

Fitness & Sports

Sports line

HAWC stress tips:
The holiday season frequently causes many people stress. The Health and Wellness Center offers the following pointers to alleviate some of that stress:

- Take a walk
- Take a bubble bath
- Call a friend
- Sit back, count to ten and take a deep breath
- Get a massage
- Visit the Relaxation Room at the HAWC

For more information about stress management, call the Behavioral Sciences Flight at 963-6852. To schedule a 15-minute vacation in the HAWC Relaxation Room, call 963-4007.

No restriction: Individuals on the Monitored Fitness Improvement Program are now allowed to utilize the base fitness center for exercising, and will no longer be restricted to exercising at the Health and Wellness Center. Those on the MFIP will carry and maintain their own MFIP cards, and after exercising will be able to have their MFIP cards documented by either the HAWC or fitness center personnel only.

Mandatory PT keeps Combat Camera strong

**Story and photo by
Capt. Tracy Velino**
437 AW Public Affairs

The command, "Two laps," kicks off the duty day three days a week for members of Charleston AFB's 1st Combat Camera Squadron.

Mandatory physical training begins at 7:15 a.m. Monday, Wednesday and Friday with two warm-up laps around the gym inside the Sports and Fitness Center.

"As soon as the two laps are done, I take my position up in the center of the

gym, and everyone lines up to form a square around the edges of the gym, facing into the center," said Staff Sgt. Justin Fairley, 1 CTCS PT monitor and aerial videographer.

Fairley leads the group for ten or 15 minutes of stretching, sit-ups and pushups before they head out to run on the 1.7-mile McCombs Way trail.

"The program prepares us for everything we have to do to meet the new Air Force fitness standards," said Fairley. The number of sit-ups and push-ups done at PT is based on the

numbers required for the youngest male age group. "So women and older men who do them all are actually exceeding the standards.

Airman 1st Class Dawn Anderson, videographer, said she's shown lots of improvement for pushups

and sit-ups since she started the program. She said she appreciates the PT program because it's an incentive to get to the gym. "I don't have to try to find time on my own during the day. To get it done during duty hours is very convenient."

The run is what Fairley calls a "free run," at the individual's own pace. One lap around the track is mandatory, and two are encouraged. If the temperature outside is under 40 or over 95 degrees, members may substitute any other aerobic activity for the run.

"Some play basketball, some do step aerobics, and the bikes, and some of the hard-core runners will bundle up and go out in the cold weather regardless," Fairley said.

Those who finish the run before 8:15 a.m. must continue to engage in some sort of PT until that time, said Fairley. "A good majority of us go until quarter 'til nine. We're always trying to get in one more game of basketball or one more lap around the track before we get show-

ered and back to the office by 9:15."

Fairley said squadron members also have the opportunity to take an extra half hour three times a week for lunch if they want to do additional PT then. "We have quite a few people who take advantage of that."

TSgt Robert Cole, NCOIC of training for the video flight, said he thinks his unit is extremely fortunate to have a program where PT is mandatory. "There aren't many places in the Air Force that allow the time to do it."

Cole said PT is crucial to the combat camera mission. "We have a lot of time in the field where we do our job, and we carry a lot of weight. If we're not in shape, it makes it hard to do our job or to document the people who are extremely in shape, like special forces or rangers. If you slow them down, they won't give you the time of day."

Fairley said he thinks the program is a morale builder. "Some people complain and gripe, but I know a good majority of the squadron realizes how lucky we are," he said.



Staff Sgt. Blaze Lipowski, photographer, does a set of sit-ups as Staff Sgt. David Underwood, photographer, holds his feet during mandatory physical training.

Week Sixteen

Name/Phone #: _____
Comments: _____

Saturday, Dec. 16

Washington @ **Pittsburgh**
Oakland @ Seattle

Sunday, Dec. 17

Atlanta @ **New Orleans**
Denver @ Kansas City
Detroit @ **New York Jets**
Green Bay @ **Minnesota**
Jacksonville @ Cincinnati
New England @ **Buffalo**
San Diego @ **Carolina**
Tennessee @ Cleveland
Chicago @ **San Francisco**
Baltimore @ Arizona
Indianapolis @ **Miami**
New York Giants @ Dallas

Monday, Dec. 18

St. Louis @ Tampa Bay

Monday night total points: _____
Swami's Monday night points: 41

Swami's picks are in bold and underlined.
Send your picks to: Swami@charleston.af.mil

Picks can also be dropped at the Public Affairs office in Bldg. 1600.

Picks must be submitted by Friday, Dec. 15, 4 p.m.

Morillo mops up week 14 action

By the Swami
Pigskin Prognosticator

It was an ugly week for just about everyone, but Debbie Morillo managed to squeak out a victory with the best tiebreaker score and her 10-5 record. It was also a record week with 92 entries submitted. The Swami is bewildered that the best record was 10-5.

There were eight people, including the Swami, with identical records of 10-5. Like the Swami said, "It was not pretty for a lot of people. The Swami doesn't know what these people are thinking. Maybe that Thanksgiving feast did not digest too well."

There are too many people who stunk it up to list this week. Let the Swami say there were 84 people who couldn't hang with the Swami. There were not many surprises, except for the Patriots, Bengals and Panthers. The Swami thinks there were some "payoffs" for those triumphs. Those are some scrubs that nobody is betting on anymore. These teams might as well pack it up for the year. Oh yeah, don't forget the "Cowgirls!" Add them to the list of losers.

One sure thing is seeing the Jets and Giants win every week. Remember the World Series—the Yankees and the Mets? Well, how about the

Jets and the Giants in the Superbowl? I know your sitting there saying The Swami is crazy, but you can't count them out. Did you see how the Giants manhandled those Redskins and the Jets bombed the Colts? Just be ready to get your Jets and Giants sweatshirts for your Superbowl parties.

While the Swami is talking about the Redskins, it was rumored he had been involved in talks to take over for the fired Norv Turner—Not true! The Swami has been given better offers and turned them down.

Speaking of the Superbowl, what has happened to last year's champs? Kurt Warner came back Sunday to post some of the worst numbers in the league. Is he feeling OK? Maybe if he spent a little more time practicing instead of filming soup commercials with his mom, the whole team would be better off.

While the Swami is talking about bad numbers, he would like to point out a number in the Cleveland and Jacksonville game. The Browns had 53 total net yards. That means for the whole game! The Swami does not dislike the Browns, but he would bet that any given brownie troop could get more than 53 total net yards against the Jags defense.

It is getting down to the final three weeks and the race for the top pigskin picker is still up in the air. Look for standings in next week's paper.

