

## Diet fads fatty issue

By Maj. Bonnie Eilat  
RD, LD, MHR, Fort Rucker Alabama  
and Lindy Kurtz  
RD, LD, 78th Medical Group

"Is there consumer backlash against diet messages?" The American Dietetic Association asked this question in a recent article.

The concern the association has is that when the media puts out conflicting, and sometimes alarming, messages about nutrition, the public might ignore the messages entirely and eat a less healthful diet.

After all, if everything is bad, what is there left to eat? One would think they might as well just eat what they want.

### Avoiding the message

In this day and age, it is reasonable to assume that most people have a good idea as to what healthy eating entails, the ADA states.

People know what it takes to lose weight and get in shape since there are many books and media reports that explain it takes discipline, commitment and sacrifice. Those people who choose not to follow the guidelines to improve their health try to find an easier way to get results.

Diets come and diets go, but the basics remain the same — to lose weight, one must take in less ener-

### "The Top Ten Foods You Should Put On Your Plate!"

- March 15 from 11:45 a.m. until 1 p.m.
- Robins Air Force Base restaurant
- Call the HAWC at 327-8480 for more information.

gy than one expends. This means one needs to eat less, move more or do both.

Weight loss cannot occur unless this scenario exists, despite what the latest diet books and pills tout, the ADA says. Eating less is not fun. Fried chicken tastes better than baked chicken.

Watching movies is easier than huffing and puffing on a treadmill. But any doctor, nutritionist or movie star that promises anyone can eat all they want, not exercise and lose weight, is delivering a false promise, the ADA says.

While most people suspect this, the diet industry still generates billions of dollars a year.

### Being fooled

Americans thought that fat-free foods were the answer to being able to eat huge quantities of food and still lose weight.

Sadly, many realized that eating 20 grams of fat per day but 5,000 calories in fat-free snacks made them heavier still. On the other hand, stuffing oneself with bacon

and eggs while avoiding carbohydrates may lead to temporary weight loss, but also to high cholesterol, kidney stones, bad breath, lack of energy and eventual weight gain.

The media touts the latest health fads, be they fish capsules for cholesterol reduction, St. John's Wort for depression, melatonin for jet lag or echinacea to prevent colds. Whether or not these supplements work, the importance of eating a balanced diet remains the same.

There is no one food supplement that will provide all the nutrients people need on a daily basis, nor will a supplement negate the effects of a poor diet.

### Take it easy

Losing weight doesn't have to be a chore. Feel free to go to a party and enjoy the goodies, but don't go overboard. When shopping, don't circle the parking lot for 20 minutes searching for the closest spot to the entrance. Park far away and take a brisk walk to the door.

Help the Robins Health and Wellness Center celebrate National Nutrition Month throughout March. Go to the base restaurant on March 15 from 11:45 a.m. until 1 p.m. for "The Top Ten Foods You Should Put On Your Plate!" Call the HAWC at 327-8480 for more information on activities during National Nutrition Month.

## Healthy people take heartbreakers to heart

By Dairlyn Brown  
HAWC Nurse Educator

What's the risk for heart attack? Ask the average American to name the risk factors for heart disease and most will answer, high cholesterol. Cholesterol gets the most attention, but it's not the only culprit. There are several factors that contribute to coronary artery disease, which can put anyone at risk for heart attack or stroke. The six factors are:

- Smoking
- High cholesterol, greater than 200; or low density lipoprotein, "bad cholesterol," level greater than 160
- Blood pressure greater than 135 over 85
- Physical inactivity, less than 30 minutes of moderate exercise or physical activity three days a week
- Type II diabetes
- Weighing more than 20 percent above the ideal body weight.

People who have two or more of the above may be at high risk for developing coronary artery disease. While no one can do anything about risk factors such as age and heredity, everyone has control over the six risk factors listed above. The Robins Air Force Base Health and Wellness Center staff and the American Heart Association encourages everyone to play the game, RSKO, to identify their risk factors to reduce their risk for heart attack and stroke.

Once a person identifies he has risk factors for CAD, it's up to him to make changes in his lifestyle. The following can help those with even one risk factor reduce their chances of CAD and stroke.

- Quit smoking. Nicotine increases heart rate and blood pressure, adding significant stress to heart and blood vessels. Quitting smoking can reduce CAD risk by 50 percent to 70 percent within five years of quitting.
- Lower cholesterol. High cholesterol promotes the buildup of plaque on artery walls, reducing blood flow. Diet and exercise are

the best lifestyle remedies, along with medication, if prescribed.

- Get up and move. Give the heart at least 30 minutes of accumulated moderate exercise five to six days per week or get 30 minutes of aerobic exercise three to four days per week.
- Reduce blood pressure. According to the American Heart Association, at least 25 percent of Americans have hypertension. If one's blood pressure is often elevated, take measures such as losing weight, smoking cessation, exercising and lowering salt intake. Take medication, if prescribed and monitor blood pressure regularly.
- Lose excess weight. Being overweight contributes to CAD since high blood cholesterol, high blood pressure and diabetes often accompany obesity. Those more than 20 percent over their ideal

weight should ask their healthcare provider to help design a diet and exercise plan for losing the weight.

- Learn to manage stress. When a person is stressed, the body reacts by raising the blood pressure, cholesterol levels and produces certain hormones that can lead to arterial wall damage.
- Be dedicated to heart health and get on a diet for the heart. Eat less saturated fat. Cut total fat intake.

Eat plenty of fruits and vegetables. Reduce sodium intake. Eat enough fiber. Watch the alcohol. Some of the most deadly factors for heart disease are correctable. By controlling the six major factors, most people can significantly lessen the odds that they'll have a heart attack. The HAWC offers a variety of Heart Healthy classes. For more information, call 327-8480.

Mark off the items you answer in order to complete "RSKO" (up, down, across, or diagonally).

| R   | I   | S  | K  | O   |
|---|---|--|--|---|
| Over 45 years of age  | Have a father or brother who had a heart attack before age 55 or a mother or sister who had one before age 65       | Get less than a total of 30 minutes of physical activity 3 days a week | Have passed menopause                        | Need medicine to control your blood sugar |
| Are African American, Puerto Rican, Cuban, Mexican American | Consume more than 1½ oz of 80 proof whiskey, 1 oz of 100 proof whiskey, 5 oz of wine or 12 oz beer on a daily basis | You have a coronary artery disease                                     | Overeat                                      | Consume too much sodium or alcohol        |
| You live or work with people who smoke                      | Blood pressure is 135/85 or higher  | Blood sugar level greater than 120                                     | Cholesterol level is greater than 200        | 20 pounds or more overweight              |
| Don't know what your blood pressure is                      | Free space for life   | Have carotid artery disease or have had a stroke                       | Don't know your total cholesterol            | Have an abnormal heartbeat                |
| Ldl (bad) cholesterol is greater than 130                   | Triglycerides are greater than 160  | Have been told that your blood pressure is too high                    | Hdl (good) cholesterol level is less than 29 | Don't know your triglyceride level        |
| Smoke chew dip tobacco products                             | You have had a heart attack   | Have had your ovaries removed  | Have diabetes                                | Free space for life                       |

If you marked any boxes, you have identified potential risk factors for heart disease or stroke. Contact the HAWC at 327-8480 to attend a HEALTHY HEART class or consult your medical provider.



U.S. Air Force photo by Rebecca Yull

Chris Virgilio, Robins Elementary School math teacher, talks with Jordan Harper, second grade, about his Math-a-thon problems while Patrick Halcome, second grade, works in his book. The students helped the school raise more than \$3,000 for St. Jude's Children's Hospital in Tennessee.

## Robins' students 'do the math' for St. Jude's

By Rebecca Yull  
rebecca.yull@robins.af.mil

Students raise funds by selling candy, putting on plays and washing cars. These funds usually go to their club or the school.

Well, the students at Robins Elementary School raised some funds in an alternate manner and gave it to charity.

The annual Math-a-thon at Robins Elementary raised \$3,123.37 for St. Jude Children's Research Hospital in Memphis, Tenn.

This is the most the school has ever raised. And there were eight students who raised nearly half that money, their collections totaling \$1,439.50.

This is the third year Chris Virgilio, math teacher, has headed up the program and the fifth year for the school. "One, it helps our math skills, and, two, it helps St. Jude," she said.

As an entire school all the students worked on the workbook that is the core of the fund raiser. "Then raising money was optional," she said.

Jordan Harper, second grade, was the big money maker, raising \$300. He, along with other students who raised more than \$35 will receive T-shirts and tickets to Six Flags theme parks.

Students who raised more than \$75, like the seven who accompanied Jordan in raising nearly half of all the money for the hospital, will also receive a duffle bag. The school will receive a paper shredder for raising more than \$3,000.

Some students raised all their money by getting pledges for each

correct problem they worked in the workbook while others received flat donations, or a combination of both. When asked if it was difficult to raise the money, the students said it was not. "Easy with a capital e," said Shawrell Bowie, second grade. "I just called my family."

Patrick Halcome, second grade, also received contributions from family. His grandfather donated \$150.

The other students who helped raise the bulk of the Robins Elementary donation to St. Jude were Rashaad Jimerson, sixth grade; Jacob Nelson, first grade; Christopher Head, third grade; Zach Billingsley, third grade; and Joseph Mazzara, kindergarten.

The workbook comes in many versions that are age-appropriate for students from kindergarten to sixth grade.

The math problems students had to do ranged from addition, to division, word problems and applied math. Of the eight who raised the most money, they said they enjoyed working addition, multiplication and division problems.

According to its Web site, St. Jude is one of the world's premier centers for research and treatment of catastrophic diseases in children, primarily pediatric cancers. Last year the hospital serviced 350 children from Georgia.

This was a service project for Robins Elementary School and Virgilio is thankful to all the people who supported the students' endeavor. "The Robins community has been extremely generous to this admirable cause and we are thankful for everyone's contributions."

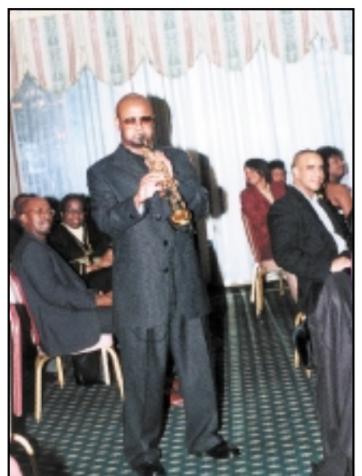
## Robins celebrates black history

The Black History Observance Committee's dinner theater was a memorable event according to those who attended on Feb. 22.

"I can sum up the show in two words, wonder full," said Beverly Hudson, Warner Robins Air Logistics Center C-5 System Program Office.

The event featured Jazz and R&B ensemble "5 Men On A Stool," who gave a performance that was thoroughly enjoyed.

"They were smooth but electrifying. I couldn't stop moving. They made me feel every song," said Lt. Col. Arizona Hollins, with the WR-ALC Support Equipment and Vehicle Title Intelligence



Courtesy photo

Antonio Allen, alto saxophone player with "5 Men On A Stool," walks through the audience as he plays during the Black History Observance Dinner Theater held on Feb. 22.

Management Directorate. "I got it and didn't want to let go. I could listen to them 24-7."

## Robins to walk with March of Dimes

### 78th Medical Group

There is a walking event that can make a difference in the nationwide fight to save babies' lives. It's March of Dimes WalkAmerica, the first and best-loved walking event in the nation, according to volunteers. On April 20, residents in the Warner Robins and Houston County area will take the walk that saves babies and raises funds to help the March of Dimes continue its 64-year mission to give premature babies a fighting chance at life.

WalkAmerica is the March of Dimes' major fund-raiser, and teams that walk play an integral role in its success. Employees of corporations and members of organizations that walk as teams make up the corporate arm of WalkAmerica. Last year, 24,000 teams participated, raising 80 percent of WalkAmerica funds that totaled more than \$88.5 million.

This event makes a difference for babies born prematurely and enhances the image and reputation of the companies involved. WalkAmerica increases a company's visibility in the community and provides added marketing opportunities among men and women of childbearing age.

Robins Air Force Base personnel are encouraged to join with the corporate community by contacting their squadron March of Dimes representative or base point of contact, Maj. Debra Fingles, at 327-7723 or Senior Airman Christy Leming at 327-7819. Another source of information is the March of Dimes Middle Georgia Division office at 743-9165 to register as an official WalkAmerica team.

## TV SCHEDULE

These shows will air on Cox Cable channel 15.

### Friday

**Robins Report:** 8 p.m. - News from around base.

**Around Robins:** 8:30 p.m. - This week's Around Robins covers the base volunteer resource program. Tech. Sgt. Vince Phillips explains the importance of stretching and its correlation with good fitness. On Wellness Discovery, Lt. Col. (Dr.) Laura Torres-Reyes discusses cold season. Tammy Nolan, Information Tickets and Travel director, talks about how base employees and family members can win a free cruise. And on Money Matters, Gene Kirkland talks about credit card debt.

**Inside Robins:** 9 p.m.

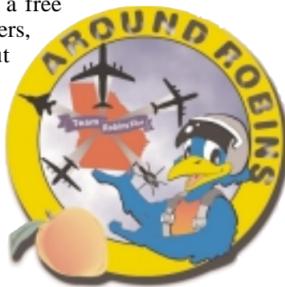
### Sunday

12:30 p.m. - **Robins Report**

1 p.m. - **Around Robins**  
1:30 p.m. - **Inside Robins**

### Monday

Noon - **Robins Report**  
1 p.m. - **Around Robins**  
1:30 p.m. - **Inside Robins**



## MOVIE SCHEDULE

### All shows begin at 7:30 p.m.

**Today — Orange County (PG-13)**  
Starring Jack Black and Colin Hanks.

A smart high school student with his heart set on going to Stanford is horrified when his guidance counselor accidentally sends the wrong transcript with his college application. He spends the rest of the film trying to prove that he is actually a good student with a terrific grade point average. (drug content, language, and sexuality)

**Saturday — Kung Pow (PG-13)**

Starring Steve Oedekerk and Leo Lee.

In Kung Pow, the chosen one is looking to avenge the death of his family at the hands of the seemingly invincible Master Pain. (comic violence, crude and sexual humor)

## CHAPEL SERVICES

**Catholic** Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.

**Catholic** CCD classes for ages 4 through adult meet every Sunday from 11 a.m. until noon — from September through May — at Robins Elementary School.

**Protestant** services take place every Sunday at: 8 a.m. inspirational; and 11 a.m. traditional.

**Protestant** religious education classes for people of all ages meet every Sunday — from September through May — from 9:30-10:30 a.m. in Bldg. 905.

**Jewish** service time is each Friday at 6:15 p.m. at the synagogue in Macon.

**Islamic** Friday Prayer (Jumuah) is each Friday at 1:30 p.m. in the chapel annex Rooms 1 and 2.

**Community fellowship** and Bible study is held at 5:30 p.m. Wednesdays for the following groups: adult mixed, adult singles, adult women, youth and elementary school children. Free dinner is served from 5:30 to 6:30 p.m. Bible study follows.

**The chapel helps with any spiritual needs that arise. For further information, call the chapel at 926-2821.**

## ROBINS BULLETIN BOARD

### Museum promotes membership

People who join the Museum of Aviation Society of Eagles membership program beginning today can receive an "American Pride" community coupon book worth more than \$2,300. People may purchase a book directly from the Museum of Aviation Foundation by calling 923-6600 or at the following locations: the Byron Welcome Center; Century 21 Williams Realty on Watson Boulevard next to City Hall; Forget Me Not Florist on Hospital Drive; Houston County Deputy Sheriff's Office; Houston County Commissioners Office; and Thompson, Davis and Associates at Corporate Point. No Federal endorsement of sponsors intended.

### OSC offers scholastic awards

Robins Officers' Spouses Club announces its annual scholastic achievement awards. Scholarships are available to high school seniors entering college in the fall and to OSC

members who are pursuing a degree. Applications are available at the Robins Air Force Base Thrift Shop, Family Support Center, Robins AFB Education Center and at the counselor's officer of area high schools. For a complete list of eligibility requirements and an application, contact Nancy Pinaud, scholarship chairperson, at 923-6526. Applications must be postmarked by March 15.

### Commissary news

The commissary will be holding a case lot sale on March 7, 8 and 9. It will be closed on March 31 in observance of Easter.

### ASMC to host MINI PDI

The Middle Georgia and Montgomery Alabama chapters of American Society of Military Comptrollers announce the ASMC Regional Mini PDI, "Paving The Road To Professionalism," on March 12 and 13, at the Crowne Plaza Hotel in Macon. The registration fee is \$75 for

ASMC members, and \$85 for non-members. Online registration closes Thursday. Those interested may also call Tom Hudgins at 327-1401 for information on how to register on line. For other registration information, contact Chief Master Sgt. Tim Cochran at 926-0363.

### AFCEA sponsors scholarship program

The Middle Georgia Chapter of the Armed Forces Communications - Electronics Association is sponsoring a scholarship program. Applications can be picked up from the Robins Air Force Base education office in Bldg. 905, Room 113, or send an e-mail to richard.fischer2@robins.af.mil and one will be e-mailed to you. All applications and supporting documentation are due at the education office today. Numerous scholarships will be awarded to E-7 or GS-9 or below who are currently seeking a technical degree. Applicants will be selected at the March AFCEA council meeting. Direct questions to Master Sgt. Richard Fischer at 926-3068.

## SERVICES ANNOUNCEMENTS

### Air Force Customer Feedback Survey

The annual customer feedback survey will be delivered randomly to individuals across the base. This survey is used to measure customer satisfaction, value for price paid, quality of services, facilities, equipment, materials and programs. This survey is easy to complete, has a self-addressed envelope and requires no postage. Customer feedback enables managers to enhance programs, improve services and make optimal use of their resources to benefit services customers. For more information on the survey, call services marketing at 926-5492.

### Outdoor Recreation

926-4001

An outdoorsman's swap meet and yard sale is slated for 8-11 a.m. on March 9 at the equipment rental center, Bldg. 986. Tables can be rented for \$5 each and should be reserved by March 8.

Sign up for a trip to Savannah for St. Patrick's Day on March 17. Cost of \$15 per person includes transportation. Register by March 13 at outdoor recreation.

### Youth Center

926-2110

Summer Camp registration forms will be accepted on March 19 and 20. Participation will be decided based on a lottery format this year. Registration forms are available at the youth center and online at [www.robins.af.mil/services](http://www.robins.af.mil/services). A registra-



tion drawing will take place March 21. Call the youth center for more information and requirements.

### Enlisted Club

926-4515

The new Press Box Restaurant in the enlisted club will host a grand opening on March 8 and 9. Members will enjoy prizes and all customers can try the new menu and atmosphere of this separate dining room. A ribbon cutting is slated for 5 p.m. on March 8 and dinner will be served 6-9 p.m. Fridays and Saturdays.

The club hosts big-screen showings of the 2002 NASCAR series with food and beverage specials Sundays at noon.

Visit the club 4 p.m. to close Sundays for smooth jazz featuring DJ John Marcus.

Today enjoy classic R&B, 5-9 p.m., and country and western from 9 p.m. to close.

An "All-Night Battle of the DJs" with a variety of hip-hop disk jockeys is slated for Saturday, beginning at 9:30 p.m.

Celebrate St. Patty's Day with green beverage specials and live entertainment by alternative rock band Dyscontent at the St. Patty's Day party at the enlisted club on March 16. This event is sponsored in part by Clear Channel station WQBZ-Q106 that will broadcast a live remote from the club 7-9 p.m. No federal endorsement of sponsor intended.

### Family Child Care

926-6741

Extended-duty childcare has extended its waiver of co-payment through April 1. This program is to be used when parents have to work beyond regularly scheduled hours or have emergency childcare needs. The program may be also used by Guard and Reserve military called to active duty and in training status. For the latter, extended-duty care may be used for a few days until permanent arrangements can be made. For more information, call Vera Kasley at family childcare.

### Smith Community Center

926-2105

"Give the World a Hand" clean-up day is slated for 9 a.m. to 5:30 p.m. on March 21. Base and community organizations will pick up trash, clean bleachers and benches, and plant flowers around the base in an effort to make Robins Air Force Base a cleaner community. All community members are encouraged to take part in this event. Individual volunteers and organizations are encouraged to call the community center for more details.

## FAMILY SUPPORT CENTER

The Robins Air Force Base Family Support Center-sponsored classes, workshops, and seminars are open to all Team Robins Plus personnel and their eligible family members. Absences from duty sections to attend FSC offerings are the responsibility of the employee to coordinate with his/her supervisor. Because room assignments are subject to change, specific room numbers will be confirmed at the time of registration.

The FSC is located on Ninth Street in Bldg. 794, across the street just before the Robins Enlisted Club. Hours are 7:30 a.m.-4:30 p.m., Monday through Friday. For additional information, or to make a reservation, please call 926-1256.

### Deployed families' night out

The center's Family Readiness Program is hosting a Deployed Families' Night Out, today, 6 p.m., base chapel annex.

To make a reservation, call Krystal Shiver or Tech. Sgt. Caroline Newell at 926-1256.

### Sponsorship training

The center's Relocation Assistance Program will offer training for both beginner and experienced sponsors Tuesday, 9-11 a.m., in Bldg. 905, Room 123. Advance registration is required.

### Federal job class

Federal employment uses a different hiring system than the civilian sector. The "How to Apply for a Federal Job" workshop helps to increase hiring possibility by educating personnel about the variety of Federal jobs, the qualifications and the classification process, and the steps involved in applying for these jobs.

The next federal jobs class is, Wednesday, 9-11 a.m., in Bldg. 905. Advanced registration is required.

### Base and community tour

The center is sponsoring a base and community tour for all Team Robins Plus members and their eligible family members on March 13, 8:30 a.m. to 4:30 p.m., starting at the center.

To make reservations, call 926-1256.

### Single parents group

The monthly Single Parents Networking Group will be on March 13, 11:30 a.m. to 1 p.m., base chapel annex.

This monthly lunch meeting is an opportunity for military single parents to network and form a support base. Advanced reservations are not required. Lunch is provided.

## Frequently asked questions

**Where on base should I go to get care for my pets?**



The veterinary clinic provides limited services for animals such as various vaccinations and diagnostic services.

Animals are seen by appointment only. For more information, go to <http://www.robins.af.mil/services/usarmyvet.htm>.

### Smooth move

The next Smooth Move workshop is on March 14, 8-11 a.m., in Bldg. 905, Room 123.

This program is designed for Air Force members on the move. It is three hours of information on how to get from here to there with the least amount of hassle, frustration and stress.

### Resume, cover letter workshop

Reservations are being accepted for a resume and cover letter workshop on March 14, 9-11 a.m., Bldg. 905.

This class is designed to help the beginner get started and provide the more advanced participant the opportunity to improve their product.

### Volunteer excellence award

For federal civilians, military retirees, federal civilian retirees, and family members to be eligible, an individual's service must be performed either in the local civilian community, or the military family community, and be of a sustained and direct nature.

The volunteer service must be significant in character, produce tangible results and reflect favorably on the United States Air Force. To be awarded a VEA, eligible persons must be nominated by their supervisor or by the voluntary agency for which they donated their service, in the form of a memorandum.

Nominations will be one page, front only. Nominators should be specific when giving the time frame of the accomplishments. Questions may be directed to Diane Thielemann at 926-1256. Active duty military members are not eligible to be nominated for this award

## INTRAMURAL GAMES

### Intramural games this week

| Date    | Time   | Home     | Visitor  |
|---------|--------|----------|----------|
| March 5 | 6 p.m. | 93 ACW   | 5 CCG    |
| March 5 | 7 p.m. | 653 CLSS | 116 MXS  |
| March 5 | 8 p.m. | J-STARS  | 78 SFS   |
| March 5 | 9 p.m. | 78 CEG   | 19 ARG   |
| March 7 | 6 p.m. | 78 MSS   | 78 MXS   |
| March 7 | 7 p.m. | OUTLAWS  | 5 CCG    |
| March 7 | 8 p.m. | WR-ALC   | 115 MXS  |
| March 7 | 9 p.m. | 93 ACW   | 653 CLSS |

### Over 30 games this week

| Date    | Time   | Home     | Visitor  |
|---------|--------|----------|----------|
| March 4 | 6 p.m. | 19 ARG   | 78 LG    |
| March 4 | 7 p.m. | 78 MSS   | 78 CEG   |
| March 4 | 8 p.m. | RNCOA    | 78 MDG   |
| March 4 | 9 p.m. | 653 CLSS | 78 CS    |
| March 6 | 6 p.m. | 78 MSS   | RNCOA    |
| March 6 | 7 p.m. | 78 CEG   | 19 ARG   |
| March 6 | 8 p.m. | 78 OSS   | 5TH MOBB |
| March 6 | 9 p.m. | 78 MDG   | 78 CEG   |

### Intramural League Standings

As of Feb. 25

| Team     | Wins | Loss | Tie | PCT   | GB  | Gave up | Points |
|----------|------|------|-----|-------|-----|---------|--------|
| 5 CCG    | 7    | 0    | 0   | 1.000 | —   | 250     | 310    |
| 653 CLSS | 5    | 2    | 0   | .714  | 2   | 312     | 343    |
| 78 MSS   | 5    | 2    | 0   | .714  | 2   | 218     | 244    |
| 8 SFS    | 7    | 3    | 0   | .700  | 1.5 | 383     | 442    |
| OUTLAWS  | 6    | 3    | 0   | .667  | 2   | 372     | 477    |
| 8 CEG    | 6    | 3    | 0   | .667  | 2   | 338     | 418    |
| J-STARS  | 6    | 3    | 0   | .667  | 2   | 382     | 427    |
| WR-ALC   | 4    | 4    | 0   | .667  | 2   | 382     | 427    |
| 93 ACW   | 2    | 5    | 0   | .286  | 5   | 249     | 251    |
| 116 MXS  | 1    | 6    | 0   | .143  | 6   | 351     | 240    |
| 93 MXS   | 1    | 6    | 0   | .143  | 6   | 331     | 212    |
| 19 ARG   | 1    | 7    | 0   | .125  | 6.5 | 427     | 333    |
| 78 CS    | 0    | 7    | 0   | .000  | 7   | 360     | 299    |

### Over 30 League Standings

As of Feb. 12

| Team                 | Wins | Loss | Tie | PCT   | GB  | Gave up | Points |
|----------------------|------|------|-----|-------|-----|---------|--------|
| 78 MSS               | 7    | 0    | 0   | 1.000 | —   | 354     | 539    |
| 78 CEG               | 3    | 1    | 0   | .750  | 2.5 | 175     | 205    |
| 5 <sup>th</sup> MOBB | 4    | 2    | 0   | .667  | 2.5 | 191     | 239    |
| 78 SFS               | 3    | 2    | 0   | .600  | 2.5 | 200     | 214    |
| 653 CLSS             | 4    | 3    | 0   | .571  | 3   | 302     | 304    |
| 78 OSS               | 3    | 3    | 0   | .500  | 3.5 | 283     | 172    |
| RNCOA                | 3    | 3    | 0   | .500  | 3.5 | 183     | 242    |
| HQ AFRC              | 3    | 4    | 0   | .429  | 4   | 375     | 342    |
| 78 LG                | 2    | 3    | 0   | .400  | 4   | 245     | 224    |
| 19 ARG               | 2    | 4    | 0   | .333  | 4.5 | 261     | 182    |
| 78 CS                | 1    | 5    | 0   | .167  | 5.5 | 240     | 182    |
| 78 MDG               | 0    | 5    | 0   | .000  | 6   | 252     | 214    |

## SPORTS BRIEFS

### Fitness Center

926-2128

A St. Patrick's Day 5K will be held on March 16 at 9 a.m.



Sign up for the inaugural indoor soccer tournament March 23 and 24 at the fitness center. Teams and individuals should call the fitness center to register by March 18.



Pick-up soccer games and varsity soccer tryouts will be held at the football field across from the fitness center 5:30-7 p.m. Thursday.

The varsity team is open to male and female active duty. Pick-up games at the beginning of practice are open to military and civilians. For more information, call Maj. Michael Gaspar at 327-5353.

## Diet fads fatty issue

By Maj. Bonnie Eilat  
RD, LD, MHR, Fort Rucker Alabama  
and Lindy Kurtz  
RD, LD, 78th Medical Group

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### Avoiding the message

In this day and age, it is reasonable to assume that most people have a good idea as to what healthy eating entails, the ADA states.

People know what it takes to lose weight and get in shape since there are many books and media reports that explain it takes discipline, commitment and sacrifice. Those people who choose not to follow the guidelines to improve their health try to find an easier way to get results.

Diets come and diets go, but the basics remain the same — to lose weight, one must take in less ener-

### "The Top Ten Foods You Should Put On Your Plate!"

- March 15 from 11:45 a.m. until 1 p.m.
- Robins Air Force Base restaurant
- Call the HAWC at 327-8480 for more information.

gy than one expends. This means one needs to eat less, move more or do both.

Weight loss cannot occur unless this scenario exists, despite what the latest diet books and pills tout, the ADA says. Eating less is not fun. Fried chicken tastes better than baked chicken.

Watching movies is easier than huffing and puffing on a treadmill. But any doctor, nutritionist or movie star that promises anyone can eat all they want, not exercise and lose weight, is delivering a false promise, the ADA says.

While most people suspect this, the diet industry still generates billions of dollars a year.

### Being fooled

Americans thought that fat-free foods were the answer to being able to eat huge quantities of food and still lose weight.

Sadly, many realized that eating 20 grams of fat per day but 5,000 calories in fat-free snacks made them heavier still. On the other hand, stuffing oneself with bacon

and eggs while avoiding carbohydrates may lead to temporary weight loss, but also to high cholesterol, kidney stones, bad breath, lack of energy and eventual weight gain.

The media touts the latest health fads, be they fish capsules for cholesterol reduction, St. John's Wort for depression, melatonin for jet lag or echinacea to prevent colds. Whether or not these supplements work, the importance of eating a balanced diet remains the same.

There is no one food supplement that will provide all the nutrients people need on a daily basis, nor will a supplement negate the effects of a poor diet.

### Take it easy

Losing weight doesn't have to be a chore. Feel free to go to a party and enjoy the goodies, but don't go overboard. When shopping, don't circle the parking lot for 20 minutes searching for the closest spot to the entrance. Park far away and take a brisk walk to the door.

Help the Robins Health and Wellness Center celebrate National Nutrition Month throughout March. Go to the base restaurant on March 15 from 11:45 a.m. until 1 p.m. for "The Top Ten Foods You Should Put On Your Plate!" Call the HAWC at 327-8480 for more information on activities during National Nutrition Month.

## Healthy people take heartbreakers to heart

By Dairlyn Brown  
HAWC Nurse Educator

What's the risk for heart attack? Ask the average American to name the risk factors for heart disease and most will answer, high cholesterol. Cholesterol gets the most attention, but it's not the only culprit. There are several factors that contribute to coronary artery disease, which can put anyone at risk for heart attack or stroke. The six factors are:

- Smoking
- High cholesterol, greater than 200; or low density lipoprotein, "bad cholesterol," level greater than 160
- Blood pressure greater than 135 over 85
- Physical inactivity, less than 30 minutes of moderate exercise or physical activity three days a week
- Type II diabetes
- Weighing more than 20 percent above the ideal body weight.

People who have two or more of the above may be at high risk for developing coronary artery disease. While no one can do anything about risk factors such as age and heredity, everyone has control over the six risk factors listed above. The Robins Air Force Base Health and Wellness Center staff and the American Heart Association encourages everyone to play the game, RSKO, to identify their risk factors to reduce their risk for heart attack and stroke.

Once a person identifies he has risk factors for CAD, it's up to him to make changes in his lifestyle. The following can help those with even one risk factor reduce their chances of CAD and stroke.

- Quit smoking. Nicotine increases heart rate and blood pressure, adding significant stress to heart and blood vessels. Quitting smoking can reduce CAD risk by 50 percent to 70 percent within five years of quitting.
- Lower cholesterol. High cholesterol promotes the buildup of plaque on artery walls, reducing blood flow. Diet and exercise are

the best lifestyle remedies, along with medication, if prescribed.

- Get up and move. Give the heart at least 30 minutes of accumulated moderate exercise five to six days per week or get 30 minutes of aerobic exercise three to four days per week.
- Reduce blood pressure. According to the American Heart Association, at least 25 percent of Americans have hypertension. If one's blood pressure is often elevated, take measures such as losing weight, smoking cessation, exercising and lowering salt intake. Take medication, if prescribed and monitor blood pressure regularly.
- Lose excess weight. Being overweight contributes to CAD since high blood cholesterol, high blood pressure and diabetes often accompany obesity. Those more than 20 percent over their ideal

weight should ask their healthcare provider to help design a diet and exercise plan for losing the weight.

- Learn to manage stress. When a person is stressed, the body reacts by raising the blood pressure, cholesterol levels and produces certain hormones that can lead to arterial wall damage.
- Be dedicated to heart health and get on a diet for the heart. Eat less saturated fat. Cut total fat intake.

Eat plenty of fruits and vegetables. Reduce sodium intake. Eat enough fiber. Watch the alcohol. Some of the most deadly factors for heart disease are correctable. By controlling the six major factors, most people can significantly lessen the odds that they'll have a heart attack. The HAWC offers a variety of Heart Healthy classes. For more information, call 327-8480.

Mark off the items you answer in order to complete "RSKO" (up, down, across, or diagonally).

| R   | I   | S  | K  | O   |
|---|---|--|--|---|
| Over 45 years of age  | Have a father or brother who had a heart attack before age 55 or a mother or sister who had one before age 65       | Get less than a total of 30 minutes of physical activity 3 days a week | Have passed menopause                        | Need medicine to control your blood sugar |
| Are African American, Puerto Rican, Cuban, Mexican American | Consume more than 1½ oz of 80 proof whiskey, 1 oz of 100 proof whiskey, 5 oz of wine or 12 oz beer on a daily basis | You have a coronary artery disease                                     | Overeat                                      | Consume too much sodium or alcohol        |
| You live or work with people who smoke                      | Blood pressure is 135/85 or higher  | Blood sugar level greater than 120                                     | Cholesterol level is greater than 200        | 20 pounds or more overweight              |
| Don't know what your blood pressure is                      | Free space for life   | Have carotid artery disease or have had a stroke                       | Don't know your total cholesterol            | Have an abnormal heartbeat                |
| Ldl (bad) cholesterol is greater than 130                   | Triglycerides are greater than 160  | Have been told that your blood pressure is too high                    | Hdl (good) cholesterol level is less than 29 | Don't know your triglyceride level        |
| Smoke chew dip tobacco products                             | You have had a heart attack   | Have had your ovaries removed  | Have diabetes                                | Free space for life                       |

If you marked any boxes, you have identified potential risk factors for heart disease or stroke. Contact the HAWC at 327-8480 to attend a HEALTHY HEART class or consult your medical provider.



U.S. Air Force photo by Rebecca Yull

Chris Virgilio, Robins Elementary School math teacher, talks with Jordan Harper, second grade, about his Math-a-thon problems while Patrick Halcome, second grade, works in his book. The students helped the school raise more than \$3,000 for St. Jude's Children's Hospital in Tennessee.

## Robins' students 'do the math' for St. Jude's

By Rebecca Yull  
rebecca.yull@robins.af.mil

Students raise funds by selling candy, putting on plays and washing cars. These funds usually go to their club or the school.

Well, the students at Robins Elementary School raised some funds in an alternate manner and gave it to charity.

The annual Math-a-thon at Robins Elementary raised \$3,123.37 for St. Jude Children's Research Hospital in Memphis, Tenn.

This is the most the school has ever raised. And there were eight students who raised nearly half that money, their collections totaling \$1,439.50.

This is the third year Chris Virgilio, math teacher, has headed up the program and the fifth year for the school. "One, it helps our math skills, and, two, it helps St. Jude," she said.

As an entire school all the students worked on the workbook that is the core of the fund raiser. "Then raising money was optional," she said.

Jordan Harper, second grade, was the big money maker, raising \$300. He, along with other students who raised more than \$35 will receive T-shirts and tickets to Six Flags theme parks.

Students who raised more than \$75, like the seven who accompanied Jordan in raising nearly half of all the money for the hospital, will also receive a duffle bag. The school will receive a paper shredder for raising more than \$3,000.

Some students raised all their money by getting pledges for each

correct problem they worked in the workbook while others received flat donations, or a combination of both. When asked if it was difficult to raise the money, the students said it was not. "Easy with a capital e," said Shawrell Bowie, second grade. "I just called my family."

Patrick Halcome, second grade, also received contributions from family. His grandfather donated \$150.

The other students who helped raise the bulk of the Robins Elementary donation to St. Jude were Rashaad Jimerson, sixth grade; Jacob Nelson, first grade; Christopher Head, third grade; Zach Billingsley, third grade; and Joseph Mazzara, kindergarten.

The workbook comes in many versions that are age-appropriate for students from kindergarten to sixth grade.

The math problems students had to do ranged from addition, to division, word problems and applied math. Of the eight who raised the most money, they said they enjoyed working addition, multiplication and division problems.

According to its Web site, St. Jude is one of the world's premier centers for research and treatment of catastrophic diseases in children, primarily pediatric cancers. Last year the hospital serviced 350 children from Georgia.

This was a service project for Robins Elementary School and Virgilio is thankful to all the people who supported the students' endeavor. "The Robins community has been extremely generous to this admirable cause and we are thankful for everyone's contributions."

## Robins celebrates black history

The Black History Observance Committee's dinner theater was a memorable event according to those who attended on Feb. 22.

"I can sum up the show in two words, wonder full," said Beverly Hudson, Warner Robins Air Logistics Center C-5 System Program Office.

The event featured Jazz and R&B ensemble "5 Men On A Stool," who gave a performance that was thoroughly enjoyed.

"They were smooth but electrifying. I couldn't stop moving. They made me feel every song," said Lt. Col. Arizona Hollins, with the WR-ALC Support Equipment and Vehicle Title Intelligence



Courtesy photo

Antonio Allen, alto saxophone player with "5 Men On A Stool," walks through the audience as he plays during the Black History Observance Dinner Theater held on Feb. 22.

Management Directorate. "I got it and didn't want to let go. I could listen to them 24-7."