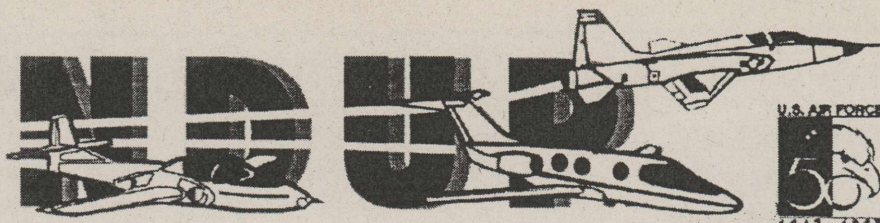


ROUNDUP



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

Vol. 49, No. 13

April 18, 1997

Reese AFB, Texas

SPs protect Army helicopter crash site

Tech. Sgt. Dave Brown
Editor

The 64th Security Police Squadron responded to a U.S. Army Reserve helicopter crash two miles east of Tulia, Texas, on April 11.

The helicopter, a CH-47D Chinook, assigned to the 158th Aviation Regiment, New Century Airport, Olathe, Kan., was being ferried from Corpus Christi, Texas, to Olathe when it developed rotor problems.

Since Reese Air Force Base is the nearest military installation to Tulia, located about 80 miles north of Lubbock,

the 64th SPS personnel responded for accident scene security.

Col. Kodak Horton, 64th Flying Training Wing commander, approved the security police response force being sent to the accident scene late in the evening of April 11.

The helicopter was apparently flying at about 1,500 feet above ground when the rear rotor blades developed trouble while in flight. The pilots of the aircraft lost control temporarily as the helicopter apparently went upside down.

After regaining control of the aircraft, they made a hard landing in a pasture.

When the engines were shut down, the rear rotors struck the top of the fuselage as the engines "were winding down."

Capt. Jack O'Connor, 64th SPS commander, said it was rather chilly in the late evening hours. "We used our police cars to keep warm. We also were armed with our 9 mm pistols to provide protection."

The captain indicated the security protection force was required to ensure nobody tampered with the aircraft or debris, protecting everything for further investigation by the Army. "Since it was a non-priority aircraft, we did not have to set up a

National Defense Area," he said.

The eight-person security police team was relieved of accident scene responsibility Saturday by a nine-member U.S. Army Security detail from Olathe.

Further information regarding the crash is not available at this time. An accident investigation board will be convened.

The participants in the security force were O'Connor, Master Sgts. Harold Little and Ron Rucker, Staff Sgts. Kip Huston and Michael Jordan, Senior Airman Eric Mayo, and Airmen 1st Class Timothy Baldwin and Harry McKemy.

Stopping at contracting saves problems later

Nick Futrell
64th Contracting Squadron

Unauthorized purchases or obligating the government without the proper authority can cause some serious problems.

This may require ratification action, cause probable embarrassment and financial problems if you have to pay for it out of your own pocket. It can also cause the vendor's payment to be delayed for weeks or even months leaving a very unhappy business reluctant to do business with the Air Force in the future.

The ratification process, if you are not familiar with it, can be a long and very involved and complicated process.

The federal regulation definition is "the act of approving an unauthorized commitment/purchase by an official who has the authority to do so." An unauthorized commitment/purchase is defined as "an agreement that is not binding solely because the government representative who made it (that is you) lacked the authority to enter into the agreement on behalf of the government."

We suggest, and even encourage you to call the business or stop in downtown to get an idea about the cost of your project; how else are you going to determine the amount of funding you're going to need?

Stop there; the vendor does not need to know where you work or who you are. Do not, in any way shape or form, take any action or lead them to believe

that they will be receiving a government contract or purchase order any time soon.

There are many laws concerning DOD acquisition. These laws are complicated, and constantly changing. Contracting officers are appointed, in writing, by the contracting squadron commander. Federal law states they are also the only ones authorized to enter into contracts with vendors and bind the government.

Don't take chances with your job, your money, or your peace of mind. If you need to obtain an item or service outside the base, contact contracting first and keep everyone happy while keeping yourself out of trouble.

If you have any questions or need information call Master Sgt. Jose Castro at 3001 or Pam Seiler at 6127.

New social actions chief appointed at Reese



Col. Kodak Horton
64th Flying Training Wing
commander

Effective May 16, 1997, Laverne Dutkowski will be the Reese Air Force Base point of contact for Social Actions complaints. Any questions regarding the subject of discrimination and/or sexual harassment should be directed to Dutkowski at 3614.

Reese has an outstanding

human relations climate. However, if you do experience discrimination/sexual harassment, please deal with it accordingly. The Air Force policy and my policy concerning discrimination/sexual harassment is it will not be tolerated at any level. Keep this in mind as we close Reese with style.

Dutkowski replaces Capt. Eric Bass, the current military personnel flight chief and social actions chief. Bass has been the social actions chief for over a year, winning the 1996 Outstanding Air Education and Training Command's Social Actions Chief. Bass is PCSing to Scott AFB, Ill.

White lies usher in black ones -- avoid fraud acts

Special Agent Michael Ashworth
Det. 412,
Air Force Office of Special
Investigations

How many of us have heard at one time or another that a "white lie" is not so bad? Most of us have probably heard that a "white lie" is OK sometimes. Some would argue it is better to tell a "white lie" from time to time than have to tell the truth all the time.

Well, I will not argue the morality of telling a "white lie" from time to time. I will point out one simple truth however: telling a white lie to the U.S. Government is a federal crime.

Fraud stems from the so-called "white lie."

Fraud is a broad term which encompasses all schemes meant to wrongfully cheat someone out of something of value. Fraud knows no limits. The many different schemes people have devised to commit fraud over the years, and the many more we are yet to see, are only limited by the creative imagination of the criminal. Whether it be computerized records or written records, fraud invariably involves records of some kind. The most common type involves someone who signed

a piece of paper that contained a statement which was not true. No matter how close to the truth a statement may be, if it is not entirely true and the person knows it, they committed fraud.

Why do most people lie? Because they have something to gain by it. Maybe that something is cash, maybe it is property, or maybe because they don't want the consequences the truth will bring.

Let's face it, not all things in life are pleasant, and if we can avoid a little bit of the unpleasant stuff by telling a "white lie," most folks would say "Why not?" No matter the reason for telling a "white lie," one fact remains constant: If someone would say something that was not entirely true to avoid the unpleasant consequences the first time, how many would not stretch the truth a little more to cover up the first lie and avoid even more unpleasant consequences? Before you know it the "white lie" has indeed ushered in the "black" one.

On Reese Air Force Base, Detachment 412 of the Air Force Office of Special Investigations investigates allegations of fraud. In this era of base closure certain types of fraud stand out and we have devoted extraordinary efforts to detecting them.

Some fraud schemes include: changing records of inventories to cover up losses or thefts; claiming military pay or allowances the military member is not entitled to; filing travel vouchers which contain false information; filing claims for 'Do It Yourself' moves which contain false information; claiming worker's compensation benefits when the worker is not entitled to receive them; and altering or forging documents of any kind in order to increase or substantiate a claim against the United States.

I encourage you to report your suspicions. Although we prefer to know who you are and go to great lengths to protect the identity of people who confide in us, you may contact a special agent anonymously. Rest assured, AFOSI is granted tremendous power to protect the people who come forward with information about a crime and federal law prohibits superiors from punishing you for "blowing the whistle."

When crime goes unpunished we all lose. Report your suspicions about fraudulent activity on Reese. During duty hours contact a special agent at 3414. After hours call the 64th Security Police Squadron desk sergeant at 3333. The criminal you let get away might get the promotion you were hoping for.



Printed for People
at Reese Air Force Base

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Volunteer gives helping hand, smile

Tech. Sgt. Dave Brown
Editor

A smile and a friendly greeting is the introduction found at the 64th Medical Group pharmacy from one of the Red Cross volunteers.

Arthur Walkowiak, a retired Air Force lieutenant colonel, provides more than just a greeting to the patrons needing prescriptions from the doctors at the clinic here. He has, on occasion, been seen filling out the prescription number tickets and giving them to patients of all ages with humor, putting them in a good mood regardless of what the diagnosis is.

Belle Sanders, chairperson for the Lubbock Chapter of the American Red Cross, had many words of praise for this volunteer. "Art has racked up over 2,200 volunteer hours in the clinic's pharmacy. He has become a valuable asset to the pharmacy staff."

Part of Walkowiak's duties and responsibilities at the

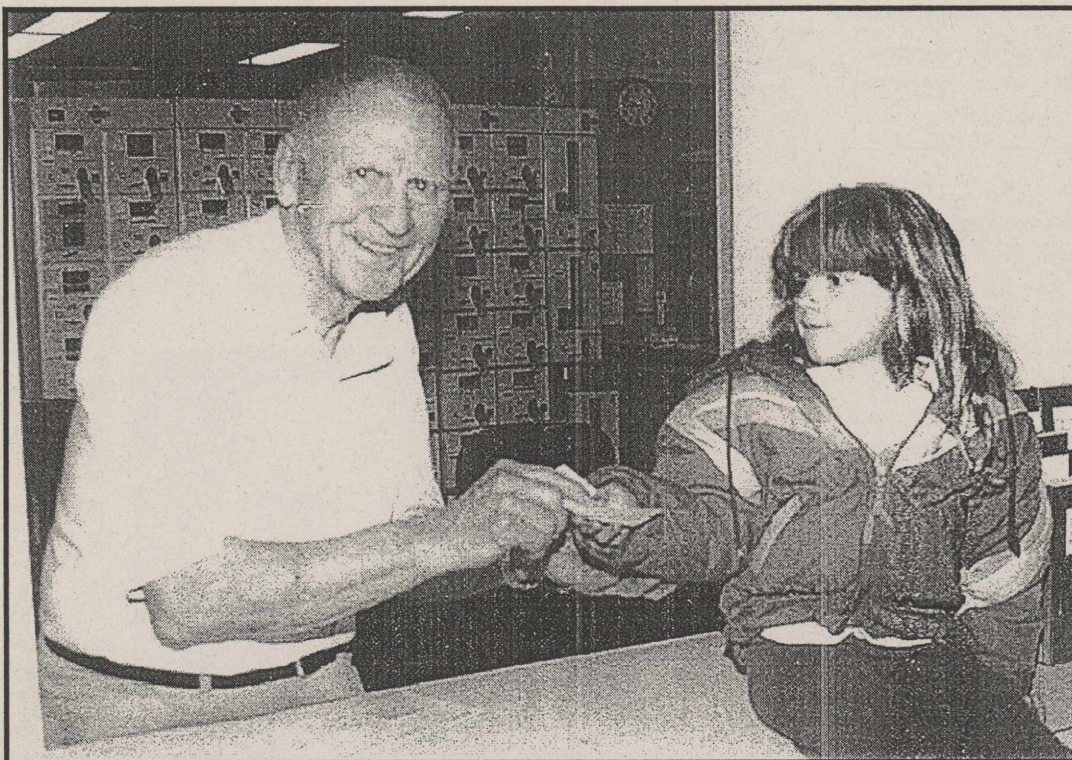


Photo by Tech. Sgt. Dave Brown

Art Walkowiak, a Red Cross volunteer at the 64th Medical Group Pharmacy, hands a prescription ticket to Jarrica Moss, the daughter of Staff Sgt. Alan Moss, 64th Logistics Squadron. Walkowiak was selected as the 1996 Volunteer of the Year for the Lubbock chapter of the American Red Cross.

pharmacy include checking prescription dates to ensure they haven't expired. He also checks dates on the drugs in the pharmacy and rotates them to keep everything current. With supervision he

stocks the dispenser machines. He also keeps the stock in the after-hours medication cabinets filled.

"Art is an outstanding, compassionate and reliable person who excels in military and aviation community involvement," said Master Sgt. Steven Hastings, former superintendent of the pharmacy.

"His assistance and knowledge in the areas of patient sensitivity, pharmacy supply operations and customer relations allowed our operations to flow without interruptions."

Hastings also said that Walkowiak helped the pharmacy

meet or exceed Air Education and Training Command peer performance standards.

Not only does this volunteer provide support to the Reese Pharmacy, but he also supports the Science Spectrum in downtown Lubbock.

Aircraft models and other memorabilia provided by Walkowiak have given the Science Spectrum a quality new look for aviation flight education.

His aviation flight magazine collection has become a part of the reference library. The director of the Spectrum indicated that before Walkowiak parts with an item, he "checks" to see if it might be useful to their program.

"Art is one of the people I feel privileged to have known and worked with in the Red Cross volunteer program," Sanders said. "Art, you're one of the good guys."

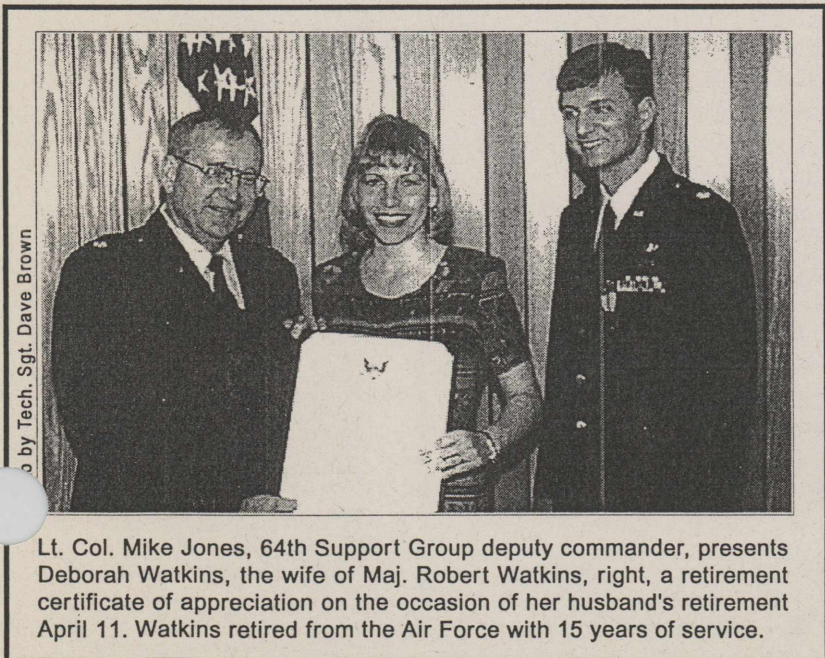


Photo by Tech. Sgt. Dave Brown

Lt. Col. Mike Jones, 64th Support Group deputy commander, presents Deborah Watkins, the wife of Maj. Robert Watkins, right, a retirement certificate of appreciation on the occasion of her husband's retirement April 11. Watkins retired from the Air Force with 15 years of service.

Earth Day tips help save the environment

Stephen Jones
64th Civil Engineer
Squadron

In 1969 Gaylord Nelson conceptualized Earth Day, hoping to create a dramatic event focusing national attention on the environment.

The objective was to cause a nationwide concern for the environment so large it would shake the political arena.

Earth Day became a reality in the spring of 1970 with over 20 million Americans participating. In its 27th year, Earth Day is recognized by over 200 million people in 141 countries.

Earth Day is Tuesday. The day focuses our awareness on stopping and prevent-

ing pollution on a personal level.

In the spirit of Earth Day, we need to recycle the slogan from last year, "The Time Has Come!"

Indeed, the time has come for us to look at the way we do business and find alternative solutions that will minimize the effect we have on our environment and the earth. Solutions or alternatives are becoming more numerous and easier to implement every day due to technological advances, but they still take some research and work from

us. The time has come for us to assess the environmental inheritance we are leaving behind as we depart Reese. We must:

□ Try to use fewer chemicals and smaller

finds its way to a monitored stream. Tracing the source of these chemicals is improving and you stand to lose a lot more than a few seconds of time.

□ Recycle all possible materials to add years of life to crowded landfills.

Additionally, when cleaning out household cleaning fluids, solvents, lawnmower gas and oil, or paint, don't throw them in the trash.

Donate partial cans or bottles and any full ones to charitable organizations in Lubbock.

Guadalupe Eco-

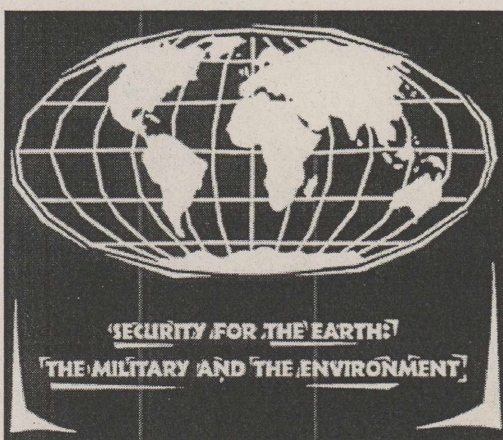
nomics Services will pick up most household chemical products and paint. Call them at 763-3606.

Women's Protective Services can use any cleaning product and paint, but they must be delivered to 23rd and Ave. Q. Call this organization at 747-6491 for more information.

When preparing for building closure, if you are in doubt about a chemical, call the environmental flight at 6253 or the bio-environmental flight at 3327.

We want to help dispose of your chemicals in a safe and timely method.

Any unbroken stock of hazardous materials should be handled through the HazMat Pharmacy at 6561.



quantities. Do not pour chemicals down the drain.

Anything poured down either a sink, storm drain or sewer

quantities. Do not pour chemicals down the drain.

Anything poured down either a sink, storm drain or sewer

On this date in history

1943. P-38 pilots from Henderson Field, Guadalcanal, intercept and shoot down two Mitsubishi "Betty" bombers over Bougainville. This ambush killed Japanese Admiral Isoroku Yamamoto, who planned the Pearl Harbor attack.

1942. Sixteen B-25s, commanded by Lt. Col. James H. Doolittle, take off from the USS Hornet (CV-8) and bomb Tokyo.

1906. The San Francisco earthquake killed nearly 4,000 people.

1775. Paul Revere took his famous ride through the streets of Concord, Mass., to warn townspeople of the imminent British invasion that led to the Revolutionary War.

'TOPS IN BLUE performs April 30'

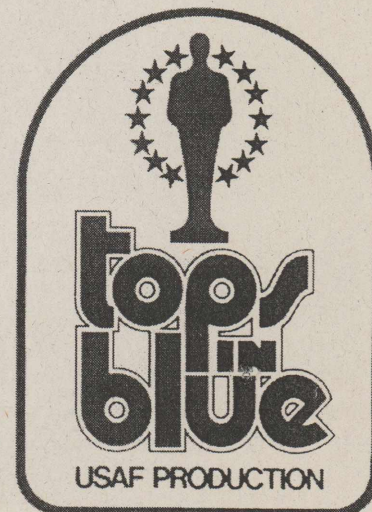
Get ready for a fantastic night of entertainment ... FOR FREE! TOPS IN BLUE, the premiere entertainment showcase of the United States Air Force will perform in Lubbock on April 30 at 7:30 p.m. in the Lubbock Municipal Auditorium, 4th and Boston.

The highly acclaimed 1997 edition of TOPS IN BLUE entitled "Heroes" pays tribute to the 50th Anniversary of the U.S. Air Force. In addition, the troupe will pay a tribute to Reese Air Force Base on the closing of the base after 55 years of training the world's best pilots in the world's best Air Force.

There is no cost for the one-night show, and tickets are not required for attendance.

For more information regarding this year's show, contact Master Sgt. Charles McCully, 64th Services Squadron, at 3412.

tops in blue



Next chief of AF chaplains speaks out

Says forming families is top challenge

Master Sgt. Joseph A. Gonzales
18th Wing Public Affairs

KADENA AIR BASE, Japan (AFNS) — Accentuating the idea of forming families and boosting family relationships, part of this year's theme for the Air Force Chaplain Service, hits home for the next chief of the Air Force Chaplain Service.

What Brig. Gen. (Chaplain) William J. Dendinger said he remembers most of his life were the days his mother and father died. The day he came home from his first day at fifth grade, Dendinger's dad led him by the hand into his parents' room where the entire family watched his mother die of cancer. She was 48.

"That was a very tough experience ... to listen to the death rattle and to watch her die before me," said Dendinger, a Catholic priest, who is currently deputy chief of the chaplain service at the Pentagon and is slated to take over the top post June 5.

While acknowledging oth-

ers in the audience probably have been through similar experience, pain would strike again exactly nine months later for the then 11-year-old Dendinger.

"I came home from school that day and asked for dad. ... He did not come home that night. Instead, (state troopers) had found my father dead of a heart attack in his car. He was 51," he said. The general made his remarks during a breakfast here recently to some 400 U.S. military and civilian members assigned to Okinawa.

Those are just two of the reasons having close family relationships mean a lot to the general as he continued to give the audience meaning to this year's chaplain service theme, "Serving In Your Midst — Forming Family."

"There was always a gnawing feeling in my life as I grew up that maybe I was missing something of the family dimension," he said. "I remember when other kids complained about having to take their report cards home because their parents would have to sign it. Deep

down silently I wished I had a mother and father to take mine home to. And I remember when I was a teen-ager, a lot of the teens complained to me about curfews. Deep down I wished I had a mother or father who would set a curfew. But I probably would have complained just like my peers.

"These are some of the rea-

sons why forming family strikes a deep chord in my life and why I think it's such an important concept to accentuate and enhance, and do whatever we can to help people."

Doing "whatever we can" falls into the hands of anyone who cares, Dendinger said, especially when it

(Continued on page 7)



Photo by Ron Bailey

Harry Machin, left, receives a commander's appreciation coin from Col. Kodak Horton, 64th Flying Training Wing commander, Wednesday. Machin, an employee at the Reese Auto Hobby Shop, is going to the transportation office at Randolph Air Force Base, Texas.

Operation Be Fit to encompass all of DOD

WASHINGTON (AFNS) — The Defense Department is starting a new program to improve the physical fitness of its people.

Operation Be Fit will serve as a blueprint to foster a renewed emphasis on the physical fitness of the entire military community, said Fred Pang, assistant secretary of defense for force management policy. It also lets

the DOD set standards and assume national leadership in comprehensive physical fitness programs and activities.

The operation focuses on improving and expanding programs in fitness and sports, plus recreation activities involving physical activity. DOD also will take steps to encourage members of the military community to par-

ticipate in the programs.

This initiative builds on programs already in each of the services by combining expertise. It will add DOD emphasis and endorsement to these efforts.

"What we spend in fitness, sports and recreation programs leading to physical fitness is an investment," Pang said. "It's the human side of force modernization."

In December, DOD played host to a fitness forum to senior Air Force and other officials.

The forum put the final endorsement on the DOD initiative and set the course for work to develop standards for fitness activities. It also approved a campaign to encourage increased use of military fitness, sports and recreation activities.

Around Reese

Simler Theater

(4888)

NOW SHOWING

Today: "Dangerous Ground." After growing up in Oakland, Calif., Vusi returns to his village birthplace in South Africa to honor his dead father. He can no longer understand the ways and language of his elders or his brother. In Johannesburg he finds a newly liberated society. (R) 7:30 p.m.

Saturday: "Evita." Eva Peron rose from poverty to become one of the most powerful women in the world. She married Juan Peron and he was elected President of Argentina. She tirelessly worked to help and protect the country's poor. Attracting attention like no other woman before, Eva hypnotized a nation of 18 million people for seven years before her untimely death at the age of 33 in 1952. (PG) 7:30 p.m.

Sunday: "That Darn Cat" This update of a Disney favorite features a fine cast in a rousing adventure aimed to please all age groups. Small town boredom gets a wake up when the family cat comes home with a wristwatch around its neck and propels a 16-year old girl into a whirlwind of kidnapping, mistaken identities, and goofy misunderstandings. (PG) 6:30 p.m.

Ticket price for adults is \$1.50 and \$1.25 for children under 12 years old.

Caprock Cafe

(6027 - voice / 6028 - menu)

Today: Lunch-Roast Beef, Herbed Baked Fish, Chicken a-la-King. Dinner-Enchiladas, Grilled Ham Steaks, Fried Fish Portions.

Saturday: Lunch-Pork Schnitzel, Fried Chicken, Szechwan Beef. Dinner-Chicken Fajitas, Grilled Liver, Fried Fish Portions.

Sunday: Lunch-Barbecue Spareribs, Hot and Spicy Chicken, Italian Meat Loaf. Dinner: Braised Beef, Beef Porcupines, Lemon Basted Sole.

Monday: Lunch-Beef Fajitas, Spaghetti with Meat Sauce, Roast Turkey. Dinner-Sauerbraten, Simmered Polish Sausage, Chicken Jambalaya.

Tuesday: Lunch-Barbecue Beef Cubes, Lemon Baked Fish, Pineapple Chicken. Dinner-Beef Ravioli, Salisbury Steak, Roast Loin of Pork.

Wednesday: Lunch-Roast Beef, Barbecue Diced Pork, Chicken Jambalaya. Dinner-Chili Mac, Braised Liver with Onions, Roast Turkey.

Thursday: Lunch-Veal Cube Parmesan, Salmon Cakes, Fried Chicken. Dinner-Meat Loaf, Teriyaki Chicken, Spicy Baked Fish.

Menu subject to change

Bowling Center Breakfast Specials

(6553)

Today: Biscuits and Sausage with Gravy. Cost is \$2.30.

Saturday: Hot Cakes with Bacon. Cost is \$2.30.

Monday: Bacon and Cheese Omelet, Toast and Jelly. Cost is \$2.80.

Tuesday: Silver Dollar Pancakes with one Egg and Ham. Cost is \$2.25.

Wednesday: Breakfast Burrito with Bacon. Cost is \$2.30.

Thursday: Two Eggs with Bacon, Hashbrowns or Grits, Toast and Jelly. Cost is \$2.60.

Ruby's Lounge

(3156)

Today: Social Hour begins at 4:30 p.m. with free hors d'oeuvres and beverage specials. Shuffleboard tournament with prizes at 7 p.m. Variety DJ from 9 p.m. to 2 a.m.

Lounge hours: Saturday and Sunday opens at noon, Monday through Thursday opens at 3 p.m.

Reese Club

(3466)

Today: Social Hour from 4 to 9 p.m.

Barber Shop: Wednesday through Friday, 8:30 a.m. to 1 p.m. Open to all.

Community notes

Quarterly wing enlisted call

The quarterly wing enlisted call is on May 6 at 9 a.m. in the base theater. Col. Horton will address base personnel and present awards to the Airman, Noncommissioned Officer, Senior NCO, and Honor Guard Member of the Quarter. Attendance is mandatory for all enlisted personnel.

Child abuse prevention workshop

Reese Family Advocacy is sponsoring a free child abuse prevention workshop Tuesday from 2-4 p.m. at the base chapel. Barbara Camp-Law, associate director of Texas Tech University Health Sciences Center, is the featured speaker. Everyone is welcome to attend. Call Sara Olguin at 3739 for more information.

Thank you

To thank all those who volunteered their time and effort to make Family Fun Day a success,

Reese Family Advocacy invites those volunteers to enjoy cake at the Family Advocacy office at 3 p.m. on April 25. Call 3739 for more information.

Length of service awards

Length of service awards will be presented to the following personnel at appropriate ceremonies: Twenty years: Marilyn Yoakum, 64th FTW/SE. She is currently working as a secretary. She arrived at Reese, Jan. 21, 1985. Ten years: Helen Burns 64th CONS/LGCV. She is currently working as a contract specialist. She arrived at Reese, May 18, 1987.

Interviewing seminar

The Reese Options Career Center is offering an interviewing seminar on April 30 from 12-1 p.m. Participants may bring a lunch. The seminar will be in the family support flight classroom, Bldg. 310. Call Kay Dyer at 3305 to sign up.

Resume/Cover letter seminar

The Reese Options Career Center is offering a resume/cover letter seminar on May 8 from 4:30-6 p.m. The seminar will be in the family support flight classroom. Call Kay Dyer at 3305 for more information.

First sergeants and commanders list

The new first sergeants and commanders listing, dated April 1, has been distributed and is available through Senior Airman David Sanchez at 6643.

Commissary bakery closing

The commissary bakery will close permanently on May 3. The commissary apologizes for any inconvenience. A selection of pre-packaged bakery items will be available in the bread section.

Thanks from wing staff

"Thanks" from the wing staff personnel goes out to everyone who purchased a Reese Com-

memorative Closure coin. It was a huge success and the support is appreciated.

Sealed bid sale

DRMO is holding a sealed bid sale here. Inspection dates are April 21-23. Call DRMO at 3320 for more information.

Equal Opportunity 101

Question from April 11:

What Hispanic officer was the first U.S. Admiral?

Answer:

Admiral Horatio Rivera.

(Submitted by Capt. Eric Bass, 64th FTW/SA)

Equal Opportunity 101 will not be run in future issues of the Roundup with the departure of Capt. Bass to his new duty assignment.

Vice chief of staff retires Aug. 1

WASHINGTON (AFNS) — Secretary of Defense William S. Cohen announced April 10 that he has approved the placement of Gen. Thomas S. Moorman Jr., Air Force vice chief of staff, on the retired list in the grade of general effective Aug. 1.

The president has nominated Lt. Gen. Ralph E. Eberhart for appointment to general and to replace Moorman. Eberhart is commander, U.S. Forces Japan; and commander, Fifth Air Force, Pacific Air Forces, Yokota Air Base, Japan.

Also the president has nominated Maj. Gen. John B. Hall Jr. for appointment to lieutenant general and to replace Eberhart. Currently Hall is the director, plans, PACAF headquarters, Hickam Air Force Base.



Photo by Ron Bailey

Col. Kodak Horton, 64th Flying Training Wing commander, left, presents an American flag to Lt. Col. Jerry Scroggins, former 64th Operations Group deputy commander April 11 in a retirement ceremony held in the wing conference room. Scroggins had been assigned to Reese Air Force Base since May 1992.



Photo by Ron Bailey

The Reese Child Development Center sponsored a fire prevention parade Wednesday with Sparky the fire dog. The parade route went from the Child Development Center around the dormitories, by the NationsBank center back to the CDC.

Fire Safety Tip

Plan ahead in the event of a fire. A safe and speedy response depends on being prepared.

Next chief of AF chaplains talks

(Continued from page 5) comes to helping military people on deployments around the world and the families they leave behind.

“These deployments are not a time to turn off those people involved — that’s the challenge,” he said. “They need to re-establish and look for family ties and family relationships, and that is also part of our challenge as leaders to find creative ways to help them form and renew their family relationships.”

“People in my office suggested I talk about the fact that families require common respect, common love and common vision. I really think families today need uncommon respect, love and vision. We need something uncommon to form family relationships and to build family ties that we have with

other people.”

Dendinger also is concerned about young adults and their traditionally low turn out for worship services.

“When we look at the 18- to 25-year-old population, the worship attendance is pretty lean,” he told the Kadena base newspaper. “That’s an area of concern because they are not as church-going as compared to, say, people age 35 to 45. But that also mirrors the civilian population.”

“What we worry about at a local base is having contact with these young people.”

If we can maintain contact with them through visitations, etc., then the hope is in the long run they will return to a form of practice — and that we will be there when they really need help.”

Roundup needs your help

Do you have a story idea? Is there someone in your office with a hobby or an interest that the rest of the base might would like to know about?

Give the public affairs office a call at 3843 or 3410 and let's talk about it. Or stop by in Bldg. 11, next to the Simler Theater.

Eating healthy provides necessary nutrition

Capt. Deb Carlton
64th Medical Group
health promotions
manager

Lunch is one meal that can wreak havoc on our efforts at healthy eating...but it doesn't have to.

Here are some practical, healthy and cost-effective tips to ensure lunch is low-fat and packed with nutrients. First, consider packing your lunch instead of eating high-fat fast foods. This will ensure a healthy low-cost meal no matter how strapped for time you are. Also, you will not have to take the time to go and get food for lunch; it is already there.

I suggest bringing foods that require minimal preparation, and minimal heating, if any.

Lastly, think about what our parents fixed us to take to school. They always ensured every food group was usually represented in our Barbie or G.I. Joe lunch boxes.

Here are some additional suggestions:

□ Take a piece of fruit, or a can of fruit packed in natural juices.

□ Bring cut-up vegetables and dip them in fat-free salad dressings. Cut the vegetables up when you have extra time and immerse them in cold water to keep them fresh.

□ For a sandwich, use different kinds of bread such as rye, pumpernickel, whole wheat or Italian. Be daring and try some pita bread, bagels or rolls.

□ Use low-fat fillers for sandwiches such as low-fat lunch meats (don't go overboard though, stick to 2-3 ounces only), water-packed tuna, low-fat cottage cheese or low-fat cheddar or mozzarella cheeses.

□ Spread sandwiches with different kinds of mustards to add tons of flavor and no fat. If you want mayo—go with the low-fat or fat-free versions to save calories.

Top sandwiches with sprouts, cucumbers, tomatoes and lettuce.

□ Bring fat-free, sugar-free yogurts to make sure you get enough calcium. If you haven't noticed, there are many new and interest-



Photo by Tech. Sgt. Dave Brown

Capt. Deb Carlton, 64th Medical Group health promotions manager, looks over apples in the Reese Commissary, choosing the best quality to eat for a healthy lunch. Eating healthy lunches helps her keep a healthy body, meeting Air Force standards.

ing flavors out there like kiwi, cappuccino, key lime pie, banana cream pie and much more. Try 'em. You may like 'em.

□ If you still don't have time to make lunch, swing by the grocery store that has a salad bar and make a salad with veggies and low-fat dressing. Add such things as pinto beans, chick-peas, or plain tuna for a little protein.

Avoid "salads" made with mayo, these are very high fat and calories.

The main idea here is to apply the KISS principle to lunch, that is "Keep It Simple Silly." Cut out the greasy fries and burgers and use low-fat healthy foods that are easy to put together.

For more health conscious tips and dietary lists, call helath promotions at 6153.

Sports shorts

Intramural Softball Standings (Through Wednesday)

64th LS/A	1-0
64th MDG	1-0
64th SPS	1-0
64th CES/B	1-0
64th MSS	1-1
64th SVS	1-1
64th LS/B	0-0
64th CES/A	0-0
64th CS	0-2
NAVY	0-2

Intramural Softball Schedule

Tuesday
64th LS/B vs. 64th CS
64th CES/B vs. 64th CS
64th MDG vs. 64th LS/A
Wednesday
64th CES/B vs. 64th LS/B
64th SVS vs. 64th LS/B
64th SVS vs. 64th SPS
Thursday
64th CES/A vs. 64th MSS
64th CES/A vs. NAVY
64th LS/A vs. NAVY

The intramural softball season is in full swing. The standings and schedule of next week's games are posted.

All softball games are played at Field #1 located adjacent to the Reese Youth Center.

All games are played at 5, 6 and 7 p.m. on Tuesdays, Wednesdays and Thursdays. There is a one-hour time limit with a 10-run rule for each game.

Make-ups and rain-outs will be scheduled by the fitness center staff. For more information call the fitness center at 6021.