

Fitness & Sports

Sports line

Golf tournaments: The 437th Operations Support Squadron is hosting a golf tournament Tuesday at Wrenwoods Golf Course. Shotgun start is at 8:30 a.m. The tournament is Captain's Choice. The \$15 entry fee includes an all-you-can-eat lunch and drinks afterwards. Green fees and cart is not included in the entry fee.

For more information, or to enter, call 963-3011.

The 437th Support Group is hosting its second annual golf tournament June 9 at Wrenwoods Golf Course, with a shotgun start at 1 p.m. Cost is \$15 plus green fees, which includes range balls, lunch, beverages, and a lot of door prizes. Prizes will be given for first, second and third place teams, longest drive and closest to the pin.

For more information, call 963-5495 or 963-3505

HAWC news: A tobacco cessation class begins June 13 at 1 p.m. The class is a five-week program. Classes are held every two weeks over a five-week period (three classes total). Zyban® and nicotine replacement therapy (21mg, 14mg, and 7 mg patch) will be available for anyone actively enrolled and remaining tobacco free. Contact the Health and Wellness Center at 963-4007 to sign up.

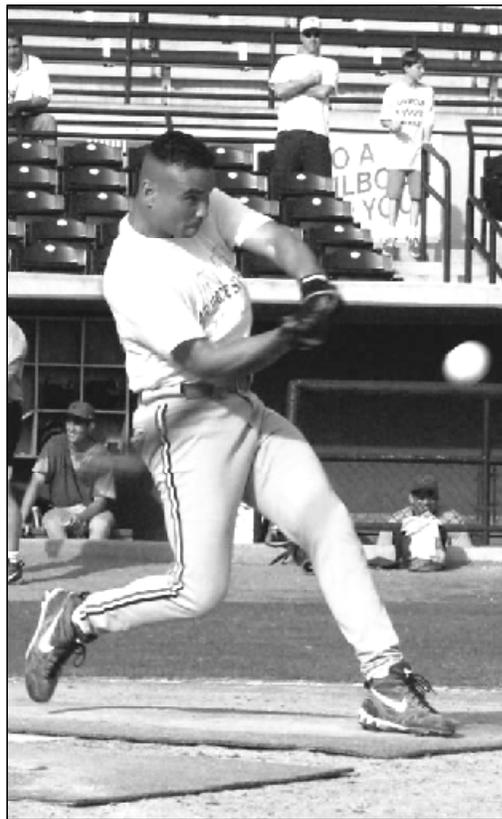
Intramural Standings

Softball

1. 437 AGS 1
2. CS/SVS
3. APS
4. MXS 1
5. Med Grp
6. CES
7. SFS
8. SUP 1
9. Flyers
10. Navy Hospital
11. 373 TRS/LSS
12. 1 CTCS
13. 437 AW
14. LGT
15. SUP 2
16. OSS
17. MXS 2
18. 437 AGS 2

Soccer

1. Med Grp/SUP
2. Flyers
3. SFS
4. 437 AGS
5. APS
6. CES
7. CS
8. EMS



Tech Sgt. Daniel Murphy

Slugfest

Roberto Caceres of 437th Supply Squadron was part of a three-man team of Charleston AFB softball players who won the Armed Forces Homerun Derby contest on May 24 at "The Joe." The Charleston Riverdogs hosted the Armed Forces game in conjunction with Armed Forces Week. Other members of the team who slugged their way to victory over Navy, Marines and Coast Guard teams were Joel Obman of the 437th Communications Squadron and Chris Yevchak of 437th Aircraft Generation Squadron. Armed Forces Night also included a three-ship C-17 flyover, a military working dog demonstration by members of the 437th Security Forces Squadron, a display put on by members of Explosive Ordnance Disposal and 437th Airlift Wing commander Col. Rusty Findley throwing out the first pitch.

Youth ball fields open with a big hit

By Tech. Sgt. Brian Jones
437AW Public Affairs

Youth baseball is in full swing and the kids from Charleston AFB have been enjoying the newest addition to Youth Programs -- a \$431,000 state-of-the-art ball complex.

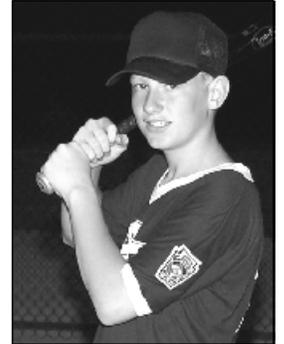
The season began just over a month ago and the fields are just what the base needed, according to Don MacArthur of Youth Programs.

"Years of planning and commitment went into the new facilities so the kids can have the best complex available with today's budget," he said. "We have a first-class facility that our patrons deserve and will get only better in time."

The fields are a first of a kind for Charleston AFB youth baseball and softball. "Before these fields, we had two other fields approximately forty years old that were in desperate shape, without the luxuries of the new complex," said Kevin Newcomb, former President of Charleston AFB Little League and a current coach.

The new complex features two fields with a concession area and bathrooms. In addition, press boxes are available for announcers and scorekeepers and store-rooms for equipment.

The fields are played on daily with the exception of Sundays. Tee-ball, coach pitch, minor and major league baseball and softball are the primary users of the fields.



Mark Henderson hit the first home run at the new complex.

The scheduling is a work of art that gets mind boggling at times, MacArthur said. On three consecutive Saturdays, seventeen games were hosted between 9 a.m.-7 p.m.

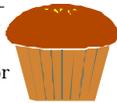
"We had an opportunity with the support of the Sports and Fitness Center to use one of the softball fields while construction was taking place over the past eighteen months," MacArthur said. "With their unwavering support, we have been able to not only keep our program moving forward but we grew by almost one hundred participants this year, and added two new age groups."

"Our programs have been growing tremendously over the last few years," he added.

MacArthur also said without the support of the men and women in our community who give of their time to help with coaching and care for the fields, they would not be where they are today.

ADA offers visual aids to help cure portion distortion

CHICAGO - Portion sizes are crucial when you're trying to eat healthfully, but are you confused by what a portion size really is? Is a muffin supposed to be the size of a 12-inch softball? Is a serving of meat supposed to be the size of an encyclopedia? How much is a serving of pasta, or ice cream?



These questions come up especially when you are eating your favorite foods, because they are most often the ones that are incorrectly

measured.

"Americans seem to suffer from portion distortion," says Boston-based registered dietitian and American Dietetic Association spokesperson Elizabeth Ward. "A portion size isn't a plate full of pasta, 32 ounces of soda, or a 10-ounce steak," she says. "People need to realize that when it comes to weight control, they can eat any food they want, as long as they control the portion and get regular physical activity, too."

Serving sizes are specific, standardized amounts of

food. They're meant as guides to help you plan and judge your own portions. With a little visual aid instruction you can figure out what a portion size actually is:

- Three ounces of meat, poultry, or fish are about the size of one deck of playing cards or the palm of a woman's hand
- A computer mouse is the size of one serving of meat, fish or poultry.
- One-half cup of cut fruit or vegetables, pasta or rice is



about the size of a small fist

- One cup of milk, yogurt or chopped fresh greens is about the size of a small hand holding a tennis ball
- One ounce of cheese is about the size of your thumb

"Remember to enjoy a variety of foods instead of eliminating any food group completely," Ward says. "Moderation is your best guide for healthy eating. By using the Food Guide Pyramid as a guide, you can enjoy your favorite foods." (Courtesy of the American Dietetic Association)