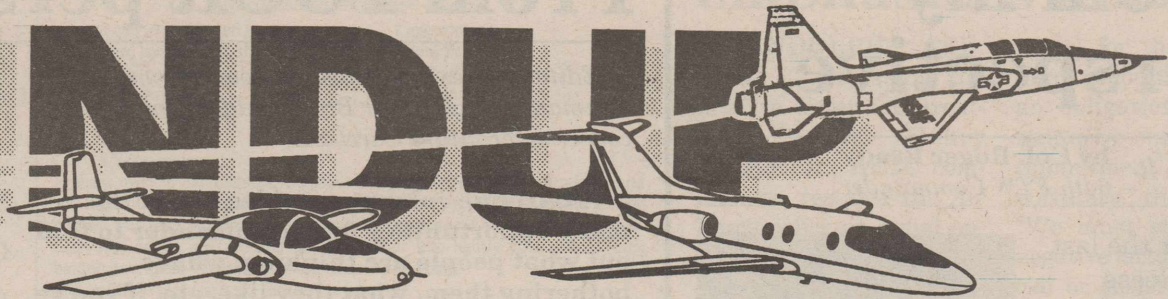


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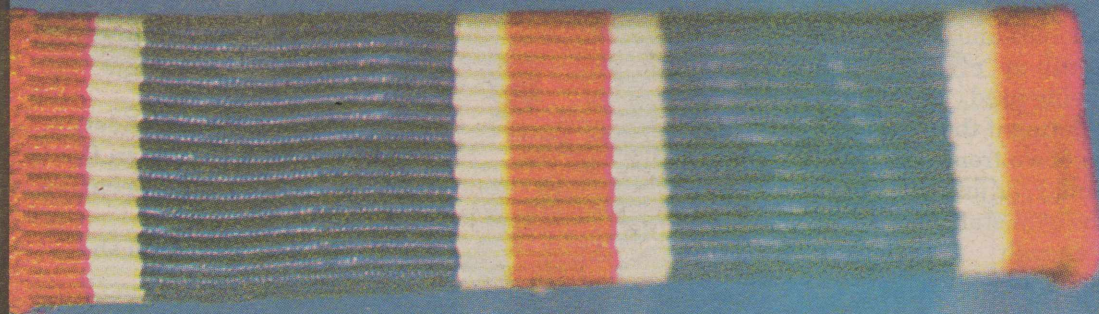
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Volume 46, Number 10

March 18, 1994

Reese AFB, Texas 79489

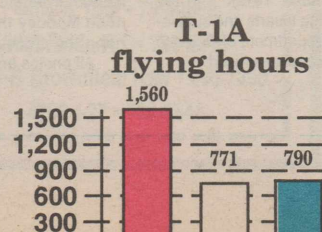
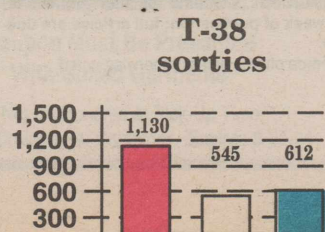
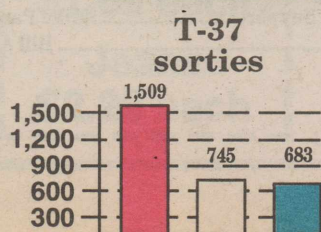
The way that some
groups do
their job
is just...



OUTSTANDING!

Support and medical groups earn Air Force honor Page 4

Mission



Inside

- General Viccellio talks about equal opportunity Page 3
- Patriotic group cites two Reese officers Page 4
- MSSQ flight captures command honor Page 6

From my perspective

by Col. Roger Brady
64th FTW Commander

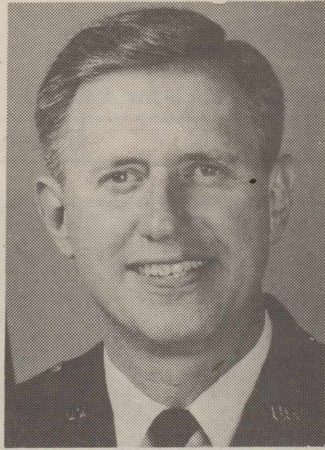
Over the last year, Reese people have expended lots of energy to nurture the environment, comply with state and federal regulations and clean up the results of past practices that were detrimental to the environment.

Like safety, taking care of the environment is a mindset, and it requires a constant effort. Again, like safety, it is everyone's responsibility, not just the responsibility of one function, like the civil engineers. They only focus the efforts we must all make to get the job done.

The first week in April, a visiting team will arrive to evaluate our Environmental Compliance Assessment Management Program. Last year, we gave ourselves a rigorous internal inspection. Since then, we have been involved in cleaning up the discrepancies we found. The April visit will give us an indication of the progress we've made.

Over the next few weeks, all commanders and supervisors should review the findings of the internal inspection and ensure that we've put the final touches on the work that's been done over the past year. It is essential that we continue this important environmental effort, and that our people are recognized for the good work they've done.

Thanks for your support!



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.

Caught in a net?

On the weekends, there are a lot of us that like to go to the base gym and play basketball, and this is our only form of exercise because we don't like doing other things. We go there on the weekends and the volleyball net is still up, even though it's not being used.

We were wondering if the net can be taken down from Friday until Sunday, or just on Saturday. The gym staff said there's not enough manning to do that. I feel they

can do it on Friday. There are a lot of people there who go home and don't get their exercise because of that.

I don't think our gym staff manning is the real issue here. Volleyball season extends through April, and I'd really like to support this sport equally with the others. The net needs to stay up, even on weekends, so that our intramural teams may practice at their leisure.

There are "half courts" available for those wishing to play basketball, and even a full court that does not interfere with the volleyball set-up. Thanks for your call.

'Cool' reception

I attended the movies over the weekend at the Simler Theater, and I was wondering why there was no heat provided in the facility, especially with all of the kids attending the Saturday movie.

Unfortunately, during that weekend, the heating system's air compressor broke down.

A portable air compressor has been installed to return the system to full operation. We regret the inconvenience to the theater patrons.



Rape: don't be a victim

by Capt. Sharon F. Bailey
Chief, Reese Social Work Services

Rape is a violent act. It is about one individual exerting power and control over another through a sexual act. The sexual act is performed against the will and without consent of the individual. The key phrase here is sex "without consent." Implied consent ("she was giving me the look") is not a viable defense.

Rape can damage an individual physically and psychologically. Most victims refuse to tell others about their ordeal because they are afraid of the emotional trauma that can be imposed by medical, legal and social systems. The victims constantly try to wash the shame and the pain away in silence. The only problem the victim now faces in her silence is re-experiencing the rape in crowds, darkness, during consenting sexual encounters and during sleep. This becomes the never-ending story with which most victims live for the rest of their

lives unless they seek some sort of intervention.

Anyone can become a victim and anyone can be a rapist. Think about it: date rape is the most common type of rape. Be smart, don't be a victim. If you feel uncomfortable, make other arrangements (i.e., date in groups, go to a neutral place, avoid becoming intoxicated).

If you are the one desiring to perform a sexual act, it is your moral and legal responsibility to respect the desires of the individual you are with. To put it bluntly, "No" means just that. Don't read into the situation, and if you have any doubts about the messages you're receiving, back off and "take a cold shower." Don't force the issue—it's not worth spending time behind bars.

If you are a victim of rape, don't suffer in silence. Talk to someone—anyone—you feel safe with. There is help through rape crisis centers, the base chaplain, family support center and behavioral medicine. Don't let fear keep you trapped in pain.

Plan it for the planet

RECYCLE!

ROUNDUP

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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

Nutrition month recipes



Provided by the
Air Force Health
Promotion Program

Montana pasta salad

1 can (15 oz.) chunk pineapple, unsweetened
2 cups broccoli or asparagus tips
4 cups cooked corkscrew pasta
1 cup frozen peas, uncooked
1 cup sliced celery
1/2 cup chopped parsley
1/3 cup chopped green onion
1/3 cup diced pimiento or sweet red pepper

Spring Dressing:

2 Tbsp canned pineapple juice
1 clove garlic, crushed
2 Tbsp olive oil
1/3 cup white wine vinegar
2 Tbsp squeezed lemon juice
2 Tbsp Dijon mustard
2 tsp basil leaves
1/2 tsp salt (optional)

Drain pineapple. Prepare dressing by combining all ingredients in a jar and shake well. Refrigerate until ready to use. Wash broccoli or asparagus and cut into bite-size pieces. Combine all ingredients and toss with Spring Dressing. Chill at least 1 hour.
Makes 9 servings, 1 cup each.
Per 1 cup: 169 calories, 3.9 grams fat, 121 mgs sodium.

Molasses orange bars

1 can (6 oz.) frozen orange juice concentrate, thawed
1/2 cup oatmeal
1 cup raisins
1/2 cup margarine
1/2 cup sugar
1/2 cup molasses
2 egg whites
2 cups flour
1-1/2 tsp baking soda
1 tsp ground ginger
1 tsp cinnamon

Preheat oven to 325 degrees. Combine orange juice, oatmeal and raisins and set aside. Cream margarine, sugar and molasses until fluffy. Blend in egg whites. Mix together flour, baking soda and spices and add to molasses mixture. Add raisin mixture and mix well. Pour into lightly oiled 9 x 13 inch baking pan. Bake 45 minutes. Cool, then cut into bars.
Makes 28 bars (about 2 x 2 inches).
Per serving: 123 calories, 3.5 grams fat, 90 mgs. sodium.

Summer vegetable spaghetti

2 cups small yellow onions, cut in eighths
2 cups chopped, peeled, fresh, ripe tomatoes (about 1 lb)
2 cups thinly sliced yellow and green squash (about 1 lb)
1-1/2 cups cut fresh green beans
1/2 cup grated Parmesan cheese
2/3 cup water
2 Tbsp minced fresh parsley
1 clove garlic, minced
1/2 tsp chili powder
1/4 tsp salt
1/4 tsp black pepper
1 6-ounce can tomato paste
1 lb uncooked spaghetti

Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. Cook spaghetti in unsalted water according to package directions. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese on top.
Makes 9 servings, 1 cup spaghetti with 3/4 cup sauce and vegetables.
Per serving: 279 calories, 3 grams fat, 4 mgs cholesterol, 173 mgs sodium.

General Viccellio emphasizes fairness

RANDOLPH AFB, Texas — Stressing the need to foster fair treatment, Gen. Henry Viccellio Jr., AETC commander, restated the Air Force policy on equal opportunity and treatment in a recent action memorandum to commanders.

"It is imperative that we conduct our affairs free from unlawful discrimination and sexual harassment and provide equal opportunity and treatment for all members irrespective of age, color, national origin, race, ethnic group, religion, or gender," General Viccellio said in the memo.

The mission of AETC places each of its members in the position as a role

model for the future Air Force generation. "We have an obligation to demonstrate by our actions our commitment to equal opportunity," the memo said. "We must stay alert for negative factors such as racial or sexist slurs, jokes, or other comments or behaviors that distract from our abilities to do our jobs." General Viccellio called upon commanders and supervisors at every level to take swift action to eliminate discrimination and sexual harassment when it occurs.

"Equal opportunity for our military and civilian personnel is the shared responsibility of each member of AETC." (AETC News Service)

ADVERTISEMENT

newsworthy trends

New 'Ice Age' Welcomed By Beer Lovers

(NAPS)—Americans are really warming up to a new kind of beer that's ice-brewed. But what is it?

According to Ian Stanners, a master brewer at Toronto-based Molson Breweries, which introduced the first ice-brewed beer in the United States with the debut of Molson Ice in August 1993, "After being specially brewed and fermented, the beer is super-chilled to below-freezing temperatures where ice crystals form—the ice filtering stage.

"This superchilling forces out proteins and other compounds that can cause a beer to be harsh and quickly lose its freshness."

With Molson Ice, the result is a beer with 5.6 percent alcohol by volume that is considered by many to be smoother, crisper and cleaner.

Since the instant success of Molson Ice, many other brewers have come out with their own ice-brewed beer to join the new taste



Lager lovers agree: Ice-brewed beers have a smoother, crisper, cleaner taste.

experience sweeping the country. In Canada, ice beers have captured more than 10 percent of the market since their introduction in early 1993, and it appears that ice-brewed beers are carving out a similar niche in this country.

Industry experts are calling the entry of this new category of beer the next "Ice Age" on this continent.

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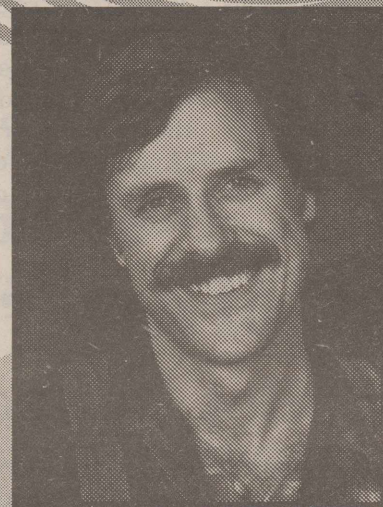
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Outstanding!

Support and medical groups earn Air Force Outstanding Unit Award

It takes top-notch support to accomplish Reese's mission of training pilots for the world's greatest Air Force, and that's exactly what Reese is getting, as evidenced by the 64th Support Group's selection for the Air Force Outstanding Unit Award.

This marks the fourth time the group has won this award. This selection was for July 1, 1992 to June 30, 1993.

All members assigned to the group and its subordinate squadrons during that period can wear the award.

The group and its people had a slew of unit and individual honors and achievements during the award period. They included:

- Management of \$8 million in construction projects for T-1A beddown, the command's first new aircraft in nearly 30 years.

- Outstanding support for the wing's flying mission, exceeding command standards in several key logistical areas.

- Spearheading of more than \$20 million dollars' worth of design, contracting and construction of projects impacting base infrastructure, quality of life, mission

support and the environment.

- High praise earned during the wing's most recent Quality Air Force Assessment.

- Off-duty educational efforts that saw the number of NCOs with associate's degrees or higher jump from 18 to 32 percent, well above the command goal of 25 percent.

- Surpassing of all command goals for contracting with small businesses.

- Maintenance of the best vehicle fleet in the command.

- Numerous squadrons, sections and individuals in the group won awards at the command and Air Force level.

- Community involvement efforts that fostered good relations between Reese and its South Plains neighbors, such as Camp Blue Yonder, Special Olympics, "DARE" (Drug Abuse Resistance Education) and the Frenship Mentoring Program.

"This is an outstanding accomplishment and a real tribute to all of the hardworking, dedicated members of the 64th Support Group," said Col. Bob Brooks, SPTG commander. "I am extremely proud of what the group has accomplished."

A military force has to be fit to do its job, and that means it needs superior medical support. That's exactly what the 64th FTW has, as evidenced by the 64th Medical Group's selection for the Air Force Outstanding Unit Award.

This marks the fifth time the group has won this award. This selection was for July 1, 1991 to June 30, 1993. All members assigned to the group during that period (which, at that time, was designated a squadron) can wear the award.

The group and its members had a host of unit and individual honors and achievements during the award period. They included:

- Implementation of a basewide wellness plan to provide age-based health risk assessments to 450 beneficiaries.

- Development of courseware for T-1A physiological training software.

- Negotiations with area hospitals that saved several hundred thousand dollars in 1992.

- An outreach managed care program, whereby military surgeons from Sheppard AFB, Texas, visit and perform outpatient surgeries and clinic patient visits every other month. The result is several thousand dollars

saved in CHAMPUS as well as operations and maintenance costs per trip, not to mention reduced time lost from work for active-duty members.

- Closure of the infrequently used emergency room and expansion of primary care clinic hours, saving more than \$400,000 per year.

- Procurement of \$300,000

worth of medical equipment free via base closures.

- "Superb" facility management, which has made extensive use of self-help projects.

- A 40 percent expansion of active-duty dental care.

- Numerous individual awards at the command and Air Force level.

- Community involvement efforts such as annual health fairs, dental health fairs and extensive participation in Retiree Appreciation Days.

Senior group officials credited the dedication and professionalism of the staff as key factors behind their selection.

"Continuous quality improvement is a way of life for the 64th Medical Group," said Col. Monica Figun, senior nurse executive, "which reflects daily in our approach to patients and staff alike."

64th Support Group

AFOUA (third oak leaf cluster)

Inclusive dates: July 1, 1992 to June 30, 1993

Subordinate squadrons

64th CES

64th CS

64th CONS

64th LS

64th MSSQ

64th SPS

64th SVS

64th Medical Group

AFOUA

(fourth oak leaf cluster)

Inclusive dates: July 1, 1991 to June 30, 1993

Daughters of American Revolution honor Reese pair

Instructor pilot, support officer cited

Two wing officers were honored Tuesday by the Texas Society of the Daughters of the American Revolution for their work during the past year.

Capt. Morgan Kyle, 52nd Flying Training Squadron, and 1st Lt. Teresa Forest, 64th Support Group, were chosen by the society as Reese's top instructor pilot and support officer for 1993, respectively. The awards were presented during a ceremony in the officers club, hosted by the society.

Denise Blanchard of DAR said that the award recognizes the officers who "emphasize the qualities of de-

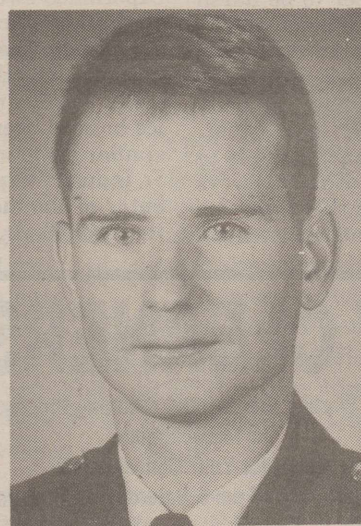
pendability and good character, adherence to military discipline and leadership ability." This year marks the first time the award has been given to a support officer as well as to an IP.

Captain Kyle's accomplishments during the past year earned praise from 52nd FTS officials, who described him as "a top IP" and "one of the finest officers in the wing." Among other things, he helped build the squadron's standardization and evaluation program "from scratch" and he was the wing project officer for an MC-130 visit from Kirtland AFB, N.M.

Lieutenant Forest, a Nebraska native, was described as an "outstanding officer" by SPTG officials. While with the 64th Mission Support Squadron, she managed personnel quality programs for more than 1,200 military members. In her current job as group executive, she works with all the group's administrative actions and programs.

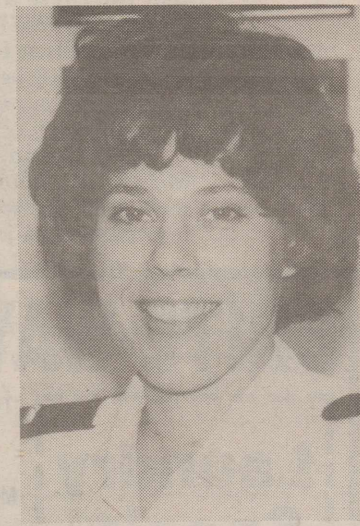
Both recipients were honored to have been selected.

"They (DAR) are a unique organization and it's a big honor to be recognized by them," said Captain Kyle, a native of Virginia. "The award goes to one per-



File photo

Captain Kyle



File photo

Lieutenant Forest

son but it really belongs to the squadron and the base. To be able to do good things, you have to have a solid platform to work from."

"I think it's great that

DAR is recognizing support people (this year) and all the work they do," said Lieutenant Forest. "I'm very honored to have been chosen."

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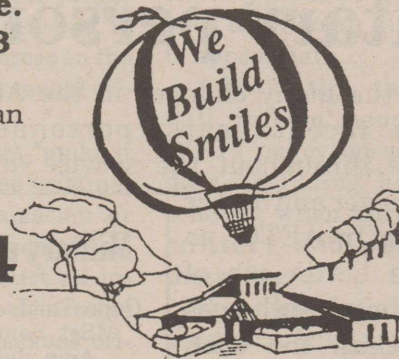
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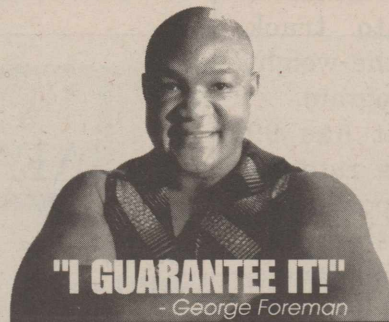
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Civilian personnel captures unit, individual awards

MSSQ office named best in command

Reese's Civilian Personnel Office and civilian personnel officer have been chosen as the best in the command for 1993.

Debra Collatt, CPO chief, won the individual honor while her staff took first place in the satellite civilian personnel flight competition. They accomplished this despite the fact that their manning was cut in half during the year, the result of a restructure of civilian personnel offices in this region.

That change meant that the staff had to change from a specialist to a "generalist" approach. Since each member picked up broader responsibilities, they initiated



SSgt. Mike Breslin

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

weekly, internal training to ensure that customer service in the office would not be adversely affected.

The CPO staff are also key players in the A-76 contract-

ing out process on base. They prepare job analyses as part of the "Most Efficient Organization" steering group, as "blue suit" organizations prepare to go civilian.

The office members also earned praise in 1993 for their efforts in employing people with disabilities as well as summer youth hiring.

Collatt's award is hardly a first for her. She recently was selected as AETC's nominee for the Arthur S. Fleming Award, which recognizes outstanding young men and women in the federal government.

She also was presented with the Meritorious Civilian Service Award for her work at Chanute AFB, Ill., where she was stationed before coming to Lubbock. The award is not frequently presented, as only top-of-the-line civil servants qualify for the honor.

A civil servant since the mid-1970s, she has been at Reese since February 1993.

"Debbie and her staff have done a super job," said Maj. Joseph H. Vivori, 64th Mission Support Squadron commander.

"It's great to see their hard work recognized as best in the command."

Military personnel best in AETC

With the many changes in the Air Force in recent years, specialists throughout the service are meeting bigger and bigger challenges. In AETC, no one did a better job of meeting those challenges in 1993 than the 64th Mission Support Squadron Military Personnel Flight.

Flight members were cited as the best in the command because of the way they handled their multifaceted mission. Their accomplishments included:

Like the rest of the wing, flight members were involved in supporting the wing flying mission. Capt. Thomas Lukenic, MPF commander, said flight members wrote and distributed a guide for banked pilots, helping ensure a smooth transition into non-rated duties. It was so good that AETC used it to develop their own guide.

The customer service section was rated No. 1 in

Military personnel flight

Capt. Thomas Lukenic — Chief
MSgt. Sam Brown — Supt.
Amn. Julie Weis — IM

Customer support

1st Lt. Jose Aleman
MSgt. Artie Frazier
MSgt. Normando Febus
SSgt. Jim Leonard
SSgt. Gene Strassner
Judy Grimm
Barbara Williams

Customer service

TSgt. Pattie Shields
SSgt. Dave Andres
A1C Laurie Barron
Amn. Karen Chittenden
SSgt. James Kirkley
Don Griffin

Personnel systems and readiness

Linda Huffman
SSgt. Dave Andersen
SrA. Beverly Demmerly
Amn. John Avery

Personnel relocation and employment

SSgt. Don Porter
Sgt. Lei Carter
SrA. Brian Seiffert
TSgt. John Carnahan
SSgt. Loretta Smith
SSgt. Terri Nolan
Sgt. Duane Lusche
Debbi Koontz

the command in waiting time and personnel customer satisfaction feedback.

Personal affairs combined all briefings for separating and retiring members into the transition assistance program, a move that yielded "excellent" results.

A process action team from the flight put together an easy-to-follow continuity folder that allows commanders to track individuals on the weight management program.

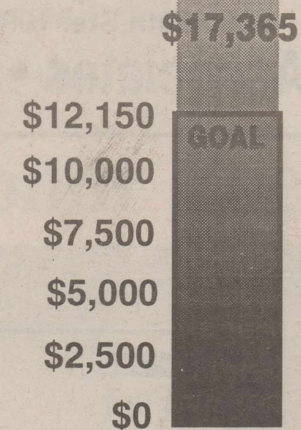
The flight has 99 percent on-time rate for performance reports, and their 99 percent accuracy rate leads the command.

The flight also spearheaded efforts to excel in mobility requirements, facility maintenance and improvement, and relations with other base units.

"A super effort by an outstanding staff," said Maj. Joseph H. Vivori, MSSQ commander. "The dedicated men and women of the MPF are richly deserving of this recognition."

AFAF update

(as of Wednesday)



AFAF project officers

FTW staff	Capt. Mark Llewellyn	3063
SPTG staff	1st Lt. Teresa Forest	3655
OPG staff	2nd Lt. Stephen Harmon	3806
MEDGP	1st Lt. Lee Alexander	3340
CES	2nd Lt. Jeffrey McBride	6572
CS	SrA. Ramon Guerrero	6888
CONS	A1C John Gibbons	3657
LS	TSgt. Mark Johnson	3095
MSSQ	Capt. Thomas Lukenic	3930
SPS	SSgt. Roger Bass	6261
SVS	TSgt. Robert Bailey	3495
OSS	1st Lt. Neil Eisen	3491
35th FTS	1st Lt. John West	3244
52nd FTS	Capt. Michael Holland	6049
54th FTS	Capt. John Birk	6460
ROTC	SSgt. Kim Bullard	742-2143
DECA	SrA. Mikey Smith	3425

Reese pair top transporters in command

Getting people and freight where they need to be is what the people in the 64th Logistics Squadron Transportation Flight do, and two of them have been recognized for doing it better than anyone else in the command.

First Lt. Bruce Upton, flight commander, and TSgt. Alfred Free, traffic management superintendent, were chosen as the AETC transportation company grade officer and NCO of the year.

Lieutenant Upton, according to LS officials, was "totally committed to providing top customer service; (he) made it a way of life in transportation." That was no small feat, as the flight was responsible for providing support to the entire wing, two local recruiting units and 20 tenant organizations.

Among his accomplishments, the lieutenant started the wing's "Top Wheels" program and used it to in-



Lieutenant Upton File photo

crease maintenance of and pride in the base's vehicle fleet. Reese is now credited with having one of the command's best fleets.

A native of Tennessee, the lieutenant recently departed Reese for



Sergeant Free File photo

a new assignment at Little Rock AFB, Ark.

Like the lieutenant, Sergeant Free's responsibilities cover a wide area. While overseeing travel arrangements for more than 1,500 De-

fense Department passengers, he saved the Air Force more than \$600,000 by maximum use of contract flights.

The South Carolina native also saved the wing more than \$85,000 by promoting the do-it-yourself move program for members making permanent changes of station.

In addition to his cost-saving efforts, Sergeant Free directed the surface freight section as it made more than 54,000 shipments without a single mishandled delivery.

The sergeant also had a hand in the design of the new surface freight facility, a building that was called "the best in command" by AETC transportation officials.

"I'm glad to see these two outstanding individuals receive these awards," said Maj. Melinda Edwards, LS commander. "Hard work and dedication don't go unnoticed."

New homosexual policy implemented by Air Force

WASHINGTON — Training sessions on the military's new homosexual policy have been going on at Reese in the wake of the Air Force's release of the implementing instructions for the new Department of Defense policy on homosexual conduct.

Revised regulations and new guidelines reflect the law enacted by the 1994 Defense Authorization Bill, but differ little from the military's former policy, according to Air Force legal officials in the Pentagon.

The main difference, offi-

cialists said, is that the military no longer asks recruits or members about their sexual orientation, nor investigates members solely to determine their sexual orientation.

Additionally, people who state they are homosexual or bisexual now have an opportunity to prove "by a preponderance of evidence" that they do not engage in or have a "propensity to engage in" homosexual acts. Proof may include testimony from others about the person's past conduct, character and credibility, officials said.

The Department of Defense first released the new policy in December, but later revised it to state that a person's sexual orientation is considered a personal and private matter and is not a bar to service entry or continued service unless manifested by homosexual conduct. The original version included the statement that homosexual orientation is not a bar to military service.

Deleting the statement somewhat clarified the policy, but didn't change the meaning, said Pentagon spokeswoman Kathleen deLaski at a March 2

press briefing.

She said the revision also emphasizes that "DOD judges the suitability of persons to serve in the armed forces on the basis of conduct, not sexual orientation."

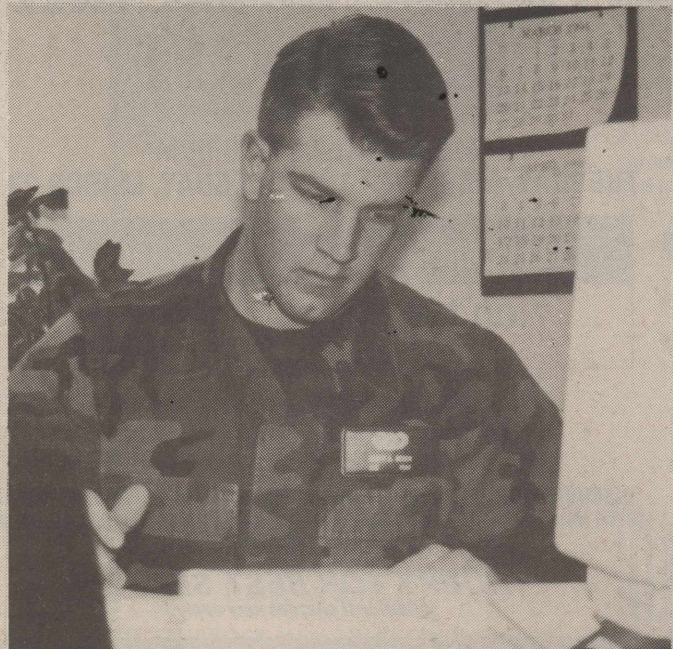
The new directives "make it clear that no defense criminal investigative organization or other DOD law enforcement organization will conduct an investigation solely to determine a servicemember's sexual orientation," Ms. deLaski said.

The Air Force and the other services will now train commanders and people in-

involved in recruiting, accession processing, and administrative separations about issues such as when an investigation is appropriate.

Additionally, the services will inform people about DOD's policy on sexual conduct, including homosexual conduct, when they enter the military and periodically thereafter.

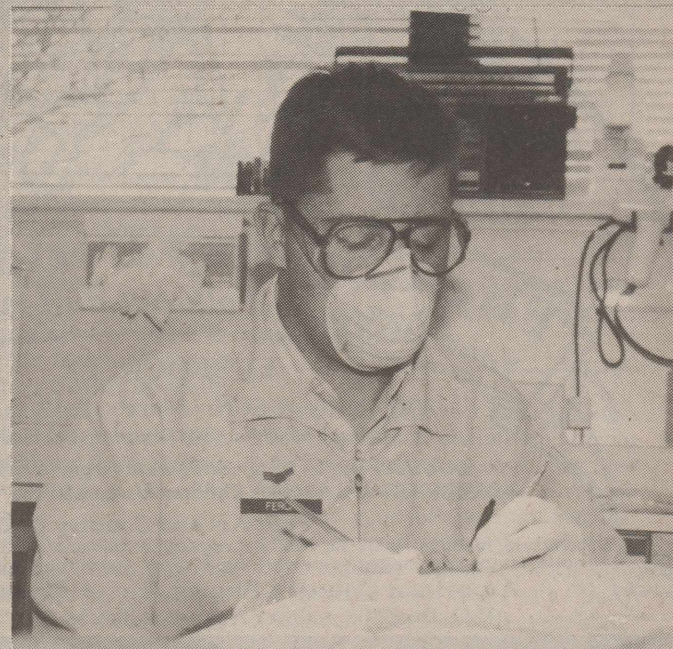
For more information on the policy, wing members can contact their first sergeant or commander, or they can call wing legal at 3505. (Air Force News Service)



SSgt. Mike Breslin

Airmen earn early promotions

A1C Scott Acker (left), 64th Logistics Squadron, and A1C Bradley Ferch, 64th Medical Group, were recently selected for promotion to senior airman below the zone. BTZ promotions recognize outstanding airmen by allowing them to earn their third stripe six months early.



SSgt. Mike Breslin

Weekend

Places to go and things to do in the

VIDEO VISION
 410 Frankford 791-5533
 10 a.m. to 12 midnight • 7 Days A Week

<p>Rent 1, Get 1 FREE Rent Any Movie And Receive A Second Movie Of Equal Or Lesser Value FREE</p> <p>VIDEO VISION • One Coupon Per Customer • Expires March 31, 1994</p>	<p>Rent 1, Get 1 FREE Rent Any Movie And Receive A Second Movie Of Equal Or Lesser Value FREE</p> <p>VIDEO VISION • One Coupon Per Customer • Expires March 31, 1994</p>
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West End Church of Christ
 6305 26th St.
 Sunday Classes 9:30 a.m.
 Worship 10:30 a.m. & 5:30 p.m.
 799-6813

S S B Sports
SCUBA
 3300 D-A 82nd 797-0781

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 RESTAURANT & RAW BAR

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Try The New Oysters Abby

Happy Hour Specials 4-7 p.m. 9-11 p.m. Daily
 \$1.00 Schooners Daily \$1.00 Drink Specials

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 - LUBBOCK, TX

FRI., SAT., & SUN. - March 18, 19, & 20, 1994
 Lubbock Memorial Civic Center • 1501 Sixth Street

HOURS: FRI., 4 - 9 pm • SAT., 9 am - 6 pm • SUN., 11 am - 5 pm
 ADMISSION: Adults \$4 • Children Under 12 Free • Seniors over 65 \$2

Folk Art and Country Crafts
 Furniture, metalwork, quilts, baskets, rugs, dried flowers, clothing, Santas, teddy bears, pottery, dolls, lamps and shades, woodworking & more... everything quality, original and handcrafted.

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 P.O. Box 706 • Port Aransas, Texas 78373 • (512) 749-5449

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\$3.00 OFF

MUNICIPAL AUDITORIUM
 TUESDAY, MARCH 22 & WEDNESDAY, MARCH 23

TUE., MARCH 22	WED., MARCH 23
7:00 PM	◆ 10:30 AM 7:00 PM

◆ SPECIAL AIR FORCE MATINEE WEDNESDAY, MARCH 23 AT 10:30 AM
 AIRFORCE DISCOUNT PRICE - ALL SEATS \$6.00!

DISCOUNT GOOD ONLY FOR 10:30 AM PERFORMANCE. PRESENT THIS AD WITH MILITARY ID AT THE REESE SELECT-A-SEAT BOX OFFICE BEFORE THE DAY OF THE SHOW. NO DOUBLE DISCOUNTS.

HURRY FOR BEST SEATS!
 (Additional charges may apply.)

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and Review in the Lubbock area this weekend

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CATCH A RISING STAR



RICK TREVINO
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Don't miss your chance to catch one of country music's hottest acts, Rick Trevino. One of Columbia Records newest artists, Rick Trevino has a cross cultural style that is winning audiences all over the country. So come watch Rick Trevino live and see if you can "Handle the Excitement."

Tickets are available through Select-A-Seat for \$8 and \$12.

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MARCH 25-27
LUBBOCK MEMORIAL CIVIC CENTER
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MOVIES 12 & \$5.50 Adults
\$3.25 Children & Seniors
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5721-58th Street 792-0357

EIGHT SECONDS (PG-13) Digital
Fri.-Sun. 11:10-1:45-4:45-7:45-10:30
Mon.-Thu. 1:45-4:45-7:45-10:30

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

***THE CHASE (PG-13)**
Fri.-Sun. 12:05-2:35-5:00-7:35-10:35
Mon.-Thu. 2:35-5:00-7:35-10:35 Stereo

***ANGIE (R)**
Fri.-Sun. 11:25-1:55-4:25-7:15-10:15
Mon.-Thu. 1:55-4:25-7:15-10:15 Stereo

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

MONKEY TROUBLE (PG)
Fri.-Sun. 11:05-2:05-4:20-7:20-9:55
Mon.-Thu. 2:05-4:20-7:20-9:55 Stereo

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

IN THE NAME OF THE FATHER (R)
Fri.-Sun. 11:45-3:15-7:05-10:20
Mon.-Thu. 3:15-7:05-10:20 Stereo

MY GIRL 2 (PG) THE PIANO (R)
Fri.-Sun. 11:25-2:25-4:55 Fri.-Sun. 7:30-10:10
Mon.-Thu. 2:25-4:55 Mon.-Thu. 7:30-10:10

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

MY FATHER THE HERO (PG)
Fri.-Sun. 11:15-2:10-4:40-7:55-10:45
Mon.-Thu. 2:10-4:40-7:55-10:45 Stereo

PHILADELPHIA (PG-13)
Fri.-Sun. 11:00-2:15-5:05-7:50-10:40
Mon.-Thu. 2:15-5:05-7:50-10:40 Stereo

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

SUGAR HILL (R)
Fri.-Sun. 1:15-4:15-7:00-9:50
Mon.-Thurs. 1:15-4:15-7:00-9:50

BLANK CHECK (PG)
Fri.-Sun. 12:15-2:30-4:40-8:30
Mon.-Thurs. 4:40-7:30-9:45

***WHAT'S EATING GILBERT GRAPE? (PG-13)**
Fri.-Sun. 11:30-1:55-4:25-7:10-9:55
Mon.-Thurs. 4:25-7:10-9:55

GREEDY (PG-13)
Fri.-Sun. 11:45-2:10-4:30-7:15-10:00
Mon.-Thurs. 4:30-7:15-10:00

SOUTH PLAINS 4 \$5.50 Adults
\$3.25 Children & Seniors
\$3.25 Matinees Before 6 PM
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LIGHTNING JACK (PG-13)
Fri.-Sun. 11:15-1:50-4:40-7:25-10:00
Mon.-Thurs. 4:40-7:25-10:00

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

MRS. DOUBTFIRE (PG-13) DOLBY STEREO
Fri.-Sun. 1:00-4:00-7:00-9:50
Mon.-Thurs. 4:00-7:00-9:50

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

* NO PASSES * NO SUPERSAVERS

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health hints

FACTS FROM EXPERTS AT THE AMERICAN PODIATRIC MEDICAL ASSOCIATION

Get A Load Off Your Feet

(NAPS)—If you're like most Americans, you probably know being overweight is no good for your heart, but you've probably never thought about what all that weight could be doing to your feet.

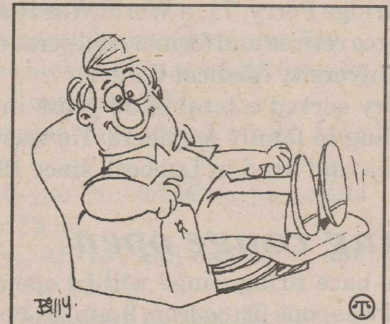
Fortunately, there are steps you can take to improve your weight and feet.

First of all, see your doctor. He or she can determine just how overweight you are—if you are—and what's the best way to go about improving things.

Next, see a podiatrist. This medical specialist can tell you what shape your feet are in and how to keep their health up while you're slimming down.

Many doctors recommend a diet that limits alcohol and foods such as fatty meat, thick sauces, sweets, butter and cream.

Your doctors may also suggest you exercise at least three times a week for 20 minutes or more at a time. Choose a level of activity high enough to make you breathless, but not so violent that you get dizzy. Walking is considered an excellent



Give your feet a helping hand: try not to put too much weight on them for too long.

exercise for your feet as well as the rest of you. Your podiatrist can help you determine what shoes are best for your exercise regimen. Just bear in mind your feet have to bear the brunt of most exercises and treat them tenderly. Running puts a force of three to four times your body weight on each foot with every step.

You can obtain further information on foot problems by telephoning 1-800-FOOT-CARE (366-8227).

Notes

B-2s officially named "Spirit"

LANGLEY AFB, Va. — Air Combat Command will officially name the B-2 stealth bomber "Spirit" during a ceremony with Northrop Corp. March 31 in Palmdale, Calif.

ACC-1, the first aircraft delivered to Whiteman AFB, Mo., in December, already bears the name "Spirit of Missouri." In recognition of the California aerospace industry, and particularly its support of the B-2 program, the second of the 20 bombers will be named the "Spirit of California" as it departs April 1 for its new home with the 509th Bomb Wing at Whiteman.

As B-2s are delivered, each will be named after a state, ACC officials said. (Air Force News Service)

Sijan award winners

WASHINGTON — The Air Force has announced the four winners of the 1993 Lance P. Sijan Air Force Leadership Award. The honorees are:

□ **Senior officer** — Lt. Col. Gary L. North, Fort McNair, Washington, D.C.

□ **Junior officer** — Capt. Allen J. Jamerson, Clear Air Force Station, Alaska.

□ **Senior enlisted** — MSgt. James E. Scott, Vandenberg AFB, Calif.

□ **Junior enlisted** — TSgt. Siobhan A. Hennessy-Rowe, F.E. Warren AFB, Wyo.

The Sijan award is named for the only Air Force Academy graduate to earn the Medal of Honor. (Air Force News Service)

Birth announcement

A 64th Security Police Squadron family has a new member.

Cody Anthony Ruhlen, son of SrA. Dwight and A1C Pamela Ruhlen, was born Feb. 16 at University Medical Center. He weighed 8 pounds, 7 ounces and measured 21.25 inches.

Wing members with announcements of births, weddings, engagements and the like can submit them to the Roundup for publication. Call 3843 for deadline information.

Retiree dies

Eldridge Perry, 71, a World War II Army veteran, Air Force retiree and former civil servant, died March 8 in University Medical Center.

Perry served a total of 36 years in the military, according to family members. He was born in West Virginia and lived in Lubbock since 1978.

Firing range open

The base firing range will be open for privately owned weapons firing from 9 a.m. to 1 p.m. Saturday. For details, call SSgt. Richard Owens at 3848.

Club plans appreciation night

The officers club will hold another junior officer appreciation night March 25. The lounge will open at 4:30 p.m., food line starts at 5:30 p.m. and local band "Ground Zero" begins playing at 8:30 p.m.

A bar and grill menu will be available from 4:30 to 9 p.m.

Linen exchange moves

The base linen exchange operation has moved to the Reese Inn. Hours of operation are the same — 7:30 a.m. to 4 p.m. Monday and Thursday.



Bill Allen



Bill Allen

MSSQ members retire

MSgt. Michael Jordan (left) and MSgt. Artie Frazier wrapped up their active-duty careers during separate ceremonies last week. The 64th Mission Support Squadron members had more than four decades of military service between them. Col. Bob Brooks, 64th Support Group commander, presided at both retirements.

Authorized users of linen exchange are the 64th Security Police Squadron, Reese Airman Leadership School and the Reese Fire Department. Dormitory occupants can get linen through their dormitory manager.

Dormitory managers can go through the linen exchange for pillow cleaning on a case-by-case basis.

Linen should be dropped off before noon and picked up after 2 p.m. Call 3262 for more information.

TAP workshop set

A free civilian career options workshop for military members within 180 days of retirement or separation, or who have retired or separated since Oct. 1, 1990, is scheduled for 8:30 a.m. to 4:30 p.m. Tuesday through March 25 in the family support center.

Résumés, veteran benefits and more will be covered. The Thursday afternoon and Friday morning portions of the workshop are mandatory for outprocessing members. Call 3305 by close of business today for a reservation.

Nominations due April 1

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

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

CPR class scheduled

An adult, child and infant cardiopulmonary resuscitation class will be held from noon to 4:30 p.m. April 5 in the 64th Medical Group. Class size is limited and people must sign up by April 4.

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

Sealed bid sale upcoming

Items in the next 64th Services Squadron sealed bid sale can be viewed from 11 a.m. to 5 p.m. April 6 in Bldg. 542. Bids will be accepted during the same hours April 7.

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

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

ALS graduation set

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

Phone books recycled

Wing members in the housing area can recycle their old Feist directories by leaving them on their doorstep Tuesdays before 9 a.m., according to recycling program officials. Office workers can drop their old Feists into any recycling bag.

Call TSgt. Lawrence Kime at 3815 for more information.

Volunteers needed

Volunteers are needed for this year's Special Olympics. The Professional Military Education Graduates Association is the base sponsor for the April 8 and 9 event.

Also, volunteers are needed in the family services center (light repair work) and the civilian personnel office (administrative assistant). For details on any of these volunteer opportunities, call Cheryl Ortiz at 3305.

Around Reese

Enlisted club (3156)

Today: Two-for-one steak night from 5:30 to 9 p.m. in the ballroom.

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

All night disco from midnight to 3 a.m.

Saturday: Lounge opens at noon.

Sunday: Lounge opens at noon with beverage specials.

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

Thursday: "Boss and buddy night" at 4:30 p.m. Free snacks for members; the Electrifier in the lounge. Games night begins at 7 p.m. - pool, bowling, shuffleboard and indoor golf for prizes.

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

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.

Youth Center (3820)

Today: Pistol Pete's Pizza from 6:30 to 10:30 p.m. Cost is \$5 for members and \$7 for non-members. Don't forget extra money for tokens.

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

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

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

April 2: Easter egg hunt for children 2 to 12.

Simler Theater (885-4581)



Dr. Jekyll and Mr. Hyde by Richard Abbott

Today and Saturday
7:30 p.m.

Open to the general public
Doors open at 7 p.m.

Ticket prices are \$5 per person;
available in advance or at the door.

Call 885-4888 for reservations
or information

A portion of the proceeds will go to
the St. Jude Children's
Cancer Research Center

Sunday: "Heaven and Earth" (R) at
7:30 p.m.

Officers club (3466)

Today: Reese Company Grade Officers Council yearly awards at 4 p.m.

Prime rib served from 6 to 9 p.m. Menu: queen cut (\$7.95), king cut (\$9.95), grilled chicken breast (\$8.95) and grilled halibut (\$9.95).

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

Saturday: Closed for special function.

Sunday: Brunch served from 10:30 a.m. to 1:30 p.m. Adults \$7.95, children 6 to 12 \$4.95 and children under 5 free. Open to all club members and their guests.

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

Dining room closed for evening dining.

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

Air Force Association Dinner at 6:30 p.m.

Dining room is closed for evening dining.

Wednesday: Membership appreciation night - 10 percent off tonight.

Mexican buffet at 5:30 p.m. for \$5.50.

Over-the-hump night in the Smokin' Hole with 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 club 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.

March 25: Junior officer appreciation night at the club, featuring "Ground Zero" at 8:30 p.m. Lounge opens at 4:30 p.m., food line starts at 5:30 p.m. and a bar menu will be available from 4:30 to 9 p.m.

Rest of Reese

Information, Ticket and Tour Office

(3787): Six Flags spring discount tickets for \$17 each. Spring discount tickets are good for weekends during March and April. ITT hours of operation are: Tuesday through Friday from 9 a.m. to 6 p.m.; Saturday from 9 a.m. to 5 p.m.; closed Sunday, Monday and holidays.

Auto Skills Development Center

(3142): The Reese Auto Skills Development Center is still open! Don't let the road construction stop you. Find the detour and claim a modest reward at the service desk. Hours of operation are Tuesday through Friday from 11 a.m. to 7 p.m.; Saturday 9 a.m. to 5 p.m.; closed Sunday, Monday and holidays.

Mamma Reesione's (885-2639)

Weekdays: Lunch served from 11 a.m. to 2 p.m. Soup and salad bar.

Hot wings special - one dozen for \$3.

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

Monday: Double cheeseburger with fries for \$3.50.

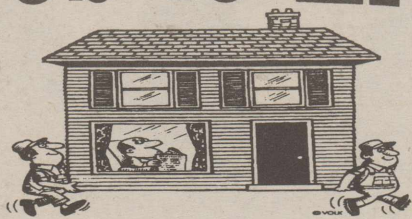
Tuesday: All-you-can-eat pizza, pasta and salad bar for \$3.95.

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

Thursday: Three-item calzone for \$3.

Apartment Guide

The Best Places to Live in Lubbock




WOODCREST APARTMENTS

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

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

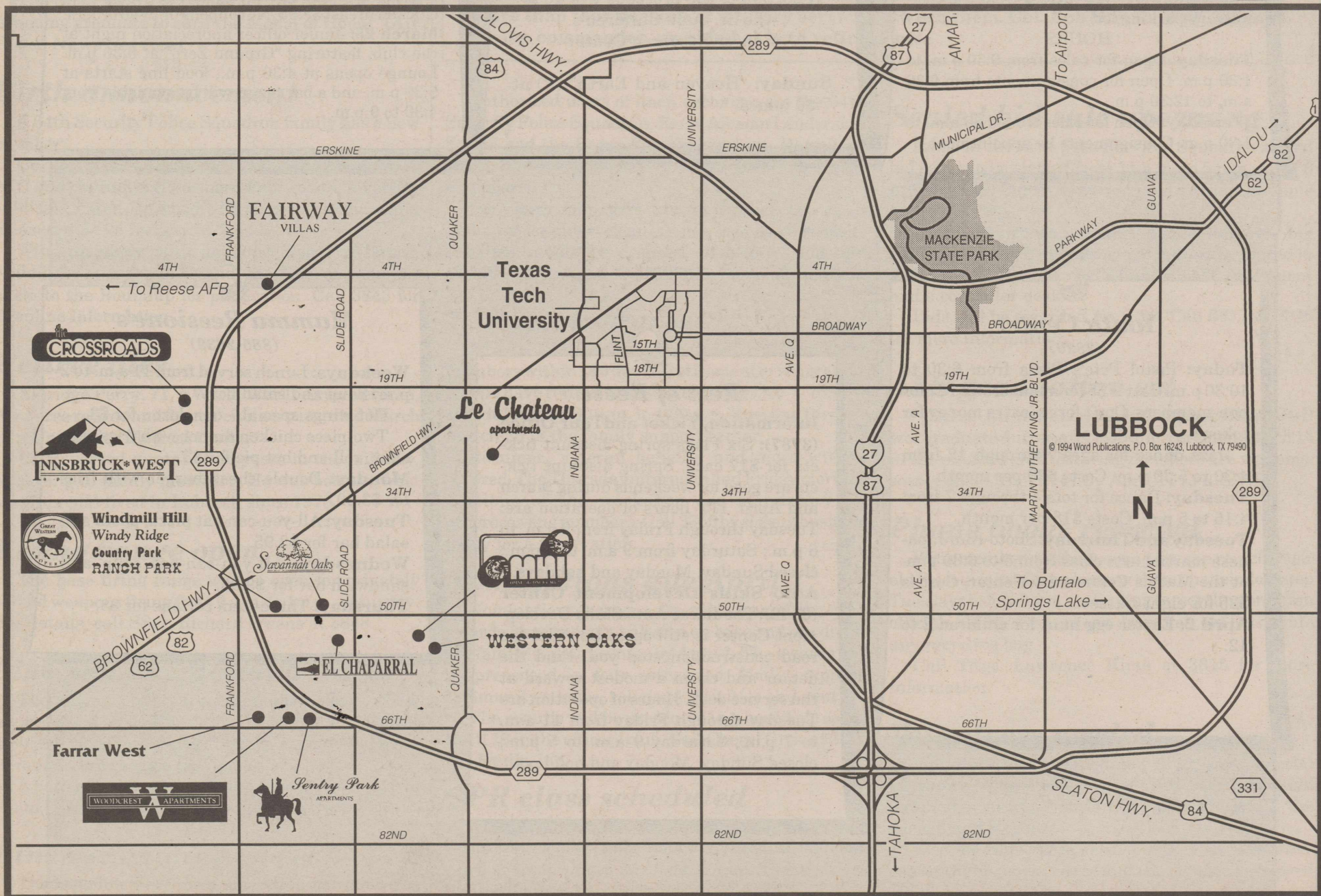
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- * Hot Tub * Ceiling Fans
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Fairway Villas Apartment offers 1 & 2 bedroom floor plans minutes from Reese Air Force base. All homes are ground level with front door parking. Swimming pool and laundry center on the property. Fairway Villas Apartments. 5525 4th Street. 796-1649.



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\$100 OFF 1st Full Month's Rent!

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- Hot Tub on a redwood deck!
- Swimming Pool
- Fantastic Exercise Room (High Tech Equipment)
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\$100 OFF 1st Full Month's Rent
 (For Our New Residents Only)

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- Ceiling Fans
- Woodburning Fireplaces
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- Spacious Floorplans
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Windy Ridge
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OMNI...the ONE for ALL !!

MSSQ nets early season volleyball lead

by A1C Timothy E. Dempsey
Wing Public Affairs

The 64th Mission Support Squadron kept its perfect season alive by handing the 64th Communications Squadron their first loss Monday night in intramural volleyball at the base fitness center.

TSgt. Scott Deherrera, coach and player, helped lead MSSQ (2-0) to victory in the third game to win the match.

"We've got a lot of young

players, but we've been practicing quite a bit and showing a lot of potential," said Sergeant Deherrera.

"We're starting to improve game-by-game, so hopefully we'll keep improving and start to peak toward the play-offs," added Sergeant Deherrera. "We think we should be able to put up a good match against most of the people we play."

CS (2-1), playing with only four players, did not give up easily. Without two of their key players, they were still

able to come back and win the second game, forcing the match into a third game. That's where fatigue began to show.

"The third game really took it out of us," said SrA. Ramon Guerrero of CS.

Even with the loss, Airman Guerrero believes his team will still have an excellent season. He is looking forward to meeting MSSQ again, this time with their whole team.

"I think we will be up there in the brackets for the league championship," Airman Guer-

rero said. "I think with the people we have, we will have a strong chance."

In other matches that night, the 64th Logistics Squadron and the 64th Security Police Squadron got their first victories of the season. LS (1-2) defeated the 64th Operations Support Squadron (1-2) by winning the first and third game of the match. SPS (1-1) gave the 64th Medical Group "B" (0-3) their third loss.

The 35th Flying Training Squadron "B" (2-1) beat the

64th Civil Engineering Squadron (1-2). The match between the 52nd FTS (2-0) and MEDGP "A" (0-2) was postponed until later this season.

Correction

Last week's volleyball rundown incorrectly stated the results of one of the matches, in which the 35th FTS "A" team defeated the 35th FTS "B." The Roundup regrets the error.

Updates

Wing plans sports day

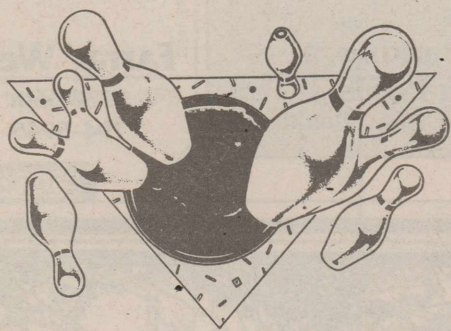
The wing will hold a sports day April 29 featuring intersquadron competition in volleyball, a five-kilometer run, bowling, golf, basketball and softball.

People who want to compete should contact their sports representative by April 4. Call Gary Grant or Jake Trevino at 3207 for more information.

IM racquetball stats

(standings as of Wednesday morning)

52nd FTS	6-0
LS	6-1
MEDGP	5-1
Lockheed	4-3
35th FTS	4-3
MSSQ	4-2
CES	2-4
SPS	1-5
CS	1-5



Bowling schedule

Today: "Polyester panic" all day.

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

"Rock and bowl" at 7 p.m. Costs \$8 for food and prizes.

Bowlers wearing the "polyester panic" shirts can get a free beverage of their choice at the snack bar.

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

Mixed league at 6:30 p.m.

Monday: Mixed league at 6 p.m.

Tuesday: Law enforcement league at 7 p.m.

Wednesday: Mixed league at 7 p.m.

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

Locker verifications needed

The base fitness center is verifying locker assignments. Anyone with a locker assignment or who would like one should check with the center staff.



A1C Timothy E. Dempsey

Mentors, students enjoy bowling

SSgt. Glenn Stanton, 64th Mission Support Squadron, helps a youngster from Frenship Intermediate School take aim on the pins at the Windmill Lanes Bowling Center. Fifth- and sixth-grade Frenship students joined with their Reese mentors March 9 and 10 for two afternoons of bowling at the base lanes.

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For Rent

2/2/2 Beautiful, newly remodeled duplex. \$650/mo. plus \$500 deposit. Available immediately! Fireplace, ceiling fan, fenced backyard, new carpet, wallpaper and paint. Nice neighborhood. No pets please! 3303 A 74th Street. **763-6151**.

3-18

Yard Sale

Multi-family yard sale, 200 Harmon. Furniture, refrigerator, Exercycle, baby clothes, swing, etc., TV, table, toys, kitchen items, children's clothing, videos. Fri. - Sat. March 18 & 19, 8 a.m. - 5:30 p.m. **885-2417**.

3-18

All American Boarding & Grooming

"We Love What We Do For Your Pets"

South University at 107th
745-9578

Lawn Care / Fences

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3-25

Employment

Looking for mature person for full-time position in child care, in a Christian environment. Low staff-child ratios. High school diploma required. Call **799-8691**.

3-18

Buying & Selling . . .

Good used furniture, antiques, collectibles. Layaways & credit cards accepted. Bobo's Treasures, 202 Avenue S (2 blocks north of 4th St. on Ave. S) 744-6449, 10 a.m. to 5:30 p.m. Monday through Saturday; 1 to 5 on Sunday.

3-18

MTX Speakers

MTX boxed speakers, 8" woofers with tuned port and tweeter. 110 Watts max. \$50 for both. **885-3438**, ask for Jay.

3-18

For Sale

Jenny Lynn wood crib with mattress. Good condition. \$70/OBO. Call **797-9000**, Leave msg.

3-18

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- * Pelvic Exams & Contraception
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For Sale

1986 Toyota MR-2, loaded, 5-speed trans, radial tires, good condition, with 106K miles. Asking \$3,150. **866-2151** days, **791-0469** evenings, ask for Karry Brunken.

3-25

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4 Family Garage Sale

Household Items, adult and children clothing, shoes, toys, a lot of miscellaneous. Friday & Saturday, 9:00 - ? 6009 13th St., behind Gene Messer Ford.

3-18

Child Care

Now open Monday through Saturday nights. References from Reese and Lockheed personnel. Reasonable rates. **792-4016**.

3-18

IBM Computer for Sale

PS2 386/25MHZ IBM Computer, 40 MGB Hard Drive, 640K RAM, 3 1/2" disk drive, mouse, 13" VGA monitor. Includes software: Windows 3.1, Word for Windows, Excel, Games, and all original books. All for \$800. **885-3438**, ask for Jay.

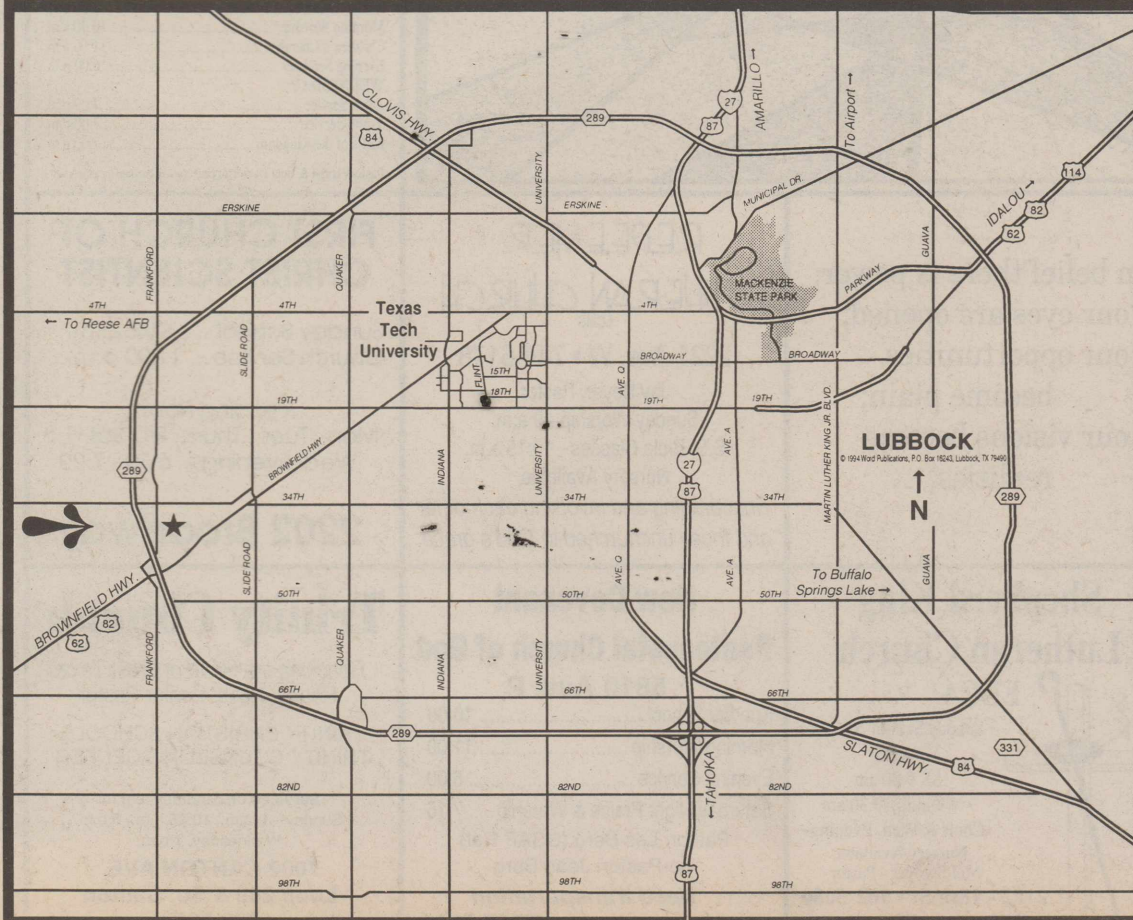
3-18

To advertise in The Roundup call **797-3495**

Check out the advertising offers in this issue of the Reese Roundup newspaper . . . for weekend entertainment, housing offers, etc.

★ Chandelle Publications, publisher of the Reese Roundup, is located at the corner of 40th & Frankford.

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(NAPS)—Many dishes don't have to be heavy or high in fat when they're made with Carnation Evaporated Skimmed or Low Fat Evaporated Milk.

The 1995 Buick Riviera has a complete range of safety features including the PASS-Key II theft-deterrent system, which permits the car to be started only if the proper key is used.

For the past 75 years, business volunteers have been showing students how America works through

Junior Achievement. Today, Junior Achievement programs reach 1.7 million students from kindergarten through 12th grade.

New natural gas appliances save consumers money on their utility bills by combining high efficiency equipment with lower fuel prices, says the American Gas Association.

The Stocker Plus from Dazey Corporation will simmer your stock for hours giving your soups and stews the rich flavor of a gourmet meal.



A herd of African elephants may have up to 1,000 members.

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Minimize Night Vision Problems

(NAPS)—Night driving and other evening activities dependent upon vision can become increasingly more difficult, even dangerous, as you age. Advances in ophthalmic technologies, however, such as special anti-reflective (AR) coatings for eyeglass lenses, can eliminate the glare that often places night drivers in danger, says the Better Vision Institute (BVI). Here are several tips you can follow to minimize the problems associated with night vision, from the experts at BVI:

- Wear sunglasses during long periods in bright light, to assist in regaining normal vision at night.
- Allow your eyes to adjust to the darkness before driving at night.



Your eyes' reaction to darkness may require a different prescription for night driving.

For more information on eye care, write: The Better Vision Institute, P.O. Box 77097, Washington, D.C. 20013 or call 1-800-424-8422.

- Do not smoke in the car.

If you wear glasses during the day, you should consider an additional pair for the evening. Your eyes' reaction to darkness may require a different prescription for night driving. And have your night driving glasses AR coated.

Come Join A Lubbock Church Or Synagogue Of Your Choice

<p>HURLWOOD BAPTIST CHURCH <i>Military Families' Home Away From Home</i></p> <p>Sunday School 9:45 a.m. Worship 11:00 a.m. Church Training 5:00 p.m. Evening Service 6:00 p.m. Nursery Available During All Sessions 9417 W. 4th St. (across from Reese Village) Pastor: Billy C. Collins 885-4862</p>	<p>First United Methodist Church Dr. Jim Jackson, Senior Pastor</p> <p>Sunday Worship 8:30 a.m., 10:50 a.m., & 7 p.m. KCBD-TV, Channel 11 at 8:30 a.m. KFYO-Radio, AM 790 at 11:00 a.m.</p> <p>Sunday School A variety of classes are offered for singles and couples. 9:40 a.m. 1411 Broadway 763-4607</p>		<p><i>Come Share the Spirit!</i> Gloria Dei Lutheran Church (ELCA) 1706 Slide Road 8:00 & 10:30 Worship Sunday School at 9:15 Sept.-May Nursery Available Robert Bardy, Pastor 795-2283</p>	
<p>FIRST FOURSQUARE GOSPEL CHURCH</p> <p>Sunday School 9:30 Morning Worship 10:50 Evening Service 6:00 Wednesday Service 7:15</p> <p>Pastor: GARY MACDONALD Assistant: RANDY DEMETRO 745-4581 10701 Indiana</p>	<p>CHRIST LUTHERAN CHURCH</p> <p>Sunday School/Bible Class 9:00 a.m. Sunday Worship 10:00 a.m. Wed. Midweek School 6:30 p.m. (when public school is in session). Adults, Youth, Kids, Marrieds, Singles.. ALL are Welcome in Christ's family! Ronald L. Jenkins, Pastor Established & Growing at 7800 Indiana 799-0162</p>		<p>SOUTH PLAINS CHRISTIAN FELLOWSHIP 3602 Frankford Ave. Lubbock, TX 792-3229 <i>You're always welcome here!</i></p> <p>SCHEDULE OF SERVICES</p> <p>SUNDAY Sunday School 9:30 a.m. Morning Worship 10:30 a.m. Children's Church 11:00 a.m. Evening Services 6:00 p.m.</p> <p>WEDNESDAY Adult Service 7:00 p.m. Youth Service 7:00 p.m. Kid's of the Kingdom 7:00 p.m.</p> <p><small>Pastors Hugh & Lola Dean Harris *Nursery Provided for all services</small></p>	
<p>LAKERIDGE UNITED METHODIST CHURCH 4701 82nd Street Lubbock, Texas 79424 (806)794-4015 BILL COUCH, Pastor Worship 9:15 and 10:30 Sunday School 9:15 and 10:30</p>	<p>St. Stephen's Episcopal Church 101 Slide Rd. 799-3439</p> <p>HOLY EUCHARIST 8 a.m. Sunday PARISH EUCHARIST 10:30 a.m. Sunday HOLY EUCHARIST & UNCTION 5:30 p.m. Wednesday</p>	<p>In belief there is power: our eyes are opened; our opportunities become plain; our visions become realities.</p>	<p>REDEEMER LUTHERAN CHURCH LCMS 2221 Ave. W • 744-6178 Jay Beyer, Pastor Sunday Worship - 9 a.m. S.S. Bible Classes - 10:15 a.m. Nursery Available <i>Encouraging and involving each other and those unchurched in God's grace.</i></p>	<p>FIRST CHURCH OF CHRIST SCIENTIST</p> <p>Sunday School .. 9:45 a.m. Church Service ... 11:00 a.m.</p> <p>Reading Room Mon., Tues., Thurs., Fri., Sat. 1-3 Wed. Evenings .. 6:30 - 7:20</p> <p>2202 Broadway</p>
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