

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

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Reese AFB, Texas

64th SPS holds last D.A.R.E. graduation

Tech. Sgt. Dave Brown
Editor

The last Drug Abuse Resistance Education graduation ceremony that Reese Air Force Base will be involved in was held at a local elementary school May 15.

Staff Sgts. L.D. Harper, Richard Holtswarth and Craig Williams, 64th Security Police Squadron, graduated more than 230 sixth graders from the D.A.R.E. program for the spring semester at Bennett Intermediate School. This brings the total to over 500 students from Bennett for the 1996-97 school year.

Judge Don McBeath, Lubbock County judge, was the graduation guest speaker.

Working with the Texas D.A.R.E. Officers' Association, the three security policemen spent countless hours teaching sixth graders to "just say no" to drugs.

A curriculum of 16 classes covered everything from understanding the effects of mind-altering drugs and building self-esteem to resisting gang and group violence. "Simply taking a stand against drugs, alcohol, tobacco and violence helps these children grow," Holtswarth said.

McBeath gave the students two points to consider. The first was a warning and the second a challenge.

"I must warn you that the next several years will be a test," he said. "Just say no! You will be tested the next few



Photo by Tech. Sgt. Dave Brown

Jonathan Bramlett, left, a sixth grader at Bennett Intermediate School, reads his winning D.A.R.E. essay to the more than 250 students, faculty and family members at the school's D.A.R.E. graduation May 15. Michelle Game, right, waits to read her essay as Staff Sgt. Richard Holtswarth, 64th Security Police Squadron and D.A.R.E. instructor, looks on.

years in junior high, high school and college. Your friends will urge you to try a few drugs. You absolutely must pass this test with a 100 percent score.

"Your values and beliefs will be tested," McBeath continued. "No matter what your friends want, you must

remember that you have certain values that you gained throughout this course that enable you to say no to them. Also, your beliefs in what can and can't happen to you will be tested as well."

(Continued on page 7)

* Special *
announcement

The 64th Medical Group announces that the immunizations clinic will have numerous vaccines reach their life expectancy on June 6, requiring them to be discarded and destroyed. All personnel are encouraged to obtain required immunizations, including the second Hepatitis A vaccination prior to that date. The clinic closes June 27.

AF leaders send Memorial Day message

by **Sheila Widnall**
Secretary of the Air Force
 and
Gen. Ronald Fogleman
Air Force Chief of Staff

WASHINGTON (AFNS) — America is the symbol of freedom and independence throughout the world; however, those blessings we hold dear come at a cost. As

the saying goes, "freedom is not free." On Memorial Day, we pause to remember those who came before us and paid the ultimate price. We acknowledge that the liberties we enjoy today came from sacrifices made by these brave men and women.

These Americans exemplify the concept of service before self. We must never forget—and always preserve—the ideals they fought and died for.

Americans have always worn the uniform proudly and will continue to do so to defend our great nation. We take pride in our fallen heroes and commit ourselves to use their inspiration to go forth to preserve, protect and defend these United States.

We must dedicate ourselves to extending their legacy, not just today but into the 21st century, as we continue our proud tradition as America's Air Force.

Newton's goal: responsible, safe summer

by **Gen. Fig Newton**
Air Education and Training Command commander

Memorial Day weekend marks the beginning of the "101 Critical Days of Summer." It is the time when many of our people will be taking time off to relax and rejuvenate their energies. I encourage all of our members to take full advantage of

the summer weather and enjoy their favorite outdoor recreational activities.

However, before our people take to our nation's roads and waterways, I want each commander, manager and supervisor to talk to their people about recreational activities—boating, flying private aircraft, water skiing, swimming and traveling—and share with them the lessons you've

learned along the way.

When one of your people is planning a trip, or any event, talk about the results of mixing alcohol with their activities. Discuss the things that kill—alcohol, fatigue, inadequate planning and poor risk decisions. Talk to them about the things that save lives—safety belts, personal flotation devices, helmets and the benefits of good risk decisions!

Our goal is for every Air Education and Training Command member to have a great summer. To achieve this, we need all members to assume responsibility for their own safety. Let's help them realize that by playing smart, using the principles of risk management, they can ensure their safety and that of their loved ones.

Have a great and safe summer!

Reese Elementary thanks Career Day participants

Reese Elementary School sends heartfelt thanks to the Reese personnel who volunteered to participate in its Career Day May 15. Reese participants were:

Lt. Col. Enrique Saa, 64th Flying Training Wing inspector general; 2nd Lts. George Matusak and Josh Strickler, 64th

Civil Engineer Squadron; Capt. (Dr.) Alan Schultz, Master Sgt. Ken Loftis, Tech. Sgt. Odette Thompson, Senior Airman Jason Levine and Dawn Hunter, 64th Medical Group; 2nd Lt. Christine Breighner and Staff Sgt. Orlando Guerrero, public affairs; Staff Sgt. L.D. Harper, Senior Airman Vibol Ross

and Airman 1st Class Richard Vangalio, 64th Security Police Squadron; Senior Airman Jay Burdick, Airman 1st Class Jacob Chaulklin, and Airman Kenneth Spruill, 64th CES fire department; and Airman 1st Class Michael Pollard, 64th Mission Support Squadron.



Printed for people
 at Reese Air Force Base

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'101 Critical Days of Summer' here

64th FTW commander: apply risk assessment

by **Col. Kodak Horton**
64th Flying Training Wing commander

Monday is Memorial Day, set aside to remember and honor our comrades-in-arms who gave their lives for our nation's freedom. It also marks the beginning of the "101 Critical Days of Summer."

The majority of Air Force members who needlessly lose their lives during the summer months do so because of poor judgement exercised by the persons involved.

To increase mishap awareness this summer, I want everyone to perform a risk assessment before accomplishing any summer-related activity.

Whether you're planning a barbecue, vacation, softball game or anything else, take five seconds and ask yourself:

- **Is what I'm about to do (or what my friend is about to do) smart?**

- **What are the risks?**

- **What are the possible outcomes?**

It only takes a moment to answer these questions, but you may prevent a serious injury or death to yourself, your loved ones or your friends.

This risk assessment must also be used by all supervisors. You need to know the plans of your troops as they head out

for vacation or PCS. Make your subordinates describe their travel plans, and then accomplish the risk assessment mentioned above.

Here is a real-life example from a recent Navy message on how this system is supposed to work:

Just two days before the ship was scheduled to get underway from the East Coast for a Med cruise, a sailor went to his division officer and said, "I'm going to drive my sister back to college in Iowa, but I'll be sure and be back onboard in time to get underway on Monday...should only take me a couple of days."

Ding! Ding! Ding! Alarms went off simultaneously in the heads of the

division officer and another officer, who was sitting nearby. Their two heads turned toward the sailor and they spoke—as with one voice—saying, "Make a new plan, Stan. We're not about to let you drive more than three thousand miles in just two days."

The disappointed youngster responded with a frown and a pout and something about "...liberty is a quasi-right." To which the supervisor replied, "So's standing the duty, Rumpole, and that's what you're going to be doing for the next couple of days."

To take care of Sis, the squadron secured a quick loan from Welfare and Rec, bought her a bus ticket, gave her a lift to the terminal, and included a

little spending money. Now she's ensconced safe and sound in her dorm room and her brother, in spite of his best efforts to the contrary, is still a full-up round.

He's still in one piece and not spread across some off-ramp in East Bygosh, W. Va., simply because two people cared enough about him and his well-being to refuse to let him do something stupid.

The risk analysis lesson is plain and simple: Supervisors—take care of your people until the day they're released to PCS.

Everyone—take care of yourselves and your family and friends!

Taking care of people is, and will continue to be, my top priority, especially during the next "101 Critical Days of Summer."



Col. Kodak Horton, 64th Flying Training Wing commander, poses with Lt. Col. Joseph Scaparra, final commander of the now inactivated 64th Operations Support Squadron here, at Scaparra's retirement ceremony May 16. After 20 years of service, "Scrap" goes on to fly for United Airlines.

Photo by Staff Sgt. Orlando Guerrero

64th LS key player in closure process

by 2nd Lt. Christine Breighner
Public affairs

So many things are easier to do with a little thing called a list. But a list is helpful only if it is followed.

Building closure is no different, and it is simple if the checklist, provided by the 64th Logistics Squadron closure flight here, is followed.

The 64th LS, with its many components, is a key closure player, assisting each base building manager in getting ready for the "pickling" or closing of their facility.

Once 64th LS, 64th Civil Engineer Squadron and the Air Force Base Conversion Agency personnel are satisfied with the closure

preparations, 64th CES pickles the building, including changing the locks.

"It is each commander's responsibility to be sure everything that has been inventoried in each building is actually there," said 1st Lt. Jeff Babinski, logistics closure flight chief. "If it's not, they need to let us know immediately."

He said a commander delegates the inventory responsibility to each building manager. "It's a duty that needs to be taken seriously. If that person leaves, a new building manager must be appointed," he said.

Preferably, the newest building manager should be a person who is scheduled to be here until the end or until their building is closed for good, said Staff Sgt. Gayle Dunlap, equipment liaison office. This also applies to

the equipment custodian, who may or may not also be the building manager, said Mary Lou Davis, equipment management.

"Each custodian must maintain their (accountable/CA/CRL) equipment list, checking stock numbers against items. If there's a discrepancy, call us—don't sit on it," Davis said. That custodian is responsible for the property list and cannot outprocess for a new duty station until their duty as custodian has been reassigned. It has held up outprocessing for individuals a few times, she said.

Since base closure was made official in September 1995, about half of the base's buildings have been closed, according to Babinski. Much of that half is the small flight line shacks. He said the number of facilities closed

accounts for 20 percent of property (things like chairs, desks, shelves, trucks, etc.). From initial inventories collected after the announcement, Babinski said there are 70,000 pieces of property—called personal property in the base closure business—worth a conservative estimate of \$35 million.

"Read the handbook," said Staff Sgt. Dwight Brown, from the hazardous materials area. "That handbook (given to each custodian) has everything the building manager needs to know about closing their facility."

"And follow the checklist," Staff Sgt. Jim Graves, closure flight, said of the list given to the building manager as their facility gets slated for pickling.

"As you work your
(Continued on page 5)



PEOPLE FIRST

AF personnel officials discuss housing allowance

Over the next few weeks Air Force personnel officials will answer many of the questions they receive about pay, benefits, promotions, assignments and other quality of life issues.

Question: Why doesn't housing allowance cover all housing costs?

Answer: Actually, Congress intended that housing allowances cover 85 percent of housing costs. For example, 65 percent should be covered by the basic allowance for quarters, 20 percent should be covered by the variable housing allowance, and 15 percent is to be paid

by the member.

So, if rent equals \$1,000, the member would pay \$150. Unfortunately, BAQ has not kept pace with the Congressional standard of 65 percent and members are now absorbing approximately 19 percent of their housing costs rather than 15 percent.

Congress has increased BAQ above normal rates the last two years to help reduce members' out-of-pocket expenses. For 1997, Congress approved a 4.6 percent increase, 2.3 percent more than would have been required by law. This gave a staff sergeant with a family an additional \$123 per year; a captain with a family received an addi-

tional \$169 per year.

In addition to the increase in BAQ, Congress also approved other changes to address housing concerns.

For example, in FY97, a housing allowance locality floor was established to help junior enlisted members who live in high-cost areas. Therefore, a senior airman at Vandenberg Air Force Base, Calif., receives an extra \$104 per month.

More information concerning housing allowances, and other quality of life issues can be found on the DP home page at <http://www.dp.hq.af.mil/DP/>. (AFNS)

Ensure 'smooth move' with these tips

by 2nd Lt. Christine Breighner
Public affairs

While some glory in displaying "FIGMO" scribbled across their Air Force Form 899, others simply get on with the task at hand: getting ready to move.

The traffic management office here plays an important role in getting people to their next duty station, but TMO needs help making each PCS move as smooth as possible.

Once orders have been received, determine the date desired for the pack and pick up of household goods. Discuss this date with spouse and family, who are also affected. When a firm date is agreed upon, take the orders to TMO

and set up an appointment for counseling. If the spouse is planning to act on the active duty member's behalf, he or she must have a power of attorney. Take the power of attorney document to TMO with the orders.

* Thirty days or more prior to moving:

- Stop by TMO to ensure desired moving dates are available. Last minute changes and desires could affect the move date and delay departure.

- Take inventory. Decide what to keep or give away, then hold a garage sale or donate items to local charities.

At a recent smooth move seminar given in the family support flight classroom, Capt. Tadia Whitner, 64th Flying Training Wing legal office, recommended videotaping all belongings,

room by room, to include electronics like televisions and VCRs actually turned on and working. Whitner also recommended that any valuables be taken personally to the next duty station, not included in the mass shipment of household goods.

- The U.S. Postal Service suggests filling out and mailing change-of-address cards 30 days prior to moving to ensure mail gets forwarded on time. Notification postcards are included in the booklet (available at all post offices). More information on mail forwarding is available on the Internet at: www.usps.gov/moversnet.

* Two weeks prior:

- Return all borrowed items, including library books, and use up or donate dry and canned goods.

* One week prior:

- Pack a survival kit, including any prescription drugs or other special items required by family members.

- Confirm all travel plans and reservations. Watch the Weather Channel for projected forecasts.

* The day before:

- Do a final walk-through.
- Get a good night's sleep.

TMO, located in Bldg. 920, room 208, will assist with any matter concerning the movement of personal property. Call TMO at 3836. Office hours are Monday through Friday from 7:30 a.m. to 4:15 p.m.

Moving is stressful. Eat well, get enough rest and exercise. After moving, stay in touch with old friends and get involved in making new ones. Talk to somebody at the new base--chances are they have moved too!



Photo by 2nd Lt. Chris Breighner

Melody Jacobs, 64th Logistics Squadron, counts money earned from the base-wide garage sale held Saturday where many PCSing families sold items no longer needed. Another sale is planned for the near future.

Building manager responsibility to follow checklist

(Continued from page 4)

building closure, if any questions come up, just call us," said James Rouse, inspections. "Help us help you have a successful, smooth building closure."

The logistics closure personnel interviewed emphasized that everything in buildings must stay where it is.

"That's been the policy since we started closure," stated Babinski. He said only the group commander can au-

thorize an item's movement within a facility, and only the wing commander is authorized to approve an item moving from one building to another.

Some other building closure reminders:

- No hazardous materials can be present (defined as anything with chemical content);

- Extra supplies can be brought to free issue, but do not bring junk. If

in doubt call ahead. "If you would have thrown something away—closure or not—then throw it away. There's nothing we can do with it," said Rouse.

- Any refrigerator or microwave must be completely cleaned out.

- Follow the checklist and read the handbook.

For other questions regarding individual facility closure, call the closure flight at 6088.

Around Reese

Simler Theater

(4888)

NOW SHOWING

Today: "The Devil's Own." Stars Harrison Ford and Brad Pitt. A New York City police officer takes a young man from Northern Ireland into his home and makes him part of the family. He doesn't know his houseguest has a hidden past and violent cause. (R) 7:30 p.m.

Saturday: "Liar, Liar." Jim Carrey is a fast-talking attorney and habitual liar. When his son makes his 5th birthday wish, it's that his dad would stop lying for 24 hours. The wish comes true—havoc ensues. (PG-13) 7:30 p.m.

Sunday: "Star Wars." On the 20th anniversary of its release, the tale of the Galactic Civil War is back with Luke Skywalker, Han Solo, Princess Leia and Darth Vader. *May the force be with you.* (PG) 6:30 p.m.

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

Caprock Cafe

(6027 - voice / 6028 - menu)

Today: Lunch-Spaghetti with Meatsauce, Baked Canned Ham, Lemon Basted Sole. Dinner-Tamale Pie, Roast Loin of Pork.

Saturday: Lunch-Country Style Steak, Baked Ham Macaroni with Tomatoes. Dinner-Spinach Lasagna, Simmered Corned Beef.

Sunday: Lunch-Beef Stew, Grilled Bratwurst, Lime Cilantro Sole. Dinner-Salisbury Steak, Mexican Baked Chicken.

Monday: Lunch-Barbecued Spare-ribs, Fried Chicken, Tarragon Beef and Noodles. Dinner-Onion-Lemon Fish, Szechwan Chicken.

Tuesday: Lunch-Swedish Meatballs, Turkey Nuggets, Chicken Enchiladas. Dinner-Yankee Pot Roast, Herbed Baked Chicken.

Wednesday: Lunch-Barbecued Diced Pork, Parmesan Fish, Roast Turkey. Dinner-Chili Macaroni, Simmered Corned Beef.

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

Menu subject to change

Bowling Center

Breakfast Specials for May

(6555)

Today: Biscuit and Sausage. Cost is \$2.15.
Monday: Pancakes and Bacon. Cost is \$2.20.

Tuesday: French Toast and Sausage. Cost is \$3.00.

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

Thursday: Two Eggs with Bacon, Hashbrowns or Grits, Toast and Jelly. Cost is \$3.20.

Lunch Specials for May

Today: Barbecue Beef on a Bun with French Fries or Onion Rings. Cost is \$2.55.

Saturday/Sunday: Cheeseburger and French Fries or Onion Rings. Cost is \$2.65.

Monday: Cheeseburger and French Fries or Onion Rings. Cost is \$2.65.

Tuesday: Chicken Sandwich with French Fries or Onion Rings. Cost is \$3.20.

Wednesday: Soft Taco with French Fries or Onion Rings. Cost is \$3.00.

Thursday: Pattie Melt with French Fries or Onion Rings. Cost is \$2.95.

Ruby's Lounge

(3156)

Lounge hours: Saturday and Sunday opens at 12 p.m., Monday through Thursday opens at 3 p.m.

Reese Club Barber Shop: Friday only, 8:30 a.m. to 1 p.m. Open to all. By appointment only. Call 6511.

Services closures and other activities

Library (Last day of business is Thursday)	
Monday-Thursday	11 a.m. - 5:30 p.m.
Sunday	12 - 5 p.m.
Friday-Saturday	Closed
Holidays	Closed
Auto Hobby Shop	
Tuesday-Friday	12 - 6 p.m.
Saturday	9 a.m. - 5 p.m.
Sunday, Monday	Closed
Holidays	Closed
Goal Days	Closed
Bowling Center	
Monday-Thursday	7 a.m. - 8 p.m.
Friday	7 a.m. - 10 p.m.
Saturday	12 - 10 p.m.
Sunday	12 - 6 p.m.
Holidays	12 - 6 p.m.
Lodging	
Sunday-Saturday	5 a.m. - midnight
(Beginning June 1)	6 a.m. - 9 p.m.
Chapel	
Protestant Services	Completed
CDC	Completed
5 p.m. Saturday Catholic Mass	May 31
9 a.m. Sunday Catholic Mass	June 22

Community notes

Commissary closed Tuesday

The commissary is closed Tuesday in observance of Memorial Day.

Family Services Center closing

All items (ironing boards, dish packs, etc.) that have been signed out from the family services center located in Bldg. 310 **must be returned** by June 4. The family support flight regrets any inconvenience this may cause.

ROCC seminar scheduled

The Reese Options Career Center offers a networking seminar June 4 from 12 to 1 p.m. Members are allowed to bring a lunch to the seminar. The seminar will be in the family support flight classroom, Bldg. 310. To sign up or for more information, call Kay Dyer at 3305.

Family support offers free tickets

The family support flight is offering **FREE** tickets to Country Fest '97 at the Texas Motor Speedway

near Fort Worth, Texas. There is a \$5 parking fee for the event. Call the family support flight, 3305, for information.

X-Rays and dental records must be picked up

The 64th Medical Group X-Ray and dental departments close on July 1. If you are retiring, separating or PCSing from June through September, please stop by and pick up your X-Rays and dental records 7:15 a.m. to 4:15 p.m., Monday through Friday. For more information call X-Ray at 3337 and Dental at 3711.

Last TAP workshop scheduled

The last Transition Assistance Program workshop is scheduled for June 17-19. If you are separating or retiring before base closure and haven't been scheduled yet or have not attended a TAP workshop, call Kay Dyer at 3305 to schedule your free workshop.

D.A.R.E. teaches children to 'Just Say No!'

(Continued from page 1)

McBeath said there are more than 800 people in the Lubbock County Jail that have been involved with drugs at one time or another, and all can say they wish they had had the training and education that has been presented to school children in the D.A.R.E. program.

In addition, he said that there are more than 70 children in the Lubbock County Youth Center involved with drugs. "They don't know or understand yet what the results are from taking drugs," the judge said. "But they will finally wake up to the fact they made a mistake and will have to overcome the consequences of their actions."

He also gave the new graduates a challenge. That challenge is to have a goal to make everything in this world better than they found it.

The D.A.R.E. program was designed to teach children different ways to say no to

drugs, alcohol and gang violence. It also teaches there are consequences for everything. And there are alternatives to all things that have a negative effect.

All three instructors echoed the same sentiments about the program. "We want to educate children on the different types of dangerous and illegal drugs that are out there," they said. "We also want to make them aware of what they do to the mind and body, both short and long term. Drugs can kill — the first time you take them."

A requirement for each child to graduate from the program is to write an essay on what they learned from the program. The officers had the responsibility of narrowing all those essays down to the top 10.

Each of the winners received gifts from the program for their efforts.

The top 10 essays then had to be narrowed down to two essays. Those essays were

D.A.R.E. Essay

I promise to say no to drugs. I promise my family, teachers and friends that I will never do drugs. And I hope that none of them do drugs either.

I promise to say no to drugs by picking good decisions, and making good decisions, and talk to the people that I can trust. I also hope that my friends and family never choose to do drugs either, and if they are ever offered to them I hope they make the right decision and that's to Just Say No!

I think that it is important to keep my promise because I don't want to break my promise to my family and friends. Another reason is you could ruin your future of growing up. You could drop out of school, and wouldn't be accepted to work. You could end up killing yourself, or spend the rest of your life in jail. You could ruin your plans for life.

You may never get a family to support you or a school like I have. I have someone to take care of me, my family and my school. I don't know about you, but I'm going to make the right decisions, Just Say No! I'm taking the right road, what about you?

Jonathan Bramlett

Jonathan Bramlett's winning D.A.R.E. essay.

Taking a Stand

"I promise to say No to Drugs." I will keep that promise to myself and friends because it is very important to me that I live a long and happy life, and being drug-free will help. It's also important to my friends that I'm drug-free because we can always have fun together, and we don't have to worry about problems like drugs getting in the way. I will keep that promise to my family and relatives too, because I know they want me to be happy, and being drug-free I will have a very good chance to be happy.

I will keep my promise by always making the right choices, and always doing what I know is the right thing. I will always try my best to keep up my grades, and being drug-free I should be able to do real good in school. I will try to choose the friends that I know will always be there for me, like the friends that wouldn't let me get hurt, by drugs or other things.

My promise is very important to keep because I don't want to ruin my future with drugs, with nothing to look forward to except bad health or worse. If I do keep my promise it could lead to a great future. Perhaps I will become a teacher, or a school principal or some other kind of professional. I think remaining drug-free will point me towards an awesome future.

Michelle Game

A winning D.A.R.E. essay from Michelle Game, a sixth grader at Bennett Intermediate School, Wolforth, Texas.

read at the graduation exercise by the students who wrote them. The winners were Jonathan Bramlett and Michelle Game.

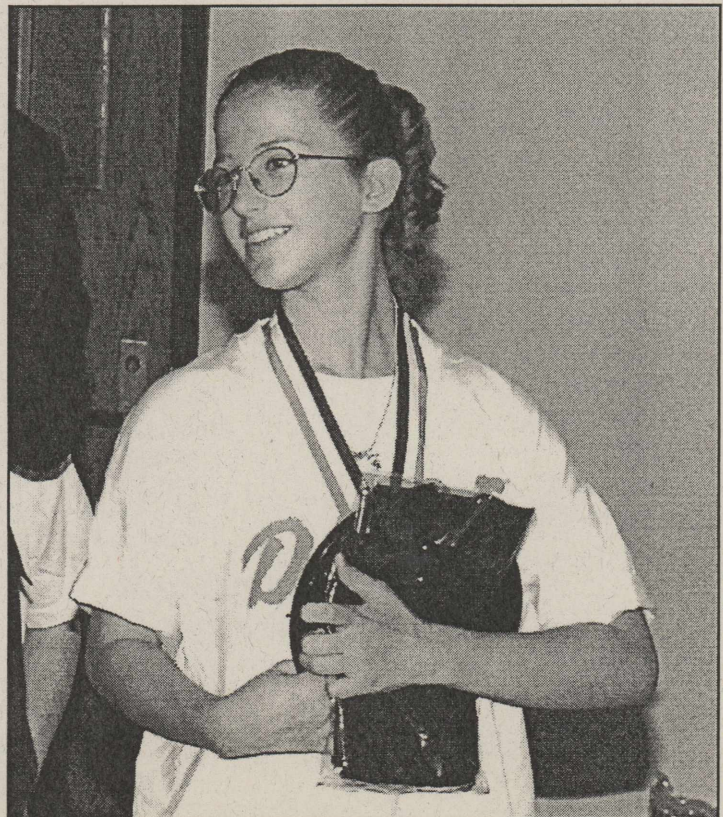


Photo by Tech. Sgt. Dave Brown

One of the top 10 essay winners shows her excitement over receiving gifts from the D.A.R.E. program

Reese Sports Day Events May 30

<u>Activity</u>	<u>Location</u>	<u>Time</u>
Bench press challenge	Fitness Center	8 a.m.
5-K Family walk/run	Car Wash	8 a.m.
3-on-3 Basketball	Fitness Center	9 a.m.
Racquetball	Fitness Center	9 a.m.
Bowling	Bowling Center	10:30 a.m.
Golf (14 teams only)	Golf Course	12 p.m.
Volleyball	Fitness Center	1 p.m.
Parent vs. Child Obstacle Course	Youth Center	3:30 p.m.
1st Sgt. vs. Commander Obstacle Course	Youth Center	3:30 p.m.
Award Ceremony	Youth Center	4 p.m.

*** The deadline to sign up for the events is Tuesday. ***

Women's Health Day set for June 6

Three out of 1,000 women will develop breast cancer. The average breast cancer takes six to eight years to grow to the size of a dime, but after that it progresses rapidly. And stress has been determined to cause a number of diseases, including strokes, migraines, asthma, hypertension, arthritis and skin disorders.

Women: learn more about "taking care of you" and living healthier at a Women's Health Day sponsored by the 64th Medical Group here June 6.

The variety-packed program is from 9 a.m. to 12 p.m. in the family support flight building. Free child care is available, but reservations for the care are required--call 6149.

"We've never had a women's health day, but this special event allows us an opportunity to put prevention into practice," said Lt. Col. Deb Hughes, 64th MDG deputy commander. "It's a day for all Reese women--active duty, civilian, family members and retirees--to learn about health and lifestyle issues directly affecting them."

"Women are the nurturers, the people pleasers. We stuff our feelings inside and resort to unhealthy ways of dealing with them, turning to things like food or alcohol," said Capt. Mary Quint, family advocacy office. "Women need to take time for themselves and actively work to reduce their stress--that's one thing we'll be talking about."

Maj. Karen Knapp, IMA and family nurse practitioner, organized Women's Health Day. Registration and blood pressure checks begin at 9 a.m. Betty Bush from Methodist Hospital will discuss breast health. Capt. Debi Carlton, health promotions, is scheduled to bring new life to healthy eating habits, focusing on low-fat, low-calorie, high-energy alternatives. She will also conduct body fat measurements.

Stretching exercises, relaxation techniques, makeup application and color typing will also be discussed.

Standings & Schedule

Intramural softball

(Current as of Wednesday)

64th LS/A	11-0	Tuesday
64th SPS	7-1	64th LS/B vs. Navy
64th MSS	7-2	Wednesday
64th CES/B	6-3	64th CES/B vs. 64th MSS
64th SVS	6-4	64th SPS vs. 64th LS/A
64th CES/A	5-5	64th SPS vs. 64th CES/A
NAVY	2-8	Thursday
64th MDG	2-7	64th SVS vs. 64th MSS
64th LS/B	1-6	64th SVS vs. 64th MDG
		64th CES/B vs. 64th MDG
		64th LS/B vs. 64th CES/A

Intramural golf

(Current as of Monday)

64th MDG	18	
64th CES/B	16	Thursday
64th CES/A	13	64th CES/A vs. 64th MDG
64th SVS	12	64th CES/B vs. 64th LS
64th LS	9	64th SPS vs. 64th MSS
64th MSS	9	
64th SPS	7	