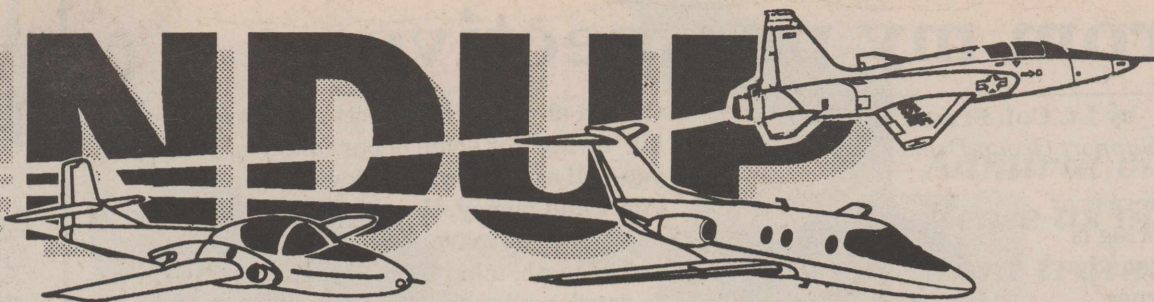


ROUNDUP

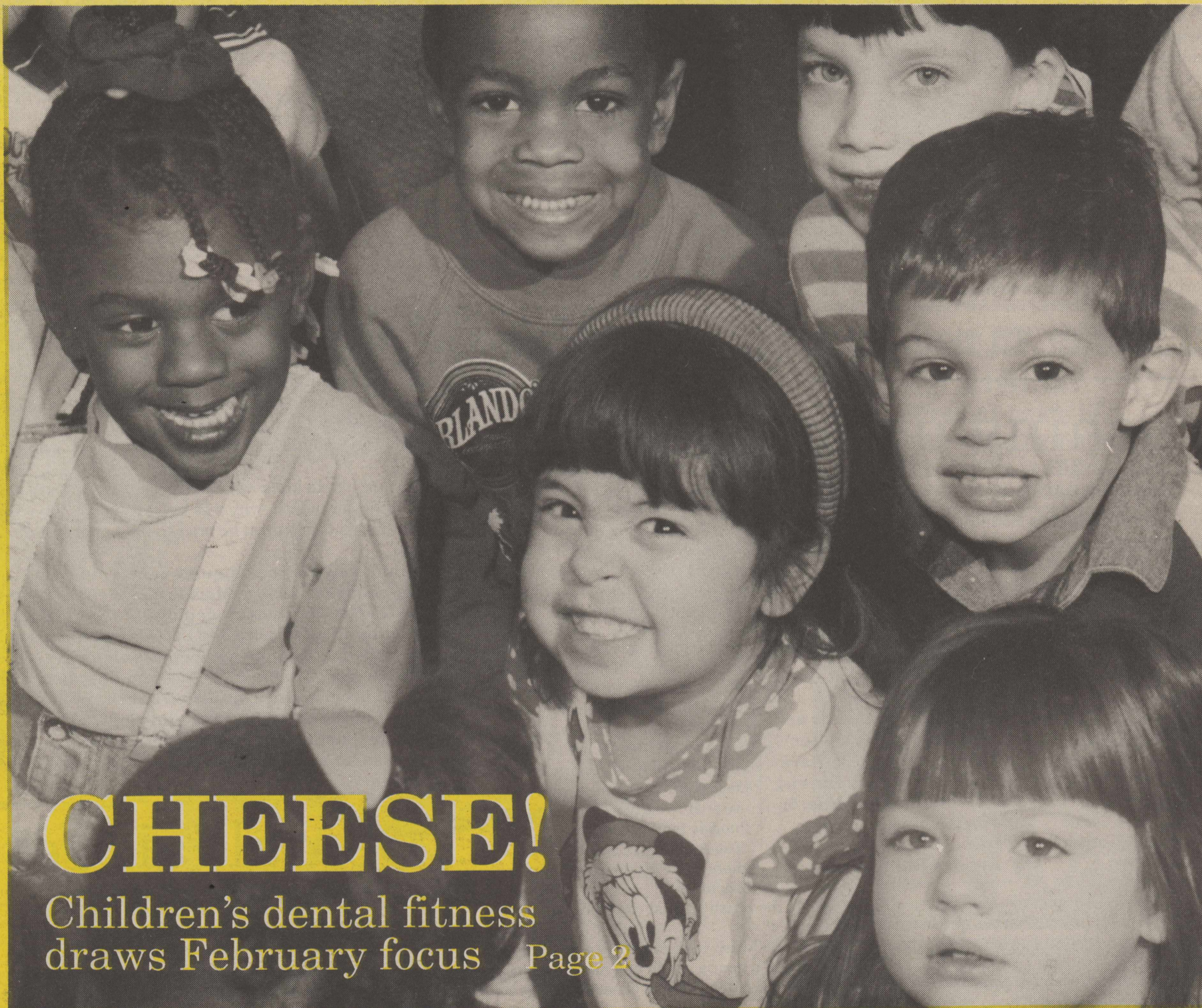


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Volume 46, Number 6

February 18, 1994

Reese AFB, Texas 79489

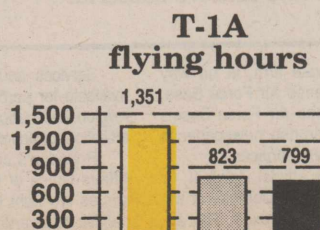
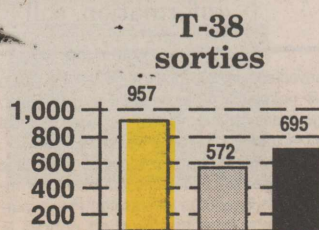
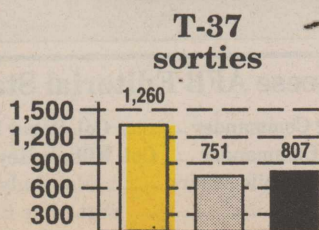


CHEESE!

Children's dental fitness draws February focus Page 2

Mike Parrish

Mission



Required for February
 Required as of Tuesday
 Flown as of Tuesday

Inside

- New majors selected Page 3
- Wing officer named Lubbock United Way volunteer of the year Page 4
- Medical logistics earns honor Page 4
- Base sweetheart named Page 11

From my perspective

by Lt. Col. Frank Shealy
64th Support Group Deputy Commander

Believe it or not, spring is just around the corner.

I know with record low temperatures, it's difficult to get in the mood for spring yard work, but the sooner we start planning, the nicer our yards will look

after the "big thaw." Everyone in the housing area did a tremendous job of helping us keep the base looking neat and clean this past fall. I truly appreciated everyone's efforts during the leaf clean-up and I know I can count on everyone's support this spring and throughout the summer months.

We've made a lot of progress in upgrading the interiors of our homes, and



though at times the project may have been a bit "trying" for some of our families, I'm sure you will agree it was well worth the time, effort and money. However, the exteriors of our homes do leave something to be desired.

In March, a landscape architect will visit us to develop a landscaping design for our housing area. Based on the architect's recommendations, Reese will purchase the shrubbery, plants and supplies needed to accomplish the project. However, the base will not have the funds available to execute the plan using base personnel or contract labor.

This is where your help becomes so important. I'm hoping everyone will pitch in and do their part by accomplishing their own "landscaping project." We'll be available to answer questions and provide as much support as possible, but it will be up to each housing resident to take pride and provide the "manpower." We'll provide you with additional information on design, types of shrubbery and supply points as soon as we get more details.

As spring and summer progress, please help us project a proud image of "Team Reese" by keeping your lawn cut and housing area neat. I appreciate your hard work and patience as we continue to improve our housing area.

Brushing up on brushing

from the Reese Dental Clinic

There's more to choosing a toothbrush than deciding whether blue or green best complements the bathroom towels.

The major challenge is to sift through the overwhelming assortment of brushes available and select the one that will do an effective job of preventing dental disease. Look at what you have to choose from — brushes with hard, medium or soft bristles, nylon bristles, "natural" bristles, straight handles, curved handles, handles bent at every angle and heads in shapes and sizes galore. How do you decide which is the "right" brush for you? Here are some recommendations:

- Select a brush with soft, end-rounded or polished bristles. Soft-bristle brushes are less likely to injure your delicate gum tissues during brushing.
- Factors such as size, shape and color are matters of personal preference, but you should be able to reach every tooth surface with your brush. In general, smaller brushes can reach and clean teeth most effectively. Children need small brushes — brushes made especially for them are available.
- Manual or electric? Both are equally safe

and effective. Select the type you're most comfortable with and you'll brush more thoroughly and regularly.

If you wear dentures, look for special denture brushes. They clean dentures more effectively because their brushes are arranged to conform to the shape of the dentures. If your store doesn't have denture brushes, use a regular soft-bristled brush; brushes with stiff bristles can damage the plastic in the dentures.

□ Buy a new toothbrush at least once every three months. As soon as brush bristles become frayed and worn, they can't do their job. Once you've purchased your brush, use it at least twice a day with a fluoride toothpaste.

The American Dental Association offers these guidelines for proper brushing:

- Angle the brush against the gumline at about 45 degrees.
- Move the brush back and forth with short strokes, using a gentle, scrubbing motion.
- Brush the outer surfaces of each tooth, keeping the bristles angled against the gumline.
- Use the same method on the inner surfaces of every tooth.
- Scrub the chewing surfaces of the teeth. Let the bristles work into the grooves.
- Finish by brushing your tongue to help freshen breath and remove bacteria.

About the cover
"Cheesing it up" at the Reese Child Development Center are (clockwise from center) Jessica Kramm, 3; Kiara Silver, 5; Johnny Harris, 3; Cassandra Jardine, 5; Jordan Moran, who turns 4 today; and Kendra Bilbrey, 3.

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 and any other topic on your mind. 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.

Saudi telephone calls

My husband has been deployed to Saudi Arabia and was told recently he's allowed only eight phone calls per month. He was not made aware of this until he had made a base call. Then he was told no more for the month. When he tried calling again, the Reese operator would not put him through.

I have been told by family services that this is not a problem here, and I have been told by another military person who was stationed in Saudi that this was an old policy.

I would like to know what the policy is and, if it's only eight calls per month, why was my husband not made aware of this policy until he made a base phone call?

Thank you for your inquiry concerning the wing policy on Health, Morale and Welfare phone calls for Reese members deployed to Saudi Arabia. Present policy, established last March, allows each member who is deployed overseas eight five-minute calls per month during non-duty hours (at Reese). I regret this confusion, but the policy was briefed at the departure briefing Sept. 3 to all personnel departing for Saudi in December.

Please let us know if we can be of any further assistance.

Dental fair set

The Reese Dental Clinic will sponsor a dental health fair at the Mathis Community Center from 6 to 8 p.m. Wednesday.

Free snacks and drinks will be donated by the Reese Officers Wives Club, and the Reese Elementary School coloring contest winners will be announced. Numerous door prizes, costumes and more will also be part of the fair.

Free presentations will be given on important topics that affect your family's dental health. Topics scheduled for the fair include the expanded Delta Dental Plan. Everyone on base is welcome. For more information, call 3711.

ROUNDUP

Bldg. 11
3236 or 3843

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Reese AFB Editorial Staff

Wing Commander Col. Roger Brady
Vice Commander Col. William Reynolds
Chief, Public Affairs Maj. Judy Burk
Editor SSgt. Mike Breslin
Photo Support Mike Parrish
..... Bill Allen
Volunteer Staff Writer Sara Rosett

Eight captains earn clusters

Eight wing officers have been selected for promotion to major, officials in the 64th Mission Support Squadron announced Thursday.

The officers are:

- Kimberly J. Corcoran 52nd FTS
- Peter G. Kanikula 35th FTS
- Steven J. Laurenzo 35th FTS
- David Y. Lojewski ROTC
- Jeffrey A. Moragne Inbound
- George M. Ostrye 52nd FTS
- Phillip W. Petterborg 64th MEDG
- Keith F. Yaktus 64th CES

A celebration for the newly promoted officers is scheduled for 5 p.m. today in the "Smokin' Hole" in the officers club. Wing members are welcome.



A1C Timothy E. Dempsey

Admiral visits Reese as part of joint training effort

Rear Adm. William Hayden (right), chief of Naval Aviation Training, prepares for a sortie with the help of 1st Lt. James Mullins, 35th Flying Training Squadron. Admiral Hayden visited Reese Feb. 11 to learn more about the T-37 syllabus and Air Force pilot training. The visit was part of the ongoing joint pilot training program at Reese and NAS Whiting Field, Fla.



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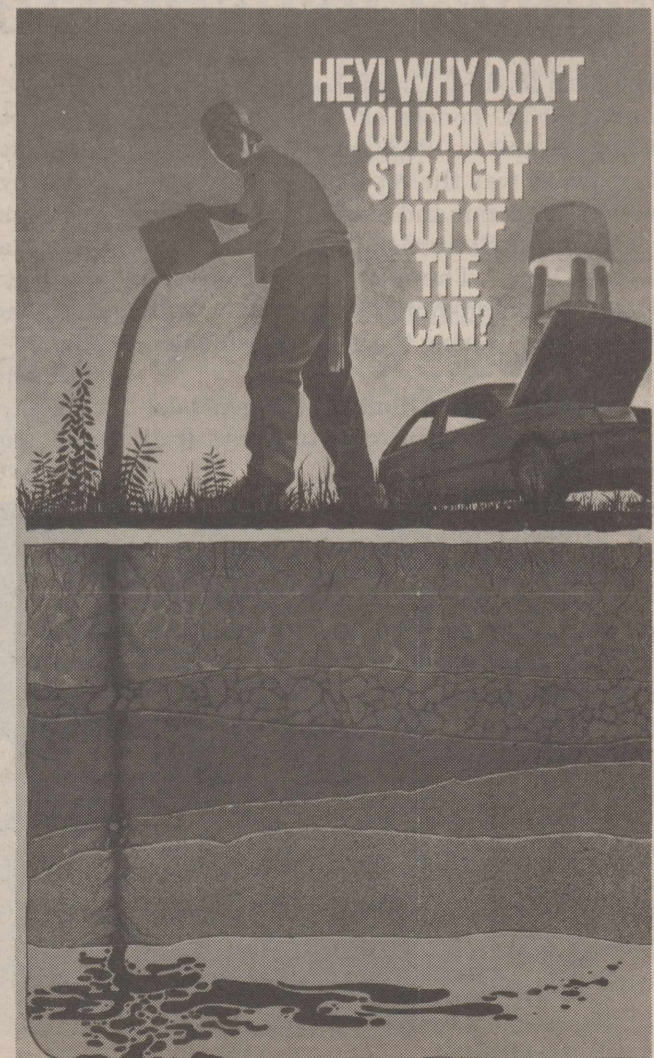
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Wing officer named top United Way volunteer

by Sara Rosett
Volunteer Staff Writer

Volunteers donate their time, talents and energy. But since they don't receive a paycheck, people sometimes wonder what motivates volunteers.

Many volunteers simply enjoy what they do. For others, meeting needs is reward enough.

Maj. Joseph Macklin, Jr., wing executive officer, volunteers for both reasons. As the project officer for the 1993 Combined Federal Campaign, he worked closely with the United Way. The United Way named Major Macklin the 1993 Campaign Volunteer of the Year.

For the campaign, Major Macklin focused on touching the hearts of people. "Our goal was not to ask for more money from people, but for more people to give," he said. Reese met their goal within two weeks.

Major Macklin emphasized the campaign was a team effort. "I came up with the ideas and Capt. Bryn Russell (assistant project officer) did all the work," he said. Major Macklin also received support from commanders and first sergeants during the campaign.

However, his association with the United Way did not end when the campaign ended. "I became more involved in the United Way and volunteered in other capacities," he said.

He is a member of their speakers bureau and has volunteered his time at other United Way agencies. He works with the United Way's board of directors and as a mentor in their youth division.

"After I became involved, I saw how much good they did and it touched my heart," he said.

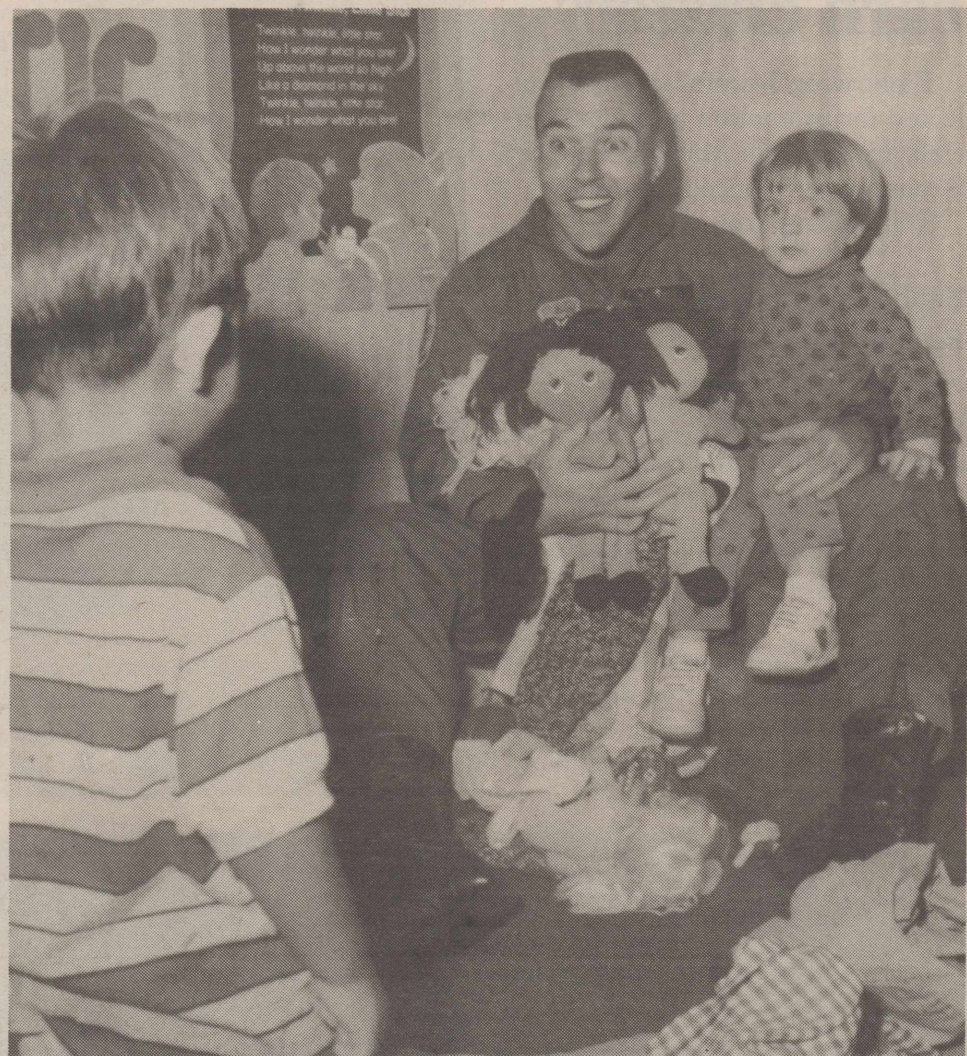
For people interested in volunteering there are plenty of opportunities, both on and off base, according to Cheryl Ortiz, base volunteer coordinator.

Ortiz matches a volunteer with an agency where the volunteer feels comfortable and can use his or her skills. "It's always a win-win situation," Ortiz said.

Opportunities range from helping agencies on base to the mentor program at Frenship Intermediate School. After the school administrators match a mentor to a student, the mentor gives one hour per week during the duty day to spend time with the student.

Ortiz is also a board member of Lubbock's Volunteer Center so she can often find an opportunity downtown if she cannot place a volunteer on base.

Some volunteer opportunities are one-time events, such as the Special Olympics. People interested in volunteering can come to the family support center and fill out an application or call 3305 for more information.



Mike Parrish

Major Macklin feigns surprise as he plays with a youngster at the Guadalupe Early Learning Center in Lubbock during the wing trip there in September. The trip was part of the CFC.

Medical logistics tops in AETC

The 64th Medical Group Logistics Section captured AETC honors as the best medical logistics account in 1993 (small facility).

The award was the result of a unanimous selection at command level, according to Capt. Theresa Satterfield, chief of medical logistics here. The 12-person logistics section's accomplishments covered a wide span of duties. During the year, section members:

- Obtained several hundred thousand dollars of equipment, at no cost to Reese, from closing bases.

- Increased the work orders completed monthly in the section 34 percent by revising schedules and increasing computer usage.

- Recovered unsightly olive drab tiles in all the hallways and, using MEDG members at evening self-help paint parties, painted the entire hospital.

- Enlarged the waiting area in the

dental clinic and enclosed it for greater patient privacy.

- Saved the Air Force \$10,000 in contract costs by getting TDY training for medical personnel.

- Maintained all standards required in the nutritional medicine section during a three-month period when manning was at 50 percent.

- Achieved a receipt vs. sales ratio of 2.38 percent, well within the Air Force standard of plus/minus 5 percent.

- Averaged 97 percent in fill rates, surpassing the 95 percent Air Force standard.

In addition, section members captured a variety of individual honors during the year.

"They are an outstanding group of professionals who daily provide unmatched support to all sections," said Lt. Col. (Col. select) Thomas Loftus, MEDG commander. "Their efforts have contributed directly to this organization's ability to support the wing mission."



SSgt. Mike Breslin

The MEDG logistics staff

Chief Sanford looks at medical benefits

by Sgt. Pauline Aldridge
AETC News Service

RANDOLPH AFB, Texas — Questions on medical benefits and continuing force cuts are two of the major issues enlisted members want Air Education and Training Command's senior enlisted advisor to answer.

CMSgt. Thomas Sanford said he doesn't have all the answers, but listens and offers advice while visiting AETC bases.

Sanford noted most questions concern medical benefits. Acknowledging benefits are rapidly changing, Chief Sanford said the Department of Defense and the Air Force are creating a new system for medical care.

"This medical benefit system, known as Tricare, is designed to increase access. It will take care of not only active-duty members, but also family members and retir-

ees to a larger extent than in the past," he said.

On the other hand, Chief Sanford suggested buying supplemental insurance to offset costs associated with CHAMPUS. "It's too late to get the coverage when the medical bill comes," he said.

Another frequently discussed topic is continuing force cuts.

"We have come down very quickly and have reached a plateau, but we are certainly not through with the cuts," Chief Sanford said.

Over the past two years, the Air Force has reduced its force size. In September 1991, the force was approximately 507,000 strong. By the end of 1993, the force was down to 441,000. The Air Force must trim its ranks by an additional 19,300 members to help meet fiscal 1995 force requirements.

CONTEST CORNER

High School Cover Girl Model Search Begins

(NAPS)—Once again, Cover Girl Cosmetics and Young & Modern (YM) Magazine have launched their annual search for a young woman with the personality, poise and clean, fresh, natural beauty of a Cover Girl model. The High School Cover Girl Model Search, now in its 33rd year, is open to teen-age girls in grades 7-12 in the United States, Puerto Rico and Canada. And, for those who have dreamed of becoming fashion models, the time to apply is now!

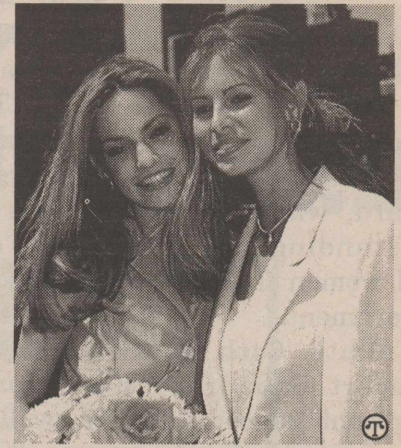
In April, ten lucky finalists will be selected for a dream-come-true trip to New York City (all expenses paid!) where they'll spend an

exciting week of sightseeing, photo sessions and press interviews. Plus, the ten finalists will experience the life of a professional model firsthand when they pose for a photo layout to be published in YM. One winner, who will be announced at a gala luncheon, will receive a \$10,000 modeling contract to appear on YM's November 1994 cover and in a national Cover Girl Cosmetics ad.

Last year's contest culminated in the announcement of the 1993 winner—Diana Gettinger, 16, of New York—by Cover Girl supermodel Niki Taylor. In addition, all of the finalists were sought after

by top modeling agencies.

Entries for this year's contest must be received by March 15, 1994, and should consist of an essay (75 words or less). Entrants should discuss their goals, accomplishments and interests, and include any modeling experience. This information should be sent with two recent photos with name, address, telephone number, school name and grade, age, height, weight and measurements on the back of each print. Mail everything to: YM High School Cover Girl Model Search, Dept N, 685 Third Avenue, New York, NY 10017. Good luck!



Supermodel Niki Taylor and 1993 High School Cover Girl Model Search winner Diana Gettinger.

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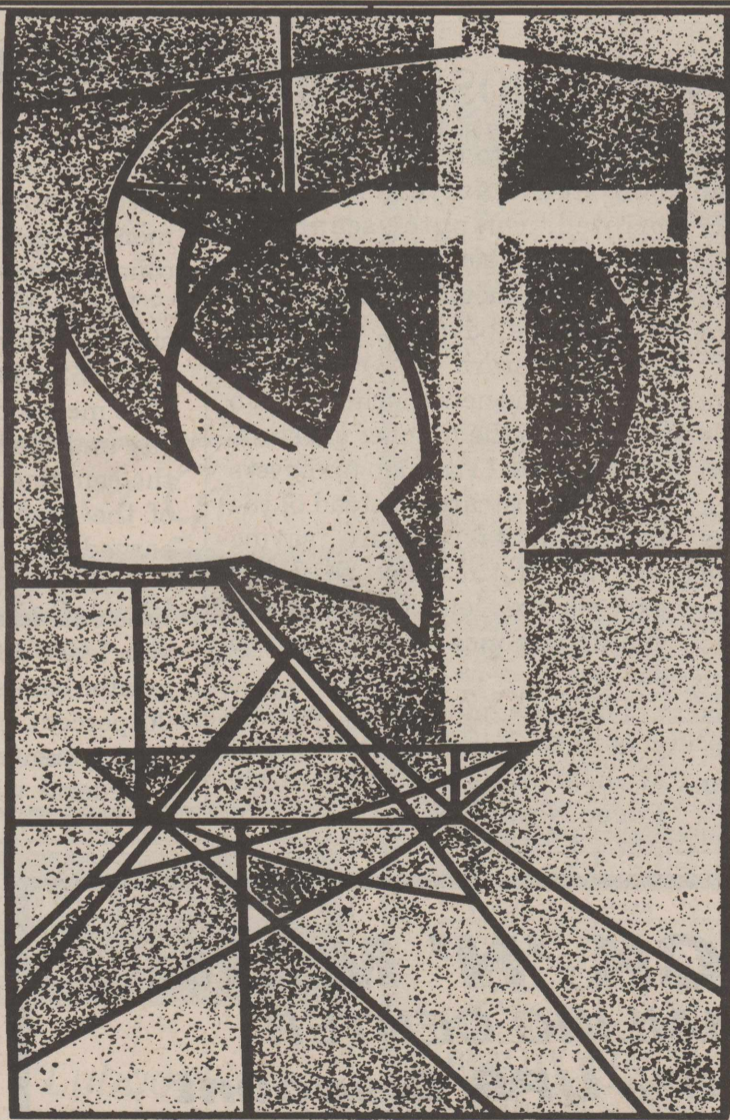
9417 W. 4th St.
(across from Reese Village)
Pastor: Billy C. Collins
885-4862

First United Methodist Church

Dr. Jim Jackson, Senior Pastor

Sunday Worship 8:30 a.m., 10:50 a.m., & 7 p.m.
KCBD-TV, Channel 11 at 8:30 a.m.
KFYO-Radio 1790 at 11:00 a.m.

Sunday School
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795-2283

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Sunday School 9:30
Morning Worship 10:50
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Pastor: GARY MACDONALD
Assistant: RANDY DEMETRO
745-4581 10701 Indiana

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Saturday Night Praise & Worship 7:15

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Co-Pastor: Jean Berg
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Wednesday, 7 p.m.

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Civilian earns AETC nomination

Debra Collatt, chief of the Reese Civilian Personnel Office, has been selected as AETC's nominee for the Arthur S. Fleming Award, which recognizes outstanding young men and women in the federal government.

Collatt, 64th Mission Support Squadron, will represent the command in the administrative category of the award competition. The award also recognizes workers in scientific fields.

Collatt, a civil servant since the mid-1970s, oversees the civilian personnel operation on base. She has been at Reese since February 1993, and said she was very pleased to be the

AETC nominee for this award.

"There are different awards within the civilian personnel field, but this one covers workers from all the career fields," the Minnesota native said.

Her supervisors said they have no doubt she will represent the command well.

"She's the type of person we would all give our eye teeth to have on our staff," said Maj. Joseph H. Vivori, MSSQ commander. "She is the role model for the federal employee of the 21st century — competent, creative, dedicated and loyal."

Collatt is a graduate of Eastern Illinois University.

She managed to get her degree in 1992 as a full-time student, despite the demands of her job at Chanhute AFB, Ill. While there, she was working 60-plus hours per week, helping the base cope with the demands of the closure process.

Since arriving at Reese, Collatt and her staff have earned high marks for their work with the summer youth employment program and their efforts to get Reese on line with the consolidation of Air Force civilian personnel offices in this region.

She has three children — Chris, 17; Kerry, 14; and Erin, 10.



Collatt

SSgt. Mike Breslin

Taxpayers may get postcards

WASHINGTON — The Internal Revenue Service said that it is in the process of mailing a Tax Package Postcard — Form 8160 — to almost 22 million taxpayers who used a professional return preparer last year.

Taxpayers who receive the postcard have two options. Those who want to prepare their own return can send the postcard back to IRS and request that a tax package with forms and instructions be mailed to them. Or, those taxpayers who plan to use a professional tax preparer can give the postcard to the tax preparer. The postcard has a pre-printed label that the preparer can use on the tax return.

Attached to the postcards is a new item this year — a pre-printed, computer-scannable payment voucher. Taxpayers who owe money should use the voucher to send the payment with their 1993 tax return. IRS computers will scan the new vouchers which will reduce the number of errors.

Last year 11 million taxpayers received postcards instead of the traditional tax package, saving the IRS \$1.4 million. With the expanded mailout of the postcard, the IRS hopes to double the savings.

For more information, contact your unit tax advisor or Capt. Michael Welsh at 3505. (Air Force News Service)

Changes impact taxes

DENVER — Several federal and state income tax changes went into effect Jan. 1, according to a statement issued by the Defense Accounting and Finance Service here.

The taxable wage base for Social Security has been increased from \$57,600 last year to \$60,600. This means people on Social Security and Medicare will be taxed at the combined rate of 7.65 percent of the first \$60,600 of basic pay earned, the statement said.

Federal withholding for one-time entitlements, including lump sum leave payments, medical and aviator bonuses, will increase from 20 percent in 1993 to 28 percent for payments made after Jan. 1.

Federal withholding tax tables for 1994 will include two new tax

brackets, 36 percent and 39.6 percent. Members in these categories should consult their tax advisers, the statement said.

Advance earned income credit payment has been increased to \$1,223 for 1994. To determine eligibility, people should contact the base legal office or unit tax advisor.

People should also contact the legal office or tax adviser if they claim residency in California, Hawaii, Maine, Minnesota, Nebraska, New Mexico, Oregon and South Carolina to find out the latest tax changes, the statement said.

For more information, contact your unit tax advisor or Capt. Michael Welsh at 3505. (Air Force News Service)



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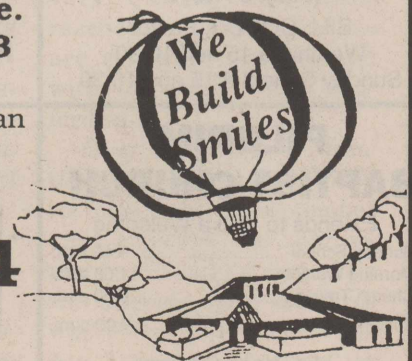
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Weekend Review

Places to go and things to do in the Lubbock area this weekend



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<p>*ON DEADLY GROUND (R) THX Sat.-Sun. 11:20-1:50-4:15-7:40-10:10 Fri. & Mon.-Thu. 1:50-4:15-7:40-10:10</p>	<p>*BLUE CHIPS (PG-13) Digital Sat.-Sun. 11:30-2:00-4:30-7:10-9:40 Fri. & Mon.-Thu. 2:00-4:30-7:10-9:40</p>
<p>*MY GIRL 2 (PG) Sat.-Sun. 11:05-2:05-4:55-7:30-10:00 Fri. & Mon.-Thu. 2:05-4:55-7:30-10:00 Stereo</p>	<p>TOMBSTONE (R) Sat.-Sun. 12:00-3:00-7:00-10:05 Fri. & Mon.-Thu. 3:00-7:00-10:05 Stereo</p>
<p>*MY FATHER THE HERO (PG) Sat.-Sun. 11:15-1:45-4:40-7:05-9:30 Fri. & Mon.-Thu. 1:45-4:40-7:05-9:30 Stereo</p>	<p>*I'LL DO ANYTHING (PG-13) Sat.-Sun. 11:40-2:20-5:10-7:55-10:45 Fri. & Mon.-Thu. 2:20-5:10-7:55-10:45 Stereo</p>
<p>IN THE NAME OF THE FATHER (R) Sat.-Sun. 11:45-4:20-7:20-10:30 Fri. & Mon.-Thu. 4:20-7:20-10:30 Stereo</p>	<p>INTERSECTION (R) Sat.-Sun. 11:50-2:10-4:35-7:45-10:20 Fri. & Mon.-Thu. 2:10-4:35-7:45-10:20 Stereo</p>
<p>THE AIR UP THERE (PG) Sat.-Sun. 11:35-2:15-4:45-7:15-9:50 Fri. & Mon.-Thu. 2:15-4:45-7:15-9:50 Stereo</p>	<p>BLINK (R) Sat.-Sun. 12:05-2:35-5:00-7:35-10:15 Fri. & Mon.-Thu. 2:35-5:00-7:35-10:15 Stereo</p>
<p>PELICAN BRIEF (PG-13) Sat.-Sun. 1:25-4:25-7:25-10:25 Fri. & Mon.-Thu. 4:25-7:25-10:25 Stereo</p>	<p>PHILADELPHIA (PG-13) Sat.-Sun. 11:00-1:55-5:05-7:50-10:40 Fri. & Mon.-Thu. 1:55-5:05-7:50-10:40 Stereo</p>

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<p>THE FUGITIVE (PG-13) Sat.-Sun. 1:15-4:15-7:15-10:15 Fri. & Mon.-Thurs. 4:15-7:15-10:15</p>	<p>GRUMPY OLD MEN (PG-13) Sat.-Sun. 11:20-1:50-4:30-7:10-9:40 Fri. & Mon.-Thurs. 4:30-7:10-9:40</p>
<p>REALITY BITES (PG-13) Sat.-Sun. 11:45-2:05-4:45-7:30-10:00 Fri. & Mon.-Thurs. 4:45-7:30-10:00</p>	<p>SIX DEGREES OF SEPARATION (R) Sat.-Sun. 11:30-2:00-4:35-7:20-9:50 Fri. & Mon.-Thurs. 4:35-7:20-9:50</p>

SOUTH PLAINS 4

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<p>SHADOWLANDS (PG) Sat.-Sun. 1:15-4:15-7:15-10:15 DOLBY STEREO Fri. & Mon.-Thurs. 4:15-7:15-10:15</p>	<p>*BLANK CHECK (PG) Sat.-Sun. 11:30-1:45-4:30-7:20-9:35 Fri. & Mon.-Thurs. 4:30-7:10-9:35</p>
<p>MRS. DOUBTFIRE (PG-13) Sat.-Sun. 1:00-4:00-7:00-10:00 Fri. & Mon.-Thurs. 4:00-7:00-10:00</p>	<p>SCHINDLER'S LIST (R) Sat.-Sun. 11:20-4:20-8:30 DOLBY STEREO Fri. & Mon.-Thurs. 4:20-8:30</p>

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WOODCREST APARTMENTS

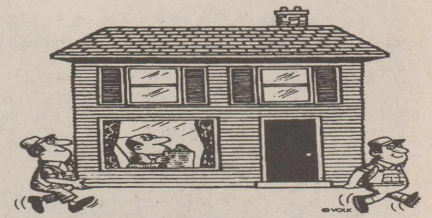
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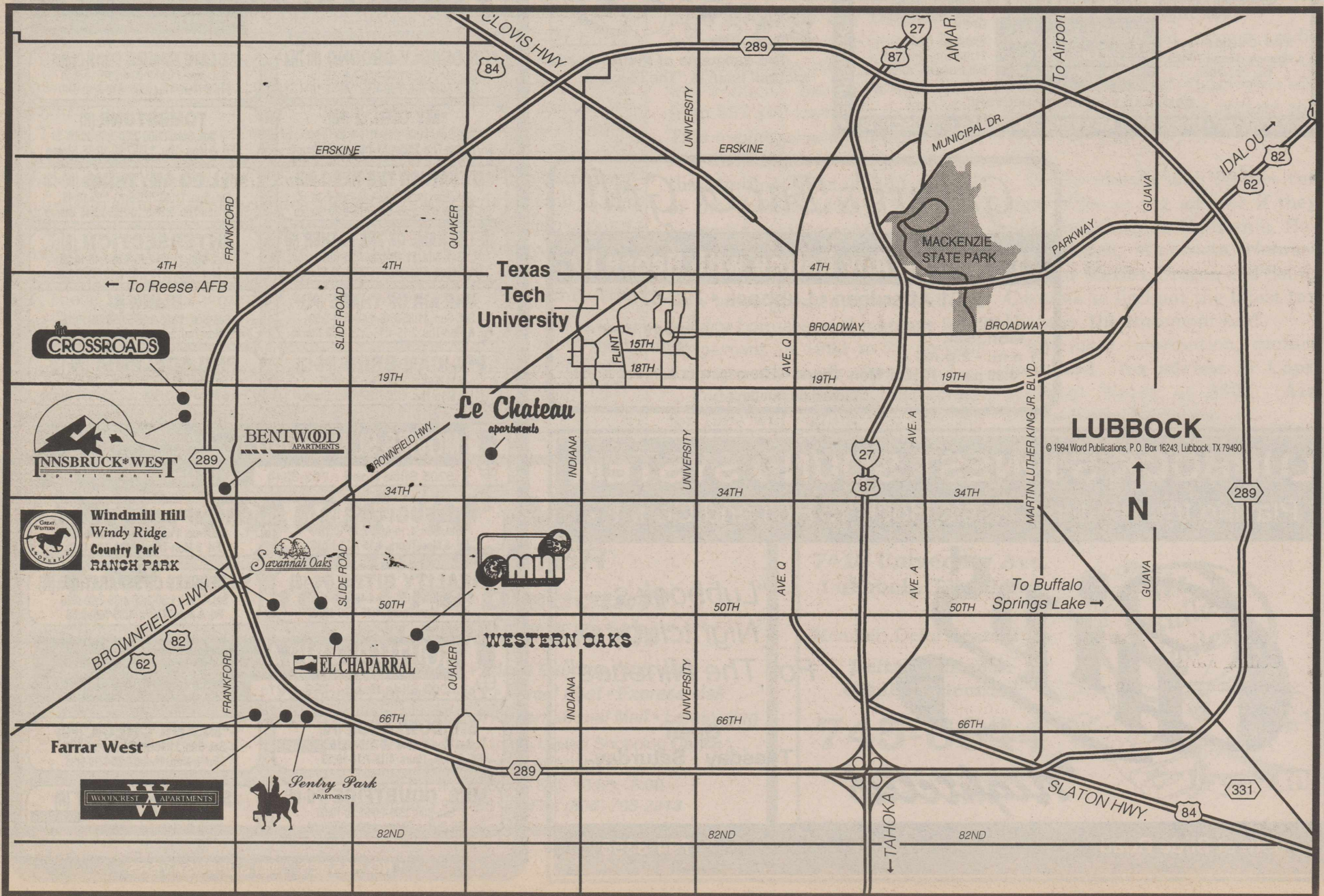
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Auto center's new name reflects diversity

by Sara Rosett
Volunteer Staff Writer

The auto hobby shop has a new name -- the Reese Auto Skills Development Center. The new name better defines the diversity of its services, said Pat DiPerna, director of skills development.

One aim of the auto skills center is to help people learn how to maintain their cars themselves. Complex computer systems in newer cars intimidate many people, but there are simple things anyone can check and maintain, said Harry Machin, chief mechanic.

Most routine checks are not difficult. "Changing the belts is getting simpler," said Machin. Recent model cars have idlers that are spring loaded. "On newer cars, it only takes five to 10 minutes to change the belts."

Routine maintenance often reveals that a small change is needed instead of an expensive repair. For example, many people blame the starter or alternator when their car doesn't start well, but the problem could be as simple as battery corrosion, said Machin.

Since a stereotype exists that working on a vehicle is "a man's job," some women may feel uncomfortable going to the center. DiPerna wants everyone in the Reese community, especially female family members, to feel welcome at the center. "We have created an atmosphere of comfort and ease," said DiPerna. "I want female family members to feel comfortable as they come in, and view learning about their car as part of the natural learning process," said DiPerna.

The center recently offered a class to familiarize people with basic maintenance. The beginning auto class, according to Machin, covered battery maintenance, changing tires, checking fluid levels and changing belts as well as hoses. It will be offered periodically, DiPerna said.

The auto skills center not only provides classes, but also does regular maintenance for people who want to leave the work to the staff. "We do brakes, tire changes, batteries, alternators, hoses, paint and body work," said Machin.

State-of-the-art equipment helps the staff diagnose problems. For example, in cars with ignition problems, an an-

alyzer test takes 15 to 30 minutes and pinpoints exact areas that need work.

When the "check engine" light comes on in an American-made car, the center can use a scanner that "connects to the on-board computer," said Machin. "It gives me a code that tells me what to check. It is very helpful."

Two other benefits of the center are the competitive prices and peace of mind. The service is essentially the same as customers would receive downtown, but prices are far less in many cases, said DiPerna.

Honesty is another aspect of the center which benefits customers. "Nobody has to be afraid they are being fed false information about their vehicle," said DiPerna.

For people who want to work on their cars themselves, inside stalls can be rented for \$2.25 an hour. The center also keeps some parts on hand as well as coolant, filters, oil, gears and lights, said Machin. Tools are available and the staff will give advice and directions to patrons.

For more information call 3142 or stop by Tuesday from 11 a.m. to 7 p.m. or Saturday 9 a.m. to 5 p.m.



SSgt. Mike Breslin

Machin works on an auto at the center.

Grants available

ARLINGTON, VA — Six people from Reese and the South Plains benefited as the Air Force Aid Society awarded \$4 million in education grants for school year 1993/94.

The education grant program, begun five years ago, provides \$1000 grants to sons and daughters of active-duty, retired or deceased Air Force members, retired Reservists over age 60, and Title 10 Reservists on extended active duty (all other Reservists and Guardsmen are not eligible). This year, 4,000 young men and women received grants to help them pursue their educational goals.

Applications for the Air Force Aid Society's 1994/1995 Education Grant Program can be obtained by contacting the Reese Family Support Center at 3305. People can also request an application by writing to: "HQ AFAS, Education Assistance Department, 1745 Jefferson Davis Highway, Suite 202, Arlington, VA 22202."

Cycle testing shows results

by Capt. Phillip W. Petterborg
Reese Health Promotion Manager

As cycle ergometry fitness testing enters its second year, we are beginning to see some positive results.

The program is meeting its goal of improving cardiovascular fitness through motivating members to regularly participate in aerobic exercise. In the first year of testing, only 60 percent passed. As we finished 1993, that figure had improved to 75 to 80 percent passing with a category III or better. Approximately half of the people who are category II pass on the first retest.

So far the new fitness initiative is showing superior results at Reese. Pass rates for cycle testing is 5 to 10 percent better than the Air Force average. The test has provided a safe way to measure fitness and has encouraged healthier, more active lifestyles.

Cycle ergometry is safe and there has yet to be a fatality due to the test itself. From two to four people throughout the Air Force died each year while doing the mile-and-a-half run.

An analysis of the test results for the first year show that substandard testing scores were primarily due to poor conditioning levels. In a few cases, improper test administration, inaccurate

self-described exercise levels or unrecognized underlying medical conditions contributed to invalid results. With increases in standardization of the testing and experience of test administrators, and upgrades in testing software, there has been a remarkable repeatability of test results. Cycle ergometry is a screening test — it is not diagnostic. Thus, one test administration does not "diagnose" someone as "fit" or "unfit." In those individuals who have a history of regular aerobic exercise, at least one to two additional tests should be performed before classification in category I or category II. Under Air Force Policy Directive 40-5, "Fitness and Weight Management," commanders will have the discretion to grant annual Category II waivers to individuals who regularly exercise aerobically but score below category III.

An often asked question is why smokers can pass the test. Smokers who regularly exercise can meet or exceed the category III standard. Depending on the individual, smoking can have a small variable effect on the heart rate during exercise. These variations are generally not great enough to alter the resulting test category in younger smokers, but may have a greater impact on the older smoker.

Caffeine is another variable. Caffeine

intake within several hours of the test, by someone who rarely or occasionally consumes caffeine, may cause an increased heart rate. Caffeine intake does not greatly affect the heart rate in someone who habitually consumes caffeinated drinks. This being the case, we discourage caffeine prior to testing.

Some individuals do poorly on the test due to anxiety. Anxiety may cause the heart rate to increase. As personnel become more familiar with the testing procedures, we expect to see less of this effect. However, training in relaxation techniques may be helpful to some people. This training is available through the behavioral medicine clinic at 3739.

All factors considered, the best way to prepare for the cycle ergometry test is to have a regular aerobic exercise program. This means running, brisk walking, swimming, cycling or similar exercise for 20 to 60 minutes three to five times per week. Resistance training or short bursts of activity, such as sprinting or basketball, will not improve aerobic capacity.

A cycle ergometry facsimile hotline has been established to answer concerns or questions about the program at DSN 487-2383 or commercial (210) 652-2383. The health promotion office at Reese is also available to answer questions at 6153.

Notes

Chapel plans seminar

The Reese Women of the Chapel will hold a seminar on money management at 7 p.m. Tuesday entitled "Gaining Control of Your Finances." Dr. Jerry Mason of Texas Tech University will discuss ways of budgeting and cutting costs at the seminar.

All wing members are welcome.

Magic show set

A magic show is set for 7 p.m. Wednesday in the Simler Theater. Admission will be free.

Smooth move workshop set

A "smooth move" workshop, designed to assist people making permanent-change-of-station moves, will be held from 6:30 to 8:30 p.m. Thursday in the family support center. Reservations are required by Feb. 21. Call George Ferguson at 3305 for details.

Honor Guard marches

The Reese Honor Guard will take part in the Lubbock Black History Month parade, set to start at 11 a.m. Feb. 26 at Estacado High School and proceed on Martin Luther King Boulevard to the Mae Simmons Community Center.

Any other wing members who are interested in participating in the parade should call Dwight Pierce at 744-0766.



Mike Parrish

Lockheed nominee named 1994 Reese sweetheart

Lockheed's Jan Warren was named Reese's 1994 sweetheart during the annual Sweetheart Ball put on Saturday by the enlisted wives club. The yearly fundraiser, which supports the EWC scholarship fund, raised nearly \$8,000 toward scholarships for wing family members. Lockheed topped all other units this year, raising more than \$3,000. Second place in the event went to A1C Patrica Lewis, 64th Medical Group; third place went to SrA. James Field, 64th Communications Squadron.

Banquet upcoming

The Black History Month banquet is set for 6 p.m. Feb. 26 in the officers club. The featured speakers will be retired Col. William A. Campbell and retired Lt. Col. Herbert E. Carter, two members of the original Tuskegee Airmen.

Tickets cost \$13.95 and are available from members of the Black History Month committee. Everyone on base is welcome.

Scholarships available

Children and spouses of active-duty military members who are high school seniors or who have graduated in the last four years are eligible for the Anheuser-Busch Inc. scholarship program administered by the United Services Organization.

Twenty-five \$1,000 scholarships will be awarded to students based on scholastic records, test scores and extracurricular activities. Application forms are available at the base education center and must be returned to the USO by March 1. Call 3634 for more information.

Résumé class scheduled

A two-part class on writing résumés will be held from 9 to 11 a.m. March 2 and 9 in the family support center. Reservations are required. Call Pamela Appell at 3305 for details.

Exchange meeting planned

A meeting of the Base Exchange/Commissary Advisory Council will be held at 2 p.m. March 3 in Reese Manor. People with questions or suggestions for the council should contact their unit representative.

ALS graduates

Reese Airman Leadership School Class 94-A will graduate during a luncheon ceremony at 11:30 a.m. March 4 in the enlisted club. Everyone on base is welcome; the luncheon costs \$5.

R.S.V.P. is due by March 1; call 3147.

Vet clinic closed

The base veterinary clinic will be closed March 9 through 11 while the staff is TDY. It will reopen March 14 at 8 a.m.

Nominees sought

Civilian nominees for Squadron Officers School are being sought by civilian personnel officials. Nominees must be in grades GS-9 through -12, have three years or more federal service and meet the physical requirements in Air Force Regulation 35-11.

Nominations are due to higher headquarters by May 27. Call Nina Dailey at 3803 for more information.

Instructors needed

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

English classes offered

English as a second language classes for adults



Mike Parrish

AMC vice commander speaks at prayer breakfast

Lt. Gen. John E. Jackson Jr., vice commander of Air Mobility Command at Scott AFB, Ill., addresses the people at the National Prayer Breakfast Tuesday in the officers club. The general was the guest speaker at the event.

are available for those who need it. Call the family support center at 6494.

Recycling pick-up available

Reese Village residents can get recyclable items picked up every Tuesday at 9 a.m. Residents should place full bags on their porch with the drawstrings closed. Recycling program workers will pick up those bags and leave a new bag. Call 3815 for details on what items are recyclable and how they should be sorted.

Also, people on base or in housing who want to get rid of their moving boxes can call the recycling people at 3815 for an appointment. Pick-up hours for the boxes are 8 a.m. to 4 p.m. weekdays.

Official photos change

The pose for official officer photographs has changed, as a full-torso view has replaced the head-and-shoulders shot currently used.

This change allows rank insignia on the new Air Force uniform, which is on the sleeve, to be visible in official photos.

Officers **do not** have to replace their official photo or get the new uniform in February just because of this change. However, personnel officials encourage anyone with outdated photos (ie. new rank, new decorations) to have their photo reshot.

The mandatory wear date on the new uniform is in 1999. For more information, call photo lab at 3658 or military personnel customer service at 3276.

Around Reese

Enlisted club

(3156)

Today: Variety music in the lounge with "The Electrifier" from 7 p.m. to midnight.

All-night disco from midnight to 3 a.m.

Free buffet for members at 5 p.m.

Saturday: Lounge opens at noon.

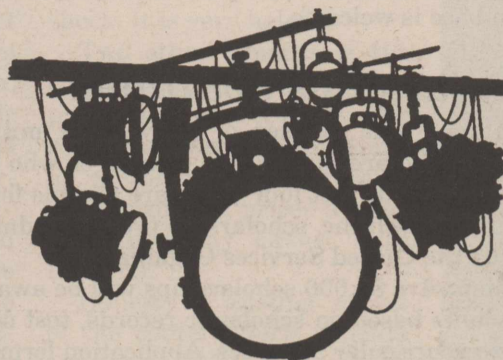
Sunday: Main lounge opens at noon with beverage specials.

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

Monday: Presidents' Day —lounge opens at noon.

Thursday: Air Force Sergeants Association 25-cent bingo begins at 7:15 p.m.

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



Simler Theater

(885-4581)

Today: Closed for play rehearsal.

Saturday: Black History Month play — "Halls of Ivory" — at 8 p.m.

Sunday: "Halls of Ivory" at 2 p.m.

"Sister Act II" (PG) at 5 p.m.

Mamma Reesione's

(885-2639)

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

Monday: Presidents' Day —closed.

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

Wednesday: Soup and sandwich bar — all you can eat for \$3.95.

Thursday: Three-item calzone \$3.75.

Officers club

(3466)

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

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

Saturday: Closed.

Sunday: Bruch served from 10:30 a.m. to 1:30 p.m. Adults \$6.95, children 6 to 12 \$4.95, and children under 5 free. Open to all club members and their guests.

Monday: Presidents' Day — club closed.

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

Dining room is closed for evening dining on Mondays and Tuesdays.

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

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

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

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

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.

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.

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: Lenten luncheon series at 12 noon.

"Scripture from Scratch" study at 7 p.m.

Friday: "Stations of the Cross" at 7 p.m.

Rest of Reese

Skills Development/Arts and Crafts Center (3141): Stained glass classes on Tuesdays and Thursdays.

Photography workshops on Wednesdays. Learn to be in control of your camera. Call for details.

Youth Center (3820): Swimming at the Lubbock YWCA from 7 to 10 p.m. today. Cost is \$5 for members and \$7 for non-members.

ADVERTISEMENT



Wedding Wisdom

Guide For Making Your Wedding Unique

(NAPS)—A growing number of couples who want to make their special day as unique as they are are saying "I do" to weddings that go beyond tradition and reflect their love, lifestyle and budget.

Here are some tips from the "Priceless Weddings on Petite Budgets" section of the newly published *Creative Weddings* (Plume \$9.95) by Laurie Levin and Laura Golden Bellotti.

- When selecting a site, research the lesser-known inns and bed and breakfasts in your area. The ambience is more romantic and they may be able to give you a better deal than the average hotel or restaurant.

- Consider finger foods as an alternative to dinner—but make them substantial and abundant.

- Buy your own liquor, if possible. You'll realize a tremendous savings.

- Spend as much as you can on service personnel the day of the wedding. They're worth it.

- When people ask if you need any help, say yes...and then be specific.

- Whether you're coming up with a budget or coming down with a major case of wedding frenzy, keep in mind that your wedding is only a party; your marriage is going to last a lifetime.

The book, subtitled "An Up-to-Date Guide for Making Your Wedding as Unique As You Are," uses models of dozens of real-life weddings, with how-to details that go from the inception to the recep-

CREATIVE WEDDINGS

An Up-to-Date Guide for Making Your Wedding as Unique As You Are

Laurie Levin and Laura Golden Bellotti



Planning a memorable, creative and personal wedding can be a challenge for any bride and groom-to-be.

The models provide guidance for your own mix-and-match ideas as you combine traditional elements with novel ones, with an emphasis on what pleases you, not the wedding experts.

Planning a memorable, creative and personal wedding can be a challenge for any bride and groom-to-be, especially those who stray from tradition. Authors Laurie Levin and Laura Golden Bellotti's new book gives some valuable advice.

ADVERTISEMENT

health hints

Handwashing In The Kitchen

(NAPS)—Studies show that people wash their hands in the kitchen six times more often than in any other room in the house.

And, while washing hands for meal preparation is the major use of the kitchen sink, here's a list of other times you should wash your hands:

- Anytime hands look soiled or feel greasy.
- After using the bathroom.
- After changing diapers.
- After blowing your nose.
- After gardening or working out in the yard.
- After touching an ill person.
- After touching soiled clothing or bedding of an ill person.
- Before and after the love act.
- After reading a newspaper.
- To remove odors such as garlic and fish.
- After working in fish tanks.
- After working on a car or truck.

Experts at Liquid Dial, a company which recently developed a large 16-ounce soap pump for use at the kitchen sink, offer these handwashing tips:

- Use soap and warm running water.
- Scrub hands vigorously for at least 30 seconds, paying special attention to the back of the hands, wrists, between fingers



When preparing meals wash your hands after touching various foods, as well as before.

and under fingernails. A nail brush helps.

- Rinse well and dry hands with a clean paper or cloth towel. Change towels often so they don't harbor germs.

The use of an antibacterial soap at the kitchen sink can be a safety measure for the whole family.

Dial suggests that the thing to remember when preparing meals is to wash your hands after touching various foods, as well as before. That way you do not transfer germs deposited on your hands from one product to another.

And of course, all family members should wash their hands thoroughly before eating.

Business Guide

A Guide To Lubbock Businesses


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Updates

Commander's trophy

(standings include final results from intramural football and bowling)

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'Polyester panic'

The "polyester panic" has begun at the Windmill Lanes Bowling Center and runs through April 30. Bowlers can get three games for \$2 during all open bowling; drawings for cash and prizes will also be held. The grand prize is a television. Certain rules apply; stop at the desk for more information.

Fun run/walk planned

A Women's History Month fun run/walk will be held from 11 a.m. to 2 p.m. March 1 on base. The event will include a one-and-one-half-mile run and walk, five-kilometer run and 10-kilometer run.

Call Peggy Melloy at 3538 or Gary Grant at 3207 for more information.

Coaches, players needed

People who want to coach or play on the base softball teams should call Gary Grant at the base fitness center, 3207 or 3782. Coaches should be able to turn in résumés by Feb. 25.

Bowling schedule

Today: "Polyester panic" all day.

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

Country "rock and bowl" at 7 p.m. Costs \$10.

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

Mixed league at 6:30 p.m.

Monday: President's Day — open at noon.

Tuesday: Law enforcement league at 7 p.m.

Wednesday: Mixed league at 7 p.m.

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

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Pointers For Parents

Kids, Money & Values
(NAPS)—If you're a parent looking for guidance in rearing your children with sound money values, you're not alone. This is reflected by the growing number of books appearing on the shelf offering ways to raise your child so he or she becomes a financially responsible and mature adult.

KIDS, MONEY VALUES

A new book helps children develop a spending plan and to learn the difference between "wants" and "needs."

One that teaches children values and the value of a buck at the same time is the recently published *Kids, Money & Values* (Better Way Books, \$10.95) by Patricia Schiff Estess and Irving Barocas.

Among the questions and concerns of parents in the 90s that the book tackles are:

- Teaching your children how to live within their means by developing a "spending plan."
- Helping your children differentiate "wants" from "needs."
- Paying your children for work and when not to—and why.

The book, which is designed for parents of children from preschool to teenage, is packed with practical information, complete with activities, games and projects. Critics report that the activities are so enjoyable, youngsters can learn without even realizing it.

Their book is available at bookstores or through the publisher by calling 1-800-289-0963.

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