

HAWC can help with New Year's resolution

By Senior Airman Michael Duhe
437th AW Public Affairs

In deciding on a New Year's resolution, many people will turn to their health as an area that needs improvement. From kicking the tobacco habit to healthy eating, the Health and Wellness Center can help.

The HAWC will offer a number of classes open to the base populace. A five-week tobacco cessation course begins Jan. 25. Two class times will be available on Tuesdays at 1 p.m. and 5 p.m. in the fitness center classroom. Participants must attend the three classes held every other Tuesday to complete the course.

The tobacco cessation course focuses on all tobacco products, including cigarettes, chewing tobacco, cigars and pipes. It offers nicotine patches and Zyban pills to help participants cut their nicotine habit, according to Master Sgt. Bruce Brinson, NCO-in-Charge of the HAWC.

"People must attend the classes to get the medication," he said.

One of the most popular classes offered by the HAWC is known as LEARN, an acronym for "Lifestyle-Exercise-Attitude-Relationships-Nutrition." That name reflects the class's comprehensive approach to eating right and living a healthy lifestyle. Brinson said a LEARN class will kick off in January and will continue for 12-16 weeks. The instructor for the class will be Frankie Cox, a registered dietitian at the HAWC. The LEARN classes will be held on either Mondays or Wednesdays at lunchtime and last an hour.

Class members learn to read food labels, maintain a food diary, learn about the importance of exercise and recognize healthy eating habits, even for those who wish



to gain weight. In addition to classroom instruction, LEARN uses group interaction to encourage behavioral change. Classes are held in an informal setting and members discuss their experiences.

"Whatever they're looking for, the class has a combination of things," Brinson said. "Plus, being in a group setting, they feed off of each other's successes and failures. We've had people successfully go through a 12 or 16 week course, graduate, and turn around and sign up for another class. They enjoy it and that's their way of maintaining their lifestyle."

Cox also teaches three monthly general nutrition classes that deal with nutrition, diabetes and cholesterol. The classes are offered Wednesdays from 1:30 -3 p.m. To sign up for the classes, you must call Central Appointments at 963-6880. "You don't have to have any of these problems to attend the classes," Brinson explained. "You just have to have an interest in learning what general nutrition is about, understanding diabetes and understanding cholesterol. If people do a little research and learn about problems before it happens to

them, it's less likely they will occur. If you learn about what cholesterol is, how to control it and maintain it, you're less likely to have high cholesterol."

The diabetes class is set for Jan. 12. General nutrition is Jan. 19 and cholesterol is Jan. 26.

The HAWC is also a good resource for information on health and nutrition, according to Brinson. A resource room provides compact discs, cassette tapes, videos, books, and internet access for people who'd like to find out more about a particular health and wellness topic. These items are available for check out. Losing weight is one of the most common topics people come in to research. Current dietary programs is another.

"We also get a lot of people come in asking for information on working out," Brinson said. "We have some information to provide them, but we generally refer them to the fitness center to contact a personal trainer."

A cardiovascular training room is available at the HAWC and features 19 pieces of cardio workout equipment and three pieces of equipment with "virtual reality" to make for a fun workout.

Another popular feature of the HAWC is a "relaxation room" that offers a massage chair, soothing stereo music and nature sounds, adjustable lighting, a fish aquarium and a big screen TV.

Physical therapy is available at the HAWC by physician referral only. It includes limited sports injury and rehab therapy. Sports and work injury prevention consultation is available and stretching and strengthening conducted at the unit level is available by request.

HAWC hours of operation are 7:30 a.m.-5:30 p.m., Monday-Friday. To sign up for smoking cessation or LEARN classes, call the HAWC at 963-4007.

Dallas' star fading: Jets crush Cowboys

By The Swami

How about them Jets! I knew they would give the Cowboys the butt kicking they deserved.

I have a message for Larry "Loser" Linney and the rest of you Cowboy fans out there: I told you so! The "Boys" are done! Wait until they play my other New York team, the Giants, in week 17. The Giants will do what the Jets did—spank the Cowboys and send them packing for the season.

The winner of week 15 is Marshall Mantiplay with his 13-2 record. Mantiplay edged out Ken Lane and Todd Walker by having the better tiebreaker score. Mantiplay even picked the Cowboys (yuck!). There were 59 entries for week 15 and I, the Great One, beat 53 of those with my 12-3 record. As Yogi Berra once said, "its not over until the fat lady sings."

Here is the current top ten pigskin pickers (ranked by winning percentage) with only two weeks to go. Just remember that you must play at least 11 weeks to eligible for the coveted Swami Cup. The top two people must play the last two weeks. One last message for the "Woodman:" if you're scared, say you're scared. Seasons greetings!

1. Matt Mercer .689
2. Ken Lane .664
3. John Woodruff .644
4. Rick Edwards .640
5. Earl Parmenter .634

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|-----------------------|------|------------------|------|
| 6. Casey Boyer | .632 | 9. John Canter | .614 |
| 7. Marshall Mantiplay | .624 | 10. Warren Scott | .608 |
| 8. John Hearn | .623 | | |

WEEK 17

NAME _____

DUTY PHONE _____

COMMENTS _____

SUNDAY	
ARIZONA @	GREENBAY
BALTIMORE @	NEWENGLAND
CINCINNATI @	JACKSONVILLE
DETROIT @	MINNESOTA
INDIANAPOLIS @	BUFFALO
NEWORLEANS @	CAROLINA
OAKLAND @	KANSAS CITY
ST. LOUIS @	PHILADELPHIA
SEATTLE @	NY JETS
TAMPABAY @	CHICAGO
NY GIANTS @	DALLAS
TENNESSEE @	PITTSBURGH
MIAMI @	WASHINGTON
SAN DIEGO @	DENVER
MONDAY NIGHT	
SAN FRANCISCO @	ATLANTA

Sports Line

Intramural standings

Basketball		W	L
1.	SFS	5	0
2.	SUP 1	4	0
3.	FLYERS	4	0
4.	MED GP	4	0
5.	437 AGS 1	3	0
6.	SUP 2	3	2
7.	APS 1	3	2
8.	EMS	2	2
9.	Navy Hosp	1	2
10.	1 CTCS	1	3
11.	APS 2	1	3
12.	LGT	0	4
13.	LSS/CPTS	0	3
14.	437 AGS 2	0	5
15.	437 AW	0	3
16.	CES	0	3
17.	OSS	0	3

Bowling American league

1.	637 AGS 2
2.	EMS 4
3.	APS 3
4.	EMS 1
5.	SVS
6.	637 AGS 3
7.	APS 2
8.	SFS
9.	CTCS
10.	437 OSS
11.	APS 4
12.	LGT