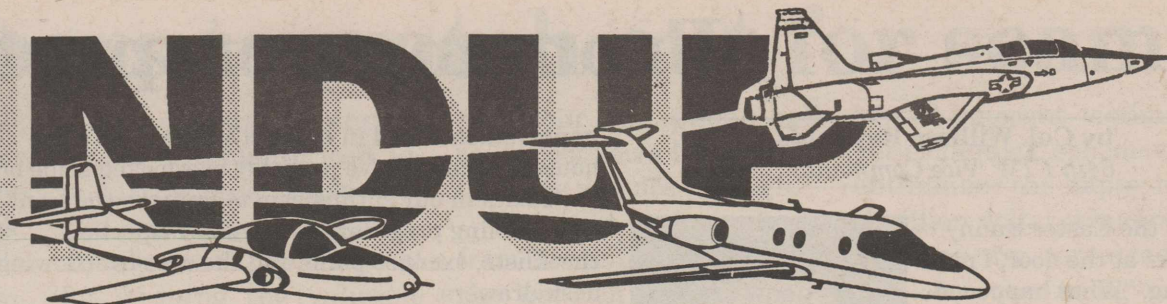


ROUNDUP



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Volume 46, Number 12

April 1, 1994

Reese AFB, Texas 79489

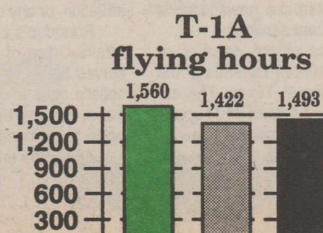
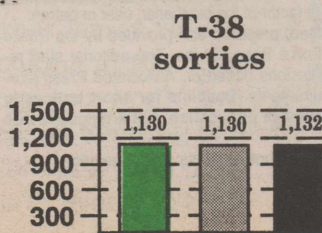
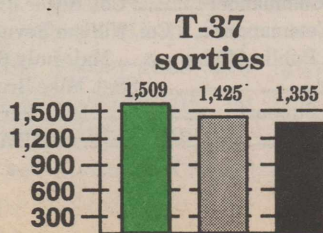
You are looking at the
BEST
 civilian personnel office
IN THE AIR FORCE
 Page 4



SSgt. Mike Breslin

Mission

Required for March
 Required as of Tuesday
 Flown as of Tuesday



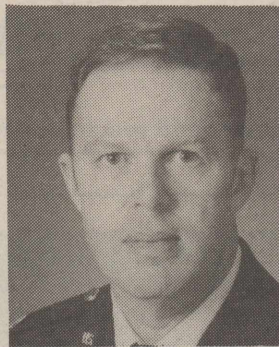
Inside

- Civil engineer discusses pending environmental inspection Page 4
- AFAF drive wraps up on base Page 6
- Promotion planned as part of children's month Page 7
- Intramural volleyball update Page 14

From my perspective

by Col. William Reynolds
64th FTW Vice Commander

As the Easter Bunny knocks at the door, I'm asking, "What happened to winter?" (even though the snow last Sunday made me think it might not be over yet!). Now that spring is officially here — and we've had a few days that make me think summer is just around the corner — my thoughts are turning to springtime topics — like yard work, spring cleaning, flowers and baseball. Fact is, this is a good time to sit back for a few moments and think about recovering from the "long winter's nap," to reassess where we've been and where we need to go — and how best to get there.



We're in the "springtime" of Specialized UPT. The initial classes have graduated, we've reevaluated the T-38 and T-1A syllabi, and we've even made some improvements in the T-37 arena to better prepare our students for the advanced training programs. With these initial

improvements well in hand, it's time to do some housecleaning. We've probably overlooked some of the basics in our enthusiasm to improve the front-line training programs — like self-inspection checklists, exercise plans and the ever-overflowing desk drawers.

A fresh approach to safety could mean the difference between success and tragedy. Not only in the flying arena — where there's the temptation to turn our thoughts to how great it is to be flying on such a beautiful day, rather than what to do if the engine fails on takeoff — but how about at the family outings? Picnicking with the family can have more hazards than ants in the peanut butter if we get too complacent. And think how excited the kids are to be able to play outside in the warm sunshine — maybe not thinking about the hazards of the streets. It's time to take a break from the Nordic Tracks and stationary bikes and do a little "road work" in the fresh air; but don't forget about street safety!

We've had some close calls with on-the-job hazards lately, so it's time to renew our commitment to safety and not rest on the laurels of our recently-bestowed "Best in the Air Force" safety award. Safety is an attitude, so clear out the mental cobwebs and take a fresh approach.

Spring will be in the air next week when the new

DOD smoking policy goes into effect. If you haven't heard, we're about to become an "almost smokeless" Air Force. More will follow on that, but how about a springtime resolution for clean air and physical fitness? Kick the habit!

There are going to be some new faces in our leadership ranks this spring, too. New 64th Support Group and 64th Medical Group commanders and several new squadron commanders will make their debut, putting their "spin" on unit operations. What a great opportunity for each of us to renew our commitment to quality, our dedication to excellence and our resolve to support these new warriors — another "fresh start." And it's time to reaffirm our responsibility to elect the most competent representatives to our local, state and national offices. If you haven't registered to vote, do it before the first mowing!

Easter is a time to celebrate a rebirth. There's an air of vigor and enthusiasm, an excitement about life and a feeling of renewal as I look across the South Plains, taking in the budding trees and flowers and the preparations for the soon-to-be-planted cotton. Let's make this the best and safest spring ever, carefully choosing only the finest seed and providing the proper nourishment to ensure a bountiful harvest.

A 'design' for energy use

by Joe Hassell
64th Civil Engineering Squadron

In today's world of shrinking budgets, increasing energy costs and emphasis on occupant comfort, designing facilities that are energy efficient and at the same time cost effective has become one of the biggest challenges facing the engineering and construction flight in the 64th Civil Engineering Squadron.

It is the policy of the Air Force to design and construct new buildings, as well as major renovations to existing buildings, to the most energy efficient standards available. In order to accomplish this, the engineering and construction flight must thoroughly investigate all existing situations and coordinate the requirements of users and occupants.

The design process begins with meetings with users to determine any special or unique environmental requirements that may need to be addressed in the project. Once all requirements are accurately defined, the engineers perform calculations to determine equipment loads and sizing and define the appropriate materials for construction/modification to the building envelope.

Close attention is given to the materials in order to ensure the minimum thermal and sound insulating requirements are met. In many designs, the minimum is exceeded in order to provide a more

cost-effective building. The determination as to the actual configuration of the insulation as well as the equipment for heating, air conditioning and electrical power is determined through use of computer-aided simulations to determine the optimum performance at the best price.

Items included in the evaluation of performance include the insulating materials, the inside and outside wall materials, number of occupants and their relative activity level, amount of above ceiling space, type of floor, average outside and inside air temperature, average electrical equipment loads and type of equipment in the building.

Once all these areas have been addressed and appropriately specified, the contractor is closely monitored and inspected to insure all materials actually installed meet the requirements set forth by the engineers. To aid in insuring the designs produced are actually producing the performance expected, all new buildings and all buildings undergoing major renovation have meters installed on the gas, water and electrical services. The information gathered each month from these meters is evaluated and utilized to help improve designs for future buildings.

Because of the dedication of the design engineers at Reese, and the input received from our building occupants, we enjoy one of the most energy efficient bases in AETC.

Problems?
Concerns?
Questions?



Call the Careline
3273

ROUNDUP

Bldg. 11
3236 or 3843

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..... Bill Allen

OSI warns members to watch out for scams

by SA Joseph M. Grunow
AFOSI Detachment 412

"You are a guaranteed winner" . . . "The Grand Prize may be yours if you respond today!"

These are but two of the many "come on" lines used by legitimate and not-so-legitimate sweepstakes advertisers to get us to buy magazines, enroll in group discount plans, and buy all types of products and services. It seems springtime is the time when our thoughts turn to visions of the Publisher's Clearing House van pulling up in front of the house with a check for several million dollars.

Along with being the time when the legitimate sweepstakes services run their contests, this is also the time when unscrupulous folks prey on unsuspecting citizens who are waiting for the armored car to deliver their millions.

Several scams have been operating this year, the most common being the telephone marketing scam. The victim receives a telephone call from someone representing a company whose name often sounds similar to one of the legitimate sweepstakes. This representative advises the "target" they have been selected as a participant in the grand prize drawing, and are guaranteed to win at least one or more of a list of high dollar prizes. These prizes usually range from a large amount of money to all-expenses-paid trips, new cars or other impressive prizes.

The person is told they will be receiving their prize or the monetary equivalent in a matter of days, but to process the award, the company needs a sweepstakes participation fee. Sometimes these fees are only a small amount, to keep the target from becoming suspicious. Other variations include the representative asking what

bank the target deals with, since they do not trust the postal service with a several million dollar check. They have successfully obtained bank account numbers from targets, opening the door for thefts of funds from the individual's bank accounts.

Sometimes, as in the case of the award or participation fee, the caller will ask for a credit card number they can charge the fee to, thus speeding up the award. Again, the unsuspecting (or greedy) target often jumps at the chance to win a new car or an all-expenses-paid trip, so they do not safeguard their credit card number or bank account number. The information can enable the bad guys to gain access to bank accounts, order automated teller machine cards, and run up charges on a credit card. After a few weeks, when the suspicious bills start rolling in and the target discovers he or she isn't going to get that new Cadillac, the realization of being "had" starts to sink in.

Another scam involves direct mail advertising. Most area residents have probably received a number of envelopes in the past few weeks advising them they are finalists or potential prize winners, but need to call a "900" number to claim their prize. While a few legitimate advertisers use this response technique, it is also used to get the target to initiate the telephone contact. One thing to watch for, whether the sweepstakes is honest or not, is the cost of the telephone call and the odds of winning. One advertiser is offering several cash prizes, the largest one being over \$5,000, as well as several other lesser valued prizes. Looking at the odds of winning, you would see the chances of winning one of the six or eight cash prizes are one in over four million. The odds of receiving

a book of discount coupons for stays in high-priced hotels, trips on a cruise line, and so forth, are approximately one to one. The cost for winning the valuable coupon book (valued at \$500.00 if you use all the coupons) is an approximate six-minute telephone call, charged at over \$3.00 per minute.

If you routinely stay in high-priced hotels or want to take a lot of cruises, this may be the deal for you. If not, you could be sorely disappointed with your prize. Some companies have also been known to use high pressure sales tactics while they have you on the phone,

and your \$20 phone call could cost you a lot more by the time you are through.

The best way to keep from becoming a victim of the "get rich quick" sweepstakes scams is to "read the fine print" and check out the odds of winning and the cost of participation. None of the legitimate sweepstakes operators should ask you to put up some "front money" to ensure you receive your award, or ask for a bank account number to deposit your winnings. You should never give out a credit card number unless you are sure of the company you are dealing with. The num-

ber of innocent victims of get-rich-quick schemes far outnumber the happy multimillion dollar winners.

If you are contacted by any company using these tactics, or if you believe you may have been victimized by a get-rich-quick scheme, contact the Air Force Office of Special Investigations at 3414. AFOSI agents work closely with Postal Service inspectors and other federal agencies to identify those unscrupulous companies preying on Air Force personnel and their families.

Good luck, and remember us when "Ed" comes by to drop off your check.

Reese Federal Credit Union
Cordially invites you and your family to the
44th Annual Membership Meeting


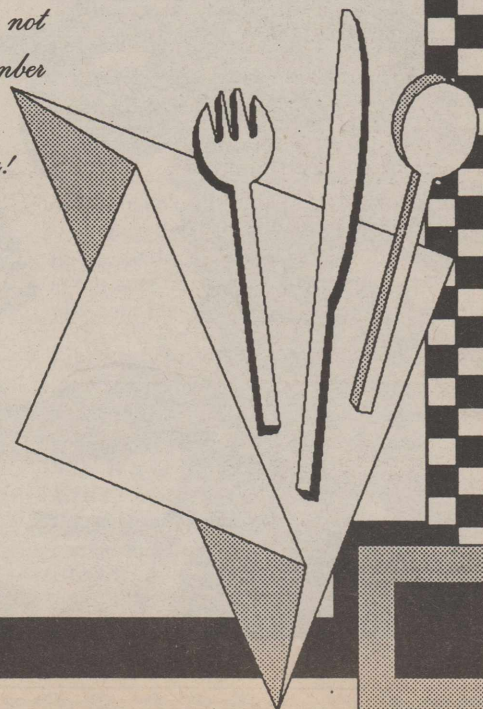
Lubbock Plaza Hotel and Conference Center
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Lubbock, Texas
McKenzie Room

Thursday, April 7, 1994

Dinner by ticket order only, begins at 6:30 p.m.
with the business meeting following at 7:00 p.m.

Take advantage of your membership privileges
and make plans to attend. If you have not
purchased your dinner tickets, contact member
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We'll CU at the Annual Meeting!

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Euabylon:
214 S. Argusine
Euabylon, Texas 79322
(806) 675-2703

Civilian personnel flight best in Air Force

Reese's Satellite Civilian Personnel Flight is the best in the Air Force for 1993.

The flight took first place in the satellite civilian personnel flight competition despite the fact that their manning was cut in half during the year, the result of a restructure of civilian personnel offices in this region. That cut, and the way the office handled it, played a major role in the flight's success.

"The 'can do' attitude of the staff was instrumental in making that change," said Hal Corbin, chief of labor and

employee relations. "It played a big part in our winning the award."

"The cooperative effort between the Sheppard (AFB, Texas) Central Civilian Personnel Office and our flight made things happen — even when we were downsizing. The cooperation has been outstanding," said Shirl Francis, chief of affirmative employment, referring to the regional office at Sheppard.

"We worked hard together to meet mission requirements."

That change meant that

the staff had to shift from a specialist to a "generalist" approach. Since each member picked up broader responsibilities, they initiated weekly, internal training to ensure that customer service in the office would not be adversely affected.

Flight members are also key players in the A-76 contracting out process on base. They prepare job analyses as part of the "Most Efficient Organization" steering group, as "blue suit" organizations prepare to go civilian.

In other areas, office mem-

About the cover

(From right) Debra Collatt, CPO chief, and office members Francis, Lena Hall, Mary Ann Lacy, Dorothea Marsh and Corbin (not pictured) — Nina Dailey.

bers earned praise in 1993 for their efforts in employing people with disabilities as well as summer youth hiring.

Office members were "elated" about their award. "We thought it was awesome," said Francis. "We had all been working so hard."

"I'm so tremendously proud of our satellite civilian personnel office," said Maj. Joseph H. Vivori, 64th Mission Support Squadron commander. "They have overcome every single obstacle to ensure our customers get the best and quickest service."

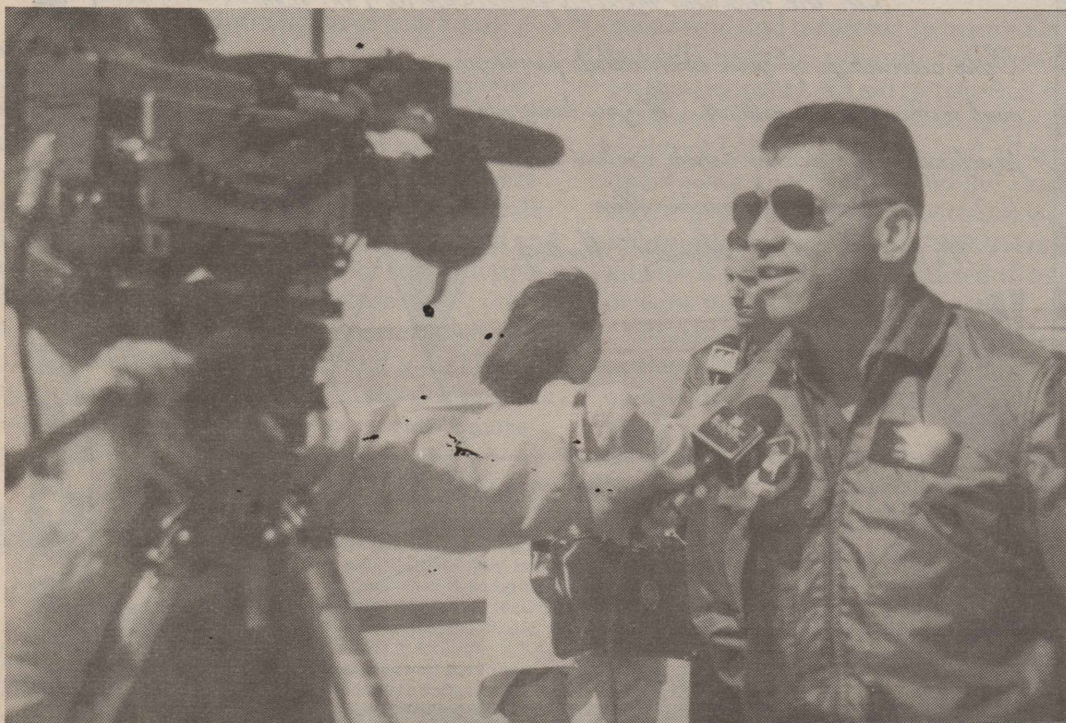
"Their dedication makes them a real asset to the Reese community and I think it's great that they are being recognized for their contributions."



A1C Timothy E. Dempsey

Joint pilots talk to media

Navy Lt. Corl Leach (above), a T-1A instructor, and Marine Capt. Scott Cason (below), a T-37 instructor, talk to members of the local media Tuesday on the Reese flightline. Participants in the joint pilot training program fielded questions from the press Tuesday, along with senior wing officials.



A1C Timothy E. Dempsey

ECAMP

Reese readies for inspection

by Lt. Col. Duncan Showers
64th Civil Engineering
Squadron Commander

Beginning Monday, Reese will receive an Environmental Compliance Assessment and Management Program inspection by a team from AETC, which will last for the entire week.

We are all responsible for the environment in one way or another. Reese is committed to protecting the health of its personnel, their family members, and the environment around them.

The primary way of accomplishing this is through a base wide environmental appraisal, otherwise known as the ECAMP. The primary objective of ECAMP is to find and address environmental problems that could impact our mission, jeopardize our health or erode the public's confidence in the Air Force as an environmental pacesetter.

The ECAMP will allow Reese to evaluate itself on the basis of federal, state and Air Force regulations. Results of the assessment will allow Reese to correct areas of weakness internally before outside agencies such as the Environmental Protection Agency or Texas Natural Resource Conservation Commission become involved.

Though this may appear on the surface to be another

IG-type inspection, it is nothing of the sort. The purpose of the evaluation is not to find problem areas and bring the law down on those who cause the problem. Instead, the team will be looking for areas of non-compliance, whatever the cause, with the sole purpose of fixing them in an expeditious manner.

In order to accomplish this goal successfully, the ECAMP team will need the cooperation of everyone on base in order to identify any problem areas. Those being assessed are encouraged to ask any questions or voice any concerns they have about existing laws that may have an environmental impact. Remember, the ECAMP assessor is there to help you do things the way the law requires.

The value of an ECAMP was recently demonstrated during an environmental inspection by state regulators. The regulators covered all aspects of the environmental program at Reese, and thanks to the thorough internal ECAMP performed last year, the base was able to avoid multiple violations. With your continuing support of the environmental programs at Reese, the ECAMP this year will undoubtedly be a success and future state or federal inspections will result in only "kudos."

Business Guide

A Guide To Lubbock Businesses

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MONEY SAVING IDEAS

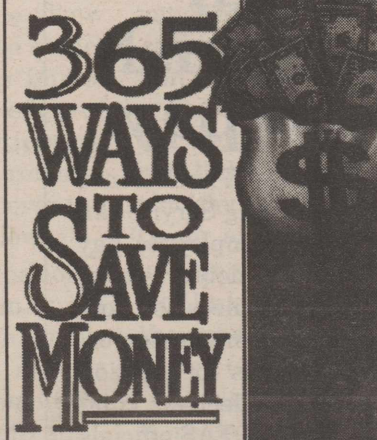
Savvy Ways To Save
 by Lucy H. Hedrick

(NAPS)—You may be better able to hang on to the money you've worked so hard to earn if you heed these hints:

- If you drive fewer than 7,500 miles a year, you may be able to get lower car insurance rates.

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 3003 Slide Road • 799-"38-38"



AUTHOR OF 365 WAYS TO SAVE TIME
 365 WAYS TO SAVE TIME WITH KIDS

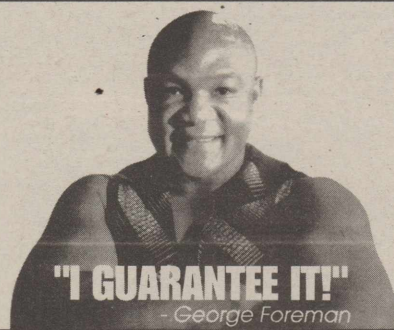
A new book can help you have more in your bank book.

- Move on a weekday. Fees can be as much as 50 percent higher on the weekend.

- Buy little girls' casual clothes in the little boys' department. The same sort of tops and pants generally cost less that way.

Lucy Hedrick is a lecturer and the author of a number of time- and money-management self-help books. You can learn more from her books, *365 Ways To Save Money*, *365 Ways To Save Time With Kids*, and *Five Days To An Organized Life*, available at local bookstores or by calling 1-800-ALL-BOOKS.

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Data processing going regional

by Frank Misaage
64th Communications Squadron

The 64th Communications Squadron is nearing the final stages of regionalized data processing.

Since the mid-1960s, most Reese customers have been getting their data automation products from the data processing center, now in the 64th Communications Squadron. But due to Defense Management Review Decision 924 and improved technology, that's all about to change.

Last November, Reese took the first step toward regionalization by installing distributive print stations in the DPC, Lockheed, 64th Logistics Squadron, military personnel and the Defense Finance Accounting Service on base. Since then, CS has been operating both the distributive print stations and the DPC (as a back-up) during the "test phase" to prepare users for the transition.

High-speed circuits have been installed between

Reese and the regional processing center's mainframe computer at Kelly AFB, Texas, to carry all data for base users. The old DPC era will end and the RPC era will begin as Reese will "go live" on the regional computer at Kelly May 16.

The five distributive print stations will then provide whatever data automation products each user requires. Each print station will become, in essence,

a data processing center, as users will be responsible for not only printing the products but for providing the resources it takes — such as manpower, paper, ribbons, special forms, etc.

When formed, the base network control center will assist users in managing the system, and what's left of the DPC can provide distributive print back-up. The base control center will be the focal point for reporting system problems beyond their control to the RPC. It's a far cry from what base customers are used to, but it's clearly a sign of the times in our down-sized Air Force.

Fortunately for Reese, we're the last AETC base to regionalize. Most of the "bugs" have been worked out of the system, meaning customers should not experience problems during the actual migration May 16.

Regionalization and data processing

- Fully implemented at Reese May 16.
- New centers will be located at the current data processing center, Lockheed, accounting and finance, 64th Logistics Squadron and military personnel flight.
- Regional computer located at Kelly AFB, Texas.
- Points of contact are Frank Misaage, 3089, and Pansy Pennington, 3899.

AFAF drive a big success

Wing members showed their generosity this past month, easily exceeding the Reese goal for the 1994 Air Force Assistance Fund Drive.

As of Thursday morning, Reese people had donated \$17,721, representing 146 percent of the base's \$12,150 goal, according to 1st Lt. Dave Trotta, AFAF project officer.

"The unit key workers did an outstanding job," said Lieutenant Trotta. "Their hard work exceeded all expectations."

The AFAF supports the Air Force Aid Society, Air Force Enlisted Widows and Dependents Home Foundation Inc., the Air Force Village Indigent Widows' Fund, and the Gen. and Mrs. Curtis E. LeMay Foundation. Contributions are made through payroll deductions, cash and checks.

Last year, the Air Force Aid Society provided over \$13 million to over 21,000 Air Force people in the form of interest-free loans or grants. Locally during that period, the AFAS helped 62 people in the Reese community with over \$33,000 in grants and loans, according to Lieutenant Trotta.

The generosity of wing members did not go unnoticed during this drive.

"I was extremely gratified by the wing's response to the AFAF campaign," said Col. Roger Brady, 64th FTW commander. "We asked people to help and they helped."

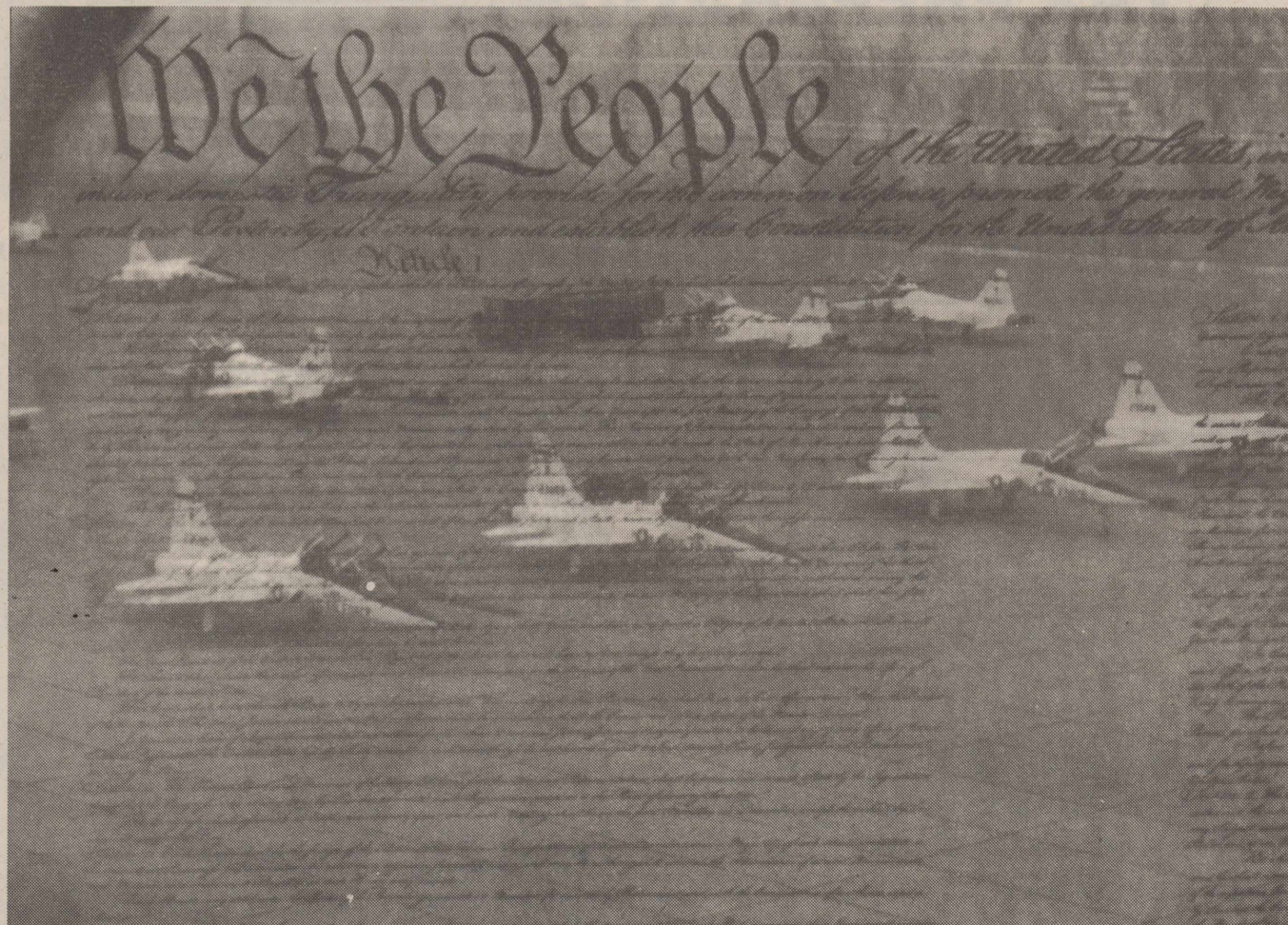
DFAS can now garnish civilian pay

WASHINGTON — The Defense Finance and Accounting Service can now garnish civilian employees' pay to repay commercial debts. As of Feb. 3, public law requires the government to honor garnishment orders from state courts in addition to those already in effect for child support and alimony, DFAS officials said.

The law also will allow the Department of Defense to deduct money from military members' paychecks for commercial debts, as soon as implementing regulations are issued. Officials said the regulations should be available within the next few months.

Debt collections will be limited to 25 percent of an employee's disposable earnings, unless limited to a lesser amount by state laws. Employees will also pay a processing fee when the garnishment is processed, officials said.

Processing procedures for child support and alimony garnishments will not change. In instances of multiple garnishments, child support and alimony will take precedence over commercial garnishments, officials said. (Air Force News Service)



Mike Parrish

Defend your rights

VOTE!

Promotional day on tap

by Kay Dyer

Reese Family Advocacy Outreach
Manager

"A child is a person who is going to carry on what you have started. He or she is going to sit where you are sitting, and when you are gone, attend to those things which you think are important. You may adopt all the policies you please, but how they are carried out depends on him or her. He or she will assume control of your cities, states, and nations. He or she is going to move in and take over your churches, schools, universities and corporations . . . the fate of humanity is in his or her hands."

— Abraham Lincoln

April is the Month of the Military Child and Child Abuse Prevention Month. Installations across the country and overseas will recognize the importance of children to military families through a variety of programs and activities.



HEADS UP! Artist-craftsman contest set

It's time to get works of art ready for the 1994 Reese Artist-Craftsmen Contest. Categories will be represented in two separate groups — adult (group I) 18 years or older and youth (group II).

Categories will include painting (two-dimensional fine arts in various media such as watercolor, oil, acrylic, etc.); drawing and prints; two-dimensional fine arts (in any media); three-dimensional fine arts (sculpture, metals, wood, glass, pottery, jewelry, etc.); and general (hand-crafted items from kits, molds, or patterns developed by sources other than the artist).

Any entry in any craft or art medium should be placed in one of the four categories

for judging. The first three categories represent original creative works. The fourth category represents any work on which the contestant relied on a preformed mold, pattern, kit or other commercial aid in developing the entry.

The youth category will have two categories: two-dimensional fine arts (various media — watercolor, oil, acrylic, etc.) and general (three-dimensional fine arts, hand-crafted items from kits, molds, etc.).

Judging criteria for all works of art will be originality and ingenuity, composition and design, execution and technical ability.

Entry deadline is May 25. Judging will take place May 26. For more information call 6590.

The Reese Family Advocacy Outreach Team is sponsoring a promotional day April 9 from 10 a.m. to 2 p.m. between the Base Exchange and commissary to highlight both of these special themes. With "All Kids Are Super Kids" as our overall theme, we are planning a day of special events for kids of all ages.

Special guests and displays will be on hand to help celebrate. They include the fire department "smoke house" and "Sparky;" security police dog demonstrations and "McGruff"; a skit presented by Frenship Intermediate School; Air Force recruiters with their T-38 model; family advocacy's "Orlando" the puppet; and several Texas Tech University VIPs, including football and basketball players, Tech's mascot Raider Red, and representatives from the Tech cheerleading squad.

People attending can bring cameras for pictures with the athletes, Sparky, Raider Red, McGruff or Orlando. They will also be able to get autographs.



SSgt. Mike Breslin

Ops member earns annual wing honor

Elaine Salyer, 64th Operations Group, is the wing resource advisor of the year for 1993. Salyer won this honor in competition with unit resource advisors throughout the base.

Guidance offered on new uniform

by SSgt. David D. Andres
64th Mission Support
Squadron

The Air Force Military Personnel Center has provided interim guidance for the wear of the new uniform, according to the Reese Military Personnel Flight.

Further detailed guidance will be published as it becomes available, but formal and complete details on the new uniform will not be available until Air Force Instruction 36-2903 is published, which is not expected in the field until April 1994. In the meantime, AFMPC advises:

□ Wear the new service dress coat with matching newly designed components (trousers/skirt/slacks, rank, insignia, tie/tab, and flight cap, if available). Do not wear name tag or U.S. insignia on this coat.

□ Officers will wear aluminum color style sleeve braid, one-half inch and one-quarter inch widths (one-quarter inch spacing between braids), two inches from the end of the sleeves.

□ Enlisted will center the four-inch (men) or three and

one-half inch or four-inch (women) sleeve chevron half-way between shoulder seam and elbow, when the elbow is bent at a 90-degree angle.

□ Center ribbons immediately above the edge of welt pocket, in multiples of three or four, with remaining ribbons centered over the row immediately below.

□ Only one occupational specialty badge may be worn, one-half inch above the top row of the ribbons (centered). One aeronautical badge may be worn in addition to or in lieu of the occupational badge, one-half inch above the specialty badge or ribbons.

One duty badge or missile specialty qualification badge (missile with combat crew, missile maintenance) is worn one-and-one-half inches below the top of, and centered on, the welt pocket.

Care should be taken not to place the badge prongs in the seam that runs between the two pockets on the left side of the coat. The duty badge will only be worn while the member is assigned to the issuing organization.

Only members involved in active law-enforcement duties wear the security police

shield.

Wear matching badges, either satin finish or highly polished.

Aeronautical and chaplain badgès are mandatory.

□ Accouterments such as the tie tac/clasp and men's cuff links can be either the old (shy finish only) or new (wing and star design). If wearing tie tac/clasp and cuff links at the same time, they should be of the same design (all old or new).

□ New stripes may be worn on the mess dress. The brushed finish, ball and clutch style stud and wing and star cuff links may also be worn. When purchasing the new three-and-one-half-inch stripes, be sure to purchase the correct size. Defective stripes have been manufactured by two companies and distributed to non-government retailers. The height of the defective stripes is incorrect — they appear to be short and squat, and are in the process of being recalled by the manufacturers. The design defect does not apply to the four-inch chevron, enlisted shoulder mark or pin-on metal insignia.

If you have questions call personal affairs at 6250.

CINEMARK THEATRES

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

***JIMMY HOLLYWOOD (R) THX**
Sat.-Sun. 11:15-1:45-4:20-7:15-10:15
Fri. & Mon.-Thu. 1:45-4:20-7:15-10:15

***D2 MIGHTY DUCKS (PG) THX**
Sat.-Sun. 11:05-1:55-4:30-7:20-10:20
Fri. & Mon.-Thu. 1:55-4:30-7:20-10:20

***EIGHT SECONDS (PG-13)**
Sat.-Sun. 11:10-2:05-4:45-7:45-10:30
Fri. & Mon.-Thu. 2:05-4:45-7:45-10:30 Stereo

***THE REF (R)**
Sat.-Sun. 11:35-2:20-4:50-7:25-10:05
Fri. & Mon.-Thu. 2:20-4:50-7:25-10:05 Stereo

ON DEADLY GROUND (R)
Sat.-Sun. 11:20-1:50-4:15-7:40-10:10
Fri. & Mon.-Thu. 1:50-4:15-7:40-10:10 Stereo

ACE VENTURA (PG-13)
Sat.-Sun. 11:25-2:10-4:40-8:00-10:45
Fri. & Mon.-Thu. 2:10-4:40-8:00-10:45 Stereo

BLUE CHIPS (PG-13)
Sat.-Sun. 11:30-2:00-4:25-7:10-9:45
Fri. & Mon.-Thu. 2:00-4:25-7:10-9:45 Stereo

MONKEY TROUBLE (PG)
Sat.-Sun. 11:40-2:25-4:55-7:35-9:55
Fri. & Mon.-Thu. 2:25-4:55-7:35-9:55 Stereo

THE PIANO (R)
Sat.-Sun. 11:00-1:45-4:35-7:30-10:25
Fri. & Mon.-Thu. 1:45-4:35-7:30-10:25 Stereo

TOMBSTONE (R)
Sat.-Sun. 12:00-3:00-7:00-10:00
Fri. & Mon.-Thu. 3:00-7:00-10:00 Stereo

THE CHASE (PG-13)
Sat.-Sun. 11:50-2:50-5:15-7:55-10:40
Fri. & Mon.-Thu. 2:50-5:15-7:55-10:40 Stereo

PHILADELPHIA (PG-13)
Sat.-Sun. 11:00-2:15-5:05-7:50-10:35
Fri. & Mon.-Thu. 2:15-5:05-7:50-10:35 Stereo

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

***THUMBELINA (G)**
Sat.-Sun. 11:40-2:20-4:45-7:05
Fri. & Mon.-Thurs. 4:45-7:05

CLIFFORD (PG)
Sat.-Sun. 11:45-2:00-4:40-7:30-9:45
Fri. & Mon.-Thurs. 4:40-7:30-9:45

HOUSE OF THE SPIRITS (R)
Sat.-Sun. 1:30-4:15-7:00-9:50
Fri. & Mon.-Thurs. 4:15-7:00-9:50

ABOVE THE RIM (R)
Sat.-Sun. 11:30-1:55-4:25-7:10-9:55
Fri. & Mon.-Thurs. 4:25-7:10-9:55

IN THE NAME OF THE FATHER (R)
Sat.-Sun. 9:30
Fri. & Mon.-Thurs. 9:30

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

THE PAPER (R)
Sat.-Sun. 1:00-4:00-7:00-9:50
Fri. & Mon.-Thurs. 4:00-7:00-9:50

***NAKED GUN 33-1/3 (PG-13)**
Sat.-Sun. 11:30-1:45-4:30-7:15-9:40
Fri. & Mon.-Thurs. 4:30-7:15-9:40

LIGHTNING JACK (PG-13)
Sat.-Sun. 11:15-1:50-4:40-7:25-10:00
Fri. & Mon.-Thurs. 4:40-7:25-10:00

SCHINDLER'S LIST (R)
Sat.-Sun. 11:20-4:20-8:30
Fri. & Mon.-Thurs. 4:20-8:30

* NO PASSES * NO SUPERSAVERS

Weekend

Places to go and things to do in the

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

The Texas Tech University Theatre
presents
Ira Levin's
DEATHTRAP
April 7-10, 14-17
For information call
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Fine French & Italian Cuisine
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50th & Quaker

America's Restaurants

From Inn Keeper's Table To Family Restaurant

(NAPS)—The appetizing facts you'll find here are from the experts at the National Restaurant Association, now celebrating its 75th anniversary.

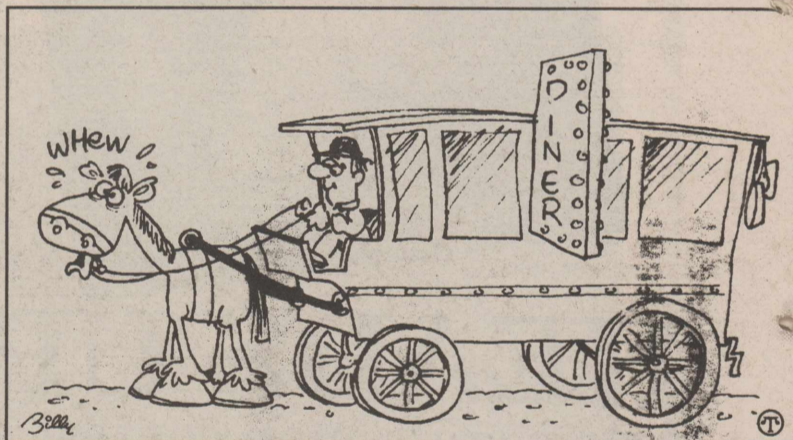
When America was settled, the idea of "eating out" was alien. Most people took their meals at the family table. There were exceptions, of course. Inns and taverns answered the need of weary travelers and newly arrived settlers for lodging, food and drink.

As at home, patrons sat down at the family table. If they were in luck, the proprietor was a genial host with a good farm attached to the tavern or inn, and a wife who could cook. In that case, the one-dish meal was most likely a delicious stew of meat and vegetables, served on clean linens and the patrons were invited to eat their fill.

Dinner in a less hospitable establishment could turn out to be the unappetizing mixture of salt pork and turnip tops reported by one horrified traveler. The dining-out experience might include bed-clothes that doubled as tablecloths, or a host who glowered at anyone foolish enough to ask for a second helping.

As the country expanded westward, taverns and inns sprang up on major routes and in newly settled towns. Beer, cider and spirits flowed freely and a bawdy atmosphere prevailed. Food, almost an afterthought, was normally served free to paying drinkers.

As cities grew larger and more industrialized, more people had to eat lunch away from home. Lunchrooms became popular, especially in the South and Midwest.



Today's diner developed from horsedrawn wagons that brought lunch to factory workers. Some were so big you could even eat inside.

Horsedrawn wagons took lunch to factory workers. In some, you could even eat inside. It was one small step from this innovation to the diner, one of the most enduring and beloved kinds of family restaurant.

Gradually, the idea that customers should be able to choose the type of food served, portion size and meal hours began to take hold. Eating places expanded their bill of fare and the custom of giving away food to paying drinkers started to fade. Menus that were formerly scribbled on a chalkboard or called out by a "barker" were duplicated for individual distribution.

A new form of service, "see-and-select" caught on in the early 1900s. The new eating places were dubbed cafeterias.

Nearing the end of the 20th century, restaurants have all the trappings of other businesses—varied products, computerized sys-

tems, supplier networks, sophisticated merchandising.

Whether they belong to a chain such as Shoney's or are independent establishments, modern family restaurants serve a far more diverse clientele than early eating places. They are committed to pleasing people of all ages, backgrounds and economic means.

In some ways, however, eating places have changed little. A majority are small businesses run by individual proprietors or families who offer hospitality in the same personal way as the innkeepers and tavern owners of the past.

In a few restaurants, the past and present merge. Boston's Durgin-Park succeeded 166 years ago by offering large portions of simple New England food at fair prices. The formula worked well—so well that the restaurant remains open today.

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WITH CHIPS AND A 20oz. DRINK!
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\$1.59 DINNER SPECIAL
TACO, BURRITO WITH CHIPS AND A 20oz. DRINK!
5PM TO CLOSE

Coupon Good Monday-Friday

Expires 5/31/94



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Daily Lunch & Dinner Specials Starting @ \$4.75

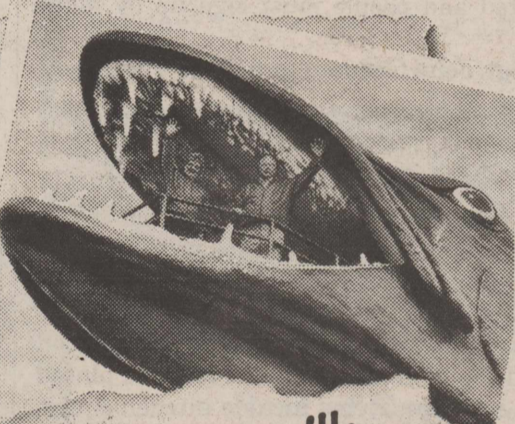
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\$1.00 Schooners Daily \$1.00 Drink Specials

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Caught by Paul Bunyon using a 73 lb. jig.

*Dear Eunice,
How many people can say they spent the morning in a fish's mouth... and then had seafood for dinner? We saw a four-story high muskie today. It was huge. Our shrimp dinner at Shoney's was big, too. I guess what goes around, comes around.*

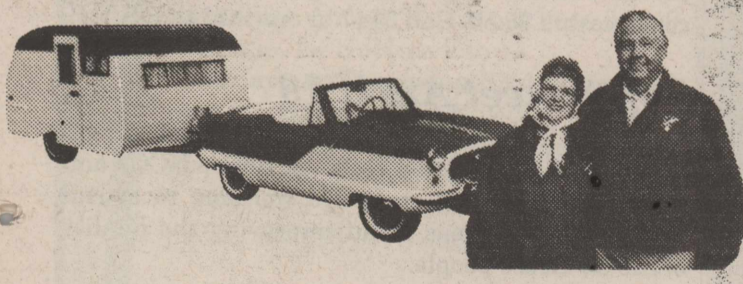
*Love,
Shirley*



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Seafood Bar, Friday & Saturday Evenings

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Electric lights and bells were installed in the White House in 1891, but President Benjamin Harrison and his wife, fearing shocks, asked the White House electrician to turn the switches on and off.

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Notes

Congressman promoted

WASHINGTON — It was the case of the general pinning the congressman.

Air Force Chief of Staff Gen. Merrill A. McPeak pinned major's clusters on Rep. Dave McCurdy, D-Okla., who was promoted Feb. 3.

McCurdy is a member of the Air Force Reserve and was selected for promotion by the Reserve Promotion Board, said Air Force officials here. The Norman, Okla., native has been in the Reserve since 1983 and serves as a judge advocate.

Following the brief ceremony in McPeak's Pentagon office, McCurdy said he was proud to be a part of the Air Force team. "It's an honor to count myself among such a top-notch group of professionals," he said. (Air Force News Service)

Nominations due today

Nomination packages for volunteer of the year awards have been distributed on base and are due to the family support center by April 1. The awards will be presented in four categories: family support, community service, religious activities and youth.

The awards will be presented in a basewide social April 19 in the officers club. Call Cheryl Ortiz at 3305 for details.

SPTG gets new commander

Command of the 64th Support Group will change hands during a 10 a.m. ceremony April 18 in front of wing headquarters, as Col. Bob Brooks hands over the reins to Col. Theron Weimer.

Colonel Brooks is moving to Maxwell AFB, Ala., where he will be vice commander of the Civil Air Patrol. Colonel Weimer is currently deputy commander of the 12th SPTG at Randolph AFB, Texas.

Everyone on base is welcome at the ceremony.

Special Olympics volunteers

Volunteers are needed for this year's Special Olympics. The Professional Military Education

Graduates Association is the base sponsor for the April 9 event, scheduled for 7:30 a.m. to 4:30 p.m..

A training session for volunteers is set for 3 p.m. Tuesday in the Simler Theater. To sign up, call Cheryl Ortiz at 3305 or your first sergeant.

Contracting solicits bids

The 64th Contracting Squadron is taking sealed bids on government property, including cars, furs, electronic equipment and lawn equipment, which can be viewed between 8 a.m. and 4 p.m. Wednesday in the Mathis Community Center.

Bids must be received at contracting by 10 a.m. April 18 and include cash, cashier's check or some other form of payment not subject to stoppage or cancellation. Contracting is located on the third floor of wing headquarters. Their address is 300 Reese Blvd., Suite 7.

For more information, call MSgt. Richard Armstead at 3994.

CPR class scheduled

An adult, child and infant cardiopulmonary resuscitation class will be held from noon to 4:30 p.m. Tuesday in the 64th Medical Group. Class size is limited and people must sign up by Monday.

Call SMSgt. John Goddard at 6149 or TSgt. Kenneth Loftis at 3242.

Sealed bid sale upcoming

Items in the next 64th Services Squadron sealed bid sale can be viewed from 11 a.m. to 5 p.m. Wednesday in Bldg. 542. Bids will be accepted during the same hours Thursday.

Bids must contain name, phone number, bid amount and the item bid on, and it must be placed in a sealed envelope. Items include kitchen equipment and a computer desk.

Bids will be awarded April 22. Call 6617 or 3346 for more information.



Snack bar closed

The snack bar grill in the Windmill Lanes Bowling Center will be closed April 11 through 20 for repairs. The bowling lanes will remain open during that period, and a limited menu will be available.

Notary service announcement

Due to court-martial scheduling, the Reese Legal Office's notary service, performed by the office's court reporter, will not be available April 12 through 15 and will be available on a limited schedule from noon to 1 p.m. April 16 through June 15.

Notary hours through April 11 are 8 a.m. to 1 p.m. Monday through Thursday.

Legal officials apologize for the inconvenience.

Day care orientation set

An orientation for people who want to earn income by providing child care in their Reese Village homes is set for 5:30 to 7 p.m. April 14 in the child development center.

Call Gloria Goff at 6270 or 3541 for more information.

ALS graduation set

Reese Airman Leadership School Class 94-B will graduate during an 11:30 a.m. ceremony April 14 in the enlisted club. All wing members are welcome; cost is \$5.50. Call 3147 by April 11 to R.S.V.P.

Top 3 meet April 19

Reese's Top 3 Association will meet at 3 p.m. April 19 in the enlisted club. All senior NCOs and master sergeant selectees are welcome to attend and voice their ideas about improving the quality of life for Reese people.

PMEGA meets April 21

The Reese Professional Military Graduates Association will hold its monthly meeting at 3 p.m. April 21 in the enlisted club. All enlisted personnel are welcome to participate.

Call the airman leadership school at 3147 for details.

Preschool has openings

The Reese Preschool has openings for children 3 to 5 from 8:30 to 11 a.m. Mondays, Wednesdays and Fridays. Call the child development center at 3541 for details.

Airman gets 'top billing'

A1C Cindie Dunning is a familiar name to wing motorists approaching the base via Fourth Street, thanks to her husband. Johnnie Dunning, an employee of Martin's Outdoor Advertising, took the space on the billboard on Reese Village's southeast corner to announce his wife's promotion party later this month. The sign went up Saturday.



SSgt. Mike Breslin

Around Reese

Enlisted club (3156)

Today: Variety music by the Electrifier in the lounge from 7 p.m. to midnight.

All night disco from midnight to 3 a.m.
Free snacks for members at 5 p.m.

Saturday: Lounge opens at 1 p.m.

Main lounge is available for special events on Saturday nights. Call 3712 or 3156 for more information.

Sunday: Lounge opens at 1 p.m. with beverage specials.

Monday through Friday: Member appreciation week for E-1s through E-4s with beverage specials.

Monday: Men's night with beverage specials.

Tuesday: Lounge bingo from 5:30 to 7 p.m.

Wednesday: Ladies night with beverage specials.

Thursday: Lounge bingo from 5:30 to 7 p.m.

April 11 through 15: Member appreciation week for E-5s through E-6s with beverage specials.

April 18 through 22: Member appreciation week for E-7s through E-9s with beverage specials.

April 25 through 29: Member appreciation week for retirees and civilians with beverage specials.

Planning a party? Club caters on Reese and in Reese Village; call 3712 for details.

Simler Theater (885-4888)



Today: "My Father the Hero" (PG) at 7:30 p.m.

Saturday: "Shadowlands" (PG) at 7:30 p.m.

Sunday: "Golden Gate" (R) at 7:30 p.m.

Officers club (3466)

Today: All-you-can-eat "April Fools" buffet from 11 a.m. to 1:30 p.m. Costs \$4.95.

Prime rib buffet from 6 to 9 p.m. King cut \$9.95, queen cut \$8.95.

Disc jockey from 6 to 10 p.m.

Club card drawing between 5 and 6 p.m. Must be present to win a \$50 credit to club account.

Saturday: Closed.

Sunday: Easter brunch served from 10:30 a.m. to 2 p.m. Adults \$9.95, children 6 to 12 \$4.95, children under 6 free. Bring a church program and receive a 50-cent discount. The Easter bunny will be here. Open to all base personnel and their guests.

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

Dining room closed for evening dining.

Tuesday: West Texas all-you-can eat lunch served from 11 a.m. to 1:30 p.m. Costs \$4.95.

The Retired Officers Association at 6:30 p.m.

Dining room is closed for evening dining.

Wednesday: Chef's choice for lunch from 11 a.m. to 1:30 p.m.

"Over-the-hump night" in the Smokin' Hole with free tacos and beverage specials for club members.

Ladies night in the lounge from 4:30 to 6:30 p.m.

Family style chicken served from 5:30 to 8:30 p.m. Costs adults \$5.50, children 6 to 10 \$2.75, children under 6 free.

Club card drawing between 5 and 6 p.m. Must be present to win a \$50 credit to club account.

Thursday: Chicken fried steak for lunch from 11 a.m. to 1:30 p.m.

Men's night in the Smokin' Hole from 4:30 to 5:30 p.m.

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

Officers wives club board meeting at 6:30 p.m.

Rest of Reese

Auto Skills Development Center (3242): Registration deadline Tuesday for basic automotive class.

Basic automotive class Thursday from 5 to 7 p.m. Cost is \$5 per class.

Information, Ticket and Tours (ITT) (3738): Six Flags spring discount tickets are good for weekends only through April. Cost is \$17 each. ITT hours of operation are: Tuesday through Friday from 9 a.m. to 6 p.m.; Saturday from 9 a.m. to 5 p.m.; closed Sunday, Monday and holidays.

Youth Center (3820)

Today: Jazz dance class for ages 7 through 12 from 4:30 to 5:30 p.m. Costs \$20 per month.

Saturday: Annual Easter egg hunt from 9 to 10 a.m. for children 2 to 12.

Tuesday and Thursday: Shoto-Kan Japanese martial arts class from 5 to 6:30 p.m. at the Mathis Community Center. Cost is \$25 for eight classes.

Dance for tots ages 4 to 7 from 4:15 to 5 p.m. Costs \$18 per month.

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.

Skills Development Center (3141)

April 13: Stained glass class from 4 to 7 p.m. Cost is \$28 per person and includes all materials. Finished piece will be valued at approximately \$20. A two-day advanced registration is required.

April 16: Framing class from 1 to 5 p.m. Costs \$25 per class - all materials included.

Coming in May: Reese Artist-Craftsmen Contest - See story, Page 7.

Mamma Reesione's (885-2639)

Weekdays: Lunch served from 11 a.m. to 2 p.m.

Two-piece chicken dinner with french fries, cole slaw, roll and hot pie for \$3.

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

Soup and salad bar for \$3.

One dozen hot wings with sauce for \$3.50.

Monday: Double cheeseburger with french fries for \$3.50.

Tuesday: All-you-can-eat pizza, pasta and salad bar for \$3.95.

Wednesday: All-you-can-eat soup and sandwich bar for \$3.95.

Thursday: Two-item calzone for \$3.

Chicken fried steak dinner for \$3.95.

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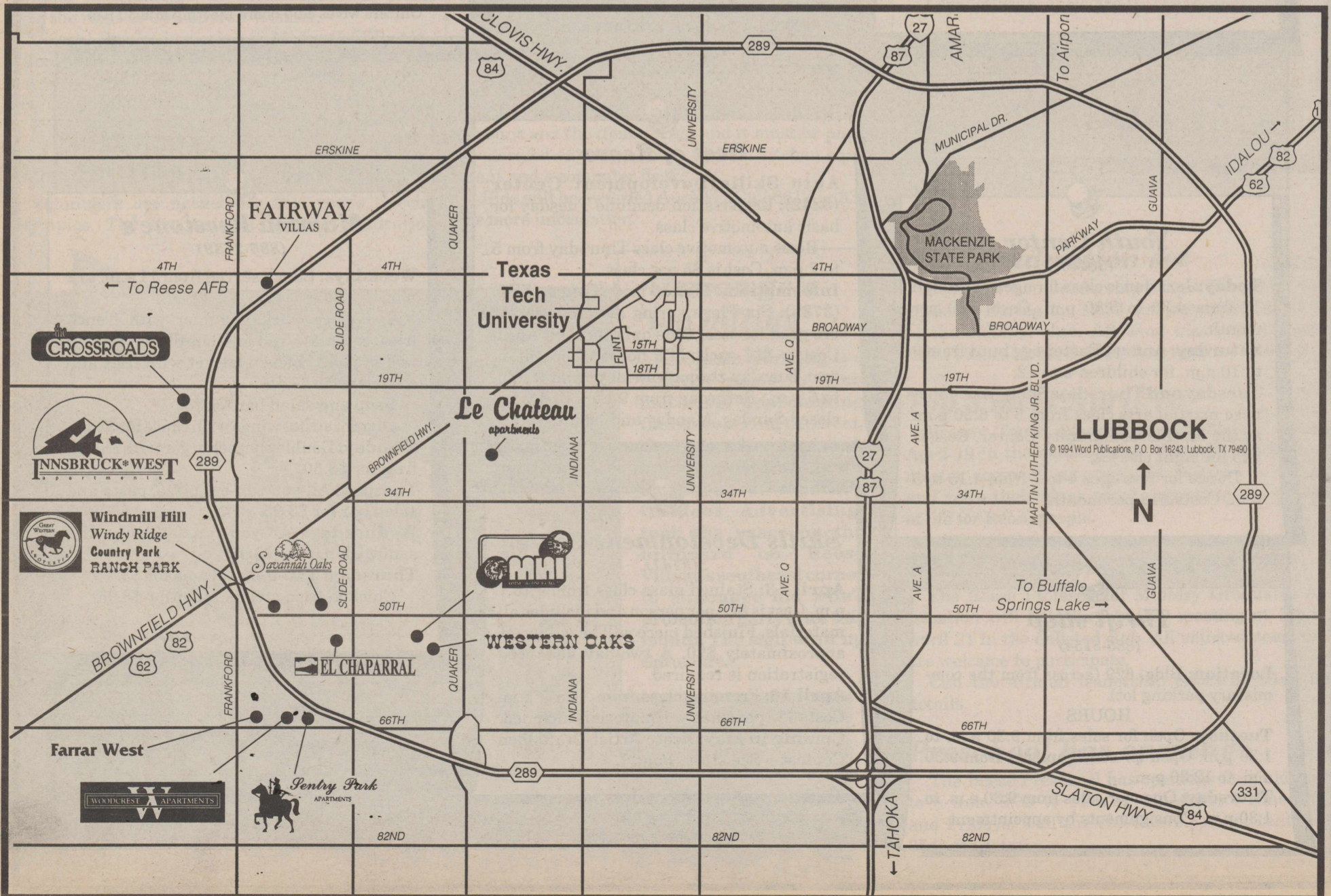


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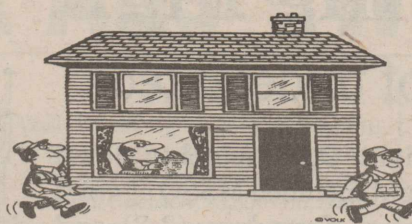

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793-5115

Farrar West
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794-5945

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52nd FTS keeps flying high

Jayhawk unit prevails in battle of undefeateds

by A1C Timothy E. Dempsey
64th FTW Public Affairs

The 52nd Flying Training Squadron continued their assault on a perfect season as they handed the 35th FTS "A" their first loss in intramural volleyball Monday night at the base fitness center.

Keeping their record unblemished, the 52nd FTS (6-0) won the first and second game of the match. They were scheduled to face the 64th Security Police Squadron (2-4) in Thursday (March 31) night's matches.

The 35th FTS "A" (4-1) was also scheduled to meet SPS in a separate match Thursday night as they tried to rebound

from Monday night. Other matches slated for Thursday night included MSSQ against the 64th Logistics Squadron (3-3) and MEDGP "A" against OSS.

In other recent matches, the 64th Mission Support Squadron (3-1) beat the 64th Civil Engineering Squadron (2-4) two games to one March 24, and the 64th Medical Group "A" (2-3) improved their record as they defeated SPS.

In the final game March 24, the 64th Operations Support Squadron (2-4) came from behind to edge MEDGP "B" (0-7). MEDGP "B" looked to break their losing streak after winning the first game, but OSS powered back, taking the second and third game to win the match.

Standings

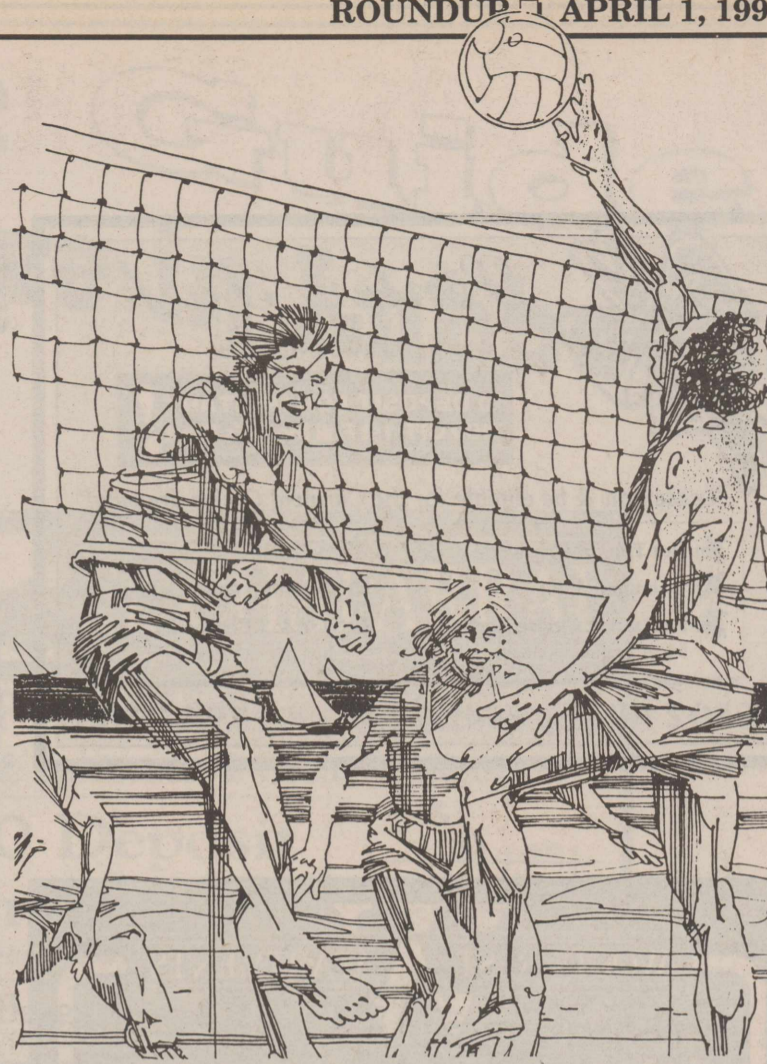
(as of Thursday morning)

National League

35th FTS "A"	4-1
MSSQ	3-1
LS	3-3
MEDGP "A"	2-3
CES	2-4
OSS	2-4

American League

52nd FTS	6-0
CS	4-2
35th FTS "B"	2-3
SPS	2-4
MEDGP "B"	0-7



Updates

Wing plans sports day

Monday is the registration deadline for the wing sports day April 29, which will feature intersquadron competition in volleyball, a five-kilometer run, bowling, golf, basketball and softball.

People who want to compete should contact their sports representative. Call Gary Grant or Jake Trevino at 3207 for more information.

Summer bowling sign-up set

Sign-up for summer bowling leagues begins today; the leagues will include a non-smoking league (day of the week to be determined by league members).

The children's "no tap" "have a ball" league begins June 7 and will run 10 weeks at 1:30 p.m. Tuesdays. The cost is \$5 per child and participants will receive a "Sport Tec" ball at season's end.

The adult "have a ball" league will begin May 4 and will run 15 weeks. The cost is \$5 per week and participants will receive a "Sport Tec" ball at season's end.

League bowling under the Baker system (five-person teams bowling four games) will begin June 2.

Youth fun bowling will be held at 10 a.m. Saturdays (season length and start date to be announced). The cost will be \$2.50 per week and will include instruction, drawing and prizes.

Free bowling instruction will be held in June, July and August. Call 3116 to make an appointment.

Runs planned

A flightline half-marathon will be held April 9, along with a 10-kilometer and two-mile fun run. Show time is 8:30 p.m. at the base picnic grounds; the runs get under way at 9 a.m.

The runs are free for Reese people and medals will be awarded to first-, second- and third-place finishers. Entry forms are available at the fitness center.

Call Gary Grant at 3783 for details.

Bowling schedule

Today: "Polyester panic" begins at 7 a.m. Participants can bowl three games for only \$2.

Summer league sign-up begins today.

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

"Polyester panic" begins at 1 p.m. Participants can bowl three games for only \$2.

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

Mixed league at 6:30 p.m.

Monday: Mixed league at 6 p.m.

Tuesday: Law enforcement league at 7 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

Speed Balls	33-21
Slow Pokes	32-22
Beavis III	24-30
Terminators	23-31

High series (two games)

Kristin Bray	206
Kim Kniezewski	117
Lisa Kniezewski	108
Elisha Cogdill	80

High games

Kristin Bray	112
Kim Kniezewski	74
Lisa Kniezewski	55
Elisha Cogdill	48

Prep Division

Rat Pack	50-22
Strikes and Spares	41-31
Tasmanian Devils	29-43
4 of a Kind	24-48

High series (three games)

Chris Madgwick	428
Tina Hunter	370
Greg Lubic	357
Chelsea Mont	348

High game

Tina Hunter	176
Chris Madgwick	157
Mike Santellan	132
Chelsea Mont	131

Junior/Senior Division

Whatever	53-18
Untouchables	40-32
JDC	34.5-37.5
Tag Team	32.5-39.5
Raptors	32-40
Three Bs	31-41

High series (three games)

Josh Bray	460
David Scoggins	432
Kim Lee	421
Jody Mills	365

High game

Kim Lee	163
David Scoggins	162
Josh Bray	161
Renee Chambers	138

YABA plans awards night

The Young American Bowling Alliance will hold an awards night from 6:30 to 9:30 p.m. April 26 in the bowling center.

The event will feature dinner for parents and children, awards and bowling. This will be a non-smoking event.

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3 Family Yard Sale
 Household items, men, women, children's clothing, shoes, toys, a lot of miscellaneous. Friday only. 9:00 - ?; 6513 21st Street #B, off 19th and Milwaukee. Go west. Corner of 21st and Norwich. 4-1

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. 4-1

For Sale
 Wall Unit with lights, solid light oak, 10' long x 6'7" high x 21" deep; Pull out bar, glass shelves, hand-made in Europe, excellent condition, \$5,500 firm; Matching large dining room table 6 1/2' x 3' with 6 chairs, solid light oak, hand-made in Europe, excellent condition, \$2500. Must see. 799-6334. 4-1

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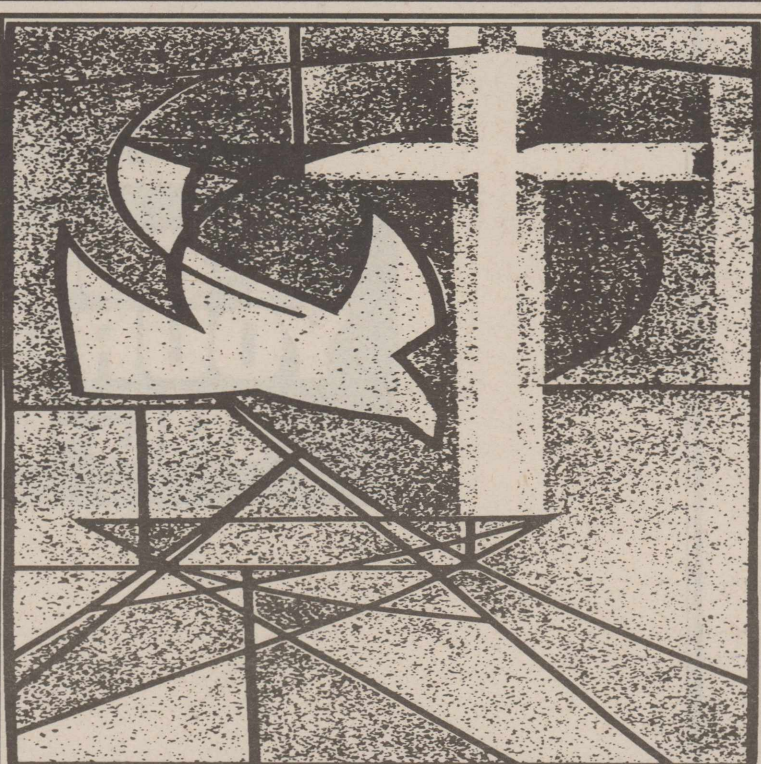
4 Family Yard Sale
 Furniture, baby furniture, men, women, children's clothing, some baby clothes, shoes, household items, a lot of miscellaneous. **Saturday only. 8:30 - ?, 311 Arnold, Base Housing Area.** 4-1

Come by
 The Roundup office
 at 40th & Frankford
 (front door faces Frankford)
 to place your ad in the Roundup.

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 Worship 11:00 a.m.
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 (across from Reese Village)
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 KCBD-TV, Channel 11 at 8:30 a.m.
 KFYO-Radio, AM 790 at 11:00 a.m.
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 Sunday School at 9:15 Sept.-May
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FIRST FOURSQUARE GOSPEL CHURCH
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 Pastor: GARY MACDONALD
 Assistant: RANDY DEMETRO
 745-4581 10701 Indiana

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 Adult Service 7:00 p.m.
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St. Stephen's Episcopal Church
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 8 a.m. Sunday
 PARISH EUCHARIST
 10:30 a.m. Sunday
 HOLY EUCHARIST & UNCTION
 5:30 p.m. Wednesday

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 Church Training 6:00 p.m.
 Evening Worship 7:00 p.m.
 Mid-Week Service
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 Leon Anderson, Pastor
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 Pastor: Les Berg (USAF Ret)
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GOOD PSYCHOLOGY

What You Can Change And What You Can't

(NAPS)—Many of us could have less guilt and more happiness by learning the difference between what's possible to change about ourselves and what's not, a noted professor of psychology believes.

In his new book, *What You Can Change and What You Can't* (Alfred A. Knopf, \$23.00), Dr. Martin E. P. Seligman has written a guide to improving the quality of life by understanding exactly what is realistic and what is possible to expect from change.

"Millions of people struggle with change," Seligman says. "We diet, we jog, we meditate. We adopt new modes of thought to counteract our depressions. We practice relaxation to curtail stress. But distressingly often, self-improvement and psychotherapy fail. The cost of this is enormous. We think we are worthless. We feel guilty and ashamed. We believe we have no willpower and that we are failures. And as a result, we give up trying to change."

Fortunately, says Dr. Seligman, we can change ourselves for the better. We can employ safe, effective self-help techniques and unlearn certain damaging behaviors. There is much we can do for ourselves—in some cases alone, in more serious cases with professional help—in areas ranging

from diet to anxiety to addiction—as long as we don't tragically waste our energies, our courage and our incomes on attempting what is impossible.

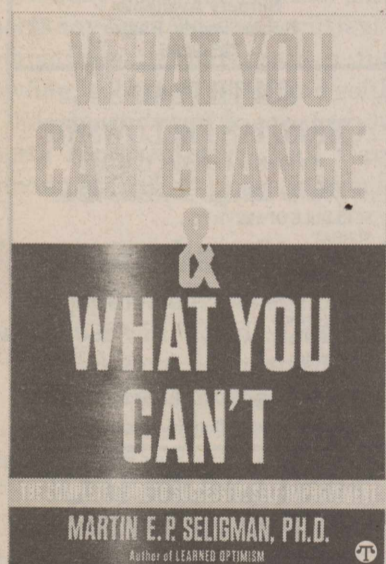
Topics discussed, on the basis of the latest and most trustworthy scientific information, include:

- The most effective known treatments for everyday anxiety.

- How panic can be cured.
- Why diets almost always fail.
- Why phobias cannot be treated by psychoanalysis.
- How certain types of depression can be cured.
- Which kinds of alcoholics can be helped by Alcoholics Anonymous and which cannot.
- What types of therapy can

readily correct sexual dysfunctions.

Whatever the psychological or physical change you want to make, Dr. Seligman first tells you if, in his opinion, it is possible and then shows how to proceed if it is. You can find this helpful new book at many booksellers, or by calling the publisher directly at 1-800-733-3000.



A new book is seen by many as a realistic—and therefore effective—approach to self-improvement.



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