

The Roundup

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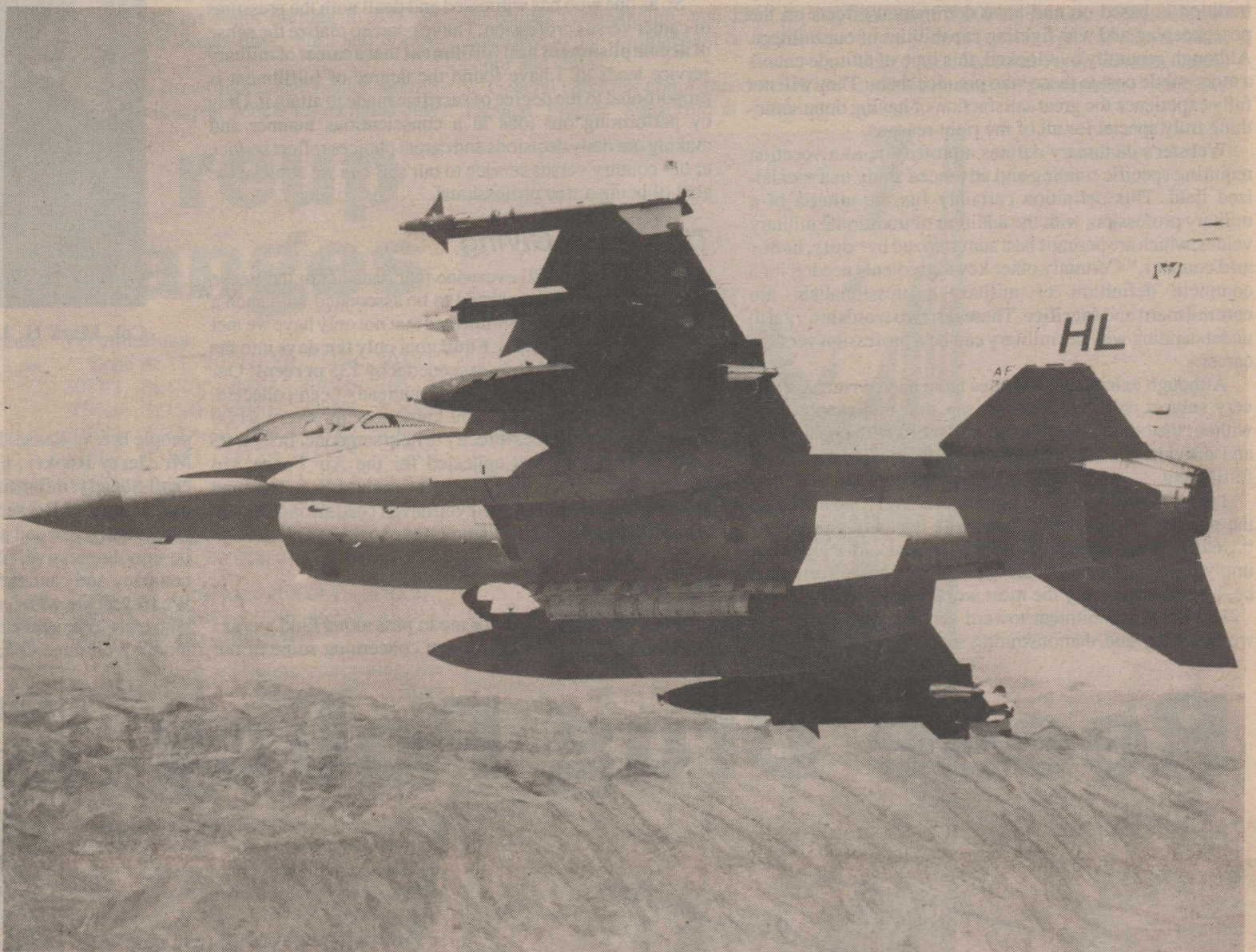
Lubbock, Texas 79408

Annual TAC Day held Saturday

Reese hosts its annual Tactical Air Command Day Saturday. The purpose of TAC Day is to familiarize the Reese Community, particularly the student and instructor pilots with the aircraft, pilots and missions of the Tactical Air Command. The event is open to all Reese personnel and their families.

This year's TAC Day is highlighted by an A-10 aerial demonstration at 2 p.m., and an F-16 aerial demonstration at 2:30 p.m. Briefings by the pilots of the Tactical Air Command will begin at 10 a.m. in the base theater. A static display of assorted fighter aircraft will be conducted from 1 to 3 p.m. The complete schedule of events follows:

- 10:00 a.m. Introductory remarks by Wing Commander
- 10:05 a.m. Lead-in-Fighter Training (LIFT) Briefing
- 10:35 a.m. LIFT Briefing Team answers questions
- 11:00 a.m. A-10 brief on A-10 mission
- 11:15 a.m. F-16 brief on F-16 mission
- 11:30 a.m. A-10 and F-16 briefers answer questions
- 12:00 Lunch
- 1 - 3 p.m. Static Displays
- 2:00 p.m. A-10 Demo
- 2:30 p.m. F-16 Demo
- 3 - 6 p.m. Visiting Aircraft



An F-16 Aerial demonstration will be held at 2:30 p.m. Saturday. (USAF Photos)

Healthy Heart Luncheon a success

by SrA. Greg Spraggins
Staff Writer, Roundup

When the Air Force began its battle to establish a more health conscious force, a variety of programs were formed to promote a healthy lifestyle in Air Force communities. The 'Healthy Heart Luncheon,' designed by Reese Air Force Base's Health Promotion Team, has added a little flavor to the battle.

The 'Healthy Heart luncheon,' through a low fat, low cholesterol menu, was designed to encourage the Reese community to 'eat healthy.'

"The main purpose of our luncheon is to show people healthy heart recipes can taste good, and do not have to be bland or boring," said Capt. Charles Sinclair, chief, Environmental Health. "The luncheon also gives us the opportunity to educate people about the risk factors of coronary heart disease, and offers time to provide participants with ample literature and healthy heart recipes."

Since the luncheon's introduction at

Reese in 1987, it has been imitated by other bases.

The luncheon is part of an overall program of six components:

- Smoking Cessation Clinic: the American Cancer Society "Fresh Start" curriculum which aids people who wish to quit smoking.
- Physical Fitness: four different aerobics sessions per day, fun runs and fitness competitions.
- Stress Management: classes and educational programs that teach people how to cope with the stress that is a reality of military life.
- Hypertension Screening: high blood pressure screening is done at fun runs, club meetings, air shows, Retiree Appreciation Day, and Black History Week events.
- Drug and Alcohol Abuse Awareness: talk to schools about drug and alcohol abuse. Offer non-alcoholic cocktail recipes during holidays.
- Nutrition and Healthy Heart: semi-an-

nual American Cancer Society and American Heart Association Food Fairs at Commissary, labeling healthy heart food items on menus, at the Commissary, and at the Healthy Heart Luncheon.

Second Lieutenant William D. McCoy, a physician's assistant, spoke at the luncheon about Reese's new Healthy Heart Clinic, scheduled to open this month. "The clinic will give patients a minimum of serum cholesterol checks, blood pressure evaluations, and a lifestyle assessment," said Lieutenant McCoy. "People who have problems can then be referred to the proper organization," he said. The clinic will be open to active duty, retirees, dependents and possibly in the future, civilians.

The guest speakers at the luncheon were members of the St. Mary of the Plains "Flight for Life," helicopter crew. This aeromedical unit provides emergency aerovac services to the South Plains. The unit gave a presentation on their equipment, aircraft, services

and some of the problems they encounter. The unit flies the Dauphine II helicopter, capable of accommodating a pilot, copilot, flight nurse, and up to four patients. The Dauphine II helicopter is also used by the U. S. Coast Guard as a search and rescue aircraft.

Last year's luncheon attracted 120 participants, with this year's total reaching 210.

At last year's luncheon, retired SMSgt. Michael Custy, then 64th Organizational Maintenance Squadron's First Sergeant, spoke of how he changed his lifestyle after a heart attack. He said he was living proof that blue suiters can also have a heart attack.

To make them more aware of what Reese is doing to promote health, The American Heart Association, Cancer Society, state and city health departments, cardiologists and host administrations have attended the luncheon both years.

Civilian drug testing to begin

Headquarters Air Training Command is in the process of planning for implementation of a new Air Force Civilian Drug Testing program. As a result of the growing problem of drug abuse in the workplace, people in approximately 23,000 "sensitive" positions in the Air Force will be subject to drug testing.

Currently, the Air Force plan is being rewritten to conform to requirements levied by the Justice Department. Once it is approved by the Justice Department and Human Health Services, it will be ready for release. However, current thoughts from the

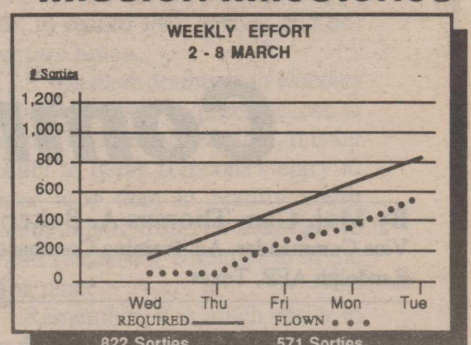
Administration would require simultaneous implementation of the program at all agencies. Thus, more delay could occur. After final approval, Air Force plans some regional training, with actual implementation expected within 90 days. The bottom line is that we probably won't begin this program at Reese until late 1988, according to Mr. Romeo Garcia of the Civilian Personnel Office.

Civilians will be tested at their base clinics. Once the samples are provided, they will be sent to the medical lab at Brooks AFB,

Texas. Testing will be done by urinalysis, and civilians will have privacy when giving their urine samples, unless there is reason to believe that alteration may have occurred or will occur.

According to Thomas J. May, civilian employee relations specialist at Headquarters ATC, "When employees test positive for drug use, they will be referred to the base social actions office for drug counseling. Whether or not they will keep their jobs will depend on the individual facts of the case and the success of the counseling program."

Mission Milestones



High winds, and generally bad weather got us off to a bad start last week. The 64th FTW fell 251 sorties short of its requirement.

Bits and Pieces

Careerism vs. Professionalism

Military "careerism" can be defined as a set of hedonistic values that commonly characterize a "me first" type attitude and thinking. In fact, the "Yuppie" mentality is a direct offshoot of this type of thought. These values demand that all efforts should be directed toward material reward and self gain. Other indicators of "careerism" are excessive concern over geography instead of responsibility, "homesteading," square-filling and avoiding challenging assignments, deciding instead to opt for jobs with shorter working hours.

These attitudes destroy the very fabric that military tradition is based on and have detrimental effects on the peacekeeping and war-fighting capabilities of our military. Although generally overlooked, this type of attitude entails a more subtle cost to those who practice them. They will not fully experience the great satisfaction of having done something truly special for all of the right reasons.

Webster's dictionary defines a profession as a vocation requiring specific training and advanced study in a specialized field. This definition certainly fits the criteria of a military profession, with the addition of traditional military values, which are perhaps best summarized by "duty, honor and country." Certainly other key ingredients needed for a complete definition of military professionalism are **commitment** and **sacrifice**. These last two words are vital to understanding why the military can be a profession versus a career.

Although exhaustive volumes have been written on this very subject, suffice it here to say that one cannot exist without the other. They operate in accord with one another and provide the military member with a strong sense of fulfillment.

I'm quite sure at one time or another everyone has heard the phrases "...nothing worthwhile is easily gained" or "...easily won, easily lost." What these old adages are implying is that any task worthy of our very best efforts must be, by definition, only the most worthy tasks.

Having a commitment toward serving your country (a worthy task) and demonstrating the willingness to make

required sacrifices (our best effort) along the way are what determines whether someone is a professional or not. Being a professional is largely dependent on a person's **attitude** and not a function of their title or job description.

There are very rich rewards for those who allow themselves to be guided by the principles of "duty, honor, country." These rewards cannot be measured in terms of dollars or material gain, but rather by the intense **personal satisfaction** gained from having made a strong personal statement with your professional life and contributions made to the security of this great land.

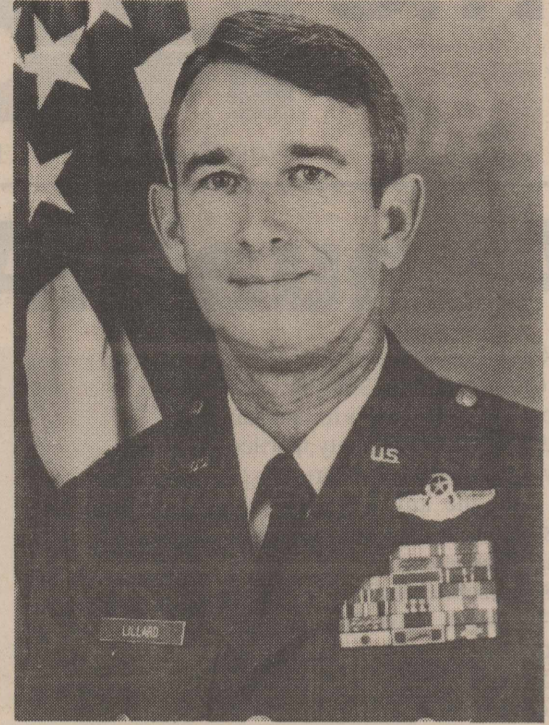
So as one who has witnessed and dealt with the pressures of career versus profession, I have come to realize the sense of **accomplishment and fulfillment** that a career of military service leads to. I have found the degree of fulfillment is proportional to the degree of sacrifice made to attain it. Only by performing our jobs in a conscientious manner and making our daily decisions and career choices reflect service to our country versus service to our self can we achieve the goal of being a true professional.

The Gift of Giving

I just wanted to tell everyone that once again the Reese team has made me very proud to be associated with such a fine bunch of folks. I was informed that not only have we met our **Air Force Assistance Fund** goal only **ten days** into the drive, but we have already exceeded it by **135 percent!** Our goal was \$18,211 and \$24,530 has already been collected. Of particular interest, did you know that for every \$1.00 collected, **95 cents** goes directly to help someone. In fact, **95 percent** of the money collected for the **Air Force Aid Society** goes to members **below** the rank of E-6. The fund drive goes until April 15, so if you haven't had an opportunity to contribute, there is still ample time to do so.

Kudos to...

It is always a pleasure for me to pass along kind words I have heard from folks downtown concerning some of our



Col. Mark H. Lillard III, Wing Commander

people here at Reese. I recently received a short letter from **Mr. Jerry Rooker**, president of the **Wings Model Aircraft Society**, informing me of the very high caliber of men and women of Reese who participate in the club. He found "the intelligence and absolute dedication of these people to be very impressive." He went on to say "their friendship, company and camaraderie are a welcome part of the club. We feel secure with the knowledge that these are the people who exist to protect and preserve our freedoms." Need I say more? Well done, folks.

Reese Drug Policy

SUBJECT: Drug and Alcohol Abuse Policy
TO: All Personnel

The Department of Defense, Air Force, and Air Training Command have taken a firm stand on the subject of drug and alcohol abuse. I wholeheartedly support the efforts to eliminate alcohol and drug abuse for a very simple reason-- substance abuse seriously impairs our mission.

Our alcohol abuse policy is easy to understand. For those who choose to drink, we encourage responsible drinking. This demands good judgment in setting drinking limits while maintaining high standards of conduct. On the other hand, excessive drinking creates disciplinary problems, causes DWI/DUI incidents, and reflects poorly on the Air Force image. People who drink to excess will receive disciplinary and administrative action.

Our drug abuse policy is equally simple and straightforward. Drug use is illegal, a serious breach of discipline and incompatible with Air Force standards. Illegal drug use, possession, or transfer always requires disciplinary action and usually results in separation, imprisonment, or both.

We must be aggressive in identifying and detecting incidents of alcohol and drug abuse if we are to minimize the risk of abusers jeopardizing the personal safety of others as well as themselves.

MARK H. LILLARD III, Colonel, USAF
Commander

Commit to caring

By Maj. Gen. Thomas A. Baker
Vice Commander, Air Training Command
Randolph AFB, Texas

Throughout the month of March, the Air Force Assistance Fund campaign drive will offer Air Force people the opportunity to again prove their "Commitment to Caring."

The campaign raises contributions for three affiliates: the Air Force Air Society, the Air Force Enlisted Men's Widows and Dependents Home, and the Air Force Village. These

affiliates exist but for one purpose -- to help Air Force people.

Last year, more than 4,200 Air Training Command members received emergency financial assistance from the fund totaling more than \$2.2 million. The retirement homes continue to offer retired Air Force people and their spouses the opportunity to live in a comfortable manner, regardless of their financial situation. Each affiliate has well earned your continued support.

I urge each member of The First Command to continue your "Commitment to Caring."

On this day . . .

March 12

Finland surrenders to Soviet Union during World War II, 1940.

March 13

"Uncle Sam" makes first appearance as cartoon character in the *New York Lantern*, 1852.

Apollo 9 splashes down, ending mission that included successful testing of the lunar module, 1969.

March 15

President Woodrow Wilson holds first open presidential news conference, 1913.

March 16

Birthday of the United States Military Academy at West Point, N.Y., 1802, and Army Corps of Engineers, 1802.

First newspaper edited for and by blacks, *Freedom's Journal*, published in New York, 1827.

March 17

St. Patrick's Day.

The Roundup

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Up front General Oaks to take command

Lieutenant General Robert G. Oaks, commander of the NATO Allied Air Forces Southern Europe and deputy commander in chief, U. S. Air Forces in Europe for the Southern Area, with headquarters in Naples, Italy, has been named to replace Lt. Gen. John A. Shaud, as commander of Air Training Command.

General Shaud was recently selected for an assignment to NATO and will be promoted to general and receive his fourth star.

General Oaks' command, which will take effect in June, was announced by Department of Defense officials in Washington D.C. last month.

General Oaks was born in Los Angeles and graduated from high school in Provo, Utah. He attended Brigham Young University for one year before entering the Air Force Academy where he graduated in the first class of the Air Force Academy in 1959. He received his flight training in ATC at Bartow Air Force Base, Fla., and Vance AFB, Okla.

He has flown in tactical fighter aircraft much of his career which has included duty in Arizona, Nevada, New Mexico and Louisiana. He has flown in over 130 combat missions in F-100s in Southeast Asia and has served other overseas tours in Japan and Germany.

After completing the master's degree at Ohio State University in 1967, he returned to the Air Force Academy as a cadet squadron air officer commanding, and later as the executive to the commandant of cadets for honor and ethics.

General Oaks has commanded the 391st Tactical Fighter Squadron at Mountain Home AFB, Idaho, and the 86th Tactical Fighter Wing at Ramstein Air Base, Germany. He became director of personnel plans, Office of the Deputy Chief of Staff, Manpower and Personnel, Air Force headquarters in June 1983.

He assumed his present command in October of 1986. He is a command pilot with more than 3,200 flying hours. He is married to the former Gloria Unger of Provo, Utah. They have four sons: Perry, Barton, Derek, and Brock and two daughters: Keri and Kristie.

Selective reup bonus changes

The following changes in Selective Reenlistment bonuses will take effect April 1, in the AFSC's listed:

Additions:

121X0 (Zone A only), 207X2 (Zone A only), 391X0 (Zone A only), 912X5 (Zone A only), 918X0 (Zone A only), 99105 (Zone B only).

Increases:

209X0 (Zone A only), 431X2 (Zone A only).

Reductions:

Zone A: 208X3A, 321X2Q, 423X0, 423X3, 451X6, 452X1, 452X2, 452X3, 493X0.

Zone B: 273X0, 431X2, 451X6, 452X1, 452X2, 493X0, 99104, 99106.

Terminations:

Zone A: 113X0, 116X0, 251X0, 303X1, 303X3, 304X0, 304X4, 304X6, 306X0, 309X0, 321X0, 328X0, 328X1, 328X2, 328X3, 328X4, 411X4, 423X2, 426X2, 426X3, 431X1, 451X4, 451X5, 455X0, 553X0.

Zone B: 118X0, 201X1, 202X0, 207X2, 209X0, 303X2, 309X0, 325X1, 411X4, 451X4, 451X5, 492X2, 912X5, 918X0.

Zone C: 205X0, 208X1A, 208X2A, 208X3B, 208X3C, 451X6, 452X1, 452X2, 452X3, 208X5A, 208X5D.

If you have questions concerning the AFSC's effected by these changes, contact the Base Career Adviser at 3168.

Award well deserved



Sgt. Mark Wilson

by SrA. Greg Spraggins
Staff Writer, Roundup

The military is continually advancing with the use of computers. These machines have saved money, time and have shown to be the reason for many technical advances. But who gets the credit? The machines, or the minds behind them?

Here at Reese, Sgt. Mark T. Wilson was recently named the 1987 Air Training Communications Division Communications-Computer Systems Professionalism Award, enlisted category winner.

This award was designed to recognize an individual for superior performance, professional excellence and significant contribution to Air Force Information Systems activities.

"Wilson has set the standard for micro-computer specialists," said Capt. Gerald L. Brown, commander, 1958th Communications Squadron. "Wilson has been very instrumental in establishing and continually supporting various systems throughout the base," he added.

Wilson is a 1958th Communications Squadron Microcomputer Specialist.

In addition to his duties as Assistant Equipment Control Officer for Reese AFB, he was project officer for the implementation of the Senior Commanders Management Information Systems, architect for the conversion of the 1958th Communications Squadron Plans and Programs branch data base from the Z-100 to NCR systems, single point contact for the newly established Reese AFB Small Computer Support Center and prime developer of Reese's Computer Security (COMPUSEC) program.

According to Captain Brown, Wilson is not only the prime developer of the COMPUSEC program, but has set the standard within Air Training Communications Division.

"Wilson is very deserving of the award," said Linda Huffman, a 1958th Communications Squadron Equipment Control Officer. "His contribution to the wing mission is significant, as I'm sure his many computer users will admit."



SrA. Victor Lujan, a member of the 64th Security Police Squadron Emergency Service Team, rappels down the front of Bldg. 800. Members of the Emergency Service team train weekly on various tactics. (USAF Photo)

COMSEC - Prevent security violations

By MSgt. Michael T. Galvin
1958th Communications Squadron

The application of physical security is an integral part of any sound communications security (COMSEC) program. Physical security is that part of COMSEC which results from using all physical measures necessary to safeguard classified material and information from access by unauthorized persons. Some common physical security measures are:

- Proper handling and storage
- Complete destruction when necessary
- Proper clearance and training of personnel
- Armed sentries and patrols
- Safe combination changes and records
- Accurate accounting for all material
- Transporting of material as prescribed by directives

- Immediate reports of loss or compromise

All personnel with access to classified information must follow these procedures. If you work in a controlled area, restrict access to the area to only those persons whose duties require frequent access. If personnel from an outside agency require access, verify their request, check their ID card, and use AF Form 1109, Visitor's Register, to record their arrival and departure times.

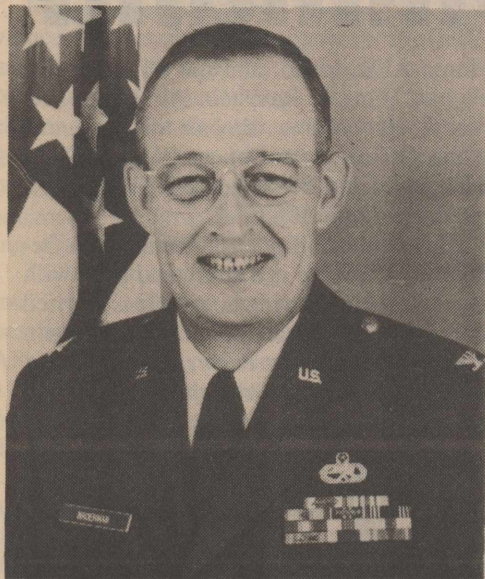
If you have doubts as to whether or not someone requires access to your area, call their section. It is far better to delay someone's entry to your area than to readily admit them, only to discover they had no valid reason for being there in the first place.

Remember, it is much easier to prevent a security violation than to explain one. Stay COMSEC aware and practice good security at every opportunity.



Uncle Sam makes his first
appearance as cartoon character
in the New York Lantern, 1852

Commander's column



by Col. Ramon K. Broerman
Deputy Commander for Maintenance

As I'm sure you've all noticed, we're on the verge of spring on the South Plains. No guarantees, but we are starting to have more warm weather than cold, more sunshine than clouds, and the wind is coming up. With all of that, and quotes like "In spring, a young

Spring is almost here

man's/woman's fancy turns to thoughts of" . . . "High Fly" is coming.

Our toughest period, a time when long days and nights are a way of life, is pressing on us. With the longer days of spring and summer, we fly longer, harder, and the weather allows us to do it more consistently. Seems we just keep going from one challenge to the next.

So far in our latest round, we've gone from Open House to Tattoo to UEI to Torchlight to MCI. Sounds like I'm singing the same old song when I talk about our challenges.

Things do tend to go full circle, however, and once again, we're approaching time for another Tattoo, making plans for Open House, and thinking about Torchlight. The cycle continues.

This year adds in a few new challenges, though, some of them pretty disruptive. We face kind of a long road from now until October of next year, what with the impending change from blue suit to in-service civilian or contract maintenance, budget cut-

backs for this year, and personnel cuts to meet end strength requirements. All of these things get kind of intertwined, and the equation gets a bit complex.

When you combine the civilian hiring freeze with a drive to reduce Air Force end strength, and the continuing push to reduce PCS moves, then add in the fact that, due to the planned conversion, no new faces are going to appear in the maintenance area after Oct. 1, (and only those already programmed in before that date) it becomes obvious that manning may get pretty tight.

The mission goes on, as always, and we're going to have to really look hard at the things we do, and the way we do them.

Quality can't be allowed to suffer, as that's our lifeline, and that of the aircrews who depend on us. The Wing Commander commented the other day that our next programmed inspection isn't until the March 1989 time frame, and that we would have to exercise some care to assure that we don't let

down because no one's coming to look. He's right.

Our Reese Pride has got to tell us that the important people who look at what we do, and are and should be most critical of our actions are us, the people of Reese. We've got to keep it that way.

On a day-to-day basis, the things you do to prepare for an inspection are the very things you do to assure quality, in fixing airplanes, pumping fuel, and the myriad of other things we have to do to graduate quality aviators. What we have to do is look at every action as if some stranger were going to look at it as critically as we do, without the knowledge and confidence we share; then we'll be sure things get done right.

Over the next year and a half, the maintainers are going to need a lot of help from everyone on base, including our customers, and those whose clients we are. We know we'll get the help---that's the Reese way.

Drive defensively, stay alive

by MSgt. Kathleen Grey
Headquarters ATC Public Affairs

Air Training Command people have been involved in five fatal automobile accidents since Dec. 28. Six ATC people are dead; two of them died through no fault of their own, but because of drunk drivers killing them. Another was drunk when he crashed, killing another person in the wreck.

Statistics show a pattern with these deaths--three of the five accidents happened after midnight and three involved alcohol. We all know we're not supposed to drink and drive, so maybe it's time we thought about driving after dark.

As the sun goes down, our chances of being killed go up, as some of our folks have already discovered. Statistics show that our chances of dying in a night accident are two and a half times greater than during the day.

Part of the reason for this is that we can't see as well.

All of us are plagued by low illumination and glaring headlights. We must learn to compensate, mainly by slowing down.

At night, you should slow down by 10 to 15 mph. Experts say the maximum safe speed for night driving is about 55 mph. And the logic is indisputable. The average headlight at high beam throws light 300 feet. At 55 mph, you would usually need 291 feet to come to a stop after detecting danger ahead. If you saw a deer, for example, at the very top fringe of your headlights, you could stop within 291 feet--less than half a car length from disaster! That's a little too close for comfort most of us.

If you're going faster than 55, you need more than 300 feet to stop and your headlights can't possibly illuminate danger ahead

in time for you to stop. Called "overdriving" your headlights, it's the same as driving blindfolded.

A good rule to follow, day and night, is the one-for-ten rule. This means that for every 10 miles per hour you're traveling, you should keep at least one car length between you and the vehicle you're following. If possible, you should try to maintain this interval and drop back when cars cut in.

The flick of a dimmer switch is critical. On bright, your headlight beam is aimed high and could strike oncoming drivers directly in the face, blinding them to the extent that you could get sideswiped. On dim, the beam is lowered, thereby reducing the chance of a blinding glare. It's best to dim when the other car is at least 500 feet away. Also, don't stare into oncoming headlights. Turn your eyes toward the right shoulder and you'll be able to

see the road without suffering the full effects of the light's glare.

Did you ever notice that if you stare at something head on in the darkness, you can't see it? Therefore, to see in the dark, you must constantly shift your eyes. Otherwise, you may miss seeing a pedestrian or a car that appears right in front of you.

Accident-free drivers possess a set of driving techniques that are based on an anticipation of danger. They adjust their driving to the weather, road conditions and, most important, the other guy's unpredictable antics. This type of driving is called "defensive driving," a term that was coined by the men whose jobs depend on staying out of a traffic mess--professional drivers, truck drivers, bus drivers, highway patrolmen.

Drive defensively, and watch out for the other guy!


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News briefs

Little League sign-ups underway

The Wolfforth Little League will have registration for baseball players ages six through 15-years-old at the Reese Youth Center until March 18. Parents interested in coaching may contact SSgt. Jim Bourns after 2:30 p.m. at 885-4917.

Election results

The Noncommissioned Officers Association held yearly elections for the board of Trustees. The new board is: MSgt. Paul Neumann, chapter chairman, CMSgt. Leonard Minzer, vice chapter chairman, MSgt. Frank Berg, TSgt. Leslie Wallace and SSgt. Jim Bourns. Sgt. Debbie Brigham was appointed Treasurer. NCOA meetings are held on the second Tuesday of the month, 4:30 p.m. at the Enlisted Open Mess.

Dining out details

The annual 1958th Communications Squadron Dining Out will be held at the Enlisted Open Mess on March 18 at 6:30 p.m. Guest speaker will be Col. Jan P. Huggins, HQ ATC/DCS for communications-computer systems and Commander, Air Training Command Communications Division, Randolph AFB, Texas. Cost of the Dining Out is \$9. The event is open to the public. For reservations contact MSgt. Ferrand at 3885 or 3529.

Chili cook-off planned

The fourth annual Chapel Chili Cook-off will be held Tuesday. Men should prepare their favorite chili recipes to be shared. The chili will be judged and prizes will be awarded. Women are asked to bring breads, corn breads, salads or desserts. Child care will be provided. Movies will be shown for older kids. All activities begin at 6:30 p.m. at the base Chapel.

Secretarial Designees

Secretarial Designees for pregnant wives of individuals separated under the DOS rollback and voluntary early release program has been approved by the Secretary of the Air Force. Wives qualify for designee status if their due date is within the member's original term of service.

Care is available at Air Force, Navy or Coast Guard Military Treatment Facilities that have the required specialty available. Care is not authorized at Army Military Hospitals, or under the CHAMPUS Program. For more information, contact Patient Affairs at the Hospital, 3521 or 885-3569.

Over-35 softball

Persons interested in playing with the base over-35 softball team are asked to contact TSgt. Henry Madgwick, 3879. Interested 33 and 34-year olds should also call.

Housing needed

The Housing Referral Service has a continuous need of non-discriminatory housing for military and DOD civilian personnel. If you have a house, apartment or mobile home for sale or rent, a free listing service is available. To register your property, stop by the Housing Referral Office. Providing a photograph of your property may aid in the sale or rental of the property. For more information, contact Paul Young, 3601.

Stop Smoking clinic scheduled

The next Stop Smoking clinic will meet on Monday and Thursday for two weeks, March 28 and 31, April 4 and 7 at 3:30 p.m. Wing Regulation 160-4 authorizes civilian employees to use administrative time to attend the Clinic. The Stop Smoking clinic uses the American Cancer Society "Fresh Start" method. Call 3536 to sign up.

Vacuum cleaners recalled

Because of a possible electrical defect, the Eureka Vacuum Cleaner company has issued a voluntary recall of their vacuum cleaner model 3321, AAFES officials announced. Customers who purchased a Eureka canister-type vacuum after January 1, 1988, should check the unit, which sold for \$64.50, for serial numbers between 36565748 and 36568146. Some units in this series were found to have defective electrical cord plugs. The vacuum cleaner can be returned to any Army and Air Force Exchange for a full refund.

Musicians needed

The Reese Chapel will again use a brass ensemble for Easter services and mass. Trombone and French horn players are needed as well as one percussionist. If you are interested, call 3536 for more information.

Volunteer needed

The Reese Honor Guard is in need of an OICS. Officers interested in applying for this additional duty should contact Capt. Charles Hatcher, 3500th Services Squadron Commander at 3800.

Space-A travel information available

To locate information on Space-A air travel, a new cross-reference system has been added to the 1988 edition of Military Living's **Military Space-A Air Opportunities around the world**, to help travelers hop to desired locations.

The book may be ordered from Military Living for \$15.45, 4th Class Mail. Phone orders are accepted with major credit cards, (703) 237-0203.

Suggestions earn members money

RANDOLPH AFB, Tx. (AFNS) -- Suggestions from 12 Air Force people earned them cash awards and special recognition from the President and Air Force Chief of Staff, and saved the service nearly \$30 million a year.

SMSgt. John C. Garrido received the Presidential Management Improvement award. Now at Castle AFB, Calif., Sergeant Gar-

rido, while stationed in Panama, challenged the high cost of generators and regulators used by aircraft mechanics.

His suggestion resulted in a new contract, a savings of more than \$10,000 per generator, and an estimated yearly savings of nearly 3.7 million.

Sergeant Garrido's suggestion also netted him the Secretary of

Defense award for productivity excellence and the Air Force honorary award for outstanding achievement. He will move to Kadena AB, Japan, in March.

Air Force Chief of Staff high-value suggestion awards are to be presented March 24 to:

Robert W. Driver, Tinker AFB; savings of \$10 million.

Paul Hunter, Rickenbacker ANGB, Ohio; \$4.5 million.

Thomas F. Werner, Eglin AFB, Fla.; \$3 million.

Robert L. Miller and Doyle E. Morris, Robins AFB, Ga.; \$2.18 million.

Ernest W. Wood and Donald R. Bonds, Tinker AFB, Okla.; \$1.89 million.

Leroy McCurdy, retired from McClellan AFB, Calif.; \$1.7 million.

Peter K. Sullivan, Mather AFB, Calif.; \$1.48 million.

Stanley C. Davis and Otis B. Perkins, Kelly AFB, Tx.; \$1.46 million.

The Presidential award is given to military and civilian workers who have made extraordinary contributions toward cost savings and management improvement. The award is given to suggesters who have saved \$250,000 or more.

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Mazda RX-7	5.73 sec.	4.88 sec.	6.20 sec.	.852g's	141.04 ft.
Nissan 300ZX	6.27 sec.	5.03 sec.	6.19 sec.	.852g's	145.76 ft.

Overall Results of Jan., 1987 official U.S.A.C. tests of standard equipped 1987 Conquest TSi vs. 300ZX with V-6 and RX-7 with rotary engine.

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News

Dorm procedures change

Because of the current budget cuts and personnel losses, some of the organizations on base have restructured their operations or have had to convert to a different process of management.

The 3500th Services Squadron converted the Central Dormitory Management (CDM) into the Unit Dormitory Management (UDM), thereby causing some major changes in the current policy in obtaining a room or single-rate Basic Allowance for Quarters for unaccompanied enlisted permanent party personnel.

Under the changed policy, all sponsors for incoming personnel will report to their respective unit dormitory manager for room assignment and required documenta-

tion; individuals requesting single-rate BAQ must submit a written justification through their respective first sergeant or commander. Once approval has been granted to reside off-base, the justification package must be endorsed from the Chief of Services. Then the individual must terminate his quarters through the dormitory manager.

Other changes in policy include the handling of supplies and equipment for the dormitory and its occupants. This will all be handled by dormitory managers.

The dormitory managers and the dorms each is responsible for is listed to ensure that no problems exist. SSgt. Brian Carr manages building 220, 64th Organizational Maintenance Squadron, and can be

reached at 6079. Sgt. Frank Howard manages building 230, 64th Security Police Squadron, USAF Hospital, Reese, Field Training Detachment and Student Squadron, and can be reached at 3543. SSgt. Robert Levesque is responsible for building 320, 64th Field Maintenance Squadron 64th Organizational Maintenance Squadron and 1958th Communications Squadron and can be reached at 4092. SSgt. Carl Doering is responsible for building 420, 64th Civil Engineering Squadron, 64th Supply Squadron and 64th Student Squadron. He can be reached at 4091.

If you have any questions regarding the policy changes, please contact MSgt. Robert Vanselow at 3800 or 3809.

Art auction scheduled

The Reese Air Force Base Officers' Wives' Club annual Charitable Art Exhibition and Auction will be held on March 19 and 20 at the Officers' Open Mess.

On Saturday, March 19, a free food buffet, a No-Host Bar and an exhibition of the art will precede the auction. All proceeds will be used

to fund the club's scholarship and charitable programs.

On Sunday, March 20, a Stand Up Sale of the remaining art will be held from 10:00 a.m. to 2:00 p.m.

The event is produced by the Art Auctions, Inc., Galleries of Los Angeles, California. The great

amount of art purchased at incredibly low prices enables all pieces auctioned to start at extremely low opening bids. Artistic works of Chagall, Dali, Neiman, Rockwell, as well as many new artists will be featured.

A donation of \$1.00 per person is requested.

Civilian work recognized

The Civilian Length of Service Awards for March will be presented for ten, twenty and thirty years of service.

Presented with an award for thirty years of civilian service was George L. Dalton. Mr. Dalton, an electronic measure equipment inspector, has been at Reese AFB for

18 of his 30 years.

George L. Moore, an electronic mechanic has served as civilian personnel for 20 years. Mr. Moore has been at Reese AFB for 12 years.

Presented awards for ten years of civilian service were Larry Shelby, Deborah L. Koonz, Teresa Simpson, and Rocky B. Shaw.

Mr. Shelby, an aircraft tire moulder, has been at Reese for eight years. Ms. Koonz, an aircraft electrical systems mechanic, and Ms. Shaw, a motor vehicles operator, have been at Reese AFB for six years and Mr. Simpson, a computer assistant, has been here for nine years.

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 Salad Bar
 Main Bar Open, 1600

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Casual Bar Open, 1200
 till closing
 Open to Members Only

THIS WEEK'S SPECIAL EVENTS

Friday, March 11 - "Jody Max" Variety
 9 p.m. - 2 a.m.

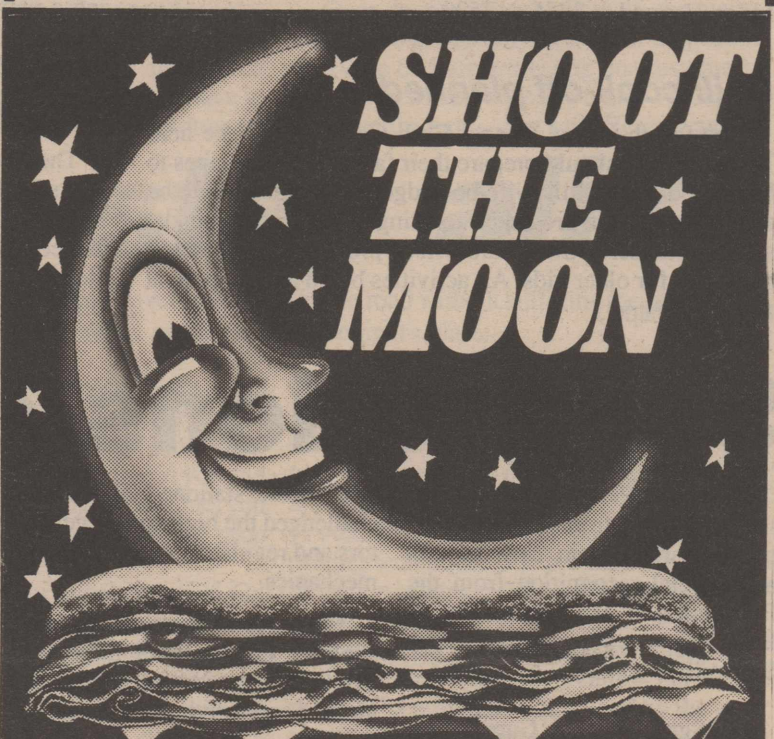
Saturday, March 12 - "Tony T" Variety
 9 p.m. - 2 a.m.

Wednesday, March 16 - "Dr. J" Variety
 7 p.m. - 11 p.m.

Thursday, March 17 - "Jody Max" Variety
 9 p.m. - 2 a.m.

Lunchtime Dining - Sandwich Bar Only

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 Assignment Release
 88-04

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Sat. March 12
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Thur. March 17
 St. Patrick's
 Day

Caprock menu

Today

Braised Liver w/onions	French Fried Fish (Ocean Perch)
Roast Turkey	Honey Glazed Rock Cornish Hens
Jambalaya	Baked Stuffed Pork Chops
Buttered Noodles	Baked Macaroni & Cheese
Baked Potato	Mashed Potatoes
Stewed Tomatoes w/cROUTONS	Peas w/onions
Lima Beans	Carrots w/margarine
Cauliflower	Fried Cabbage w/bacon
Turkey gravy	Brown Gravy

Saturday

Beef Stroganoff	Steamship Round
Braised Pork Chops	Veal Paprika Steaks
French Fried Ocean Perch	Chicken Pot Pie
Steamed Rice	Baked Potatoes
Oven Glo Potatoes	Mashed Potatoes
Southern Style Mustard Greens	Lima Beans
Peas & Carrots	Corn-on-the-cob
Green Beans	Collard Greens
Brown Gravy	Natural Pan Gravy

Sunday

Steak Smothered w/onions	Grilled Top Sirloin Steak
Chicken A La King	Stuffed Cabbage Rolls
Baked Lasagna	Sea Food Platter
Rice Pilaf	Baked Potatoes
French Fries	French Fried Potatoes
Creole Wax Beans	Southern Fried Okra
Cauliflower w/margarine	Peas w/onions
Carrots w/margarine	Corn-on-the-cob
Brown Gravy	Brown Gravy

Monday

Salmon Salad	Baked Lamb Riblets
Southern Fried Chicken	Simmered Cornbeef
Jaegerschnitzel	Oven Fried Fish (Flounder)
Baked Macaroni & Cheese	Cottage Fried Potatoes
Mashed Potatoes	Boston Baked Beans
Green Beans w/mushrooms	Sauteed Corn
Okra & Tomato Gumbo	Lima Beans
Broccoli Spears	Collard Greens
Chicken Gravy	Brown Gravy

Tuesday

Pork Schnitzel	Baked Canned Ham
Macaroni-Tuna Salad	Fish Fillet (Herb) -
Creole Shrimp	Pineapple Chicken
Roast Turkey	Buttered Noodles
Fried Rice	Franconio Potatoes
Mashed Potatoes	Okra & Tomato Gumbo
Marshmallow Sweet Potatoes	Green Beans
Corn-on-the-cob	Cauliflower
Mixed Vegetables	Brown Gravy
Turkey Gravy	

Wednesday

Lasagna	Ginger Pot Roast
Pizza	Baked Pork Chops
Veal Parmesan	French Fried Fish (Ocean Perch)
Golden Potato Balls	Mashed Potatoes
Mashed Potatoes	Baked Beans
Broccoli Parmesan	Glazed Carrots
Stewed Tomatoes w/cROUTONS	Peas & Onions
Cauliflower AuGraten	Corn-on-the-cob
Brown Gravy	Natural Pan Gravy

Thursday

Italian Style Veal Cutlets	Salisbury Steak
Seafood Newburg	Creole Pork Chops
Chicken Salad	Southern Fried Chicken
Rice Pilaf	Steamed Rice
Rissole Potatoes	Mashed Potatoes
Hot Spiced Beets	Brussels Sprouts
French Fried Okra	Cauliflower
Lima Beans	Succotash
Brown Gravy	Brown Gravy

Voting update

There are six scheduled state presidential primaries which will take place during the month of May.

Those Reese personnel who are interested in voting absentee in the state of West Virginia will need to follow the following procedure: Residents must submit a Federal Post Card Application to the clerk of the county commission no later than 30 days prior to the election. A party affiliation must be provided when requesting a primary ballot and when using the FPCA to register. Voter ballots must be received prior to the close of polls on election day. The West Virginia primary is scheduled to be May 10.

Those personnel who wish to vote absentee in the Ohio primary may do so by submitting a Federal Post Card Application to the County Board of Elections no later than three days prior to an election. A party affiliation must be provided when applying for a primary ballot or when requesting ballots for all elections in a year. Ballots must be signed or postmarked before close of polls on election day. The Ohio primary is scheduled for May 3.

Those personnel who are interested in voting absentee in the Idaho state and presidential primaries may register and request absentee ballots for both the primary and general elections by submitting a Federal Post Card Application to the county clerk 30 days prior to the elections. Contact the Patient Affairs Office at the closest Air Force medical facility for more information and to apply. The Idaho primary is scheduled for May 24.

Those personnel who are interested in voting in the Oregon primary which will be held on May 17, may register and request ballots for all elections by submitting a Federal Post Card Application to the county clerk. The application must be submitted to the county clerk no earlier than 60 days before the election and not later than the Thursday before an election.

Those personnel who wish to vote in the Nebraska state and presidential primaries may register and request ballots for the primary and general elections by submitting a Federal Post Card Application to the county clerk no later than the Friday before the elections. Party affiliation must be provided when requesting a primary election ballot. The Nebraska primary is scheduled to be May 10.

Those Reese personnel who are interested in voting in the Indiana state and presidential primaries need to submit a Federal Post Card Application to the clerk of the circuit court no later than 29 days prior to the elections. When applying for the primaries a party affiliation must be provided. A separate FPCA must be submitted to receive a ballot for the general election.

For more information concerning these or any other state primaries contact: The Director of the Federal Voting Assistance Program, Department of Defense, room 1b457, Pentagon, Washington D.C. 20301, Autovpn 225-0663 or commercial (202) 695-0663.

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Family

How well do you deal with stress?

By Capt. Steve Barrett

Clinical Social Worker, Williams AFB, Ariz.

Have you ever noticed that a couple of months before a PCS move or a big inspection you seem irritable, short tempered, can't sleep well, can't shake a cold or sore throat?

If that's the case, you may be one of the many who are affected by stress. Any time there are changes in our lives, whether positive or negative changes, we must make an adjustment and that can cause stress.

What exactly is stress? Technically, stress is our body's response to stressors (sources of stress). More simply, it is outside pressure that can make us feel tense inside.

Stress is unavoidable. We all experience stress regularly in our jobs, relationships with family, friends and in daily living. We all have heard others tell us. "Avoid that stress, take it easy, just relax, don't work too hard." Easier said than done!

If we could learn how to manage daily stress -- instead of eliminating it totally -- then we might find ourselves a little happier and better able to cope.

Before we can manage stress, we must recognize when we are stressed out.

As an aid in determining your particular response to stress, take a few minutes to complete and score the following test. Choose one answer for each question.

1. I feel resentful that so many people make demands on my time: a) often b) sometimes c) rarely.

2. When my job responsibilities and home responsibilities conflict, I find an acceptable solution: a) often b) sometimes c) rarely.

3. Whenever I get involved in an activity, I end up in charge of it: a) often b) sometimes c) rarely.

4. Most of the time, I feel more comfortable doing a job myself than showing someone else how -- or taking the chance that he or she will do it wrong: a) often b) sometimes c) rarely.

5. I try to spend at least 15 minutes a day just doing nothing: a) often b) sometimes c) rarely.

6. Despite my best attempts to plan a realistic schedule, it seems as if unantic-

pated things throw it off: a) often b) sometimes c) rarely.

7. It's hard for me to say no to a request from my spouse, close friends, or children even when there is a legitimate conflict with my job: a) often b) sometimes c) rarely.

8. I don't have problems asking for help or delegating work when I need to: a) often b) sometimes c) rarely.

9. I feel I should cut back on my activities, but few things seem possible to dispense with: a) often b) sometimes c) rarely.

10. I feel that I may crumble from all the stress that I'm under: a) often b) sometimes c) rarely.

11. Unexpected problems at home make me late for outside activities: a) often b) sometimes c) rarely.

12. If I'm really tired, I feel that other people will understand if I'm not available to help them with their problems: a) often b) sometimes c) rarely.

13. I can make the time to do the things that are really important to me: a) usually b) sometimes c) rarely.

14. No matter how much I try to do, I can't get enough done to feel satisfied with myself: a) usually b) sometimes c) rarely.

15. I feel too tired or irritable to enjoy my life: a) usually b) sometimes c) rarely.

Score yourself: Using the following answer key, add the points to measure your stress level.

- | | |
|-----------------|-----------------|
| 1. a=2 b=1 c=0 | 2. a=0 b=1 c=2 |
| 3. a=2 b=1 c=0 | 4. a=2 b=1 c=0 |
| 5. a=0 b=1 c=2 | 6. a=2 b=1 c=0 |
| 7. a=2 b=1 c=0 | 8. a=0 b=1 c=2 |
| 9. a=2 b=1 c=0 | 10. a=2 b=1 c=0 |
| 11. a=2 b=1 c=0 | 12. a=0 b=1 c=2 |
| 13. a=0 b=1 c=2 | 14. a=2 b=1 c=0 |
| 15. a=2 b=1 c=0 | |

If your score is 21 to 30, you probably are not managing your level of stress too well.

If it's 10 to 20, you may be on your way to developing stress-related problems.

If your score is less than 10, you probably have the sources of stress in your life well under control.

Home air leaks can be costly

Air leakage or infiltration into a house can account for 20 to 40 percent of your utility bill. Heated air escapes and must be replaced by conditioned air causing higher operating costs.

Infiltration occurs around windows and doors and where any two materials or parts of the house meet. In a typical home, about 25 percent of the leakage occurs under the soleplate, another 20 percent

through wall outlets, 17 percent around windows and doors and 14 percent through air-duct joints.

Caulking and weatherstripping are the materials used to stop air leaks. They are simple to use and range in price and durability from inexpensive that lasts a short period to moderately expensive and long-lasting. Higher quality materials applied correctly, reduce costs in

the long run because they do not have to be replaced as often. Replacing caulk is a time consuming task.

Eliminate 20 percent of air leaks by using inexpensive foam gaskets to close electrical outlets and switches in the home. They are available in hardware stores where caulking and weatherstripping are found.

Air ducts in the attic should be examined each year to make sure that no loose joints allow air to escape. Ducts should be re-insu-

lated after the inspection is completed. Fireplaces account for another 6 percent of the air leakage in the home. They should be altered so that they have an outside source of combustion air and do not draw conditioned room air up the chim-

ney. Reduction of air leakage should be the first energy conservation measure taken by the home owner.

Concern about energy loss here at Reese has led to testing of the air leakage/infiltration in the military Family Housing Units to determine the amount of savings that could be realized by simply tightening up our housing units.

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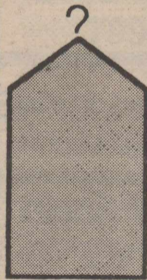
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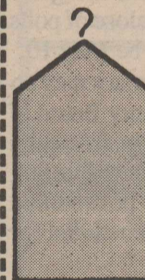
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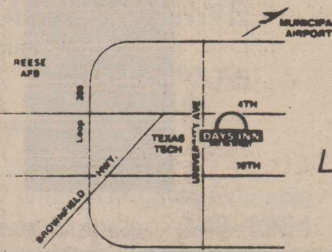
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News

Leadership school graduates recognized

On Feb. 4, Class 88-C of the NCO leadership school conducted its graduation ceremony at the NCO Club. Guest speaker for the event was CMSgt. Bobby Renfro, ATC Senior Enlisted Advisor from Randolph AFB, Texas. Chief Renfro talked to the class about "I CARE"--"I" for Integrity; "C" for Courage, having the courage as an NCO to stand before an audience and make a speech; "A" for Attitude, being in the right frame of mind to deal with the many changes in the Air Force today; "R" for

Responsibility; accepting that which is given you; and "E" for Enthusiasm--an idea that as an NCO should be contagious.

Honored at the ceremony as the Honor Graduate was SSgt. John T. Carroll, Det 10, 25th Weather Sq., Bergstrom AFB, Texas.

Honored as Distinguished Graduates were SSgt. Terry A. Gray, 64th Field Maintenance Squadron; SSgt. Robert J. Marquis, 64th Security Police Squadron; and SSgt. Marc A. Lopez, Wing Resource Management.

Others recognized at the ceremony included the Warrior Spirit Award to SSgt. Rutha M. Mitchell, 64th Supply Squadron; the World Affairs Award, Leadership and Management Aware, and the Communications Skills Award went to SSgt. John T. Carroll, Det 10, 25th Weather Squadron, Bergstrom AFB, Tx; the Commandant's Award and Drill Award went to SSgt. Sharon Sharp, 64th Field Maintenance Squadron, and the Academic Award went to SSgt.

Francisco S. Bolanos, 64th Supply Squadron.

Other members of the graduating class included: SSgt. William R. Grochowski, SSgt. Terry A. Gray, SSgt. Sharon J. Sharp, and Sgt. Valerie Riffle of the 64th Field Maintenance Squadron.

SSgt. Agelika Dillon, SSgt. Timothy J. Janezich, SSgt. Randy W. Murray, SSgt. Michael A. Hedum, and SSgt. Glenn D. Belton of the 64th Organizational Maintenance Squadron.

SSgt. Rutha M. Mitchell, SSgt.

Francisco S. Bolanos, and SSgt. Marc A. Lopez of the 64th Supply Squadron.

SSgt. Robert K. Whitfield and Sgt. Marlon J. Taylor of the 64th Civil Engineering Squadron and Sgt. Ricky M. Fowler and Sgt. Deborah L. Ciscel of the 3500th Mission Support Squadron.

Other members of the NCO School graduating class who are not from Reese included SSgt. Andrew S. Ramirez Jr. of Air National Guard, Ariz., and SSgt. John Carroll of Bergstrom AFB, Texas.

Medical records belong to government

By Capt. Ric Peterson
USAF Hospital, Reese

Did you know that the records you picked up at the Medical Records Section on your last hospital visit were not yours? That's right, they belong to the Department of Defense even though they are about your health. This does not mean you are not entitled to a copy of the file. It is a simple matter to request one at the window.

The paperwork should remain intact and in sequence. It is in fact a violation of the Uniform Code of Military Justice to disrupt the records. Your health can be jeopardized if critical information happened to be missing during a visit to the hospital. Let's use a realistic example.

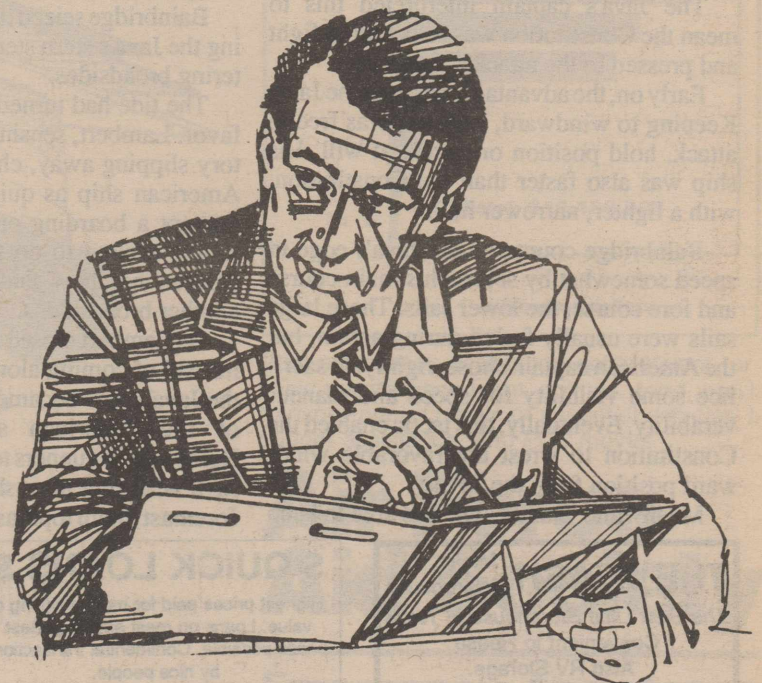
A DD form 741 is employed as the standard examination form by the Eye Clinic. You have recently undergone an eye exam and decide to pull the 741 as a prescription for new spectacles instead of inconveniencing the personnel in Optometry. What's wrong with this approach? Plenty!! First of all, you should not dismantle the charts. The local optician is probably not familiar with the form or the doctor's data entry system; therefore the glasses stand a good chance of being in error.

The optical shop will likely keep the form and you have no chance to return it to the file. No big loss...unless...something subtle had been detected during the previous examination and future

changes are significant. What had been baseline information is gone and might result in a loss of valuable treatment time.

The system is not perfect, but don't complicate it any more than it already is. If you receive primary treatment at our facility your chart belongs in our Records Section. Copies of any medical treatment from other practitioners should also be compiled and maintained with our facility serving as a central record depository. Simply fill out a records request form which is also available in the Medical Records Section.

A complete set of your records will allow our treatment team to render much better health care. Please help us to help you and yours.



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A nickname that went down in history

by Marty Brazil
Company of Military Historians
Keesler AFB, Miss.

The climax of the fighting career of the frigate Constitution was a three and one-half hour running battle with the frigate Java off Bahia, Brazil, Dec. 29, 1812.

It was this same battle which gave rise to one of the most famous nicknames in American military history.

The Java, commanded by Henry Lambert, was putting into Bahia for water and food when, on out to sea, the sails of the Constitution were sighted. Lambert turned his ship around to investigate.

William Bainbridge, commander of the Constitution, spotted the Java at about the same time. He laid back, preferring not to do battle in waters that were supposed to be neutral.

The Java's captain interpreted this to mean the Constitution was reluctant to fight and pressed to the attack.

Early on, the advantage was with the Java. Keeping to windward, Lambert was free to attack, hold position or retreat at will. His ship was also faster than the Constitution, with a lighter, narrower hull.

Bainbridge countered the Java's edge in speed somewhat by setting his main course and fore course, the lower sails. These large sails were usually furled during action, but the American captain chose, rightly, to sacrifice some visibility for speed and maneuverability. Eventually, this tactic enabled the Constitution to wrest the favorable windward position from the Java.

Meanwhile, Bainbridge was able to keep

the Java from "crossing the T" (pass across his stern firing a broadside) and use his own long-range guns to some advantage.

Thirty minutes into the battle, a cannon ball from the Java tore away the Constitution's wheel. It was no longer possible to steer from the deck, a crisis that could have produced a sure, swift victory for the British.

However, Bainbridge coolly ordered the wreckage cleared, stationed sailors at the relieving tackles two decks below and steered skillfully and accurately by shouting orders down through the deck grating.

Recovering from this predicament, the Constitution fired several shots that carried away the Java's jib boom and part of her bowsprit. This left the headsails dangling, leaving the British ship with her bow into the wind, unable to come around effectively and avoid further fire.

Bainbridge seized this opportunity, crossing the Java's stern stern to deliver two shattering broadsides.

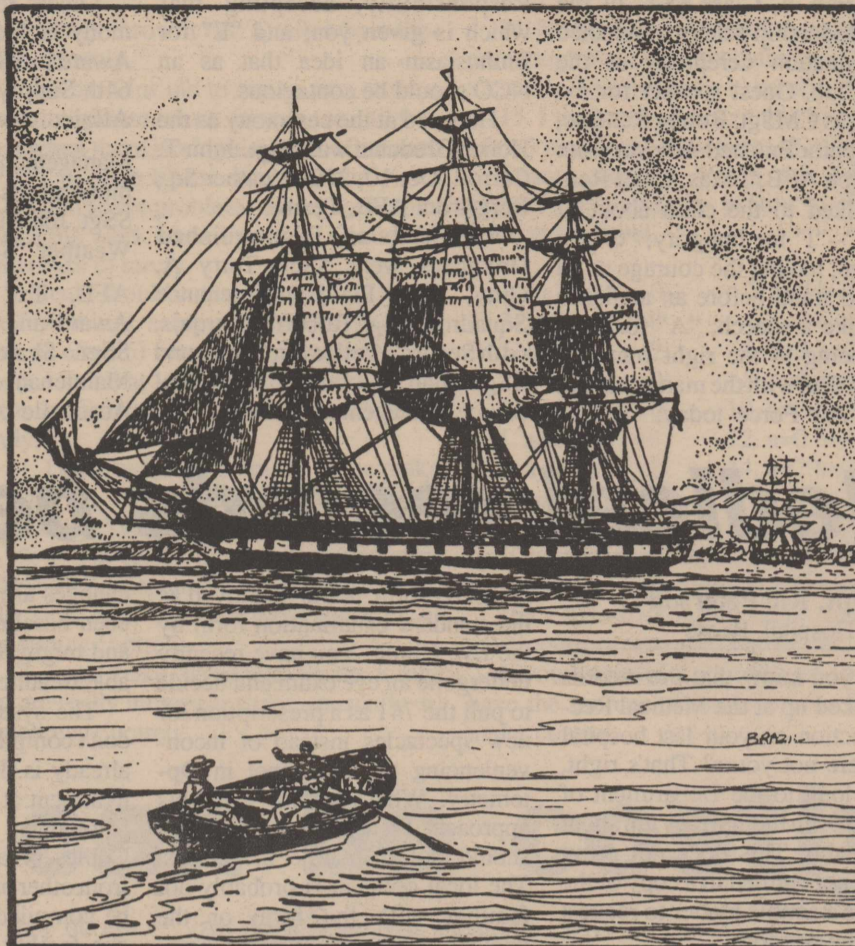
The tide had turned in the Constitution's favor. Lambert, sensing his chances for victory slipping away, chose to close with the American ship as quickly as possible and attempt a boarding operation. As the Java swung around to do this, the Constitution crossed her bow and raked her with yet another broadside.

As Lambert closed with the Constitution, instead of coming alongside as he intended, the Java's bow became entangled amidships of the American ship. This allowed Bainbridge's gunners to rake the length of the Java with shot after shot, ripping away her foremast, main topmast and mizzenmast, lit-

tering her decks with burning wreckage and mortally wounding her captain.

It was over. The Java suffered 124 casualties, the Constitution 34, with Bainbridge among the wounded.

At the height of the battle, cannon balls from the British ship were seen bouncing off the tough oaken sides of the Constitution. It was then the American sailors dubbed their ship "Old Ironsides."



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Special

Who receives the help?

ARLINGTON, Va. (AFNS) --Air Force Aid Society provided \$20 million to more than 30,000 Air Force people in 1987.

The official Air Force charity since 1942, the AFAS provides emergency assistance to the Air Force family.

Ninety-five percent of the \$20 million distributed in 1987 was in interest-free loans and grants to the active force. Of that, 95 percent went to E-6s and below.

Members received funds for food, rent, utilities, car repairs, and funeral and emer-

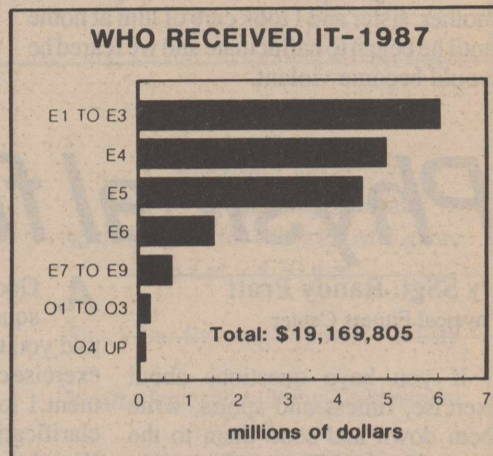
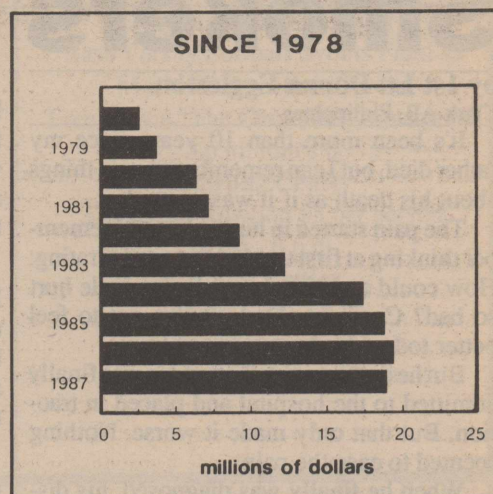
gency leave expenses. The remainder aided in payments for necessary dental work, costly moves and CHAMPUS payments.

In addition, \$3.2 million was dispensed under the budget restructuring test program to help 1,224 people straighten out their personal finances. The program is in its fourth year of testing and is in effect at almost every base.

Another 2,539 Air Force people and their families were helped with the society's guar-

anteed student loan and parent loan programs. Since 1979, 61,500 Air Force people have received loans totaling more than \$133 million.

The AFAS relies heavily on personal contributions. More than \$5.1 million came from the 1987 Air Force Assistance Fund drive. Every dollar donated went to emergency assistance operations. Earnings from the society's investment fund supplemented these operations.



Most emergency assistance dollars went for basic maintenance (rent, utilities, food, etc.); transportation (repair of essential vehicles); budget assistance; and PCS moves.

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People

Smokers hurt more than themselves

by 1st Lt. Donna Eggleston
Clark AB, Philippines

It's been more than 10 years since my father died, but I can remember certain things about his death as if it was yesterday.

The pain started in his back, and I remember thinking at first that he was exaggerating. How could a strained or pulled muscle hurt so bad? Come on, Dad, you've got to feel better today. It's been two weeks.

But he didn't get any better. He was finally admitted to the hospital and placed in traction. But that only made it worse. Nothing seemed to ease the pain.

When he finally was diagnosed, his disease had gone too far to be helped. My mother, sister and I took care of him at home until he began to hallucinate and we feared he would become violent.

I can still remember how we painted his bedroom walls blue, his favorite color, before we brought him home the last time. He was confused by the new color on the walls, and kept asking how they had turned blue. It broke our hearts to have to explain.

Toward the end, he was angry all the time. He hated his oxygen mask and constantly tried to remove it. His hands were tied to the bed rails. His beautiful blue eyes darted around the room frantically. He didn't want to die. He had just turned 56.

My strongest memory revolves around those eyes. The best way to read pain, real pain, is in a person's eyes. Throughout his illness those eyes reflected first moderate pain, then drugged confusion, and finally a pained look so great I couldn't bear to look

into them. My 18 years of life hadn't prepared me for that.

I also remember my mother's eyes and my sister's. Theirs, like mine, reflected fatigue, anger and exasperation. Why was our father and husband being snatched from us now?

My father knew the reason he was dying. He had a tumor the size of a grapefruit on one lung. He had smoked cigarettes since he joined the Navy at 18. As far as I can remember he had never even tried to quit.

He knew smoking was the culprit, because one of the last things he made me promise him was never to smoke. I've kept that promise.

The Air Force, along with the rest of the nation, is embarking on an all-out "stop smoking" campaign. A recent survey shows that 39 percent of all Air Force people

smoke. The majority of Air Force smokers are enlisted people, and the more senior the people, the better the chance they smoke. Most of these smokers have families, and 65 percent of Air Force smokers have spouses who smoke too.

I didn't write this to scare smokers into quitting. Either you want to or not. I've heard many say they enjoy smoking. Fine.

But I wanted smokers with families to know what it's like to watch someone you love die of lung cancer. The memories of my father's death will be etched in my mind for the rest of my life. I wish I had a prettier picture to paint, but I don't.

It's not easy bringing back memories of my father's death. But if even one person quits smoking because of this story, it will be worth it.

Physical fitness and your health



By SSgt. Randy Pratt
Physical Fitness Center

If you have questions about exercise, fitness and sports, write them down and send them to the Reese Physical Fitness Center, or call in the questions. We will provide an answer to your question in writing and every week we will consider your questions for publication in the Roundup.

Q. My squadron recently put me on the Fitness Improvement Training Program (FIT Program). I'm 5 pounds overweight, but I want to lose 10 to 14 pounds. What is the best way to do this?

A. Good question! First, your squadron should have already told you to attend our daily aerobic exercise classes IAW Wing Supplement 1 to AFR 35 - 11. Second, as clarification, you are actually in the Weight Management Program (WMP). FIT is for those personnel who do not successfully complete their fitness evaluation. But it's all right to call the whole program "FIT". The only way to effectively shed excess body fat is through regular aerobic exercise. This includes such low intensity activities as jogging, swimming, bicycling, rowing, cross country skiing and aerobic dance.

Aerobic exercise is measured in

three different ways: how often you do it, how hard you work at it, and how long you do it.

Since we're calling your program "FIT", let's change the meaning of that acronym to fit the mechanics of aerobic exercise: F - frequency, I - intensity, T - time. Here's what FIT now means:

Frequency: Researchers have found that the benefits of exercise wear off in about 48 to 72 hours. That's why you always hear the term "regular" exercise. Regular generally means every other day--or a minimum of three days a week. Such a program will allow your body to make fitness gains--building on the conditioning of the pre-

vious workout--while at the same time giving the body some time in between to recuperate.

Intensity: How hard should you exercise? Scientific evidence suggests that when you get your heart rate to around 75 percent of its maximum rate, optimum conditioning takes place. You can calculate your maximum heart rate by subtracting your age from 220. Seventy-five percent of that figure is the target rate at which you can exercise safely and still derive optimum benefits.

Time: Again, scientists who have observed persons exercising have determined that it takes about 20 minutes of exercising to pro-

duce the desired results in conditioning the cardiopulmonary system.

In whatever aerobic exercise you choose to participate, in addition to the mandatory classes, if you keep in mind F-I-T you should have no trouble getting fit.

I guess a short answer to your question is plenty of aerobic exercise. Our daily aerobic dance exercise classes will help shed excess body fat and strengthen and tone your muscles. Send your questions to the Reese Physical Fitness Center, 64 ABG/SSRS, Reese AFB, Texas, phone 885-6020.

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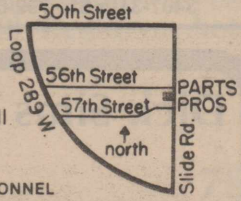
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 MWR Events Calendar <i>March 11 through 17</i>	Friday March 11 Physical Fitness Center Sign up for Racquetball Tournament, Active Duty Military Only. Last day to sign up for Base Varsity Softball Mathis Recreation Center Dr. Toons Video Show 11 p.m. - 3 a.m. Free Movie "Dirty Dancing" 7 p.m. PG-13 Bowling Center Colorama 7 p.m. TGIF 3 games for \$2; 4:30 - 10 p.m. Youth Center VCR Movie 5 p.m. Library Story telling weekend, read a story	Saturday March 12 Physical Fitness Center Base Varsity Softball Tryout Field #1 Mathis Recreation Center Shuttle Bus to South Plains Mall 2-6 p.m. Bowling Center YABA 9:30 a.m. Open Bowling Youth Center Arts and Crafts 3 p.m.	Sunday March 13 Physical Fitness Center Base Varsity Softball tryouts Field #1 Mathis Recreation Center Free Movie "The Chipmunk Adventure" 3 p.m. Rates G Bowling Center Unlimited Bowling \$5 per person Noon - 6 p.m. Youth Center Juniors Club 2 p.m. Pool Tournament Aerobics with Nancy 4 p.m.
Monday March 14	Tuesday March 15	Wednesday March 16	Thursday March 17
Physical Fitness Center Aerobics Classes Monday - Friday 8:30 - 9:30 a.m. and Noon - 1 p.m. Monday - Thursday 4:30 - 5:30 p.m. and 6 p.m. - 7 p.m. Mathis Recreation Center Discount Tickets to Six Flags \$9.50 each. Good for April Only! On sale 1 a.m. - 3 p.m. Bowling Center Intramural Bowling 5:15 and 7:45 p.m. Youth Center Dance Classes 4:30 p.m.	Physical Fitness Center Sign up for Racquetball Tournament, Active Duty Military Only. Mathis Recreation Center Try our Luncheon Menu! New item pizza Bowling Center Tuesday Mixed League 6:30 p.m. Youth Center Martial Arts 4:30 p.m.	Mathis Recreation Center Discount Theater Tickets for the Fox Mann and United Artist \$3.50 each. Bowling Center Mixed League 7 p.m. Snack Bar Breakfast and Lunch time specials	<i>Happy Saint Patrick's Day</i> Bowling Center Saint Patrick's Day Special Bowl 2 games for the price of 1 game. 8 a.m. - 4:30 p.m. Snack Bar Beverage Special All Day Youth Center Ping Pong Tournament Martial Arts 4:30 p.m.

Six Flags and Wax Museum Get Away

The Mathis Recreation Centers Information, Ticket and Tour (ITT) Office now has Six Flags Early Bird Tickets. This is the first time Early Bird Tickets have been offered. The Early Bird Ticket price is only \$9.50 per person, during the

regular season tickets will be \$18.73. Early Bird Tickets are only good during the month of April. Six Flags will only be open on week ends during April. Six Flags Over Texas has more than 100 rides, shows and many other attractions all nestled in a beautiful setting with fun and excitement filling the air. Tickets may be purchased during the following hours: Monday

through Friday, 11 a.m. to 3 p.m. For more information call the ITT Office, Mathis Recreation Center, 3787.

Dr. Toons Disco Scheduled

Tonight at the Mathis Recreation Center enjoy the sounds of Dr. Toons and his large screen video and light show. Dr. Toons plays all

current music videos, and his Disco sounds can only be heard at the Mathis Recreation Center from 11 p.m. to 3 a.m. Admission is \$2.00.

Base Racquetball Tournament

The Physical Fitness Center will be hosting a base Racquetball Tournament for Active Duty Military only. Sign up by Thursday at the

Physical Fitness Center. The Base Singles Racquetball Tournament begins on March 21. Divisions: Open, Seniors, MSgts, and Women. Contact SSgt. Bobby Smith at 6021.



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\$130 PER MONTH with approved credit. 1983 Toyota Tercel, 5 Speed, air conditioned, AM/FM, 24 month, 24,000 miles warranty. Call 792-0869.

\$130 PER MONTH with approved credit. 1985 Chevy Chevette CL, 4 door, automatic, air conditioned, tilt wheel, AM/FM, rear window defogger, 2 year, 24,000 miles warranty. Call 792-0869.

CHILDCARE in my home. Near Reese, 413 Hyden. Call 791-2149.

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FOR SALE: Going PCS. Beautiful Belgium oak wall unit, 91" by 75". Has leaded glass curio cabinet, bar, drawers, and plenty of storage space, excellent condition, sacrifice at \$500 firm. Women's 26 inch, 5 speed bike, includes child's seat, \$25. Forty feet of base-housing-approved 4-ft. high stockade fencing. Includes posts, rails, pickets and two gates with hardware, \$25. Brown rug, 9x9, \$25. Call Capt. Johnson, 885-3044.

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FOR SALE: 1987 Ford Ranger XLT, King Cab, 4 cyl., 5 spd., AC, AM/FM/Cass, Cruise. \$8,900. Call 799-1605.

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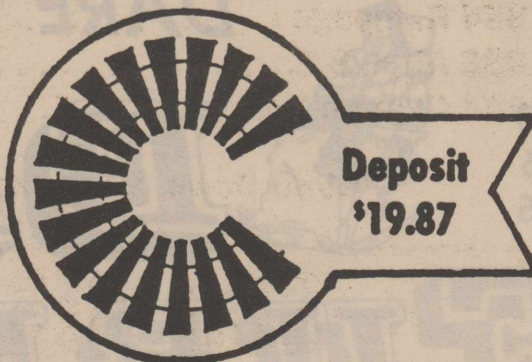
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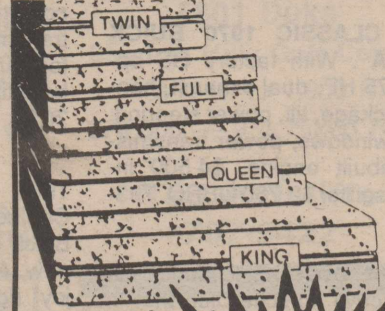
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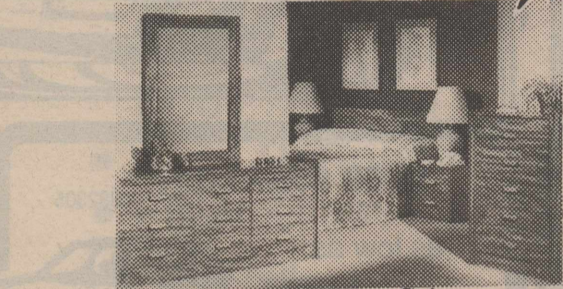


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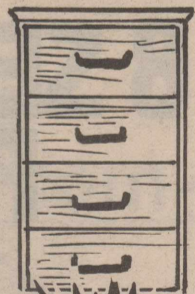
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