

ROUNDUP

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

Vol. 48, No. 29

July 26, 1996

Reese AFB, Texas



Gen. Billy Boles (center), Air Education and Training Command commander, stands with the 1996 April-June Enlisted Quarterly Award winners July 18. They are: from left, Master Sgt. Walt Lilley, social actions; Staff Sgt. Glenn Stanton, 64th Medical Operations Squadron; Senior Airman Ray Bedwell, 64th Civil Engineer Squadron; and Airman 1st Class Todd Martin, 64th CES. See Page 3 for the rest of the quarterly award winners.

Perry outlines offensive against terrorist threat

WASHINGTON — The Pentagon will go on the offensive to fight the growing threat of terrorist attacks on its troops, many of whom are now on high alert in the Middle East.

To do so, July 17, Secretary of Defense William Perry outlined the Force Protection Initiative that will focus DOD energy on beefing up defenses — mainly in the Middle East — but also in other countries.

Those working on the initiative are charged with anticipating the threats to American troops and putting measures into place to give them the best possible protection.

Making it work will mean changes to military operations, cooperation from the host countries and support from Congress.

"It's going to be expensive," Perry said, and could cost billions of dollars.

The DOD steering committee for the initiative is headed by Deputy Secretary of Defense John White. The action team that will follow-up and put ideas into effect is led by Under Secretary of the Air Force Rudy de Leon. Any recommendations it makes must be balanced and compatible with the mission

of U.S. forces, Perry said.

The war on terrorism — in the aftermath of the Dhahran bombing that claimed the lives of 19 American airmen — will not be won with passive defenses, Perry said.

Terrorists are determined to drive American forces out of the Persian Gulf and Saudi Arabia, he said.

There is no easy rule to providing force protection and it cannot be done "simply by moving fences, adding guards and putting Mylar in windows," he said. "We have to go on the offensive as well."

Perry said he fully expected terrorists again will try to attack U.S. forces in the Middle East. But he also said that U.S. troops should not leave Saudi Arabia. "We're going to stay in Saudi Arabia understanding the risks involved," Perry said.

However, he said American troops must be prepared for weapons of mass destruction. "I'm not talking about nuclear bombs. I'm talking about the use of chemical weapons or biological weapons or very large bombs."

The key to the success of the Force Protection Initiative is up-to-date in-

telligence on terrorist operations, Perry said.

He directed Gen. J. H. Binford Peay, III, who commands U.S. Central Command, to find ways to minimize the risk to troops, including making "significant changes in our basing there." Perry said, "the goal would be to enhance force protection without degrad-

ing the mission."

Perry added, "I want to be very clear, that whatever we do, force protection will not be perfect.

"We also have to understand that whatever we do in force protection, we're not going to put our troops in bunkers 24 hours a day," he said. "We have a mission to perform."

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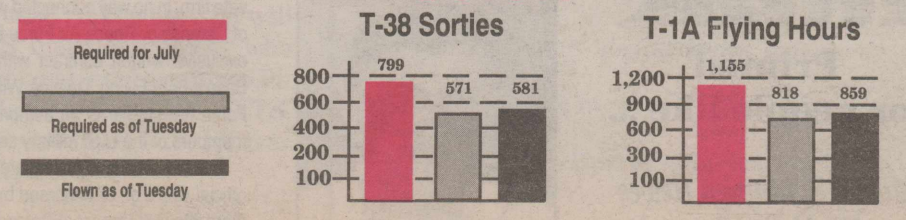
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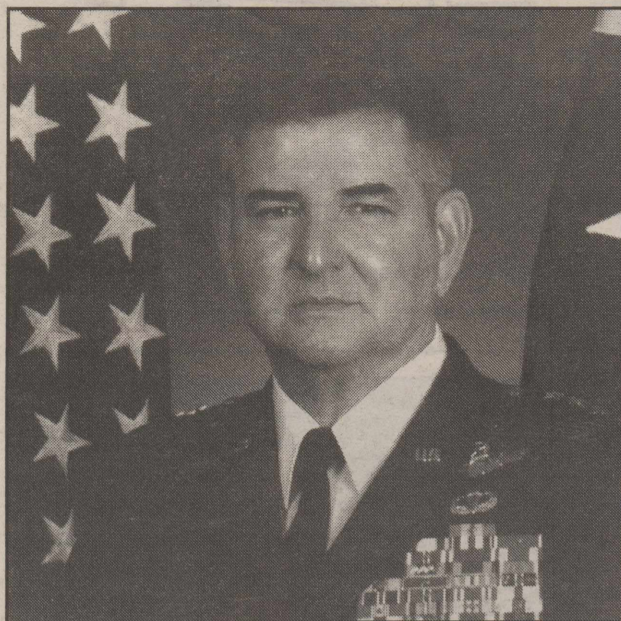
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Mission





Fogleman

Gen. Ronald Fogleman
Air Force Chief of Staff

I'm writing to tell you just how proud I am of you and your steadfast service to the nation. I greatly appreciate the fact that when our nation calls, airmen from all specialties step forward without hesitation.

Many of you deploy away from home and family to austere areas for extended periods. Others gladly assume additional duties at their home

CSAF commends Air Force men, women

station to fill the void left by those who deployed. All understand that it is our duty to put service to country before self ... to be willing to lay down our lives for America.

As the chief of staff, I have traveled to many Air Force installations and forward operating locations at home and abroad. I am always impressed by the tremendous esprit, innovation and can-do attitude that you exhibit. You have vividly demonstrated that you are equal to any challenge.

We've seen our involvement in contingency operations increase nearly four-fold since the end of the Cold War. You contained a rogue dictator in Baghdad, enforced United Nations sanctions against Iraq and helped bring peace and stability to the Persian Gulf region.

You contributed to a cessation of hostilities in Bosnia and the implementation of peace accords there. You continue to deter aggression by North Korea while reassuring friends and allies in East Asia. And you continue to counter the flow of illegal drugs into the United States.

Meanwhile, through extensive relief operations, you helped save lives in the four corners of the globe. You have met the challenge.

The recent terrorist bombing at Dhahran, Saudi Arabia, highlighted both the importance — and the danger — of our increased involvement around the world. I was particularly impressed by the decisive actions taken in the face of great adver-

sity.

Immediate rescue operations, buddy care and emergency medical treatment helped save lives and mitigate the costs of this terrible tragedy. Moreover, the 4404th Provisional Wing quickly swung back into action to generate sorties and help enforce the no-fly zone in southern Iraq.

When I visited the unit July 3, I was extremely impressed with the professional manner in which every person was handling the aftermath of this attack on our people.

All Air Force commanders have been directed to redouble their efforts to guard against such terrorist threats to our people. We will do all that is humanly possible to protect you, our most important resource. However, our operations are just too important to the security interests of the United States for us to be deterred from them by the threat of terrorist or even conventional attack. Such risks are an inherent part of our military profession.

Ultimately, your continuing commitment to duty has not gone unnoticed. The American people, as well as the nation's leaders, recognize and appreciate all that you do for our great country. In the end, they understand that it is warriors like you who give our nation courage, faith and hope for today and the future.

It is an honor to be associated with the outstanding men and women in today's Air Force.

MCL, SMCL occur in temperatures above 90 degrees

Staff Sgt Robin Michaels
Bioenvironmental flight

Since fluoride was first added to drinking water and toothpaste, the number of cavities in children under 14 has decreased.

In West Texas, we are lucky to have a natural occurrence of fluoride in the water, so local water systems don't have the expense of adding fluoride to the water. There are times, however, when the secondary maximum contaminant level is exceeded.

Just what are maximum contaminant levels (MCL) and secondary maximum contaminant levels (SMCL)?

First, an MCL is a level that must never be exceeded because of the risk to human health. If this level is exceeded, your local water system must add a treatment process to lower the contaminant to an acceptable level or

discontinue using the water.

SMCLs are not health-threatening levels but are enforced for aesthetic reasons such as taste, odor, color or cosmetic reasons. The Environmental Protection Agency has set an SMCL for fluoride at two milligrams per liter because of a condition known as fluorosis. Fluorosis causes brown stains on teeth and sometimes pitting of the enamel especially in developing children under the age of 14. While this cosmetic change may be unsightly, it in no way harms the teeth.

When are these levels likely to occur? They primarily occur in the summer months when temperatures reach above 90 degrees Fahrenheit.

However, this year, we exceeded the SMCL for fluoride in February. The measured level of fluoride was 2.26 milligrams per liter. The City of Lubbock

Health Department and bioenvironmental engineering continually monitor the drinking water for fluoride content so we can inform you when the level has exceeded the SMCL.

There are two things you

can do to prevent fluorosis. Children can drink bottled water, but this won't have any fluoride. The dental clinic can provide fluoride drops by prescription which will give them the necessary amount of fluoride needed.

You can also have children drink a 1-to-1 ratio of bottled and tap water.

If you have any questions concerning the base's water, call bioenvironmental engineering at 3327 or the dental clinic at 3711.



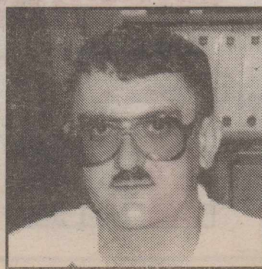
Michaels gets a beaker of water from the facet to test MCL.

Staff Sgt. Or. Jerrero

ROUNDUP

Printed
for people like ...

Master Sgt. Steven Hewes
64th Medical Group



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Wing announces quarterly winners

The 64th Flying Training Wing April-June 1996 Quarterly Award winners were announced July 18-19.

During an enlisted call July 18, Gen. Billy Boles, Air Education and Training Command commander, presented the enlisted awards.

The winners are:

□ **Senior Noncommissioned Officer of the Quarter:** Master Sgt. Walt Lilley, social actions.

□ **Noncommissioned Officer of the Quarter:** Staff Sgt. Glenn Stanton,

64th Medical Operations Squadron;

□ **Airman of the Quarter:** Senior Airman Ray Bedwell, 64th Civil Engineer Squadron; and

□ **Honor Guard Member of the Quarter:** Airman 1st Class Todd Martin, 64th CES.

The officer award winners were named during a social at the Reese Club July 19.

They are:

□ **Company Grade Officer of the Quarter:** Capt. Janice Stallings, 64th

MDOS;

□ **Flight Commander of the Quarter:** Capt. Gregory Boerwinkle, 54th Flying Training Squadron; and

□ **Instructor Pilot of the Quarter:** Capt. Kevin Stevens, 64th Operations Support Squadron.

Other group nominees are:

Honor guard: Senior Airman MarieJulie Guerrero, 64th Aerospace Medical Squadron and Airman 1st Class Gene McFarland, 64th Logistics Squadron;

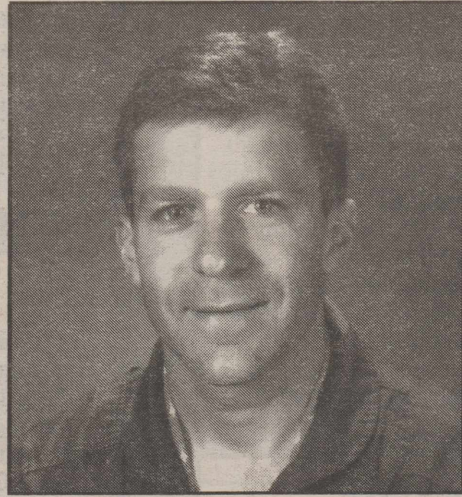
Airman: Senior Airman David Tanner, 64th OSS; Senior Airman Duane Hurd, 64th Comptroller Flight; and Senior Airman Christine Zimmerman, 64th MDOS;

NCO: Tech. Sgt. Alton Burk, 64th Operations Group; Staff Sergeants Teresa Cooper, 64th CPTF; and Gary Thurman, 64th Mission Support Squadron; and

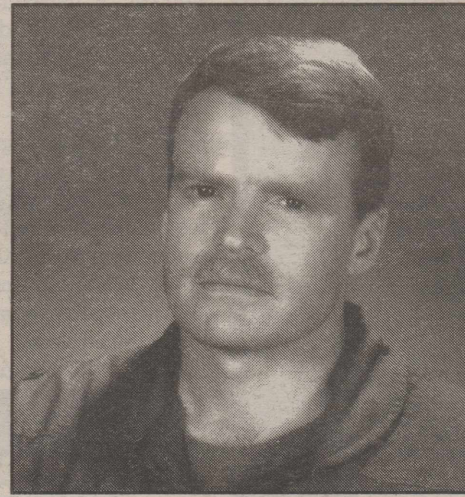
Senior NCO: Master Sergeants Kenneth Loftis, 64th MDOS and Carolyn Stephens, 64th LS.



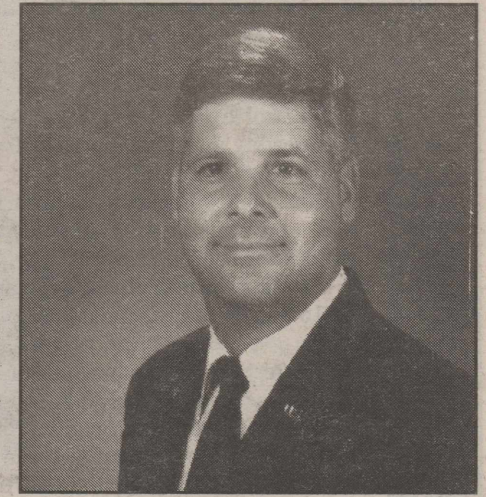
Stallings



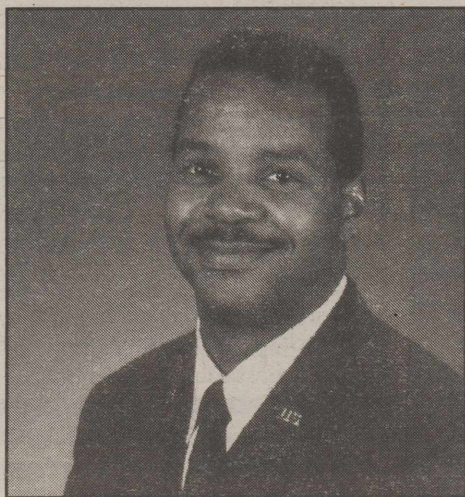
Boerwinkle



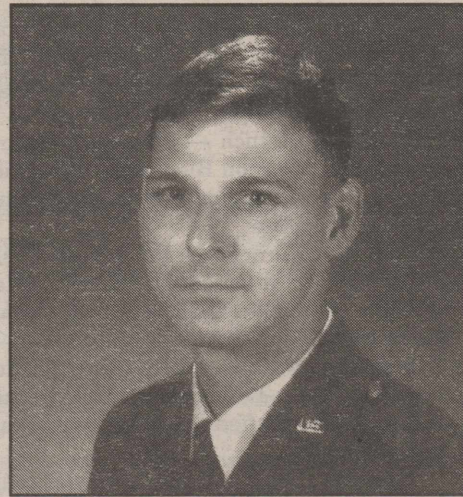
Stevens



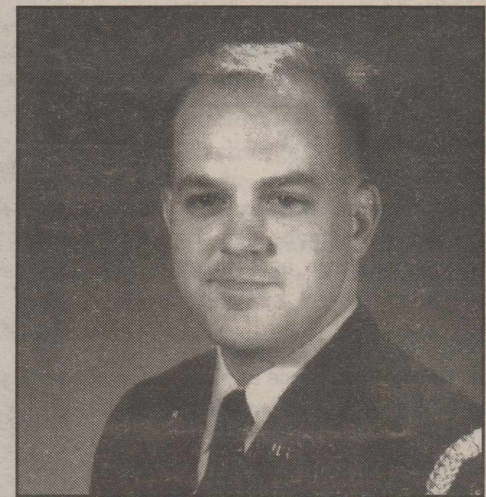
Lilley



Stanton



Bedwell



Martin

35th FTS inactivates Wednesday

The 35th Flying Training Squadron will pass quietly into history during an inactivation ceremony at 10:00 a.m. Wednesday in the Reese Club Ballroom.

Col. Bruce Burda, 64th Operations Group commander, will preside over the ceremony. As part of the event, Lt. Col. Jerry Free, 35th FTS commander, will relinquish command to Burda. Free will then pass the squadron guidon to Burda. The guidon will be placed in a shadowbox as 2nd Lt. Trevor Sevigny, ceremony narrator, reads the inactivation order, signed by the Chief of Staff of the Air Force, Gen. Ronald Fogleman.

The 35th FTS activated at Reese on July 31, 1972. Its sole mission at Reese has been to train student pilots to fly the T-37 "Tweet." All former 35th FTS commanders have been invited to participate in the inactivation.

Col. Buster Ellis, who commanded the 35th from

June 1988 to June 1990, will be the featured guest speaker. Ellis is now the commander of the 71st Flying Training Wing at Vance Air Force Base, Okla.

Prior to Ellis' speech, Sevigny will narrate a short historical slide presentation.

About 15 of the squadron's remaining personnel are expected to attend the ceremony. Following the ceremony, the guidon will be packaged for shipment to the U. S. Air Force Museum at Wright-Patterson AFB, Ohio, where it will become part of the Air Force's historical archives.

Free will move soon to Vance AFB where he will join some former 35th FTS instructor pilots who transferred the Joint Specialized Undergraduate Pilot Training program from Reese to Vance's 8th FTS. Free is expected to succeed Navy Cmdr. J. B. Hollyer as 8th FTS commander in October.

All Reese personnel are invited to attend the inactivation ceremony.



"Consider the postage stamp; its usefulness consists in the ability to stick to one thing till it gets there."

—Josh Billings
(1818-1885)
U.S. humorist

"There is no greater sign of a general decay of virtue in a nation than a want of zeal in its inhabitants for the good of their country."

—Joseph Addison
(1672-1719)
English writer, statesman

"Work is the meat of life; pleasure the dessert."

—Bertie Charles Forbes
(1880-1954)
U.S. publisher

Around Reese

Ruby's Lounge

(885-3156)

Today: Social hour begins at 4:30 p.m. with hors d'oeuvres and beverage specials. Shuffleboard tournament with prizes at 7 p.m. Variety Disc Jockey begins at 9 p.m.

Saturday: Lounge opens at noon.

Sunday: Lounge opens at noon.

Monday: Lounge opens at 3 p.m.

Tuesday: Lounge opens at 3 p.m.

Wednesday: Lounge opens at 3 p.m. Taco night from 5 to 7:30 p.m. Free for members.

Thursday: Lounge opens at 3 p.m. with 30 minute beverage special.

Reese Chapel

(885-3237)

Catholic services: Mass -- Monday, Wednesday and Friday at 11:30 a.m., Saturday at 5 p.m. and Sunday at 9:45 a.m. Confessions -- Saturday from 4:15 to 4:45 p.m. and weekdays by appointment. Religious education -- 11 a.m.

Protestant services: Sunday worship 11:15 a.m. Sunday school -- 9:45 a.m.

Bible Study: Wednesday at noon is a great time at the chapel! A light lunch is provided, then Bible Study is served up with wit, enlightenment and the joy of fellowship. Chaplain Janner is the instructor.

For information on other worship opportunities in the local community call 3237.

Library

(885-3344)

The last summer Monday Story Time features a fire department visit from 11 to 11:45 a.m. for children ages three to six. Registration is required. Call 3344 to sign up.

Tuesday and Thursday: Family video matinees in the conference room at 2 p.m. "Teenage Ninja Turtles III" and "Ice Pirates" are featured.

Read-N-Bowl in July: Read a book, write a report and receive a free game of bowling.

Carol's Video Picks-'O-the-Week: Family entertainment -- "Iron Will," Adult -- "Young Guns II," Children -- "Neverending Story." Storytelling videos also here!

Hours of Operation: Monday through Thursday from 11 a.m. to 6:30 p.m., Saturday from 10 a.m. to 2 p.m., and Sunday from 12 to 5 p.m. The library is closed on Fridays and holidays.

Auto Skills Center

(885-3142)

Hours of Operation: Tuesday through Friday from 11 a.m. to 6 p.m., Thursday from 12 to 8 p.m. and Saturday from 9 a.m. to 4 p.m. The center is closed on Sunday, Monday and holidays. The center is open goal days from 9 a.m. to 4 p.m.

July: Free safety inspections offered. The center is a self-service program.

Simler Theater

(885-4888)

NOW SHOWING

Friday: "The Arrival," (PG-13) 7:30 p.m. Radio astronomer, Zane Ziminski, is always scanning the airwaves for signs of extraterrestrial life. Convinced he's uncovered an alien plot to take over the planet, he takes a tape to NASA's lab for analysis.

Saturday: "Mission Impossible," (PG-13) 7:30 p.m. A former Russian spy selling international intelligence on the black market...a list containing top undercover agent names...a double agent...an arms dealer...a spy agency ready to disavow the existence of any of its members...your mission is...

Sunday: "Dragonheart," (PG-13) 6:30 p.m. In the time of dragons, there came the moment of the last dragon, called Draco, 18 feet tall and 43 feet long. In the company of a once beneficent Knight, he is on a mission to battle a tyrannical King. (special effects)

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

All movies begin promptly as scheduled.

Caprock Cafe

(6027 - voice / 6028 - menu)

Today: Lunch — Beef Ball Stroganoff, BBQ Ham Steaks, Ginger Basted Sole Dinner— Top Sirloin Steak, Polish Sausage, BBQ Chicken.

Saturday: Lunch — Spinach Lasagna, Ground Beef Cordon Bleu, BBQ Spareribs Dinner — Beef Pot Roast, Fish Almondine, Chicken Caccitore.

Sunday: Lunch — Parmesan Fish, Braised Liver w/Onions, Southern Fried Chicken Dinner — Chili Macaroni, Roast Fresh Ham, Tuna Casserole.

Monday: Lunch — Beef Stew, Grilled Salisbury Steak, Lime Cilantro Sole Dinner — Roast Beef, Stuffed Green Peppers, Pineapple Chicken.

Tuesday: Lunch — Country Style Steak, Savory Baked Chicken, Ground Beef Cordon Bleu Dinner — Sukiyaki, Onion-Lemon Baked Fish, Fried Chicken.

Wednesday: Lunch — Swedish Meatballs, Roast Veal w/Herbs, Chicken Enchiladas Dinner — Beef Stew, Grilled Ham Steaks, Creole Fish Fillets.

Thursday: Lunch — Grilled Top Sirloin Steak, Parmesan Fish, Sweet & Sour Pork Dinner — Chili Macaroni, Grilled Liver, Roast Turkey.

Skills Development Center

(885-3787)

Framed photos and prints are available.

Custom framing/color prints by John Ficklin (T-1A, T-37B, T-38A) also available.

Self defense class coming Fridays in August! Sign up at the Arts and Crafts center by close of business today.

Reese Club

(885-3466)

Today: Short Order Line from 11 a.m. to 1 p.m. Smokin' Hole opens at 4 p.m. Social hour at 5 p.m. with free hors d'oeuvres and beverage specials.

Saturday: Closed

Sunday: Closed

Monday: Short Order Line from 11 a.m. to 1 p.m.

Tuesday: Texas BBQ Buffet from 11 a.m. to 1 p.m. Cost is \$3.95.

Wednesday: Short Order Line from 11 a.m. to 1 p.m. Smokin' Hole opens at 4:30 p.m. Taco Night from 4:30 to 7:30 p.m. Cost is \$2 for members and \$5 for nonmembers. Thirty minute drink special.

Thursday: Chicken Fried Steak from 11 a.m. to 1 p.m. Cost is \$3.95. Smokin' Hole opens at 4:30 p.m. Thursday evening "Cook your own Steak" from 5:30 to 8 p.m.

Reese Club Delivery: Monday through Friday from 11 a.m. to 1 p.m. Eat in or carry out. Call 3466 for lunch delivery service until 1 p.m. No evening delivery available.

Youth Center

(885-3820)

Today: Movie with snack from 5 to 7 p.m. Friday Night Live Putt-Putt Golf from 7:30 to 10 p.m.

Monday: Three-on-three basketball for ages 10 to 18 from 5 to 8 p.m. **Wednesday:** Arts & Crafts from 5 to 6 p.m. **Thursday:** Cooking from 5 to 6 p.m.

Child Development Center

(885-3541)

Friday: Splash Day (weather permitting) for toddlers from 2 to 2:30 p.m., age two from 2:30 to 3 p.m. and ages three to five from 3 to 3:30 p.m.

Wednesday: Base fitness center field trip from 9:30 to 10 a.m.

Saturday: Give parents a break respite care program from 9:30 a.m. to 1 p.m.

Monday through August 23 is preschool registration for ages 3-4.

Bowling Center

Crock Pot Specials

(885-6555)

Today: Fried Catfish, French Fries, Small Salad and Roll. Cost is \$3.25.

Monday: Chicken Fried Steak with Mashed Potatoes with Cream Gravy and Small Salad and Roll. Cost is \$3.50

Tuesday: Lasagna, Small Salad and Garlic Toast. Cost is \$3.

Wednesday: Fried Rice, Lumpia and Pork Chow Mein with Hard Noodles. Cost is \$3.

Thursday: Beef Fajitas, Refried Beans, Pico de gallo, Guacamole and Sour Cream. Cost is \$3.75.

Equipment Rental

(885-3141)

Equipment rental: The center has reduced rental fees for the summer on a variety of equipment just right for the season.

News notes

64th MDG closes appointment desk

Effective Monday, the central appointment desk at the 64th Medical Group is closed.

Call the respective clinic needed to schedule an appointment. For the primary care clinic, call 3515; pediatric clinic, 3297; OB/GYN clinic, 3593; optometry, 3338; flight medicine, 3545.

A recording at the central appointment desk recalls the respective clinic numbers listed above.

Parents Advisory Board meets

The Parents Advisory Board meets Wednesday at 11 a.m. at the Reese Club. All parents of children enrolled at the child development center and participating in family home day care are highly encouraged to attend.

Stop career nightmares with seminar

The Reese Options Career Center offers "Informed Choices: How to Stop that Career Nightmare" seminar August 7 from 4:30 to 6 p.m. in the family support flight classroom. Call 3305 for more information.

College preregistration on tap

Preregistration for South Plains College is Tuesday through August 13 from 9 a.m. to 7 p.m. Monday through Thursday at the education center, building 920, room 115. South Plains College's term runs August 26 through November 6.

Wayland Baptist University registration is at the Wayland Baptist Lubbock Center August 19-21 from 9 a.m. to 6 p.m. Wayland senior and graduate registration is August 16 at the Lubbock Center. Wayland's



Senior Airman Tim Dempsey

Will is king of the grill

An airman appreciation dinner and pool party is today from 4:30 to 10 p.m. at Reese Beach.

Food will be served from 4:30 to 6 p.m. and entertainment will continue until 10 p.m. Alcohol is not allowed and will not be served.

Bring your beachball, towel and appetite! Call Senior Airman Will Hightower at 3408 for more information.

Senior Airman Will Hightower perfects his grill skills for the airman appreciation dinner tonight.



Staff Sgt. Orlando Guerrero

Wilcox receives first family day care provider award

Amber Wilcox takes care of Kyler Brown in her home as part of the family day care provider program. Wilcox cares for a total of six children in her home at 212 McGuire. She has been a provider since May and is the first recipient of the Provider of the Quarter Award. The award was established in June to recognize the providers for the quality care they provide here. Wilcox received a certificate of appreciation, \$25 gift certificate from the base exchange and two dinners at the Reese Club.

term is August 26 through November 16.

The education center is open from 7:30 a.m. to 4:15 p.m. Monday through Friday to provide education advisement and process tuition assistance forms. Current course schedules for both schools are also available.

AFAS education loan programs update

Air Force Aid Society Headquarters, in conjunction with Headquarters Air Force Education, has approved its vocational-technical loan program for the next budget year of August 1 through July 31, 1997. The program budget is maintained at AFAS HQ and approved on a first-come, first-serve basis.

Also, low participation levels in the spouse loan program since its 1993 inception have prompted AFAS HQ to discontinue the program at the end of the current budget year, which is Wednesday. Any spouse loan applications for summer sessions beginning before Wednesday will still be accepted. Call Master Sgt. Luis Lynch at 3305 for more details.

Summer blood drive serves needs

A summer blood drive will be held Wednesday at the family support flight center from 10 a.m. to 5 p.m.

The need for blood at this time of year is great. Each donor will receive a T-shirt. Call Airman 1st Class Christina Kortright at 885-3183 to sign up.

Martial arts self defense classes slated

Martial arts self defense classes are slated at Ruby's on Fridays beginning August 2 from 5:30 to 7 p.m.

Registration is through the arts and crafts center at 3141 through close of business today. The class is open to all active duty, civilians and spouses. A minimum number of participants is required. Cost is \$35 per month.

Physical day for children scheduled

The 64th Medical Group offers a physical day for

children ages 3-18 Tuesday from 9 to 11:15 a.m. and 1 to 4 p.m. Appointments are available by calling the pediatric clinic at 885-3297.

Bike rodeo scheduled at BX parking lot

The Reese Exchange/Shoppette will sponsor a bike rodeo Saturday from 9 a.m. to 2 p.m. in the exchange's parking lot. Registration is at 8:30 a.m. that day for ages 2-12 and is open to Reese personnel. Helmets are required for all ages.

ROCC announces two-part resume class

The Reese Options Career Center will offer a two-part resume seminar. "Beginning a Resume" will be held Tuesday from 11:30 a.m. to 12:15 p.m. and "Finishing a Resume" is Thursday from 11:30 a.m. to 12:15 p.m.

The seminars will be held in the family support flight classroom. Members are required to attend both sessions of the seminar. Members are encouraged to bring a brown bag lunch. Call the family support flight at 3305 for more information.

Equal Opportunity 101

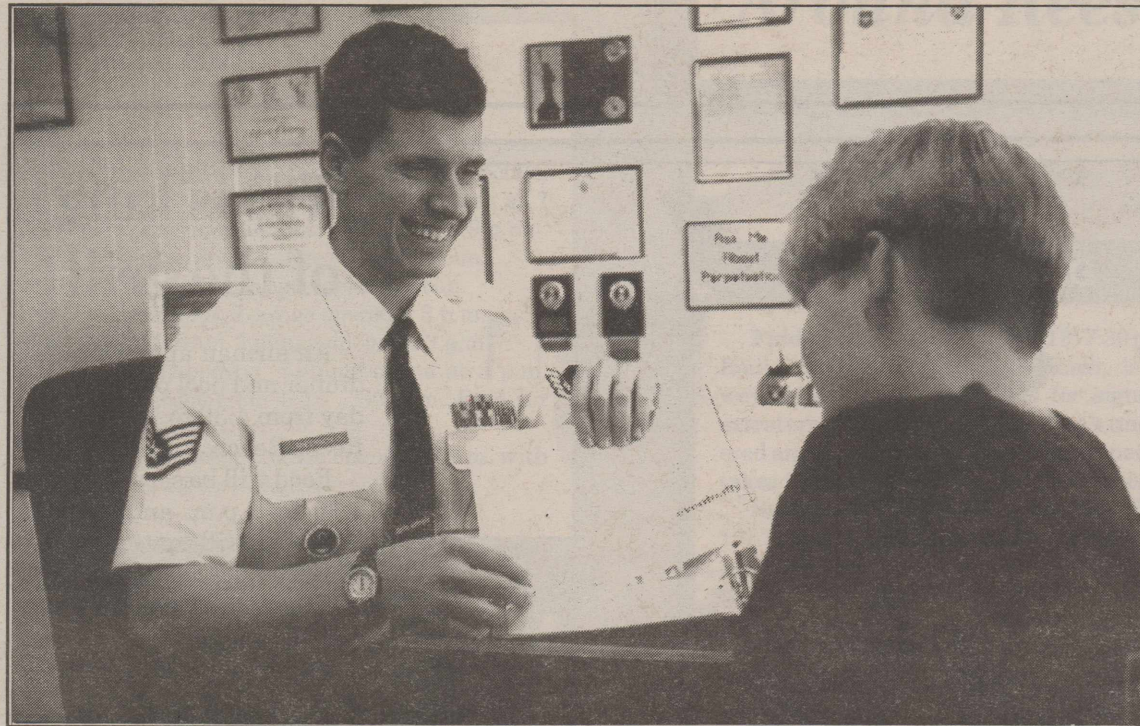
Q. Who was the first Caucasian-American female to be elected to the House of Representatives? (Look for the answer in next week's Roundup.)

Last week's question:

Q. "Who was the first Black/African-American general in the United States Air Force?"

A. Gen. Benjamin O. Davis, Jr. (Submitted by Capt. Eric Bass, 64FTW/SA)

Submit equal opportunity questions and answers on a letter to 64 FTW/SA. Your name will be published along with the information you provide.



Anderson talks to Brandi Harriman, a local recruit, about the benefits of joining the Air Force.

Top recruiting takes everyone

by 2nd Lt. Chris Almgren
Deputy chief, public affairs

"It can be brutal sometimes, but the job was designed to be fun," smiled Tech Sgt. Robert Solchaga, Lubbock-area Air Force recruiter and former non-commissioned officer in charge of life support for the 52nd Flying Training Squadron here.

As part of the 357th Recruiting Squadron based out of Colorado Springs, Colo., Solchaga's office works a multi-state area. The area includes parts of Texas, New Mexico, Kansas, Colorado and Wyoming.

"We try to man the office as much as possible," said Solchaga, who is packing his desk up and moving to Sunnyvale, Calif., in August to

be a nurse recruiter. "Each recruiter sets his or her own schedule. It's basically what works for you and the area you're working. Our guidelines are very minimal."

A 14-year recruiting veteran, Master Sgt. Everett Rolfe, flight supervisor, said recruiting the 31,000 members the Air Force needs annually is tougher now than the 70,000-plus needed in the past years.

"There were more jobs available then (before downsizing), but I think the quality of airmen we're putting in is a lot higher," he said. "This is a good market out here. We almost

have the luxury to pick and choose the people."

Generally, a day in recruiting has three parts, the recruiters said. The morning flies by with administrative duties. From late morning to early afternoon, school visits are conducted daily during the school year, according to Solchaga. The recruiters also visit some colleges. The remaining part of the day and into the evening is filled with appointments lasting from one to 2 1/2 hours, depending on the motivation of the applicant.

"Some come in wanting to

people motivated until they leave for basic training," said Solchaga. Those waiting to report to basic training are in the delayed enlistment program (DEP). Monthly DEP commander's calls keep future airmen informed and qualified. Also, a dose of realism comes through reading aloud the many letters the recruiters receive from basic military training graduates.

In addition to school visits, phone prospecting and mailouts, the recruiting team uses zone prospecting. This is a marketing technique that Solchaga describes as, "We go out to our zones in uniform and walk around."

"Walking down the street in uniform, we're an Air Force billboard," noted Anderson. It's a method of creat-

ing awareness and meeting people, he said.

Solchaga added that they need support for recruiting. "This can be accomplished by everyone associated with the Air Force telling people about our missions and way of life."

All three agreed their jobs are more than just recruiter. "We're also part-counselor, investigator, parent and advertiser," commented Solchaga.

And applicants overall? "In most cases, there's not a lot of convincing on our part," said Solchaga. "We provide them with information — they convince themselves."

**"Walking down the street
in uniform, we're an
Air Force billboard."**

--Staff Sgt. Scott Anderson

go," explained Solchaga. "Some need all the entitlements and benefits explained in detail."

"As far as our schedules go, it just depends," said Staff Sgt. Scott Anderson, who is completing his first year in the recruiting trenches. "We have to make sure we get all of our work done," he explained, such as the requirement to do a certain number of mailouts every day to a certain part of the market. He said he averages three appointments per day.

But their jobs don't stop after a person is signed up with the Air Force.

"We have to keep these

AF News

Equal list available

RANDOLPH AIR FORCE BASE, Texas (AFNS) — The newest Enlisted Quarterly Assignment Listing of available enlisted assignments overseas arrives at military personnel flights and on the Air Force Personnel Center's World Wide Web Home Page Aug. 6.

This list includes assignments for overseas jobs opening during the April through June 1997 time frame.

Military personnel flights and unit orderly rooms will have copies of the listings and can help people update their preferences.

People can access the list Aug. 6 on the AFPC World Wide Web Home Page (<http://www.afpc.af.mil>) by clicking on the highlighted "assignments" text.

Foreign language pay testing underway

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Qualification testing for foreign language proficiency pay began July 1 and continues until Dec. 31. Air Force members interested in qualifying for pay through calendar year 1997 must contact their military personnel flight immediately for eligibility criteria and test scheduling.

Personnel currently receiving proficiency pay must re-qualify for calendar year 1997.

The program is voluntary and requires unit commander certification, a secret or higher security clearance, and a qualifying score on the Defense Language Proficiency Test or Defense Language Reading Proficiency Test.

Spanish and Tagalog speakers must be in a language-designated duty position to receive FLPP. Also, first-term airmen must be serving in a designated position or be qualified in a critical language such as Russian, Chinese, Arabic, or Korean to receive pay.

Personnel who qualify can receive \$50 to \$100 per month, depending on the level of proficiency. For details, call the military personnel flight at 3276.

Vicellio to speak at Singles Conference '96

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Gen. Henry Vicellio, Air Force Materiel Command commander, will be the keynote speaker for the opening celebration of the U.S. Air Force Singles Conference '96, Aug. 26-30 at the Estes Park Center YMCA of the Rockies, Estes Park, Colo.

"The conference is set to better equip members to meet the demands of single life within the Air Force," said Chaplain (Lt. Col.) Philip J. Fain, conference director. "Through workshops and extensive interaction with peers, participants will receive opportunities for personal growth and self-development, spiritual renewal, leadership skills, and development of inter-personal relationship skills."

"As a single and former enlisted member myself," said Maj. Gen. Arthur S. Thomas, chief of the U.S. Air Force Chaplain Service, "I am particularly sensitive to the needs of single members of the Air Force. I'm looking forward to attending this year's gathering, animated by the theme, Journey Toward Life. This 'Colorado Adventure' will be truly life-changing!"

Seven more Tuskegee Airmen exonerated

WASHINGTON (AFNS) — The Air Force corrected the records of seven more black officers reprimanded for trying to enter the officer's club at Freeman Field, Ind., in 1945.

With those, the total number of the permanent records of Tuskegee airmen that have been corrected is now 22.

A total of 101 black Army Air Corps officers received letters of reprimand for entering the club, which had been integrated by the War Department. However, the local commander kept the club segregated.

Superpower rivalry flares into something new in history . . .

The Cold War

May 1945, the flags of the United States, the Union of Soviet Socialist Republics, Great Britain and France fly proudly in triumph over conquered Nazi Germany.

June 1948, the fraying flags of triumph wave over a Germany separated into Free and Communist. That month, the Soviets imposed a blockade on western part of Berlin.

This German city broke into two parts—east and west—and became a symbol of the superpower rivalry between the United States and the Soviet Union called the Cold War.

This conflict, unlike the just-ended bitterly fought world war, was something new to history. The United States and the Soviet Union did not fight each other in a literal sense. The United States and the Soviets did not fire weapons at each other. Rather it was a war of ideologies between communism and democracy.

Even before the "hot" war in Europe ended, there were intimations life with the Soviets was going to be difficult. In February 1945, the Western

Allies negotiated a series of agreements with Soviet leader Josef Stalin. Almost before the ink was dry, the Soviets began breaking them.

U.S. President Harry Truman recognized the coming conflict, but immediately after the war most Americans were more concerned about getting their loved ones out of the service and back home. In 1947, the U.S. Army was down to three divisions in Europe. The Red army still had 10 million men under arms. Americans counted on retaining sole possession of the secret to the atomic bomb as their defense. In 1949, the Soviets exploded their own version of the weapon, and the

Cold War took on an added component of an arms race.

In 1946, British wartime Prime Minister Winston Churchill coined the term "Iron Curtain," the dividing line between the prevailing ideologies of the East and West. In Eastern and Central Europe, the Soviets held sway. East Germany, Poland, Czechoslovakia, Bulgaria, Yugoslavia, Hungary and Romania had communist dictatorships, and all acquiesced to the will of the Soviet Union. Western Europe had

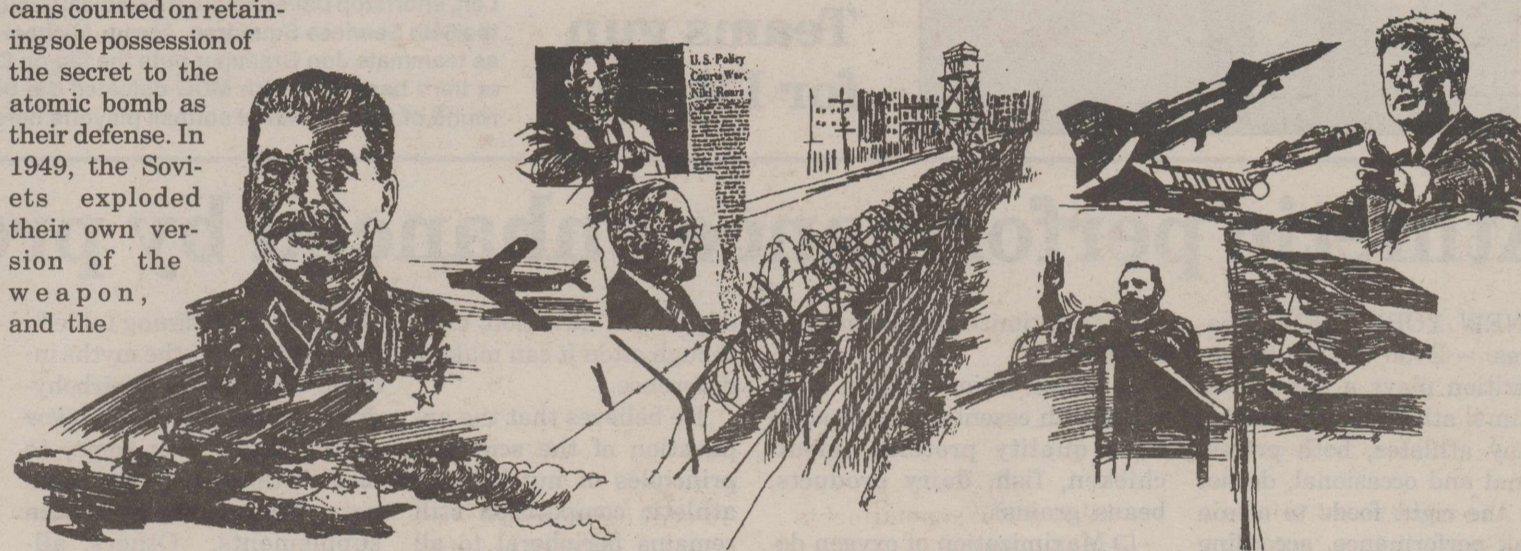
democracies, with free elections, and while they banded together to thwart the Soviet threat, each country had its own interests and needs.

The Cold War went on for 40 years. It became the basis for many American foreign policy decisions, the most famous being the policy of containment. Under this policy, the Free World struggled to contain communism. The United States and its allies would not try to take back territory already communist, but

they fought to avoid letting areas now free fall to communist rule.

This led to many momentous American foreign policy decisions: getting involved in the Korean and Vietnam wars, building the hydrogen bomb and others.

For more than a generation, the Cold War would dominate the world. It would end, symbolically enough, when Germans on both sides of the barrier started dismantling the Berlin Wall in 1989 (AFPS).



Teams set to search for MIAs in North Korea

WASHINGTON—U.S. military recovery experts traveled to North Korea in July and will return in September to search for the remains of Americans lost during the Korean War.

This is the first time North Korea has allowed U.S. recovery teams into the country.

The 10-man team arrived in the North Korean capital of Pyongyang July 10. They will search the crash site of an F-80C jet about 18 kilometers from the Chinese border, said Allen Liotta, deputy director of Department of Defense's POW/MIA Office at a recent Pentagon news conference. The mission lasted 10 days.

Liotta led a DoD delegation to North Korea in June. Their North Korean counterparts took the delegation to the crash site. Liotta said the North Koreans allowed the delegation to walk the area, take pictures and speak to residents. He said the area was under cultivation and there was no surface wreckage.

The September search is also for a crash site. Another 10-man search team will journey to Nam Po City southeast of Pyongyang to examine an area where a B-29 bomber crashed. U.S. information has it that four parachuted and were captured and the rest were aboard the plane at impact. Of the four captured, North Korea returned three. After 45 years, there was no surface wreckage at this site either.

"Getting to the crash site is half the battle; finding something is the other half," Liotta said. "Part of the key is hopefully to find some local witnesses." He said

the North Koreans will help the team find witnesses.

"Oftentimes what we find in the Asian culture ... is the crash becomes a local legacy, [part of] the local lore," he said. "Everybody knows where it is, where it went down. We find someone who can pinpoint the location of the crash site. Even if it's been cultivated on top of it, our experience in Southeast Asia has shown that when you dig down five, six, seven feet, you can find a wealth of crash material."

"So our confidence is if we can find the specific site and we dig there, we will be able to recover remains and crash site related evidence that will help us account for the missing."

News reports of Americans still held as prisoners of war in North Korea have surfaced. Liotta said there has been a lot of hearsay about 10 to 15 Americans being held. The DoD POW/MIA Office is working to determine how credible these reports are.

Liotta said he asked the North Koreans if they are holding Americans. "They've maintained that they have no Americans being detained against their wills in North Korea," he said. The office fully intends to follow up the reports.

There are 8,100 Americans listed as unaccounted for from the Korean War. Liotta said he expects to recover between 3,000 and 4,000. "But that estimation is really going to be geared by our experience on the ground," he said. "If we get to some of these crash sites and we discover that the 45-plus years is making it difficult to retrieve crash site evidence or remains, that number could drop rapidly."



August 9, 7:30 p.m.
Lubbock Municipal
Auditorium

4th Street and Boston Ave.



Senior Airman Tim Dempsey



Teams gun for IM title

Left, shortstop Dave Craig, 64th Medical Group, snags a easy pop fly against the 64th Services Squadron. Above, Michael Robinson, 64th SVS, watches as teammate Jon Grammer puts the tag on Carlos Geigel-Cruz, 64th MDG, at third base. The 64th MDG defeated the 64th SVS, 14-3, in the opening round of the intramural softball playoffs here Tuesday.

Athletic performance enhanced by proper diet

NEW YORK (AFNS Features) -- Even though proper nutrition plays a big role in optimal athletic performance, many athletes, both professional and occasional, do not eat the right foods to attain peak performance, according to Paul Saltman, professor of biology, University of California at San Diego.

Saltman presented the research at a recent American Medical Association media briefing on the Olympics and Sports Medicine.

According to Saltman, nutrition is a very weak, if not missing link in optimal athletic performance. Nutrition is important because it supports the optimal functioning of organs, muscles and tissues.

He says there are six primary facets to scientific nutrition and sport:

- Prudent achievement and upkeep of ideal body mass for the given sport, event or position.

- Maintenance of proper hydration (having adequate amounts of water to maintain proper body temperature) and electrolyte balance (through intake of sodium, potassium and glucose, from water and fortified sports drinks).

- Provision of adequate carbohydrates as sugars (cakes, pastries, candies, soft drinks) and starch (pasta, rice, pota-

toes) to optimize respiratory metabolism.

- Preservation of lean body mass with essential amino acids from quality proteins (meat, chicken, fish, dairy products, beans, grains).

- Maximization of oxygen delivery systems and oxidative phosphorylation (the process by which nutritional fuels are burned and energy is conserved to do biological work) with iron and other trace elements (from red meat, supplements, fluoride, vitamin D).

For those that want to know what specifically to eat to improve their athletic performance, Saltman responds: "There's no one food or 'magic' food they can eat to improve their performance, even though that's what everyone wants. They can choose from a wide variety of foods, provided those foods fall under one of the six stated requirements. And if they go outside these guidelines, they need to supplement."

Saltman stresses that these principles can be applied to all levels of athletes and non-athletes to create a sound nutritional diet. He says that athletes can achieve ideal nutrition by a combination of foods, fortified foods and supplements.

"An enormous number of different dietary strategies can provide ideal nutrition for each individual athlete, Saltman stated."

Saltman also says he is appalled by athletes' lack of knowl-

edge about nutrition, even though often it can make a difference.

He believes that the application of the scientific principles of nutrition to athletic competition still remains peripheral to all other elements of preparation and training.

"High performance demands optimal dietary strategies, Saltman said. "There is far too much mysticism and magic, and far too little physics, chemistry and biology that guides

choice at the training table."

Saltman says the myths include diets of high carbohydrate/low fat, high protein/low carbohydrate. For some, no meat. Others, no dairy products. Some, mega-vitamin supplements. Others, all-natural bee pollen and macrobiotic diets. The result: improper diet can lead to sub-optimal performances.

Saltman adds: "Coaches, trainers and, above all, athletes, must have an understanding of the biochemical and physiological basis of foods

and nutrients in order to translate this knowledge into 'real world' training regimens provide the competitive edge. They need not be limited by these principles, but liberated by them."

Saltman concludes: "There is a 'magic' in the belief of the power of a food or a supplement to impart added speed, skill or prowess.

However, until these six guiding principles are understood and practiced, nutrition will continue to be the weak link in athletic performance."

Sports updates

Bowling center schedule

Today: TGIF bowling for \$1 per game from 7 p.m. until closing

Saturday: Open bowling: bowl three games for \$2 in a smoke free environment. Scotch doubles with snacks at 7 p.m. Cost is \$10 per person.

Sunday: Bowling for 50 cents per game. BBQ Sandwich with French Fries for \$2.55 from noon until 6 p.m.

Tuesday: Have a Ball League at 7 p.m.

Wednesday: Kids Have a Ball League at 1:30 p.m.

64th MDG wins Co-Rec title

After losing a game to the 64th Logistics Squadron earlier in Co-Recreational double-elimination softball playoffs, the 64th Medical Group won back-to-back games against the 64th LS to win the championship here

July 18.

The 64th MDG defeated the 64th LS, 17-7, in the first game. It took eight innings for the 64th MDG to snare the title. The 64th MDG won that game 13-12.

CC Trophy point standings

Division I

35th FTS	940
64th MDG	910
64th LS	750
64th CES	525
64th MSS	515

Division II

52nd FTS	1077
54th FTS	1012
64th OSS	870
64th SPS	810
64th CS/CON	445
64th SVS	425