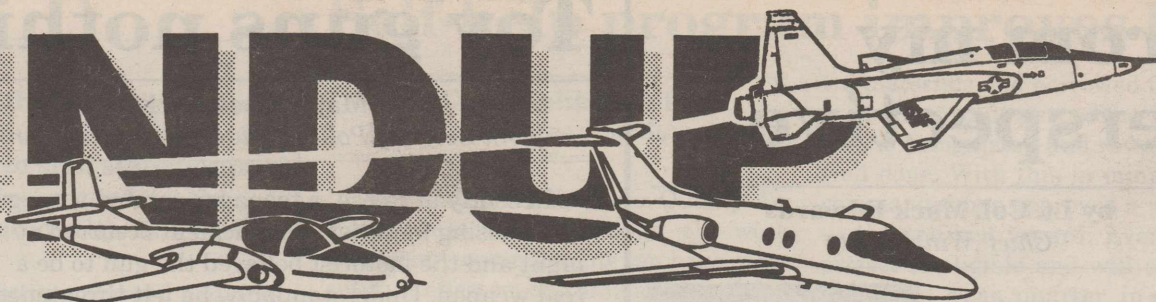


# ROUNDUP

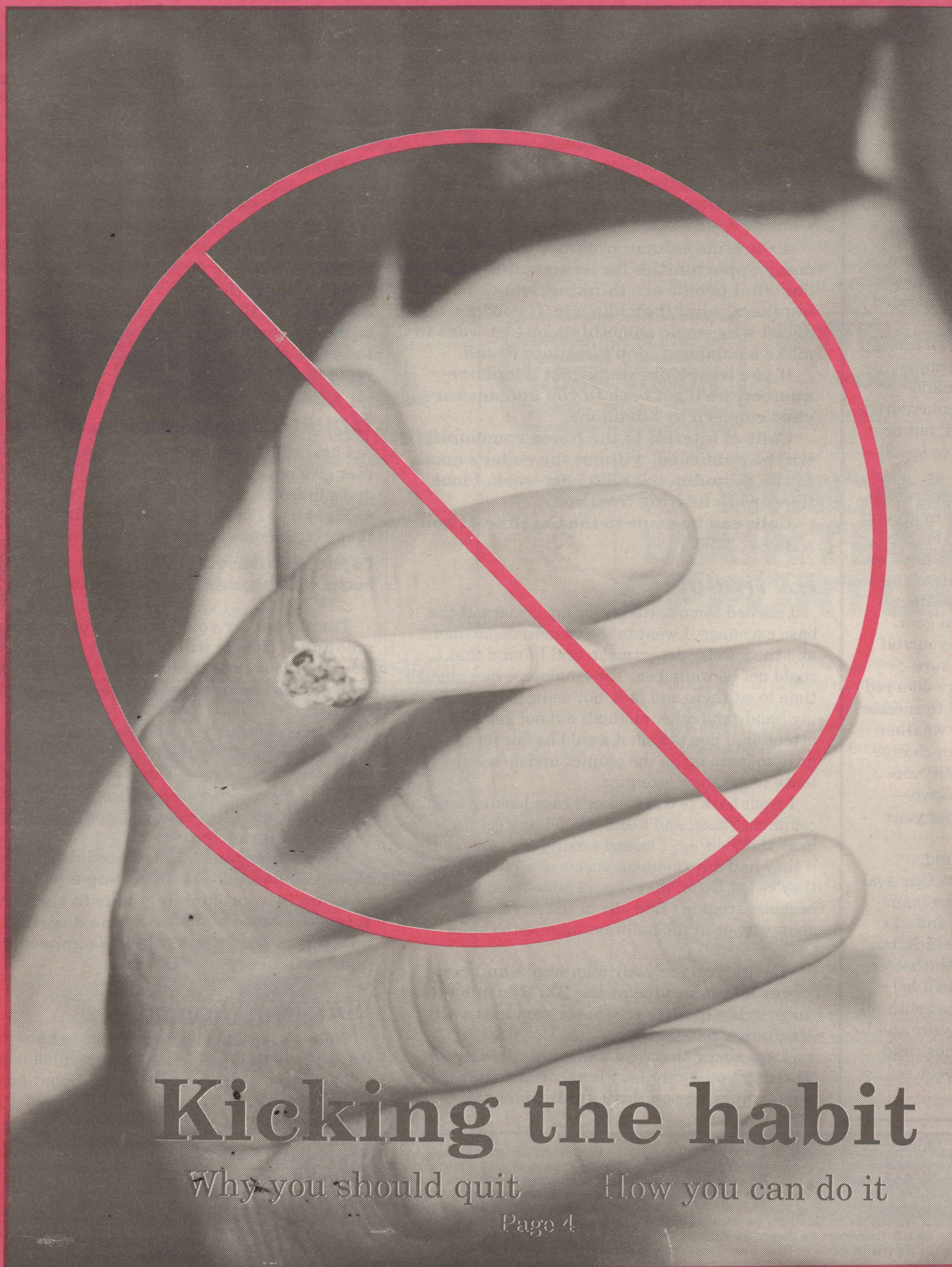


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Volume 46, Number 2

January 21, 1994

Reese AFB, Texas 79489



## Kicking the habit

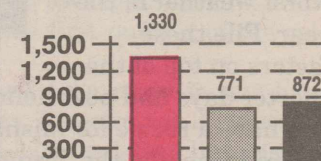
Why you should quit      How you can do it

Page 4

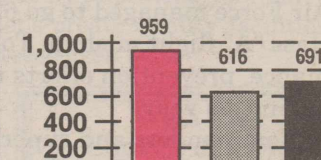
Mike Parrish

### Mission

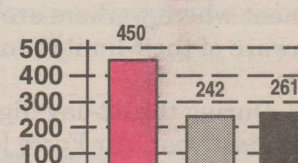
#### T-37 sorties



#### T-38 sorties

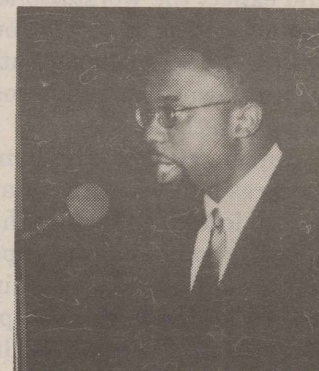


#### T-1A sorties



Required for January  
 Required as of Tuesday  
 Flown as of Tuesday

### Inside



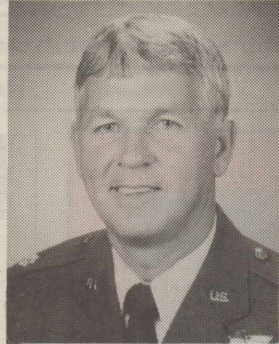
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## From my perspective

by Lt. Col. Mark Edwards  
Chief, Wing Safety

We are in that double-threat time of year. Our people have taken leaves and traveled long distances. When we returned to work after the holidays we faced some of the worst weather of the year. Pile those factors on top of the shorter days and post-holiday letdown, and you have a recipe for mishaps.



Traditionally, the January to March time period has been one of the "spikes" in mishap rates. Last year during this time frame, the Air Force managed to go 62 days without a class "A" flight mishap. To repeat this performance, prevention efforts must be generated again this year.

Commanders and supervisors at all levels must lead this effort. Realize your people could be a little rusty and don't demand unrealistic achievements. Develop an environment where workers are challenged, but are aware of their limitations and able to speak up.

During the 62-day flight mishap moratorium last year, Air Force lost 11 lives in ground mishaps. While allowing more time for pre-flight aircraft, also remember to allow more time for "preflighting" your car—cleaning the windows, topping off the anti-freeze and checking your tires and survival gear.

Whether on or off duty, preflight yourself too. Get the proper mindset and be sure you're physically ready. If not, you're on a red "X". Pre-mission planning is crucial to success in the air and on the ground. Know weather and expect the worst. Conditions can change rapidly. Dress to survive outside your "aircraft," and most importantly, slow down—slick taxiways and slick roads can put your vehicle in the weeds.

Safety, in the air and on the ground, requires a high degree of awareness. Our goal is zero losses. Attaining that goal is a team effort by commanders, supervisors, and workers. It also may require a little luck, but remember the better you plan and the better you execute the plan, the luckier you'll be!

Let's get through the double-threat with all our resources intact. We did it last year and I know with proper planning, awareness and involvement at all levels we can repeat.

Fly smart. Fly safe.

## Toy guns nothing to toy with

by Maj. James Peck  
64th Security Police Squadron Commander

Recently at Reese, a teenager pointed a toy gun at a passing motorist. The incident occurred at night and the motorist believed the gun to be a real weapon. Understandably, he felt threatened and immediately reported the incident to the security police who responded. The situation terminated without anyone being injured but, it could have resulted in much more serious circumstances.

It is unfortunate that today's society, with its rampant violence and shootings in nearly every community across America (the majority of those

shootings occurring among teens), has forced us to take a fearful, cautious approach to situations that only a few years ago would have been viewed as adolescent mischief.

Toy guns in the hands of a child are usually perceived as just that - a child playing with a toy. But a toy gun possessed openly by a teenager or an adult can be perceived as a weapon.

As we've all seen in recent news events, it's not uncommon for frightened people to shoot first and ask questions later. Luckily, this incident ended without tragedy.

I ask all parents to please discuss this issue with their teenagers. Hopefully, a reminder now will prevent a tragedy later.

## From YOUR perspective

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

**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.**

### BX trouble

I needed some batteries for my camera at the base exchange. I went to the camera department and the jewelry department, and I found that I could not be waited on. The employees had enough time to sit there and talk, but using gestures with my hands and other methods did not get their attention. I don't think it would be fair for me to have to jump up on the counter and do a striptease to get their attention.

I went back to the cashier's cage looking for a comment sheet, and I couldn't get any service back there either. I looked around the store to see if they had any comment sheets available. If they've got them, they should have them marked, because I couldn't find any in the store, in the shopette or in the hallways around the store.

**Thank you for your comments and concerns about service at the BX. It is our intent to provide quality customer service to all exchange patrons.**

**I am sorry that you were not assisted on the day you came in. Please know that there is a supervisor on duty at all times the**

**exchange is open and any cashier at the central checkout will be glad to page one for you in order to resolve the problem immediately. If, however, you would like to make a customer comment, the forms are available in the mall across from the optical shop.**

**In addition, please do not hesitate to call John Sharp, BX general manager, at 885-4581 with any comments and concerns that you have. He will be more than happy to help resolve any problems.**

### Housing wait

I am calling about housing. Nobody on base will ever give me an answer -- I've heard that they're going to freeze NCO moves.

Right now I'm No. 4 on the housing list, and they're telling me it could be four to five months.

I'd just like to know if anybody on base actually knows what's going to happen with housing.

**Thank you for your inquiry concerning the amount of time it will take for you to get base housing. It is true that we have had some delays in advancing individuals on the waiting list.**

**We are presently in the slowest turnover time of the year for individuals making permanent-change-of-station moves or retiring, and we are also relocating 25 individuals from housing units needing upgrading to recently upgraded units.**

**These situations have caused delays. However, you should be getting a call for housing in approximately four to six weeks. It is our goal to assist everyone desiring housing as soon as possible. We appreciate your patience.**

### 'Shifting' hours?

We work on shifts and would like to know how we can go to the gym; it only has specified hours.

I know the security police have 24-hour access.

See "Carelines," Page 3

## ROUNDUP

Bldg. 11  
3236 or 3843

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

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Photo support ..... Mike Parrish  
..... Bill Allen  
Volunteer staff writer ..... Sara Rosett

# Carelines from Page 2

Is there a way that the shift workers can get 24-hour access to the gym also? With our shift work, we can work out only half of the month.

You are correct. The security police do have access for their shift personnel to work out in the fitness center after hours. We previously had a key check-out program which allowed specified military personnel to use the center in the same way. We had some problems with the building being left insecure and lack of accountability for the key, so we stopped allowing this procedure.

The initiation of the wing fitness program is a good time to re-look at this issue. Our fitness staff, in conjunction with the security police, are ready to try again. We will allow any two active-duty military members to sign out the key for the fitness

center from the security police desk after hours. They will both be required to sign statements of understanding regarding the rules associated with this privilege.

This procedure should ensure accountability and security of our facility while offering a valuable service to our personnel. Thanks for helping us serve our people better.

## Correction

Last week's "Carelines" mistakenly said that it is illegal to leave cars running while unoccupied, "especially in the housing area and the dormitories where people start their cars in the morning to warm them up." In actuality, those are the two areas where people may leave their cars running in order to warm them up. The Roundup regrets the error.

# Self-help program improves base

by Capt. Keith F. Yaktus  
64th Civil Engineering Squadron

As we all know from our Quality Air Force courses and readings, our work and leisure environments can have a significant effect on our productivity. A fun way to create an environment we all can take pride in is through the wing self help program. Our self help program exists for everyone on Reese. We can all perform self help projects to improve our work environments and our homes in base housing.

How does the program work? Your first step is to visit the Reese Self-Help Store in Bldg. 552. There you can discuss your project with our store personnel who will assist you in completing a simple work request form. They will also help you decide what materials and tools you will need. If all materials are on hand, you can pick them up that same day. Store personnel will then schedule a photographer to take before, during and after photos of your project. When the project is over, you return any ex-

tra materials and borrowed tools.

An important part of the quality process is recognizing and rewarding a job well done. With this in mind, the wing commander has approved a wing award — the self-help award. Every self-help project is eligible and will compete for the fiscal year quarter in which the project was completed. A three-person selection team consisting of group/squadron commanders and first sergeants will judge the projects and select the winner. They will judge projects based on craftsmanship, creativity/design, best use of materials, and overall quality. Here's the best part for the customer — civil engineering will prepare the award packages. The first award will be for the first quarter of the calendar year.

We all take pride in our base and facilities; I'm sure you'll agree Reese is a good-looking base. But, as always, there's room for improvement. Take advantage of your self-help store and show your pride by improving your surroundings. Let's create quality facilities and make Reese even better!



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If you have the requisite technical and maintenance management experience on these aircraft, plan to visit us on 22 or 23 January 1994. If you cannot attend, please send a chronological resume to: Serv-Air, Inc., Dept. JFC-RS, P.O. Box 6669, Greenville, TX 75403. Incumbent resumes are encouraged. All resumes held in strictest confidence.



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# Kicking the habit

Command officials stress dangers of smoking

by Col. Roger L. Stork  
AETC Director of Health  
Promotions

RANDOLPH AFB, Texas

— Cigarette smoking is the single most preventable cause of premature death in the United States. The Center for Disease Control in Atlanta estimated in 1990, there were 419,000 deaths in the U.S. attributable to smoking. This represents nearly 20 percent of all deaths!

While it has been common knowledge smoking causes cancer and increases the risk of respiratory and heart disease, the CDC numbers reveal the effects of smoking extend beyond the primary user to their families and co-workers. For example, the deaths of over 1,700 infants in 1990 were attributed to smoking and its impact on premature births, respiratory distress syndrome and other respiratory conditions of the newborn, as well as sudden infant death syndrome. Cigarettes are the leading cause of home fires, contributing

1,400 deaths due to fire as part of the 419,000 deaths attributable to cigarette smoking in 1990.

Deaths due to fires, lung cancer deaths in non-smokers from passive smoke, and deaths in infants exposed to parental smoking accounted for almost 54,000 deaths due to cigarette smoking in 1990.

The dramatic impact of these numbers is more evident when the years of potential life lost due to premature deaths from cigarette smoking are considered. The CDC estimates in 1990 nearly 1.2 million years of potential life were lost before age 65. If you look at the effect on total life expectancy, this quadruples to more than five million years of reduced life expectancy. And these numbers are conservative because the CDC didn't include mortality caused by cigar smoking, pipe smoking or the use of smokeless tobacco products.

Yet these statistics don't address the effects of tobacco smoke on health and acute or

chronic illnesses.

In babies under 18 months, each year passive or second-hand smoke contributes to 300,000 lower respiratory tract infections — like bronchitis and pneumonia. This results in 15,000 hospitalizations annually. Middle ear infections, the most common illness requiring medical treatment in children, are considerably more common among children whose parents smoke.

An American Academy of Pediatrics recent study of a group of more than 4,000 children revealed children whose mothers smoke 10 or more cigarettes a day are twice as likely to develop asthma than children of non-smokers. In addition, they reported asthmatic children whose moms smoke are four times more likely to need medication for their asthma than asthmatic children of non-smokers.

Not all the news is bad though.

The Department of Health and Human Services report-

ed during the past 25 years there has been a dramatic decrease in tobacco use in America; total and per capita cigarette use are down.

Smoking among adults decreased from 40 percent in 1965 to 29 percent in 1987. Between 1964 and 1985 an estimated 790,000 smoking related deaths were avoided or postponed as a result of decisions to quit smoking or not to start. The U.S. surgeon general estimates each of these avoided or postponed deaths represented an aver-

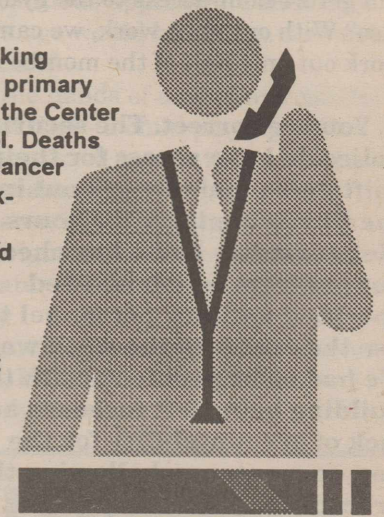
age gain in life expectancy of 21 years — each!

All of these facts are sobering. What we need, however, is not more facts. What we need is to transfer all of this "head knowledge" into action and make changes beneficial to our lives, the lives of our families, and the way we accomplish our mission.

The impact on AETC in the cost of medical care, the distractions from family illnesses and time lost from duty is substantial. (AETC News Service)

## WHO THE SMOKE COVERS

The effects of smoking extend beyond the primary user, according to the Center for Disease Control. Deaths due to fires, lung cancer deaths in nonsmokers because of passive smoke, and deaths in infants exposed to parental smoking account for almost 54,000 deaths annually.



SOURCE: HQ AETC/SG

# Ready to call it quits? Well . . .

by Capt. Phillip W. Petterborg  
Reese Health Promotions Manager

With the arrival of the new year, many of us have set goals and resolutions. For most tobacco users it is once again time to consider taking the final step. As with most habits, we usually have a "reason" why we're not quite ready to change. One of the commonly voiced concerns in giving up tobacco, whether it's smoked or smokeless, is con-

cern over weight gain. This may be particularly true during a time of year such as the holidays when we traditionally eat more. There are different reasons why this weight gain may occur. The American Cancer Society and the American Heart Association have come up with some tips to help with this issue.

One of the reasons eating increases after giving up tobacco use is that tobacco use is an oral habit. Satisfaction is gained by having something in your hand or mouth. One solution is to always carry sugar-free mints or artificially sweetened gum. While you are at home, choose something you can nibble on that requires some work, such as unshelled nuts or fruits which must be peeled. Also while you are at home, occupy your time with activities or crafts that will "keep your hands busy."

Your sense of smell and taste should improve once you quit smoking and food will become more appealing. The challenge now becomes not to over-eat. One strategy is to remove all but the food on your plate from the table so getting a second helping requires more effort. Another strategy is to slow down your eating. Cut food into smaller pieces and put your fork down between mouthfuls. Ad-

ditionally, sip ice water frequently during meals. When you are finished, leave the table. Because completion of a meal is often followed by a cigarette for a smoker, "signal" the end of the meal by eating a sugar-free mint or by brushing your teeth.

Snacking in the evening often replaces tobacco use during these hours of relaxation. There are a number of ideas on how to deal with these times. First of all control your environment. Keep stored food out of sight. Store high calorie snacks behind other healthier snacks in the refrigerator and on shelves. To reduce impulse eating, pre-plan your evening snack. Have a variety of raw vegetables prepared such as celery, broccoli, cauliflower, cherry tomatoes or carrot sticks or munch on plain crackers or unbuttered popcorn. When you first notice the desire to snack, wait a previously determined amount of time or substitute an activity to divert your attention. In addition, substitute a non-caffeinated diet drink for any regular soft drinks you may consume.

The fear of gaining weight should not dissuade you from eliminating tobacco use. Increased exercise and a moderate diet can keep you from gaining those unwanted extra pounds. The combination of these behavioral changes will improve your health and increase your self-esteem.

## Annual smoke-related deaths

About 419,000 people died from smoke-related causes in 1990, according to the Center for Disease Control. This represents nearly 20 percent of all deaths that year.



0 419,000 deaths About 2 million

SOURCE: HQ AETC/SG

## newsworthy trends

### Life In The "Fast Stain"

(NAPS)—Raising a happy youngster can be more like child's play, experts say. How? By just letting kids be kids.

That's the consensus of a majority of first-time mothers who responded to a nationwide survey on kids and their clothing, sponsored by new Oxydol detergent with Stain Seeking Bleach. The mothers were asked questions about the lifestyles of our youngest generation. Here are some surprising findings:

- Today's kids are out and about: two out of three children between the ages of one and four have already been to the movies; 80% have eaten at a restaurant other than fast food.

- Kids have definite ideas about clothing and what they like to wear. Boys prefer jeans and "sweats," while girls pick dresses and jeans as their favorite choices.

- Children have definite color preferences as well, with blue and red their big favorites. Small wonder that OshKosh B' Gosh, a leading children's clothing manufacturer, will use red, white and blue color schemes for both its girls' and boys' spring lines as well as a new assortment of other shades, in a variety of denim fabrics. The company's spring fashions will include mix-and-match styles, fun graphics and bright retro-70's style colors and flowers.

- Nearly half of all mothers claim their child will get dirty and stained in less than an hour—with boys leading the way in speed. Fifty percent report that their children stain their clothes three to four times a day.

- Most Moms don't curtail their youngsters' activities to prevent stains on clothing. That may well be because of today's advances in laundry products. In fact, for the first time, OshKosh B' Gosh, a leading manufacturer of children's clothing, will place its familiar blue and gold label on a laundry detergent—New Oxydol with Stain Seeking Bleach.

Oxydol's recent reformulation includes an improved stain-seeking bleach that actually finds a

### Groundbreaking news



Denims in a traditional red, white and blue Americana theme will be the hottest new trend in children's fashions for spring. This and other "groundbreaking news" are available in a free booklet.

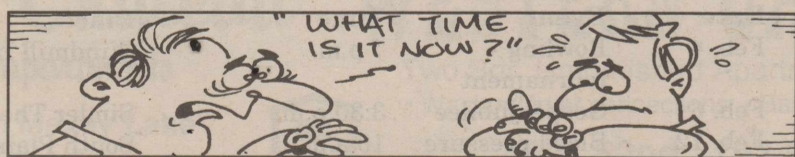
stain's surface and is absorbed into it to remove many tough laundry stains better than regular detergents.

Here are some additional tips to help your detergent do an even better job:

- Sort by color and separate heavily soiled clothes.
- Read garment labels carefully when it comes to water temperatures.
- Never iron over a stain. The heat from the iron will set the stain and make it difficult to remove.

#### Free Booklet

For a free booklet on children's clothing and laundry tips, write: OshKosh B' Gosh, P.O. Box 300, OshKosh, WI 54902-0300, Attn: Fulfillment Department.



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# "Grand Beginnings"

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# Voluntary losses targeted for fiscal 1995

by TSgt. Sarah Hood  
Air Force News Service

Maximizing voluntary losses where it can afford to lose people is still the Air Force's priority as the fiscal 1995 drawdown game plan is implemented, said personnel officials in Washington.

The Air Force must trim its ranks by an additional 2,300 officers and 17,000 enlisted members to help meet fiscal 1995 end strength requirements. The additional losses called for are above those that would normally be achieved through attrition.

The latest plan expands the eligibility criteria for the temporary early retirement, voluntary separation incentive and special separation benefit programs. **The expansion affects 177 wing members at Reese. Special briefings are**

**planned at 10 a.m. Jan. 25 and 2 p.m. Jan. 26 in the Simler Theater for Reese people who want to learn more about the programs.**

Officials said the Air Force will also hold officer selective early retirement boards and a possible first-ever senior NCO SERB, if needed, to help meet those requirements.

In addition to the SERBs, the Air Force will stop selective continuation of majors twice deferred for promotion. Instead, these officers will be offered early retirement in lieu of separation.

Officials expect to meet end-strength goals with a phased program beginning Feb. 1. Should a second phase be necessary, the Air Force will further expand the VSI/SSB eligibility for officers and enlisted members.

Early retirement/VSI/SSB applications will be accepted

on a first-come, first-served basis starting Feb. 1 for separations and retirements to occur effective Oct. 1, 1994, through July 1, 1995. The Air Force will determine if the program needs to be expanded into a second phase, based on the number of applications received.

Phase I eligibility criteria:  
□ Early retirement/VSI/SSB for senior master sergeants and below who will have 15 years of service by their requested retirement date (total active federal military service date of June 30, 1980, or earlier.) Some specialty code exemptions apply.

□ VSI/SSB for staff sergeants and below with 10 or more years of service by their separation date (TAFMSD of June 30, 1985, or earlier). Some specialty code exemptions apply.

□ Early retirement/VSI/

SSB for eligible line majors and lieutenant colonels (including non-line deferred majors and lieutenant colonels) with 15 years of service by their retirement date. Officers in selected weapons systems are ineligible.

□ VSI/SSB for majors in the 1980 and 1981 year groups, but pilots and navigators in the 1980-81 year groups with less than 15 years of service are ineligible.

□ Early retirement/VSI/SSB for line non-deferred captains in the 1983-1987 year groups with 15 years of service by their retirement date. Pilots and navigators in these year groups are not eligible.

□ VSI/SSB for captains in the 1983-1985 year groups. Below-the-promotion zone officers, pilots and navigators, and deferred

captains are still ineligible to apply. The 1982 year group is also excluded from participation. Captains in the 1983 year group must apply for separation or retirement no later than Aug. 19, 1994, with separation or retirement to occur between Oct. 1, 1994, and Nov. 21, 1994.

□ Early retirement/VSI/SSB for deferred majors and lieutenant colonels in judge advocate general, chaplain, biomedical science corps, medical science corps and nurse corps. Only twice or more deferred chaplains are eligible. Nurse anesthetists are ineligible.

□ Line and non-line deferred captains and all below-the-promotion zone officers are ineligible for early retirement/VSI/SSB.

Call 3823 or 3420 for details. **(Some information from staff reports)**

## 911 upgraded on base

by TSgt. Larry Cook  
NCO in charge, Reese Command Post

Two upgrades are scheduled to be completed by the end of January to the Reese 911 system.

The first upgrade is a dedicated circuit to the Lubbock Emergency Medical Service. Anyone calling 911 requesting ambulance service after 6 p.m. will be connected directly to Lubbock EMS, in addition to the Reese hospital, fire department, and the security police.

Callers should be aware that all four emergency response centers will be connected to the call at the same time, reducing response time for all agencies. Callers should also be aware that Lubbock EMS will be able to provide life-saving instructions while emergency response personnel are being dispatched.

Here is an example of a call and how it will be processed. Sgt. John Smith has dialed 911 and hears: "Reese 911, what is your emergency?" Sgt. Smith should tell the 911 operator what agency he needs to speak with. The 911 operator will connect the caller to all four emergency response agencies and state who the call is for. If Sgt. Smith requested an ambulance then the hospital or EMS personnel will be

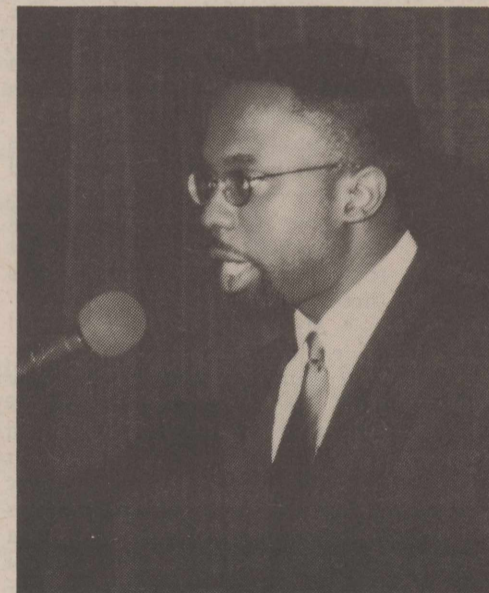
speaking to him while the other agencies are listening. If any of the other agencies are required to respond, they will already have the information.

The second upgrade to the Reese 911 system is a tie to the Lubbock County Sheriff's Office. For base housing residents only (not on-base offices), if the Reese 911 system goes down due to a power failure, call overflow or command post evacuation, all 911 calls will be answered by the sheriff's office. The caller should tell the sheriff's office what their emergency is and give them the address and telephone number. The sheriff's office will call the Reese command post or security police (if the command post is evacuated) and relay your call.

The command post or security police will call the appropriate emergency response center at Reese. Due to limitations in the base telephone system, the tie to the sheriff's office will not work with on-base extensions.

Personnel on base will need to dial the four digit extension for each emergency response center if the Reese 911 system is out of service. Security police is 3332, the fire department is 3817 and the hospital is 3515.

**Dr. Patrick Day of Texas Tech University addresses the people attending the annual Martin Luther King Jr. luncheon Jan. 14 in the officers club. The luncheon was a forerunner to the Black History Month observance on Reese.**



Mike Parrish

## Black History Month schedule


Date	Event	Time	Place
Feb. 4	Bowling tournament	7 p.m.	Windmill Lanes
Feb. 6	Gospel jubilee	3:30 p.m.	Simler Theater
Feb. 12	Blood pressure screening	10 a.m.	South Plains Mall
Feb. 14	Free soul food fest	11 a.m. - 1 p.m.	Base chapel
Feb. 18	Essay contest ends	10 a.m.	Selected schools
Feb. 18-20	"Halls of Ivory" play	7 p.m.	Simler Theater
Feb. 26	Banquet (\$13.95) 6 p.m. Speakers: Retired Col. William A. Campbell Retired Lt. Col. Herbert E. Carter (members of the original Tuskegee Airmen)		Officers Club

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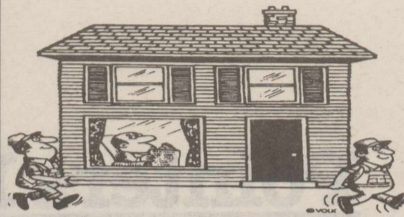
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**Windy Ridge**  
5430 50th  
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**Country Park**  
5602 48th  
792-7084

**RANCH PARK**  
5502 49th  
793-5115

**Farrar West**  
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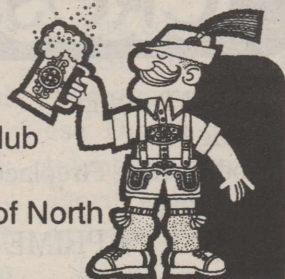
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- Around the World Beer Club
- Foosball Tournaments
- Trivia - Compete with all of North America



Reed Boyd - Jan. 27, 28 and 29.

Parties Welcome:  
Parties of 10 or more  
\$3.00 pitchers.

# Weekend

## Places to go and things to do in

## Pointers For Parents

### Pick Your Programs

by Dr. Bobbi Kamil

(NAPS)—When you go to the library, you don't let your child read any book that falls off the shelf. You think about what you're looking for and where to find it.

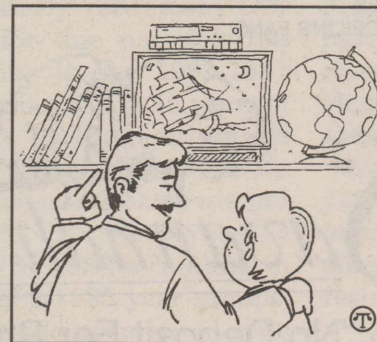


Dr. Bobbie Kamil

If parents choose TV programs like they choose books, TV can also be a great learning tool for kids. The most important thing a parent can do is help children select programs and, fortunately, there are plenty of topnotch "educational TV" programs to pick from.

A number of cable services offer **commercial-free** programs early in the morning, often before you've rubbed the sleep out of your eyes. They're worth setting your VCR for.

Arts & Entertainment schedules hour-long dramas, documentaries, and performing arts programs every morning at 7 AM (ET). February is Black History Month and A&E's celebration will include profiles of Jackie Robinson and Dr. Martin Luther King, Jr. From 9-10 AM (ET) each day, The Discovery Channel presents shows on science, social studies, and the arts. Among their February Black History programs are special profiles on award-winning authors Toni Morrison and



Alice Walker in a series called *Black and White*. If those two women can't inspire a passion for literature, no one can!

As for news, Nickelodeon produces an outstanding program called *Nick News* designed for ages 6 to 12 and hosted by none other than broadcast journalist Linda Ellerbee. The show airs Monday through Thursday at 5:30 AM (ET). For the 12-17 crowd, try taping *CNN Newsroom* at 3:45 AM (ET). It's the global news leader's 15-minute news show for teens.

Television can be a positive influence in your child's life if you and your child make worthwhile choices together!

### Free Program Guide

For a free sample copy of *Cable in the Classroom* magazine listing quality programs by subject area and featuring a 'Parents Page' with activities and discussion topics, call 1-800-216-2225.

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## Saying

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(NAPS)—  
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"You're my b



# End Review

## to do in the Lubbock area this weekend

### Port's Bar & Grill

Any Entree with Reese ID

Perdeen • Lubbock • 795-8791

Happy Hours  
4:30 - 7:00

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

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Featuring  
Fine French &  
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50th & Quaker

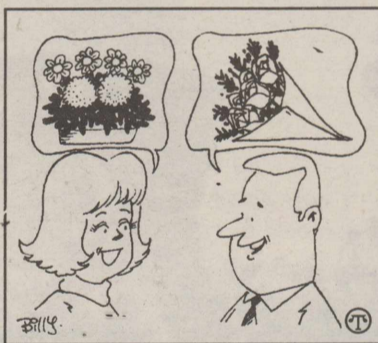
## Saying It With Flowers On Valentine's Day

### And Four Easy Steps To Help That Floral Message Last Longer

(NAPS)—Long before there was a Valentine's Day, people linked the beauty and fragrance of flowers with ideas of love and romance. The Greeks and Romans had a love story for almost every kind of flower. When Cupid carried a jar of nectar to a council of gods on Mount Olympus, he spilled the nectar, which bubbled up from the earth in the form of roses. The daisy had once been a lovely forest nymph who had sunk into the earth to outwit the pursuits of Vertumnus, the god of spring. Throughout the years, various meanings have been ascribed to flowers, creating a silent language used to convey one's sentiments to others.

Red and pink are customarily the colors to express love and deep affection on Valentine's Day. Of all the flowers, the red rose declares the intensity of love the giver has for the receiver. Red and white roses together signify unity in a relationship.

Although Valentine's Day is a special time for sweethearts, it is also a day to express fond affection for friends and special relatives as well. Flowers other than roses can imply loyalty, innocence, admiration, happiness, and a friendly way to simply say, "You're my buddy." Green foliage



added to a bouquet represents hope and the promise of fulfillment. Because California's 560 flower growers produce an abundant variety of flowers in numerous colors, you can express your sentiments through flowers and foliage all year round:

**Carnation:** Fascination; I'll never forget you (pink); admiration (red); yes (solid); no, sorry I can't be with you (striped)

**Chrysanthemum:** You're a wonderful friend; cheerfulness; truth; I love you (red)

**Daisy:** Innocence; loyal love

**Gardenia:** You're lovely; secret love

**Orchid:** Beauty, refinement; Chinese symbol for many children

**Rose:** I love you (red); perfect happiness (pink); unity (red and white together); purity and inno-

cence (white); friendship (yellow)

**Snapdragon:** Gracious lady  
**Stephanotis:** Happiness in marriage; desire to travel

**Tulip:** Perfect lover; declaration of love (red); hopeless love (yellow)

**Fern:** Magic; fascination; secret bond of love (maidenhair fern)

**Ivy:** Fidelity; friendship; affection

**Myrtle:** Love; Hebrew emblem of marriage

#### Four Steps To Longer Lasting Bouquets

No matter how it's said, you can keep your floral message lasting longer with four easy steps suggested by the California Cut Flower Commission:

1. Use clean vases or containers.
2. Remove all leaves which will be under water in the vase. Submerged leaves will decay and create bacteria, shortening the life of your bouquet.
3. Recut the stems of each flower under running water using a sharp knife. This prevents air pockets from forming which blocks water uptake to the flowers. Recut stems every three days.
4. Add floral preservative, obtainable from your florist, to the vase water. Use the recommended amount for the size of your bouquet.

### CINEMARK THEATRES



#### MOVIES 12

5721 58th Street 792-0357

\$5.50 Adults  
\$3.25 Children & Seniors  
\$3.25 Matinees Before 6 PM

**TOMBSTONE (R) THX**  
Sat.-Sun. 12:00-3:00-7:00-10:05  
Fri. & Mon.-Tues. 3:00-7:00-10:05

**PHILADELPHIA (PG-13) THX**  
Sat.-Sun. 11:00-1:55-5:05-7:50-10:40  
Fri. & Mon.-Tues. 1:55-5:05-7:50-10:40

**\*THE AIR UP THERE (PG)**  
Sat.-Sun. 11:35-2:15-4:45-7:15-9:50  
Fri. & Mon.-Tues. 2:15-4:45-7:15-9:50 Stereo

**\*INTERSECTION (R)**  
Sat.-Sun. 11:50-2:10-4:35-7:45-10:20  
Fri. & Mon.-Tues. 2:10-4:35-7:45-10:20 Stereo

**REMAINS OF THE DAY (PG)**  
Sat.-Sun. 1:45-4:40-7:35-10:30  
Fri. & Mon.-Tues. 1:55-4:40-7:35-10:30 Stereo

**WAYNE'S WORLD 2 (PG-13)**  
Sat.-Sun. 11:55-2:05-5:15-7:55-10:15  
Fri. & Mon.-Tues. 2:05-5:15-7:55-10:15 Stereo

**SHADOWLANDS (PG)**  
Sat.-Sun. 11:10-2:00-4:50-7:40-10:35  
Fri. & Mon.-Tues. 2:00-4:50-7:40-10:35 Stereo

**THE THREE MUSKETEERS (PG)**  
Sat.-Sun. 11:25-1:50-4:30-7:10-9:45  
Fri. & Mon.-Tues. 1:50-4:30-7:10-9:45 Stereo

**GERONIMO (PG-13)**  
Sat.-Sun. 11:40-2:20-4:55-7:30-10:10  
Fri. & Mon.-Tues. 2:20-4:55-7:30-10:10 Stereo

**MY LIFE (PG-13)**  
Sat.-Sun. 11:45-2:25-5:10-8:00-10:45  
Fri. & Mon.-Tues. 2:25-5:10-8:00-10:45 Stereo

**PELICAN BRIEF (PG-13)**  
Sat.-Sun. 1:25-4:25-7:25-10:25  
Fri. & Mon.-Tues. 1:25-4:25-7:25-10:25 Stereo

**BEETHOVEN'S 2ND (PG)**  
Sat.-Sun. 11:20-2:40-5:00-7:20-9:40  
Fri. & Mon.-Tues. 2:40-5:00-7:20-9:40 Stereo



#### MOVIES SLIDE ROAD

6205 Slide Road 793-3344

\$5.50 Adults  
\$3.25 Children & Seniors  
\$3.25 Matinees Before 6 PM

**THE PIANO (R)**  
Sat.-Sun. 11:10-1:45-4:25-7:30-9:40  
Fri. & Mon.-Thurs. 4:25-7:30-9:40 Stereo

**SHORT CUTS (R)**  
Sat.-Sun. 10:00-1:40-5:30-9:10  
Fri. & Mon.-Thurs. 5:30-9:10 Stereo

**HOUSE PARTY 3 (R)**  
Sat.-Sun. 10:50-1:25-4:15-7:05-9:45  
Fri. & Mon.-Thurs. 4:15-7:05-9:45

**PERFECT WORLD (PG-13)**  
Sat.-Sun. 10:45-1:35-4:20-7:10-10:00  
Fri. & Mon.-Thurs. 4:20-7:10-10:00



#### SOUTH PLAINS 4

6002 Slide Road 799-4121

\$5.50 Adults  
\$3.25 Children & Seniors  
\$3.25 Matinees Before 6 PM

**\*HEAVEN AND EARTH (R)**  
Sat.-Sun. 11:15-2:15-5:15-8:15  
Fri. & Mon.-Thurs. 5:15-8:15

**MRS. DOUBTFIRE (PG-13)**  
Sat.-Sun. 11:00-2:00-5:00-8:00  
Fri. & Mon.-Thurs. 5:00-8:00 DOLBY STEREO

**MRS. DOUBTFIRE (PG-13)**  
Sat.-Sun. 12:00-3:30-7:00-10:00  
Fri. & Mon.-Thurs. 7:00-10:00

**\*IRON WILL (PG)**  
Sat.-Sun. 11:10-1:50-4:30-7:10-9:50  
Fri. & Mon.-Thurs. 4:30-7:10-9:50 DOLBY STEREO

\* NO PASSES \* NO SUPERSAVERS

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Angel Fire Resort and The Legends Hotel are once again offering the best value in Rocky Mountain Skiing! That's right, our famed Winter White Sale is Back! The \$20 White Sale Lift Ticket is why Angel Fire is known as the best bargain in big league skiing. Why waste precious ski time and dollars traveling to Colorado when you can enjoy the same quality ski experience in neighborly New Mexico? Stay & Play Ski Packages

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# Myths & facts about paying tax

*From the Reese Legal Office*

State and local governments are currently mounting a concentrated effort to collect monies due them. Some service members may not fully understand their obligations to pay taxes to their state of legal residence.

What follows is a short list of the most common myths about state and local income taxes and the facts about each.

**MYTH:** "I don't have a legal residence since I've been in the military for 10 years."

**FACT:** As a matter of law, everyone has a legal residence or domicile. When a child is born, he or she takes the legal residence of the parents. The only way to lose a legal residence is by getting another. To paraphrase, "everybody is a legal resident of some state."

**MYTH:** "I can change my legal residence by telling my local accounting and finance office what I want my home of record to be."

**FACT:** The terms "legal residence" and "home of record" aren't necessarily the same thing and should be thought of separately. Your home of record is the place where you lived

## Late taxes a problem?

If you haven't filed a federal tax return for a few years, you probably think the Internal Revenue Service is the last place you want to go, right? WRONG!!

The IRS has implemented a special nonfiler program nationwide, which offers free tax return preparation assistance to those who need to file prior year returns. If you don't have the money to pay your

taxes, they have several options available to you. If you are due a refund, they will process your claim for you.

There is no time limit on this program, but the IRS says now is the time to file.

IRS employees will be at Reese Feb. 1, in Bldg. 230 from 8 a.m. to 3 p.m. to assist individuals who wish to file past due returns.

when you entered the service. It is used primarily to determine transportation entitlements when you leave the service.

In law, your legal residence (or domicile) is your, "true, fixed and permanent place of abode to which, whenever you are absent, it's expected you'll return." While a servicemember is permitted to designate a state of legal residence, such designation is only one bit of evidence and it's not necessarily binding on state taxing authorities.

**MYTH:** "State and local income taxes cannot be withheld from my

military pay."

**FACT:** Federal law gives state taxing authorities the right to request that state taxes be withheld from military pay.

**MYTH:** "Under federal law, as long as I'm in the service, I don't have to pay state and local taxes."

**FACT:** Some states have no state income tax while others do not tax active duty military pay. However, there is no blanket exemption for military members. The Soldier's and Sailor's Civil Relief Act provides that a servicemember's military pay is tax-

able only by the state of his or her legal residence. Far from exempting service members, federal law expects all servicemembers to pay taxes due their state of legal residence.

**MYTH:** "If the law says my income is taxable by my state of legal residence, then the state where I am stationed cannot withhold tax from the pay I receive from my part-time job."

**FACT:** The Soldier's and Sailor's Civil Relief Act protects only one's military pay from taxation by other than one's state of legal residence. The money a servicemember earns from other sources, including salaries, rents and dividends, are taxable by the state where they are earned.

**MYTH:** "My wife and children have the same legal residence as I do, so the taxing authorities of the state I am currently stationed in can't touch the money they earn here."

**FACT:** The protections of the Soldier's and Sailor's Civil Relief Act apply only to servicemembers. Dependents who are not servicemembers are not protected against state and local taxation where they live as well as where they are a legal resident.

## Improvement project benefits base weather

by Frank D. Misaage  
64th Communications Squadron

Recently, five members of the 1849th Engineering Installation Squadron from McClellan AFB, Calif., completed the installation of two digital wind systems at Reese.

The new systems, made up of 14 indicators and four sensors, provide an extremely accurate digital readout of wind speed, direction variability (and strongest point) and a zulu time clock for air traffic controllers, weather forecasters and runway supervisory unit controllers. Given the normal windy conditions on Reese's flightline, the new systems play a vital role in safely controlling aircraft.

As in virtually all communications-computer system installations, the end product was the result of great teamwork. Prior to the arrival of team chief SSgt. Raymond Mitchell and team members Sgt. Phil Leicht, SrA. Joe Stevenson, A1C Brian Shaffer and A1C John Pratt, the 64th Civil Engineering Squadron provided site and utility work (as they do for all comm-computer projects) to prepare for the installation.

Upon arrival, MSgt. Paula McKittrick, 64th Communications Squadron project manager, TSgt. Mike Morehouse and the entire squadron worked with the team to provide a wide variety of resources to get the job done.

The meteorological/navigational folks installed tactical wind systems to provide measuring capability while the old systems were being removed and the new ones were being installed. The digital installation itself got off to a rocky start, though. Instead of receiving all new digital indicators, the team received some old analog ones (the same kind they were replacing). Undaunted, they began building equipment masts, fabricating equipment cabinets in base weather, modifying RSUs to accommodate the new systems and installing almost 450 feet of signal cable along with four sensors.

Once the new digital indicators finally arrived, the team installed two in the control tower, two in base weather, two in each of the four runway control structures and one each in two RSUs. Finally, they disassembled and removed five old equipment masts and all the old analog indicators.

All of this was done without impacting the flying mission and during every type of weather, from searing heat to wind chills near zero. Through it all, thanks to hard work by the "49ers" and the CS team. Flying safety at Reese is significantly enhanced.



Frank D. Misaage

Airman Shaffer works on the installation of the wind system.

# Health care for retirees, dependents eyed

by TSgt. Dave Masko  
Air Force News Service

WASHINGTON — As Congress prepares to debate the national health care reform bill, the issue of medical care for retirees and dependents continues to surface on Capitol Hill.

Although lawmakers and Pentagon officials say they want to protect medical benefits for all military beneficiaries, they are also calling for reforms that place more responsibility for health care costs on those receiving the care.

Nearly 10 million people regularly seek medical care from military hospitals or approved civilian health care facilities.

Under the proposed National Health Security Act, family members of active-duty

personnel and retirees under age 65 will have to choose a military or civilian health care plan and pay an annual fee for medical care.

According to a recent congressional health care report, the costs of military health care services have increased significantly in recent years.

For example, CHAMPUS costs in fiscal 1985 were \$1.36 billion, but by fiscal 1989 those costs had risen to \$2.74 billion — a 101 percent jump.

Under the Health Security Act, people now eligible for CHAMPUS will have the added choice of selected civilian health plans.

The congressional report also states that many military members, retirees and dependents believe military health care is "free" and "guaranteed for life."

"While this latter assump-

tion is not true in terms of entitlements actually authorized by statute, this still tends to color the reform debate," the report stated.

Proposals under the Health Security Act will create a health care network to encourage patients to use military hospitals and approved civilian health care facilities. At the same time, Congress is looking at using Veterans Affairs hospitals to help care for some of these people.

The VA carries out its mission — serving as a backup to military medicine during war or national emergencies — through a network of 171 hospitals, 350 outpatient clinics, and more than 150 nursing home and long-term care facilities.

In 1992, the VA provided hospital care to more than one million veterans and complet-

ed nearly 25 million out-patient visits.

Under the Health Security Act, the VA will either organize its health centers and hospitals into health plans or allow them to act as health providers and contract with health plans to deliver services.

All veterans may join a VA health plan if one exists in their area, the Health Security Act states. Also, if the health plan can serve only a limited number of people, veterans with service-connected disabilities will have priority for enrollment, followed by low-income veterans.

A House Subcommittee on Hospitals and Health Care recently held a hearing to tell all military veterans that there is a "diversity of views" regarding new health reform initiatives. But, when it

comes to the health of military beneficiaries, the differences will be set aside to "preserve the military's health care system," the subcommittee said.

At the same time, the deputy director for Veterans of Foreign Wars told the subcommittee that the VFW remains committed to the proposition that veterans deserve special status by virtue of their service.

Dennis Cullinan, who represents more than 2.2 million members of the VFW, said not a single veteran or military beneficiary should see a reduction in health care benefits as the national health care plan is developed and implemented.

"Health reform is critical and we believe veterans must play an important role if it is to be realized," Cullinan said.

## Notes

### Appreciation night

The officers club will hold its first junior officer appreciation night Jan. 28 with free food from 5:30 to 7 p.m. Live entertainment begins at 9 p.m., featuring "Ground Zero," a popular local band. Club officials are encouraging members to "bring a friend and have a fun-filled evening."

### Commissioning programs

An hour-long briefing on the Airman Scholarship and Commissioning Program and Early Release Program will be held at 1 p.m. today in Room 130 of Bldg. 920. The programs offer commissioning opportunities to enlisted members.

The presentation is open to all interested personnel, but eligibility criteria for the programs do exist. For more information, call Capt. Bob Surrenant at 742-2143 or Sharon York at 6142.

### Auto classes offered

The auto hobby shop will present a beginner's auto repair class beginning Saturday from 2 to 4 p.m. The cost is \$5; registration deadline is today. Call Harry Machin at 3142 between 11 a.m. and 7 p.m.

### Sealed bid sale set

A sealed bid sale of government property will be sponsored by Reese between now and Feb. 7. The property consists of cars, trucks, jewelry, audiovisual electronic equipment, computer equipment, furniture and household goods.

All sale items may be viewed between 8:30 a.m. and 3 p.m. Tuesday through Thursday (next week only) in the youth center. Bids are due by 2 p.m. Feb. 7 at the 64th Contracting Squadron, Room 305 in Bldg. 800.

Each bid must be accompanied by cash, cashier's check, money order, bank check, traveller's check or some form of payment not subject to stop-

page or cancellation. For more information, call MSgt. Richard Armstead at 6123.

### Day care orientation set

A family day care orientation is scheduled Tuesday from 6 to 7 p.m. in the child development center. The orientation is for Reese Village residents who want to earn money by providing child care in their homes.

Call Gloria Goff at 6270 or 3541 for details.

### Blood drive planned

A blood drive will be held from 10 a.m. to 4 p.m. Thursday in the Mathis Community Center. All blood types are needed. Call Capt. Theresa Satterfield at 3219 for more information.

### MWRS changes name

The 64th Morale, Welfare and Recreation Services Squadron has changed its name; it is now simply the 64th Services Squadron. The 64th SVS mission and scope remains the same.

The services squadron change is the second on base in recent months, with the 64th Medical Squadron upgrading to group status. That change resulted from a higher headquarters initiative.

### Enlisted call planned

A mandatory wing enlisted call will be held at 9 a.m. Feb. 2 in the Simler Theater. Awards will be presented and there will be three guest speakers, including the wing commander.

### OWC schedules play

The Reese Officers Wives Club will hold a Feb. 5 social in the officers club, featuring a performance of "The Good Doctor" by the Deadwood Theatre. The social begins at 6:30 p.m., with dinner at 7.

R.S.V.P. to the OWC at 885-4491 or 885-2471.

All club members and their guests are welcome.

### Civilian course planned

The civilian personnel management course, mandatory for anyone who supervises three or more civilians, will be offered Feb. 8 through 11. Supervisors of less than three civilians are also encouraged to attend.

Call 3803 for reservations.

### Cycle ergometry hotline

WASHINGTON — Questions about the Air Force cycle ergometry program have prompted the surgeon general's office to open a 24-hour fax hotline.

Officials said written responses will be faxed within 24 hours after calling DSN 487-2383 or (210) 652-2383. For the majority of people, cycle ergometry is a very sound program based on good statistics, officials said. However, there have been occasions when fit people may not test as well as they should. Officials hope the hotline will explain these and other issues about cycle ergometry.

People can also call the hotline about the Air Force fitness program. (Air Force News Service)

### Instructors needed

Instructors are needed on base for gymnastics, piano, jazz, dance and martial arts. For details, call Otto Dappert at 3820.

### Primary care expands

The primary care clinic in the 64th Medical Group is now offering additional morning appointments for acute illnesses. These appointments are opened each day at 7:30 a.m. and are booked by calling the central appointment desk at 3245.

As a result of increased morning appointment availability, a limited non-emergency walk-in service will be available after 1 p.m. daily. Active-duty sick call will continue from 7:30 to 8:30 a.m. daily.

## Around Reese

### Enlisted club

(3156)

**Today:** Two-for-one steak night from 5:30 to 9 p.m. Two 10-ounce ribeye steaks for \$11.95.

Variety music in the lounge with "The Electrifier" from 7 p.m. to 2 a.m.

**Saturday:** Play shuffleboard in the lounge (lounge opens at noon).

**Sunday:** Main lounge opens at noon. NFL playoffs on large screen TV.

**Monday through Friday:** Play bonanza bingo anytime and win up to \$500.

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

### Mamma Reesione's

(885-2639)

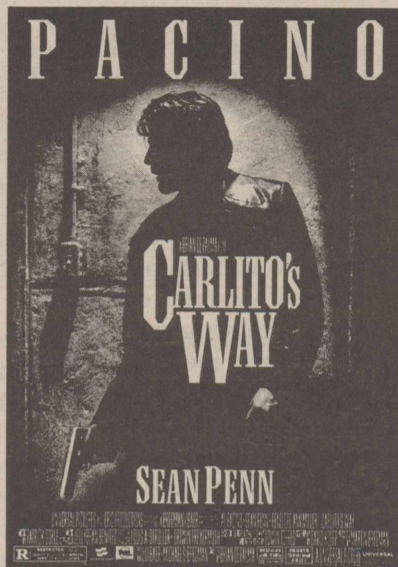
**Monday through Friday:** Lunch served from 11 a.m. to 2 p.m.

**Tuesday:** All-you-can-eat pizza, pasta and salad bar \$3.95 from 11 a.m. to 2 p.m.

**Thursday:** Gyro special \$2.75 from 11 a.m. to 2 p.m.

Hot wings \$3 per dozen.

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



### Simler Theater

(885-4581)

**Friday:** "Carlito's Way" (R) at 7:30 p.m.

**Saturday:** "Nightmare Before Christmas" (PG) at 7:30 p.m.

**Sunday:** "My Life" (PG-13) at 7:30 p.m.

### Officers club

(3466)

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

Club card drawing between 5 and 6 p.m. (must be present to win).

**Saturday:** Closed.

**Sunday:** Closed.

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

Club closes at 2 p.m.

**Tuesday:** Lunch from 11 a.m. to 1:30 p.m.

Dining room is closed for evening dining.

**Wednesday:** Family style chicken served from 5:30 to 8 p.m. Adults \$5.50, children 6 to 10 \$2.50, children under 6 free.

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

Club card drawing between 5 and 6 p.m. (must be present to win).

"Meet the manager night" from 5:30 to 7:30 p.m. in the Smokin' Hole. Bring your questions, comments and suggestions.

**Thursday:** 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.

**Jan. 28:** Junior officers appreciation night - free food from 5:30 to 7 p.m.

Live band "Ground Zero" from 9 p.m. to midnight.

### Rest of Reese

**Auto Hobby Shop (3142):** Registration deadline for beginning auto classes today.

Beginning auto class from 2 to 4 p.m. Saturday. Cost is \$5 per student.

**Youth Center (3820):** "Friday Night Live!" from 7 p.m. to midnight for youth 5 to 16. Movies, games, snacks and lots of fun - cost for members \$5, nonmembers \$7.

### 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.

### Chapel

(3237)

**Saturday:** Catholic Mass at 5 p.m.

Adult night out at 6 p.m.

**Sunday:** Catholic Mass at 9:45 a.m.

Protestant Sunday school at 9:45 a.m.

Catholic Confraternity of Christian Doctrine at 11 a.m.

Protestant worship service at 11:15 a.m.

Church of Christ Bible study at 5 p.m.

**Wednesday:** Bible study luncheon at noon.

"Scriptures From Scratch" study at 7 p.m.

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# Creating Wealth

## Systematic Investing: Pay Yourself First

By Herb Vest

(NAPS)—Virtually everyone with a steady income can set aside some portion of that income to invest. All it takes is discipline.

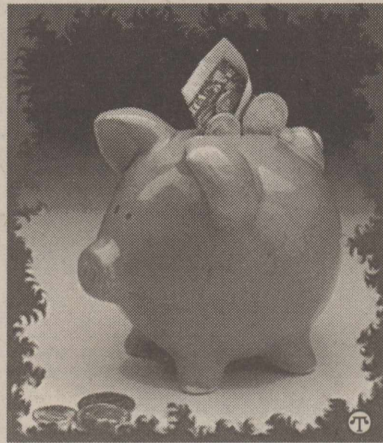
Think of this investment discipline as "paying yourself first." The temptation to buy first and save last (if there is anything left to save) is great, but this reverses the correct order of financial priorities.

By paying yourself before you pay your monthly bills, you are building a foundation for wealth creation and financial security.

If you lack the discipline to stop spending and start investing, consider participating in a mutual fund or other periodic investment program that withdraws a monthly sum from your checking account. In this way, saving becomes automatic.

If you have been holding back because you are convinced that it "doesn't pay" to put aside as little as \$100, \$50 or even \$25 a month, it's time to reevaluate your thinking. With the power of compounding working for you, even a modest systematic investment can produce substantial sums over a period of time.

Systematic investing taps into a proven investment strategy known as "dollar-cost averaging." Put simply, dollar-cost averaging means that you purchase more shares of an investment when prices are low and fewer shares when prices are high. The result: You capitalize on



With the power of compounding working for you, even a modest systematic investment can produce substantial sums over a period of time.

market cycles through patient, long-term investing.

Keep in mind that the greatest risk you face as an investor is that you fail to reach your financial goals. The time to begin your systematic investment plan is now.

Herb Vest is Chairman and CEO of H.D. Vest Financial Services, the fastest growing financial services company in the nation with more than 3,800 representatives nationwide. He is co-author of an exciting new book on personal finance, "Wealth: How To Get It, How To Keep it—The H.D. Vest System for Achieving Financial Security." To order, or for a free booklet on H.D. Vest's "10 Principles of Successful Investing," call 1-800-4 WEALTH.

# Ingenious Ideas Dept.

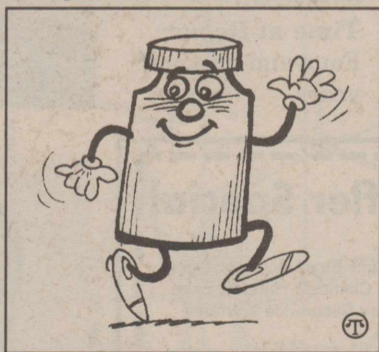
## "Pop!" The Sound Of Freshness

(NAPS)—The popping sound of a jar opening is getting a hardy welcome. The "pop," of course means freshness, and Americans are hearing it again and again in kitchens around the country, thanks to an ingenious new vacuum sealer that allows them to reseal ordinary food product containers, including jars and clear plastic bags, with vacuum action. Homemakers who use the new product, marketed under the name Pump-N-Seal, now have a new storage system that preserves flavor, freshness, color and crispness right in their own kitchen.

Pump-N-Seal is handy for those who constantly work to stretch food budgets. The vacuum sealer helps families economize by enabling them to buy larger quantities of food at lower prices. That's because with vacuum sealing, these large portions can be stored much longer than was previously possible.

How does it work?

The vacuum sealer comes with a special hole punch and reusable "tab checks" for vacuum sealing storage jar lids. After punching a small hole in the lid, and putting on the tab check you just pump a few times, the air goes out and the jar is resealed. One of the reasons food spoils is that air gets into the



A device has been developed that pumps air out of a jar. This lets you reseal it, helping keep food fresher longer.

jar. By pumping the air out, the food stays fresher longer.

The Pump-N-Seal also offers limitless possibilities for a creative cook. A side dish such as fresh, steamed broccoli can be vacuum packed and frozen in single serve portions complete with pats of butter and your favorite seasonings. When ready to use, these portions can be microwaved in their plastic storage bags.

The vacuum sealer sells for \$29.95 and comes with an informative brochure, a two-year warranty and \$40 worth of manufacturers coupons and is available by calling USA Direct at 1-800-293-1322.

# Business Guide

## A Guide to Lubbock Businesses

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# Updates

## Fencing, anyone?

People interested in a fencing club should contact Jake Trevino at 3207. If there are enough people, a club may be started.

## Training camps set

The Air Force has released the schedule of training camps for the coming year. They are:

□ **Wrestling** — March 1 at Peterson AFB, Colo. Sign-up form due Feb. 11 (deadline extended from original date).

□ **Bowling** — April 10 at Eglin AFB, Fla. Sign-up form due Feb. 20.

□ **Volleyball** — April 27 at Eglin AFB, Fla. Sign-up form due March 12.

□ **Track and field** — May 16, location to be determined. Sign-up form due April 1.

□ **Softball (men's and women's)** — July 29 at Patrick AFB, Fla. Sign-up form due June 15.

□ **Golf** — Sept. 4 at Vandenberg AFB, Calif. Sign-up form due July 20.

□ **Soccer** — Oct. 16 at Charleston AFB, S.C. Sign-up form due Sept. 1.

Interested wing members can apply on Air Force 303, available at the Reese Fitness Center. Call Jake Trevino at 3207.

## Bowling schedule

**Today:** "TGIF" bowling from 7 a.m. to closing — \$1 per game.

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

Muscular Dystrophy Association bowlathon at 2 p.m.

**Sunday:** MDA bowlathon at 1 p.m.

**Monday:** Mixed league at 6 p.m.

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

**Wednesday:** Mixed league at 7 p.m.

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

## Ski meet upcoming

The Conseil International Du Sport Militaire will hold its ski championship Feb. 14-17 at Stowe and Jericho, Vt. The event is a permissive TDY; call Jake Trevino at 3207 for registration and details.

# Reese athletes of the year

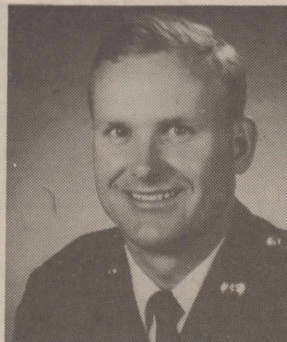


**Capt. Amy Rosenquest**  
64th Operations Support Squadron  
**Sports:** Volleyball, bowling, tennis  
**Time at Reese:** Four years

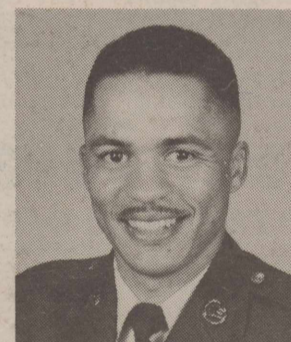


**SSgt. Todd Cogdill**  
64th Operations Support Squadron  
**Sports:** Football, Softball, golf, bowling  
**Time at Reese:** Nine years

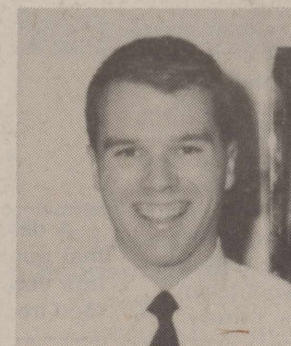
## Other athlete of the year nominees



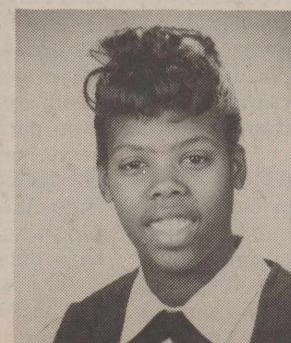
**MSgt. Joe Thompson**  
64th Civil Engineering Squadron  
**Sports:** Volleyball, softball, swimming, basketball  
**Time at Reese:** Four-and-one-half years



**SSgt. Eric Covington**  
64th Logistics Squadron  
**Sports:** Track and field, softball, football  
**Time at Reese:** Two years

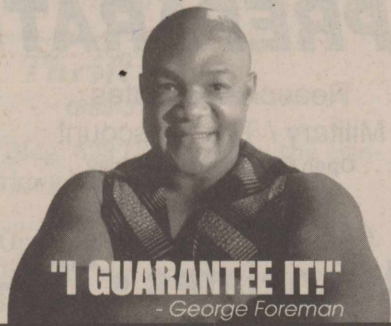


**A1C Daniel Garlick**  
64th Operations Support Squadron  
**Sports:** Long-distance running, triathlons, volleyball  
**Time at Reese:** One-and-one-half years



**SrA. Tamika Canady**  
64th Logistics Squadron  
**Sports:** Softball, basketball and track and field  
**Time at Reese:** Three-and-one-half years

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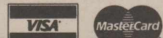


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 Sectional sleeper sofa, blue, excellent condition, \$295. Sony 3-way tower speakers, like new, \$95. 885-4271.

**Stolen**  
 Girls 10-speed Roadmaster bike, pink and purple, boys 2-speed Murray Afterburner bike, black. Stolen on January 11 from Reese Youth Center. \$25 reward if returned in same condition, Call 885-4917.

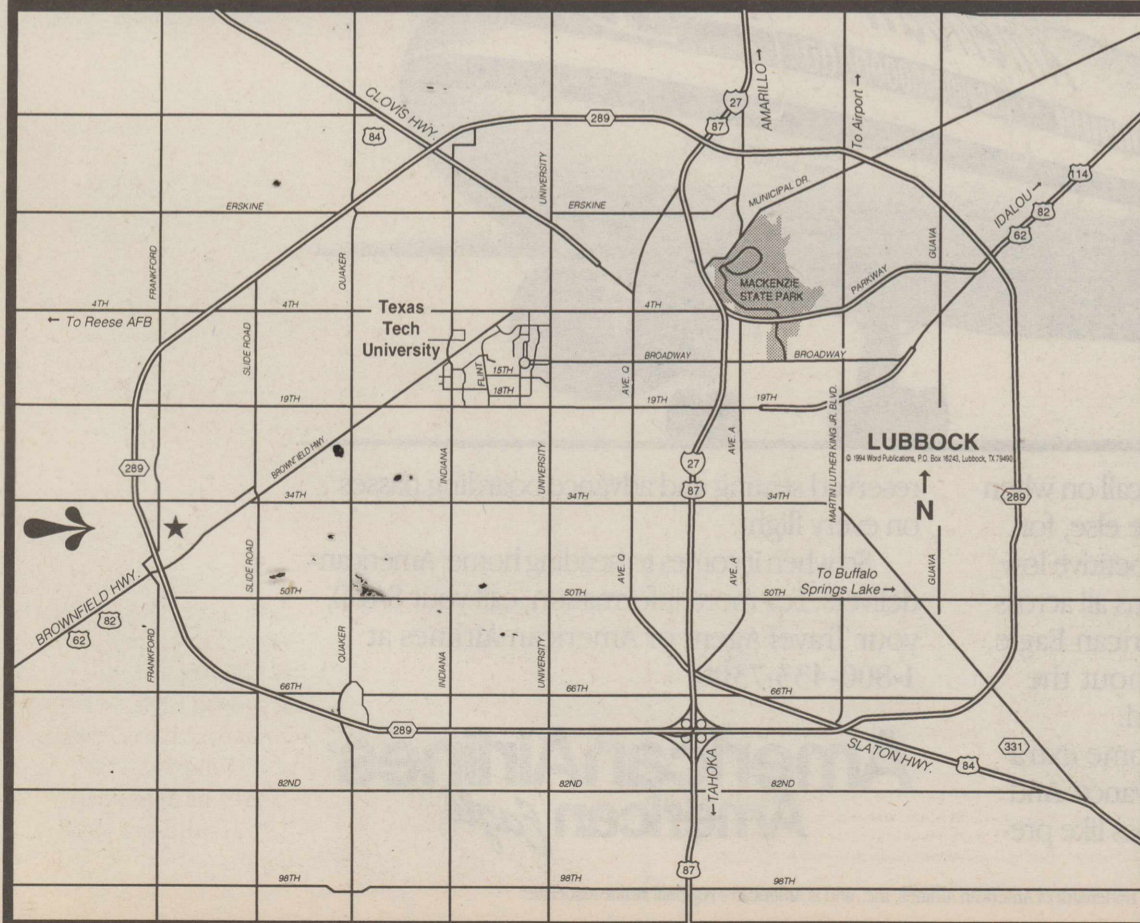
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Our sun's a speeder. While the average orbital velocity for local Milky Way stars appears to be 492,000 miles per hour, Old Sol zips along at 522,400 miles per hour.

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