

Fitness & Sports

April is Alcohol Awareness Month

By Staff Sgt. Michael Duhe
437 AW Public Affairs

With high TDY rates and other stressful aspects of military life, many believe alcoholism rates are higher among military members.

However, the problem of alcohol abuse in the military is no higher than in the civilian sector. According to Master Sgt. Paul Ahlberg, 437th Behavioral Sciences Flight NCO, the rate is actually equal.

"Civilian statistics show roughly one out of every ten people are alcoholics," Ahlberg explained. "We're a reflection of society - of the patients we see, about one in ten are alcoholics."

The behavioral science flight offers the Alcohol and Drug Abuse Prevention and Treatment Education Program, a three-day substance abuse awareness program. "That program is mainly for people who have had an alcohol-related incident, but, through assessment, do not have a diagnosis for alcohol abuse or dependence," Ahlberg said.

Ahlberg encourages anyone who thinks he or she has an alcohol problem to call the flight at 963-6852 and get help before an incident occurs. The flight provides services for active-duty members, but help is also available for dependents, DOD employees and retirees. Behavioral sciences offers a referral service to arrange help with off-base agencies. "Usually, there's a small co-payment that goes along with that for Tricare Prime people," Ahlberg said.

Services provided by behavioral sciences depends on an initial assessment for those who come in. In some cases, outpatient treatment programs at Wright-Patterson AFB, Ohio, are coordinated for members diagnosed with an alcohol problem.

"The Air Force is good about detecting alcohol problems among members," Ahlberg said. "Military people are in tune with alcohol problems on the job, drinking while driving and underage drinking. We tend to be more pro-active in the intervention area."

Drinking while under the influence of alcohol is one of the biggest problems the flight sees with base military members, according to Ahlberg. Last year, eight DULs on and off base were reported. By contrast, in 1985, there were 35 cases. Four cases have been reported so far this quarter.

Ahlberg encourages everyone, from commanders and supervisors on down, to take a stance against alcohol abuse. One way is to use designated driver programs offered by some units on base. "If you are going to go out and drink, have a plan," he said. "Don't make a plan after."

Supply, CES win Commander's Trophies

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The 437th Supply Squadron and the 437th Civil Engineer Squadron are winners of the 1999 Commander's Trophy in the large and small squadron categories, respectively.

Supply's list of sports titles for 1999-2000 is as follows:

- Basketball** - first place, regular season; base champions
- Bowling** - second place, regular season; base champions
- Flag Football** - fifth place, regular season
- Golf** - first place, regular season
- Softball** - first place, regular season; base championship runners-up
- Tennis** - fourth place, regular season
- Volleyball** - fourth place, regular season

In addition, the 437th Supply Squad-

ron softball team won the 1999 Supply East Coast Invitational Softball Tournament the last two years.

"What an impressive intramural season the supply squadron had," said Maj. Herbert Phillips, Jr., supply squadron commander. "As I watched the players during the games, the leadership displayed, the camaraderie, and team spirit was undeniable. Winning this trophy was a true team effort and every coach, player, and supporter should be proud of their accomplishments -- I know I am."

"Supply is always near the top of their sports, but seems to have dominated in the past few years," said Brian Jones, a member of the supply softball team. "We have multi-talented players who excel in all sports."

The 437th Civil Engineer Squadron's list of 1999 titles includes:

- Basketball** - third place, regular season
- Bowling** - fifth place, regular season
- Flag Football** - third place, regular

- season
- Golf** - third place, regular season
- Soccer** - sixth place, regular season
- Softball** - twelfth place, regular season
- Tennis** - second place, regular season

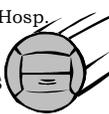
Volleyball - first place, base championship; second place, regular season
This year marks the fourth consecutive time the civil engineer squadron has won the Commander's Trophy in the small squadron category. The squadron also won in 1994 and 1992, and in 1991, they won the large squadron category.

"As far as participation in intramural sports, nobody can out-do CE," said Matthew Dibble, squadron sports representative and a player on several of the CES intramural teams. "Although we didn't place first or second all of the time, we were consistent in winning because of the participation we've had in the squadron."

Sports line

Intramural standings

| Volleyball | Racquetball |
|---------------|---------------|
| 1. 1 CTCS | 1. SFS |
| 2. CS/SVS | 2. 437 AW |
| 3. 437 AW | 3. 437 AGS 1 |
| 4. Navy Hosp. | 4. 373 TRS |
| 5. AGS | 5. CS |
| 6. SUP | 6. 1 CTCS |
| 7. 15 AS | 7. CES |
| 8. SFS | 8. APS |
| 9. 373 TRS | 9. CRS |
| 10. LGT | 10. SUP |
| 11. CES | 11. EMS |
| 12. EMS | 12. 437 AGS 2 |
| 13. Med Grp. | |



Bowling

| American League | National League |
|-----------------|-----------------|
| 1. 637 AGS 2 | 1. CES |
| 2. EMS 4 | 2. APS |
| 3. 637 AGS 3 | 3. LSS |
| 4. LGT | 4. EMS 2 |
| 5. EMS 1 | 5. 637 AGS |
| 6. APS 2 | 6. MSS |
| 7. APS 3 | 7. Comm |
| 8. SFS | 8. Det. 3 |
| 9. SVS | 9. 15 AS |
| 10. 437 OSS | 10. EMS 3 |
| 11. CTCS | 11. CRS |
| 12. APS 4 | 12. Blind Team |

Bowling championship: The intramural bowling roll-off to determine the top teams in the American and National leagues is May 1-3 at Starlifter Lanes. Competition will begin each day at 5:30 p.m. Each league will have a first and second place winner.

HAWC news: Do you know your numbers? You can still sign up at the Health and Wellness Center Monday - Thursday for a cholesterol screening on Friday.

For more information on these programs, call the HAWC at 963-4007.



Here's the throw...

Staff Sgt. Michael Duhe
Scott Bowers (left) and Rob Miller of the Supply 2 softball team warm up prior to practice at the softball fourplex. Softball season begins later this month.