sodium per serving:

a. less than 5	c. 10-15
b. 5-10	d. less than 20
9. Which has fewer grams of fat: frozen yogurt or frozen tofu?
10. The American Heart Association recommends no more than _____ mg. of cholesterol daily.

a. 100	c. 600
b. 250	d. 300

ANSWERS TO NUTRITION QUIZ NO. 3

1. b. Glucose, stored in the blood, and glycogen, stored in the muscles and liver, are used by the body for immediate energy. The body uses oxygen to burn stored fat when these energy stores are depleted.
2. False. Carbohydrate loading is of questionable value. Endurance athletes may improve stamina by increasing their complex carbohydrate intake to 70-80% of their diet.
3. c. Dried fruits are also high in calories because of the concentrated natural sugar. Fresh apricots have about 14 calories per ounce, dried, about 74 calories per ounce.
4. False. All fats have nine calories per gram.
5. 1 oz. cooked poultry contains 25 mg. cholesterol, 1 tsp. vegetable oil, 0 mg.; 1 tsp. butter, 35 mg.; 1 cup ice cream, 85 mg.
6. a. That's about as much as might be found in seven to one hundred cups of coffee.
7. b, c, and d. A slice of rye bread delivers 2.7 gms. of fiber. A small apple, 3.9 gms.; 1/2 cup cooked spaghetti, .8 gms.
8. a. Less than 5 mg. Foods labeled *low sodium* have 140 mg. or less per serving; *very low sodium*, 35 mg. or less.
9. The yogurt, with 1 gram of fat per 4 ounce serving. Frozen tofu has 12 grams of fat per 4 ounces.
10. d. 300 mg. of dietary cholesterol is a little more than there is in one egg or four quarter-pound hamburgers.

Updates

Bowling schedule

Today: "TGIF" bowling for \$1 per game from 7 a.m. to midnight.
Young American Bowling Alliance from 5 to 9 p.m.
Saturday: No YABA bowling.
Fifth Annual Lubbock Mixed Championship Tournament from 10:30 a.m. to 7 p.m.
Sunday: Fifth Annual Lubbock Mixed Championship Tournament from 10:30 a.m. to 7 p.m.
Thursday: Open bowling — three games for \$1

Ski meet upcoming

An invitational ski meet will be held Feb. 27 through March 4 at Hill AFB, Utah. The deadline for entry forms for this permissive TDY is Jan. 5.
Call Jake Trevino at 3207 for more information.

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.

ADVERTISEMENT

Holiday Hints

Tips For Pretty Party Tresses

(NAPS)—You can give yourself a beauty boost this holiday season by heeding these hints on how to turn daytime hairstyles into nighttime party hair sensations from The Rave Fashion Design Team.

•The most popular holiday hairstyle today is the French Twist. Turn your head over and start twisting hair in one direction from the bottom up, secure with bobby pins and decorative hairpieces. After securing, lift up head and sculpt any curls left out of your twist.

•Add a hair piece to an up-do. Tease hair at the top of the head, create a straight line from ear to ear. Put in hair pins, curl hair ends in the back with curling iron, place some alluring pieces of hair in front of the face.

•If you have straight hair in a blunt cut, create finger waves around your face and hold them with Rave Hairspray.

•Throw in some hot rollers for a tousled, curly look or to revive droopy curls, use a curl booster to give them a lift.

•For extra lift and body, spray roots with Rave Spray Gel and blow dry. Or, spray hair with a gel



Sometimes it takes little more than a twist of the tresses to turn an everyday hairstyle into a festive holiday party look.

and blow dry hair upside down, flip head upright and pat hair into place.

•Use a volumizing mousse for body. Set on velcro rollers to create shine and smoothness and a little extra body.

•For irresistible finger waves, try Rave Spray Gel.

•To prevent frizzing and to control split ends, try Rave Shine Spray.



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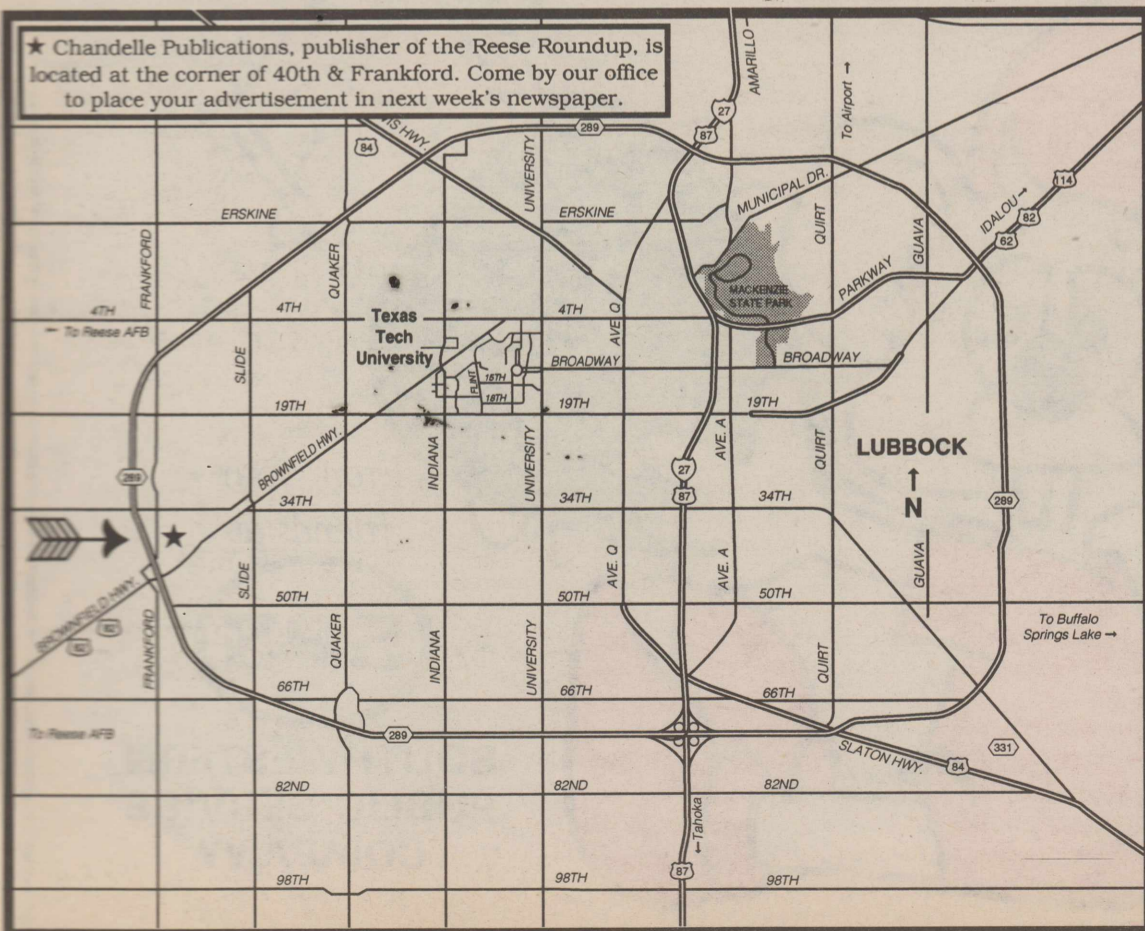
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One more issue of the Roundup will be published this year on Dec. 23.

There will be no Roundup published for two weeks - Dec. 31, 1993 and Jan. 7, 1994.

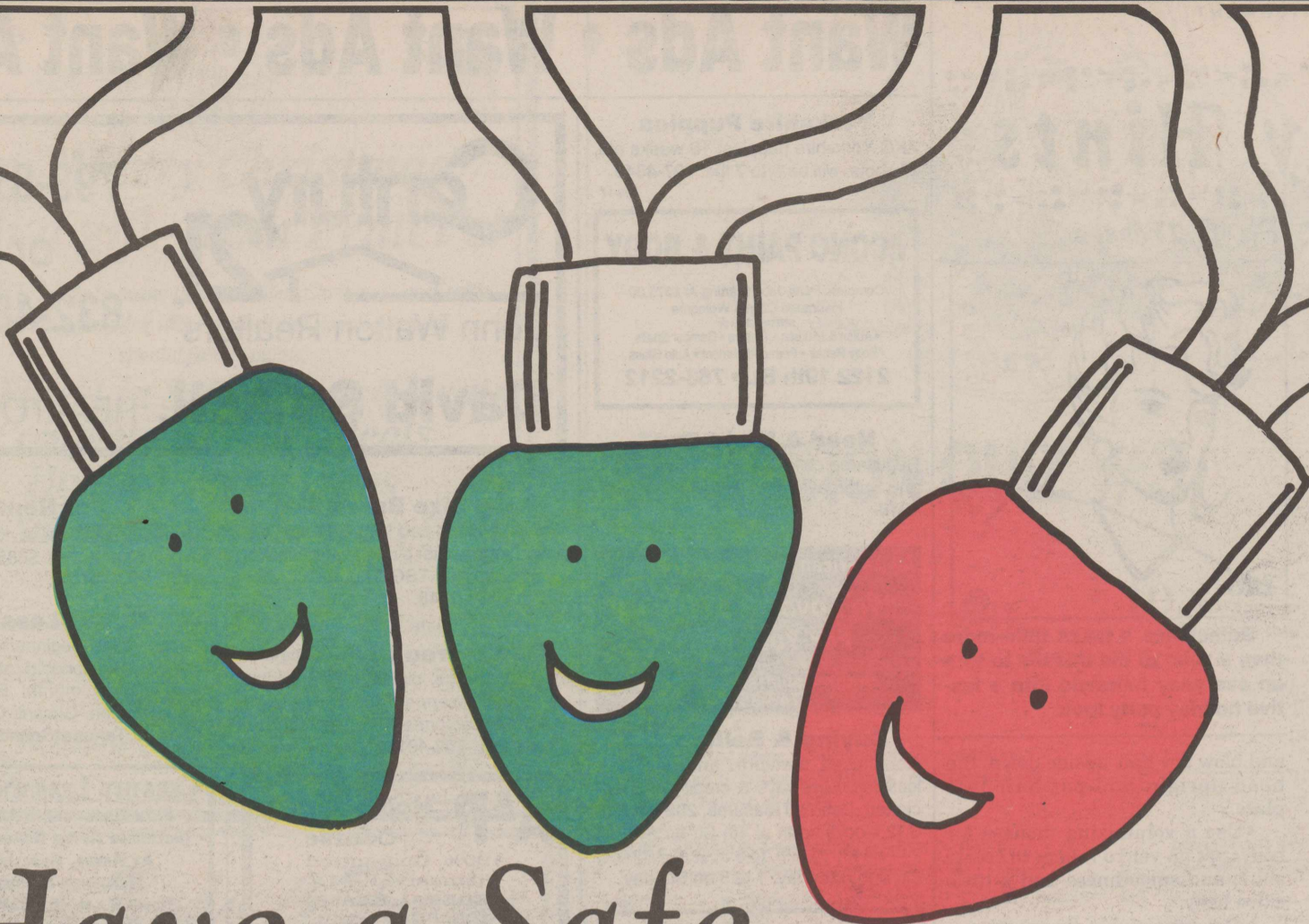
Weekly publication will resume on Jan. 14.

Until then, good wishes for a safe and happy holiday season.

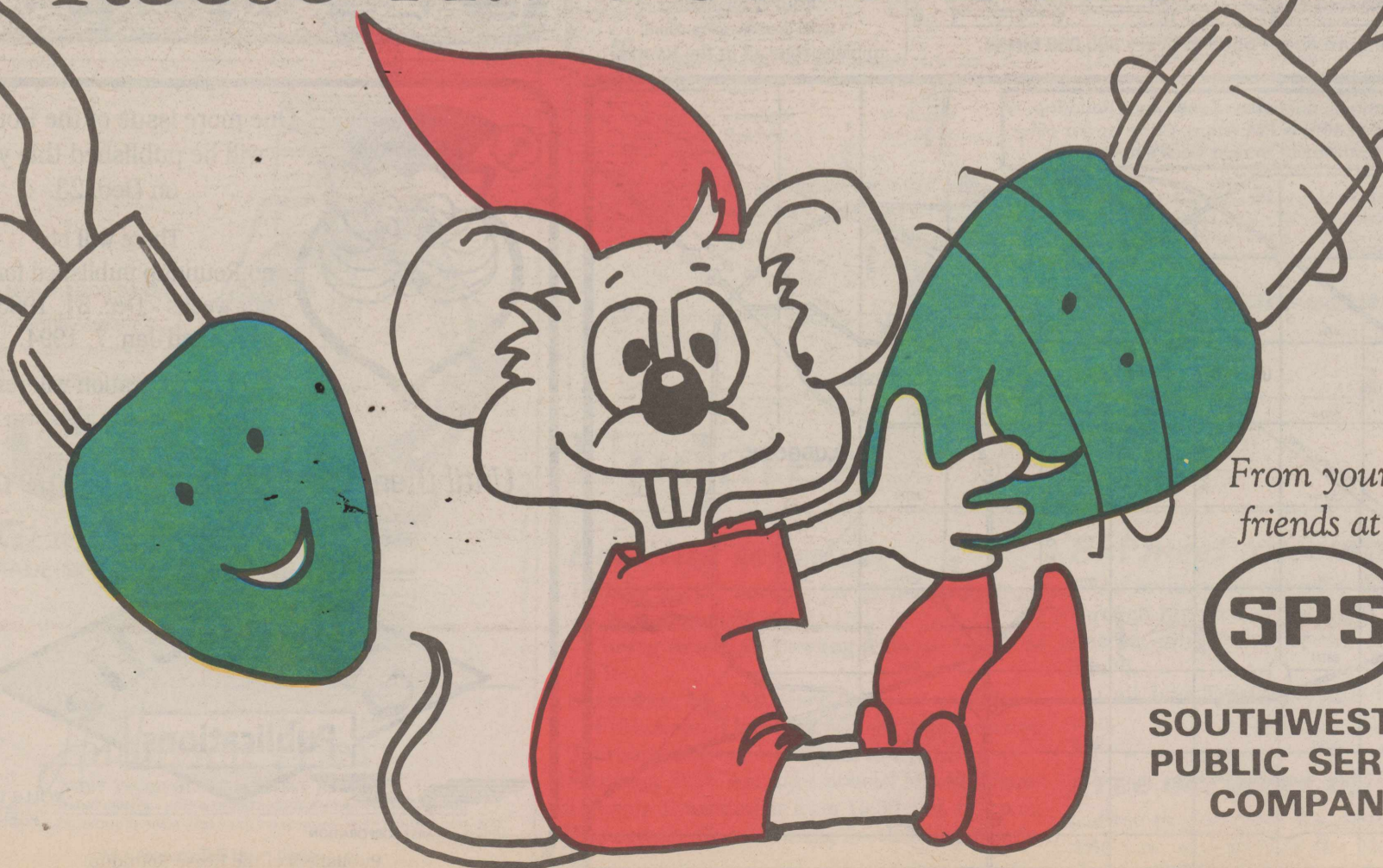
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