

# TAILWIND

TRAVIS AFB, CALIF.

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## Main Gate closure

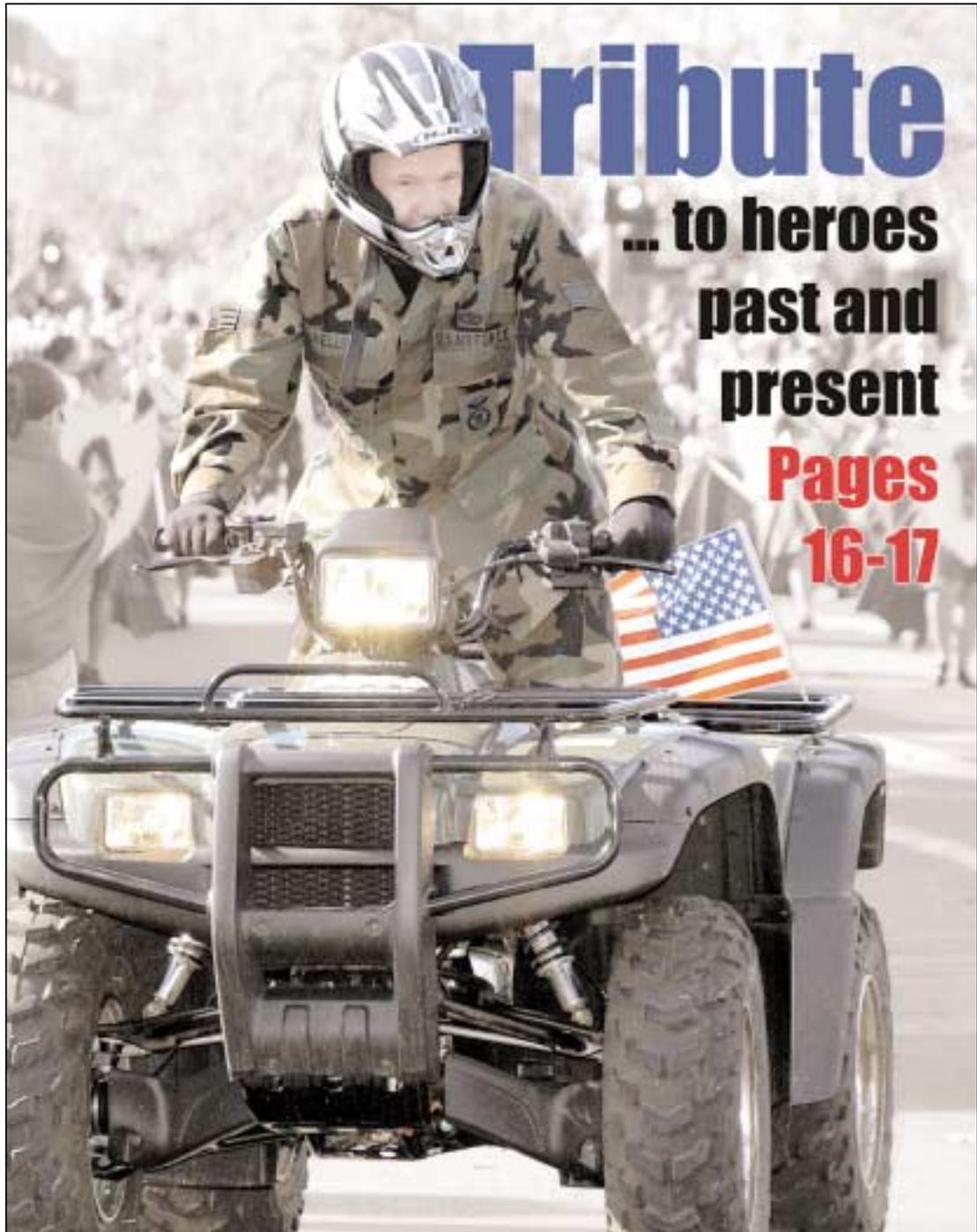
» From **Wednesday through Dec. 4**, the Main Gate will be closed to all inbound traffic from 8 a.m. to 5 p.m. From 5 p.m. to 8 a.m., two inbound lanes will be open.

» From **Dec. 5-13**, one inbound lane will be open at all times.

### » Today through

**Tuesday**, one inbound lane will be open from 8 a.m. to 5 p.m., and two inbound lanes will be open from 5 p.m. to 8 a.m.

During the closure, all traffic will be diverted to the David Grant Medical Center gate. People are reminded to look to the Tailwind for current information.



# The Sea Otter's song

Former Navy SEAL honors  
Native American heritage with storytelling

By Linda C. Mann-Iames  
60th Services Squadron

Every culture has its legends passed down from generation to generation ... stories that teach morals and explain the mysteries of the universe in an entertaining medium even children can understand.

Native American storyteller Steve "Sea Otter" Nash shared a few Seminole stories with Travis children at the Mitchell Memorial Library on Tuesday.

Through music, song, and stories, Sea Otter told the children

gathered around him about the Seminole people and their traditions and customs. He taught the children that Seminole women ruled the villages and that the Seminole people believed animals and people lived and spoke together a long time ago. He also taught them a few words in the Seminole language.

For over an hour, Sea Otter kept children and adults entertained with music, sound effects, and active motions. He related the legends of how the rabbit taught the people to lie, and how Shy Owl gave the people the gift of music.

"My grandmother told me the stories over and over," said Sea Otter. "When you are given a story, you are required to pass it on."

Although Sea Otter has been a storyteller since he was very young in Florida, he has done other significant things in his life, including serving as a Navy S.E.A.L. in an underwater demolition team. He retired as a chief petty officer after 22 years in the Navy.

The Native American Story Hour, co-hosted by



Photos by Linda Mann-Iames/60th Services Squadron

Native American storyteller Steve "Sea Otter" Nash shares a Seminole story with Travis children at the Mitchell Memorial Library Tuesday.

the Travis Native American Heritage Committee, was just one of the special programs the library has scheduled for entire families.

On Nov. 21 from 6 to 7 p.m. the committee will host a Family Story Hour with stories and crafts focused on the family. Each Tuesday in November, preschool to 2nd grade children are invited to hear Thanksgiving stories and make holiday projects from 9:30 to 10:15 a.m.

"We want to expand our programming to reach adults and teens. We have scheduled the Native American Heritage Month and the Military Family Week Month events for evenings so more adults and teens can attend," said Susan Gilroy, base librarian.

The Christmas Holiday celebration, with Mr. Jelly Belly, Sparky the Fire Dog and other special guests and entertainment will be held at the base theater on Dec. 18 from 4 to 6 p.m.

## Upcoming Events

► **Saturday** — a Native American Heritage Crafts Day will be held from 9 a.m. to 5 p.m. in the grassy area adjacent to the Family Support Center. In case of rain, the fair will be held in Building P-14 on Hangar Avenue.

► **Nov. 22** — Native American Heritage dance and storytelling at the Youth Center at 3:30 p.m.

For more information concerning Native American Heritage events, call Senior Master Sgt. Michelle Charleville at 424-3895.

To become a volunteer reader at any Story Time event, call the library at 424-3279.

## History section debuts on Air Force Link

By 1st Lt. Robert J. Krause  
Air Force Print News

SAN ANTONIO — Air Force Link, the official Web site of the U.S. Air Force, launched a new history and heritage section Nov. 8 to coincide with Veterans Day and the upcoming 100th anniversary of powered flight.

The new section documents the achievements of airpower, starting from the early days of wooden-wing aircraft to modern air and space vehicles. It also chronicles the unique accomplishments of many Air Force leaders, past and present, and contains photos and other historic information.

The information contained in the new section was

compiled from inputs by Air University, the Air Force Museum and the Air Force history support office. It was developed by the Air Force News Service here.

Each week new features and photos will be added to the site.

"This will be a great place for the general public or military member to quickly access Air Force historical information," said Master Sgt. Jim Greeley, AFNS chief of news technology. "This is a great start for a unique Web page we hope will grow and get even better."

The history site will also target future Air Force leaders by including a weekly quiz designed to educate future airmen.

"We designed the quiz to support Air Force ROTC



[www.af.mil/history](http://www.af.mil/history)

and Junior ROTC education curricula," said Mr. Bob Jensen, director of news operations at AFNS. "It's also a way to reach other people who want to know about the Air Force."

NEWS NOTES

**Flu Immunizations**

Family members and retirees can receive their flu shots from 8 a.m. to 4 p.m. Monday and Nov. 25 at the base theater.

**NCO induction**

The Travis Noncommissioned Officer Induction Ceremony is Nov. 27 at 8 a.m. at the Travis Conference Center. The ceremony recognizes individuals who have joined the NCO corps through promotion to staff sergeant during October through December 2002.

For more information, contact Master Sgt. Debra Capps at 424-7801 or Master Sgt. Mark Stevenson at 424-5151.

**Travis holiday events**

The annual base Christmas tree and Menorah lighting ceremony is Dec. 9 at 5 p.m. at the corner of Travis Avenue and Ragsdale Street. The U.S. Air Force Band of the Golden West will perform, and there will be a special visit from Santa.



**Adopt an Airman**

This Thanksgiving, many Travis people, including single airmen and officers, and spouses of deployed personnel, will be eating Thanksgiving Dinner alone.

Chapel officials would like base families to consider inviting someone to their home for the holidays, including Thanksgiving, Chanukah, Christmas, and more.

Those interested in inviting someone to their home for the holidays can contact the chapel at 424-3217.

**Love letters needed**

People magazine is looking to publish love letters from Air Force people deployed in support of Operation Enduring Freedom. Letters can either be in e-mail format or paper copies.

To submit a letter, contact Tech. Sgt. Jim Verchio, 60th Air Mobility Wing Public Affairs Office, at 424-5099.

# Travis artists compete at AMC

By Linda Mann-Iames  
60th Services Squadron

Local youth and adults showcased their artistic talents last month at the 2002 Travis Photo and Craftsman Contest (See the results on Page 22).

The next level for the base winners is Air Mobility Command.

"We had a much better turn out than we had expected," said contest organizer Caroline Ouzts Hay. "There were about 100 entries in various categories with contestants ranging from Kindergarten to seniors. We were amazed at the amount of talent right here in our own backyard."

The competition was held Oct. 31 in the Dedallion Room at the Travis Conference Center. Friends, family and art lovers were invited to view the entries. There were four categories for both adult and youth artists, including fine art, textile art, industrial art, and multicrafts/pattern art.

First- and second-place winners at the base level in both the Photography and Artist-Craftsman contests received a framed certificate, a 60th Services Squadron gift certificate, and will compete at the AMC contest later this month.

The judges, all experienced artists, craftsman and photographers, evaluated the entries according to technique, originality, composition, and contest guidelines.

"Judging the artwork was much more difficult than I expected," said 60th SVS Marketing director and adult photography judge, Stephen Pierce. "The quality



Linda Mann-Iames/60th Services Squadron

Lynn Larsen — who won five awards in the photography and fine art categories — display several of her entries.

of entries forced me to really look at the subtle differences to decide winners."

The big winner of the competition was Lynn Larsen, who won five awards in the photography and fine art categories.

"My favorite photograph is the monochrome portrait, 'The Best Man,'" said Larsen. "I like this one the best because it wasn't posed. I actually took it during a pagan wedding ceremony. The best man was standing in front of the flower arch and just had a thoughtful look on his face. I couldn't resist."

The photograph that caused the most discussion was Larsen's entry in the

color nature category. Pictured is a woman dressed as a wildcat hiding among the bushes. The big question was: what was the model wearing?

"The wildcat is actually a photograph of a body painting I did for a local model," said Larsen. "The whole purpose of the photograph was to blend my painting with the environment to make people question what they think they see her wearing."

Larsen has been a photographer for 20 years, getting her start in high school when her dad set up the bathroom as a darkroom. She said she loves photography and has been a hobby artist all her life.

She shares her love of photography and teaches techniques to students at Center and Golden West schools and is the advisor for the Youth Center's Photo Club.

"Photography is a wonderful way to express how you see the world to others. If you think of each picture you take, as you take it, as a work of art and not just a snapshot, you will begin to see the art in the camera before you snap the picture," explained Larsen.

She enters competitions to share her art with others and to learn how to be a better artist.

"When I enter photographs for the fair or other public competitions, I like to listen to what people are saying about my pictures," Larsen said. "There is no better way to know what I did right or wrong, than to honestly hear what a stranger thinks of my work."

## Craftsman and Photo Contest winners

**Adult Fine Art**

**1st place**

Maria Del Pilar Garcia  
"Don Quijote and Sancho Panza"

**2nd place**

Lynn E. Larsen  
"Rose Fairy"

**Honorable Mentions**

Maria Del Pilar Garcia  
"Tranquility"  
"Wild Horse"

Jeni A. Wolbers

"Mastiff"  
"Tisha"

Michael J. Karaffa  
"Little Friend and A Cripple"

Brandon K. Chappell  
"The King"

Kathleen E. Sweeney  
"A Study"

Martin A. Rodriguez  
"Blue"

**Adult Textile Art**

**1st place**

Emma Beasley  
"Stars & Stripes"

**Adult Multicrafts/  
Pattern Art**

**1st place**

Joane Reagan  
"Cracker Basket"

**2nd place**

Frederick Martin  
"Home Sweet Home"

**Youth Fine Art**

**1st place**

Shannon Reagan  
"Red XIII"

**2nd place**

Marvick Garcia  
"In My Hands"

**Honorable Mentions**

Marvick Garcia  
"Lord of the Flies"

Heather Franzen  
"American Eagle"

Carline E. Miller  
"Backyard buddies"

Michael Garcia  
"Water Lillie's"

**Youth Textile Art**

**1st place**

Shannon Reagan  
"Rose in Water"

**Youth Multicrafts/  
Pattern Art**

**1st place**

Heather L. Martin  
"Smiling sun"

**2nd place**

Michael Garcia  
"Clay Mask"

**Honorable Mentions**

Heather L. Martin  
"Origami Creatures"

Heidi and Heather Martin  
"Candyland Cottage"

**Adult Photo  
Digital Photo's nature**

**1st place**

Theodore Zetah  
"Balance Rock at sunrise"

**2nd place**

Mary Kustin  
"The Three Watchmen"

**Adult Photo Digital  
Computer Enhancement**

**1st place**

Mary Kustin

"The Bride"

**Adult Photo Digital People**

**1st place**

Nancy Perkins  
"A Day at the Beach"

**2nd place**

John Howard  
"Dreams"

**Adult Photo  
Digital Military Life**

**1st place**

John Howard  
"KC - 10 at the Jetway"

**Adult Photo Color Prints  
Nature**

**1st place**

Lynn Larsen  
"Natural Habitat"

**2nd place**

Claire Shadden  
"Winter Sunshine"

**Adult Monochrome Nature**

**1st place**

Lynn Larsen  
"Dragon Phase"

Adult color Prints People

**1st place**

Lynn Larsen  
"Rose"

**Adult Monochrome People**

**1st place**

Naomi Lawson  
"The Place's I Go"

**2nd place**

Lynn Larsen  
"The Best Man"

**Youth Photo  
Color Prints Nature**

**1st place**

Shannon Reagan  
"Old Tree"

**2nd place**

Casey Reagan  
"My Favorite Flower"

**Youth Monochrome Nature**

**1st place**

Lindsey Pierce  
"Sleeping Beauty"

Youth Monochrome People

**1st place**

Lindsey Pierce  
"Eyes of Bridget"

## Children's performing arts program comes to Travis

By Linda Mann-Iames  
60th Services Squadron

With the help of a team of professional actors and directors, children from Travis will have the opportunity to audition, rehearse, direct and perform *Treasure Island* — all in one week.

Professionals from the Missoula Children's Theatre will arrive with a set, lights, costumes, props and make-up, audition children for the cast and choose student directors.

After only a few days to learn their lines and songs, the children will be ready to perform a musical adaptation of the classic tale, *Treasure Island* written by James Caron, with music and lyrics by Caron and Michael McGill.

The Missoula Children's Theatre actors will hold auditions and casting for *Treasure Island* Monday from 3:30 to 5:30 p.m. at the Youth Center. Casting and selection of assistant directors will be completed during a half-hour break. Children selected must be available to begin rehearsals that evening from 6 to 8 p.m. and to rehearse four hours nightly for one week. The musical will be performed Nov. 23 at 3 and 7 p.m. at the base theater.

In this musical adaptation of Robert Louis

Stevenson's epic novel, Jim Hawkins, a poor mischievous boy from a seaside village in Maine in 1782, finds a treasure map and sails off for adventure with pirate Long John Silver. The script is comical, suited for the entire family and has a happy ending.

Approximately 50 roles are available for local students in grades K-12 including Jim Hawkins, his sisters, pirates and cabin boys.

In addition to acting roles, the cast needs a few high school or middle school students to act as assistant directors to help teach, direct and take on technical responsibilities during performances. Older students interested in being an assistant director must attend the auditions.

Missoula Children's Theatre, the largest touring children's theatre in the nation, has been touring extensively for almost 30 years from Montana to Japan, and will visit more than 900 communities this year with 27 teams.

Through enrichment workshops, the Missoula Children's Theatre team hopes to help children increase their creativity, social skills, goal achievement, communication skills and self-esteem.

Call the Youth Center at 424-5392 to sign up for auditions.

Knowledge is power!

Read a book at the base library.



# Travis celebrates faith renewal

## Five -day event focuses on love, healing, nourishment of the soul

By 1st Lt. Angela Arredondo  
60th AMW Public Affairs

The Travis Catholic community will be celebrating love, healing and nourishment for the soul as they host a faith renewal event here next week.

The renewal mission is called, "Come Back I've Missed You." St. Michael's Catholic Community is sponsoring a presentation every night from Sunday through Thursday, starting at 6 p.m. each evening. Sunday's event is at Chapel One and the remaining presentations are at Chapel Center. Topics will change each night, followed by fellowship and light refreshments.

"This is a faith experience of a lifetime wrapped in inspiring prayer, heartwarming song, thought-provoking ministry and great community fellowship," said Mary Ellen Rosenberg, Catholic Faith Formation coordinator. "It is a refreshing, faith event that takes place over five evenings. Each evening features honest and inspiring explorations on faith topics such as the crucifix, sin,

### Renewal Mission Topics

**Sunday** – Salvation: God's Dream for Our Happiness ... and Our Response.

**Monday** – Jesus as Savior: Who is Jesus For Us?

**Tuesday** – Sin, Reconciliation and Healing: Living the Life of Conversion.

**Wednesday** – The Eucharist: Nourishment for the Journey to be Eucharist.

**Thursday** – Your Mission: Our Shared Baptismal Vocation to Share in the Work of Jesus Christ and the Church.

reconciliation and healing, and a Eucharistic celebration Thursday evening.

"This is a unique opportunity for the community to reflect on our individual

lives, as well as the faith life of our community."

Father Jack Dowd, a Redemptorist from Chicago, is leading the mission.

"Redemptorists are known and requested nationwide as inspirational speakers, giving their time and commitment to the renewal of the church," Rosenberg said.

Father Dowd will also preach at daily Mass, Monday through Friday, at 11:30 a.m. at the Chapel Center.

"Indeed, all Christians are invited to attend any or all evenings of the mission," Rosenberg said. "All are invited to discover and be amazed how putting aside a couple of hours each evening for five nights can create a lifetime enrichment of faith. This is truly a unique spiritual event that you will not want to miss."

Each session will last about one hour and 15 minutes. Childcare and transportation is also available.

For more information, call Father Bob Monagle at 424-4709 or Mary Ellen Rosenberg at 424-4795.

## America Recycles Day observed today

America Recycles Day will be observed throughout the nation today. "Now in its fifth year, the event is an opportunity for communities and individuals across the nation to rededicate themselves to the message of reuse, reduce and recycle," said Alec Cooley, California State coordinator for America Recycles Day.

This year's theme is "Make Every Day America Recycles Day."

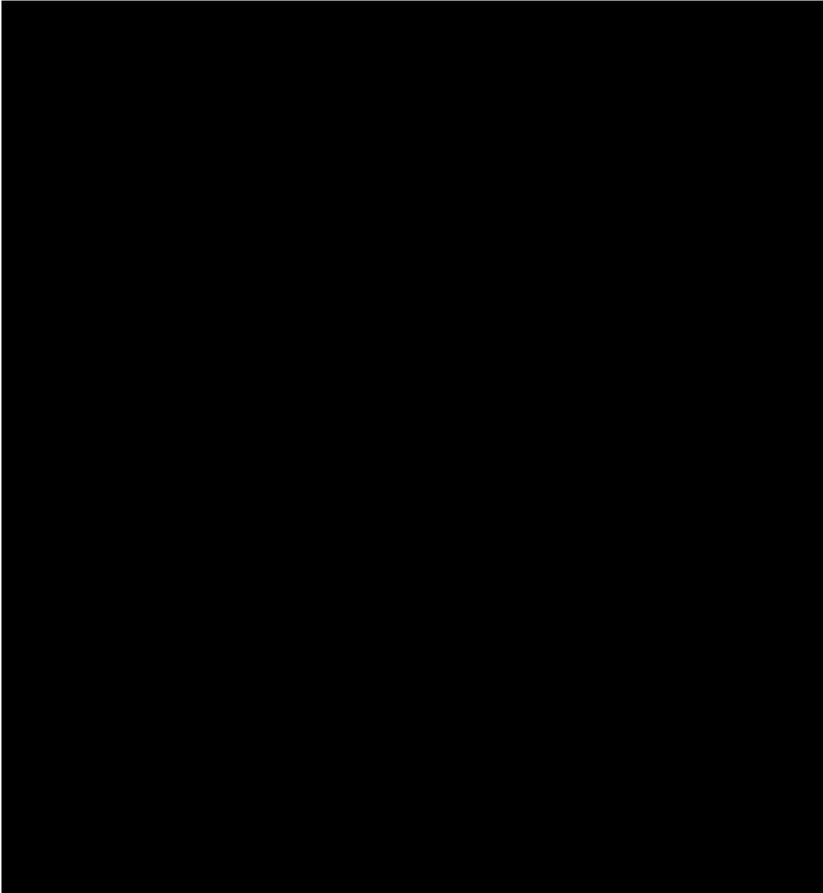
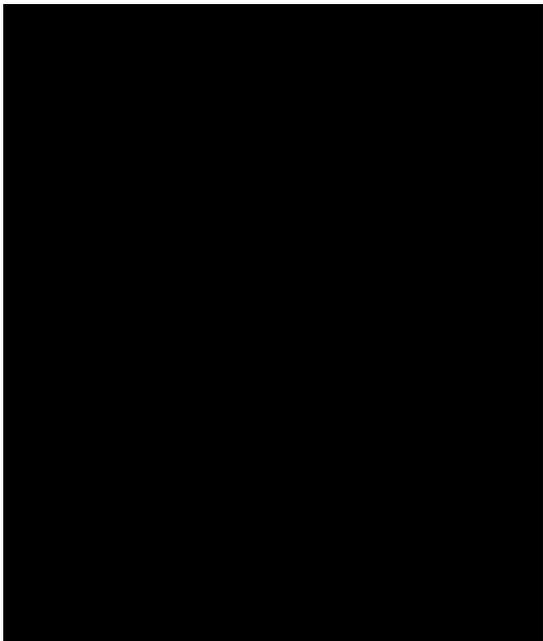
"As in past years, Travis personnel can win prizes by pledging to recycle, according to the base recycling program manager.

Dolores Tiburcio said Travis people can make a pledge online at <http://recycleday.com/>.

Prizes this year include Trek 24 - speed bicycles (made out of aluminum), and gift certificates from Staples.



**Reuse**  
**Reduce**  
**Recycle**



# Gamers can prove skills at DBC arcade

By Stephen Pierce  
60th Services Squadron

The grand opening of the Delta Breeze Club's ArcadeXperience — featuring Microsoft Xbox games — is today at 4:30 p.m. in what was formerly known as the DBC BrewHaus lounge.

Gamers can put their talents to the test and win prizes provided by Microsoft and Air Force Services. There is no entry fee for the competition. Register at the event. Complimentary snacks will be provided.

Crews worked this week to bring on several Xbox systems

to make way for the grand opening.

Gamers will be able to continue honing their skills for future competitions during free play at the arcade.

ArcadeXperience will be open Tuesday from 4 to 10 p.m., Wednesday from 4 p.m. to midnight, Thursday from 4 to 9

p.m., and Friday and Saturday from 4 to 11 p.m.

The arcade is open to adults 18 and older. Youth 17 and under must be accompanied by a parent or guardian.

No Federal endorsement of sponsor intended.

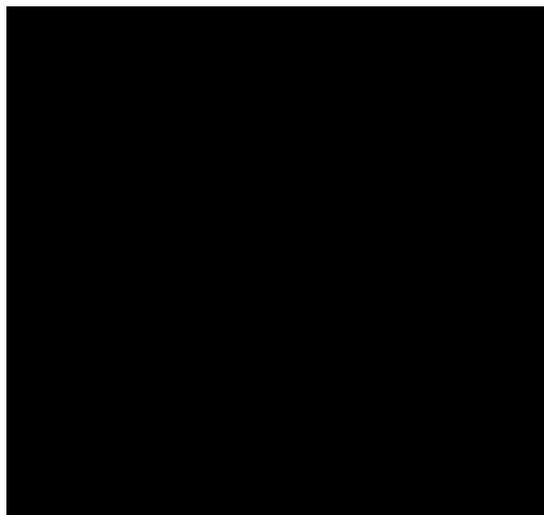
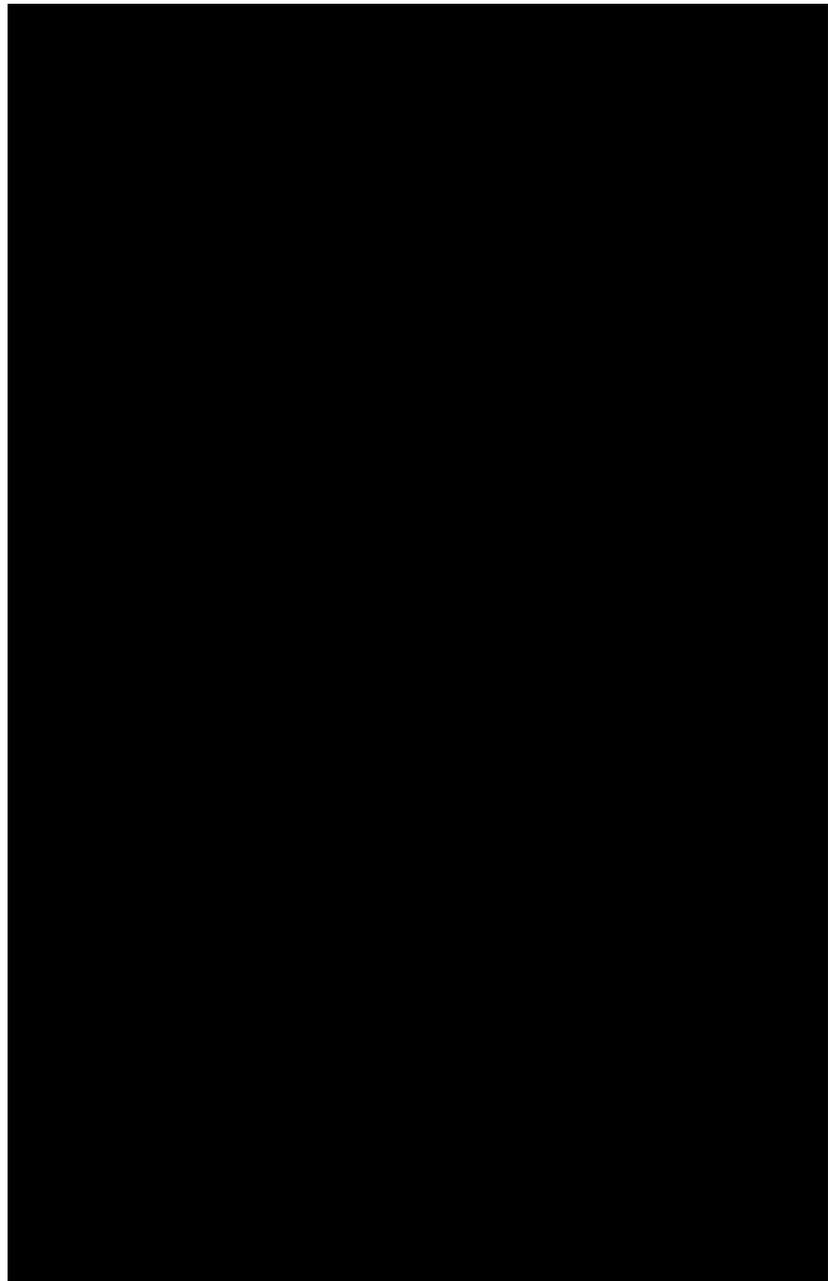
For more information, call the DBC at 424-1977.



**Tailwind story submission deadlines are 4:30 p.m. the Friday before publication to Bldg. 51, room 232.**



**Check out Air Force online news at [www.af.mil](http://www.af.mil).**



# Drivers should beware of highway hypnosis

By Tailwind staff

With the holiday season approaching, many Travis people will head home for the holidays, many times driving long distances to reach their family and friends.

The 60th Air Mobility Wing Safety Office wants people to use caution when taking these holiday road trips.

Falling asleep while driving is a real possibility for even professional drivers, not to mention the average driver heading home for the holidays or PCS-ing or traveling TDY.

According to the National

Safety Council, a number of factors contribute to what it calls "highway hypnosis." Among these factors are: car interiors with comfortable, cushioned seats in quiet, temperature-regulated environments; cruise control; dull landscapes; the droning of tires and engines; and the repetitive patterns of headlights, trees and highway center lines.

The wing Safety Office wants Travis drivers to know how to protect themselves from becoming a victim of highway hypnosis. See chart for Safety Office tips for staying awake at the wheel.

- » Get enough rest before starting any trip.
- » Avoid driving alone.
- » Avoid long drives at night.
- » Keep the car temperature cool, turn the radio up, and switch stations often. Avoid soft, sleep-inducing music.
- » Don't use cruise control; keep your body involved with driving.
- » Drive with your head up and shoulders back; don't slouch in your seat.
- » Take frequent breaks (at least every two hours).
- » If necessary, find a safe, rest area and take a nap.

## On the road again?

**Take charge of your move with free relocation planning at the Family Support Center. Call 424-2486.**



**Announcements**

**Extended hours**

The officers' lounge at the DBC has extended its full-service hours to include Tuesday through Saturday from 4 to 8 p.m. and social hour specials from 4:30 to 6:30 p.m.

**Airman's attic closed**

The Family Support Center Airman's Attic will be closed Nov. 26 to 29 for Thanksgiving.

**Thanksgiving buffet**

Reservations are recommended for the DBC's annual Thanksgiving buffet. There are three seatings available: 11 a.m. and 2 and 4 p.m. The price is \$21.35 for adults, \$14.95 for Members First adults, \$8.50 for children 6 to 12 and \$5.95 Members First children. Children 5 and under are free. Call 437-3711 for reservations and more information.

**Services**

**Today**

▲ There is a late night skate at the Travis Skating Rink. Kids 6 to 12 skate from 5 p.m. to midnight, play games, win prizes and eat pizza. The price is \$20 at the door. Call 424-3891 or 424-5392 for more information.

▲ Participants can test their Xbox skills at the grand opening of the ArcadeXperience at the Delta Breeze Club at 4:30 p.m. The competition is free and winners receive prizes. Children under 17 must be accompanied by a parent or guardian.

**Saturday**

▲ Join the free Turkey Trot Fun Run at 9:30 a.m. at the Fisher House. Register in advance at the Fitness Center. Call 424-2008 for more information.

▲ Family Bowling Day at Travis Bowl is from noon to 6 p.m. Games are \$1.50 per person and \$1 shoe rental fee. Call 437-4737 for details.

▲ Shop Denio's Farmers Market in Roseville with Outdoor Recreation. Transportation is \$12 for adults and \$7 for children. Call 424-0970.

▲ Dance to R&B, old school and hip-hop at the DBC's Late Niter in the Gold Rush Lounge from 10 p.m. to 3 a.m. There is a \$6 cover. The Members First price is \$3. Call 437-3711 for details.

**Monday**

▲ Youth 5 to 17 are invited to audition for the Missoula Children's Theater production

of Treasure Island, from 3:30 to 5:30 p.m. at the Youth Center. Call 424-5392 for more information.

**Tuesday**

▲ Autumn Story Time for pre-schoolers is from 9:30 to 10 a.m. at the Mitchell Memorial Library. A seasonal craft project will follow the story reading.

▲ Stop by the DBC for the club card drawing from 5 to 6 p.m. for free snacks, drink specials and a chance to win at least \$200.

▲ It's DBC officers membership appreciation night from 6 to 8 p.m. The all-you-can-eat buffet is free to club members, \$5 for dependents and free for children 5 and under.

**Wednesday**

▲ Youth 13 to 18 are invited to have breakfast at the Teen Zone from 6:30 to 9:30 a.m. There will be baked goods and juice for sale. Call 424-3131 for more information.

▲ Karaoke is from 8 p.m. to midnight in the DBC's Gold Rush Lounge. There is a \$3 cover. Members First is free.

▲ Karaoke is from 8 p.m. to midnight in the DBC's Gold Rush Lounge. There is a \$3 cover. Members First is free.

**Thursday**

▲ It's DBC enlisted membership appreciation night with seatings at 5 and 7 p.m. The all-you-can-eat buffet is free to club members, \$5 for dependents and free for children 5 and under.

▲ Thanksgiving Family Story Time is from 6 to 8 p.m. at the Mitchell Memorial Library for children of all ages. Call 424-3279 for details.

**Family Support**

**Monday**

▲ Spouse Employment Orientation class is from 9 to 10 a.m. at the Family Support Center for newly arriving spouses, spouses returning to work or spouses wishing to explore new career opportunities. Tap into the career focus networking, look at hundreds of job opportunities and learn about career development classes at the FSC. Call 424-2486.

**Tuesday**

▲ Employment Interviewing Skills I is at the FSC from 8 a.m. to noon. Learn interview techniques, how to answer difficult questions and more. Call 424-2486.

**Wednesday**

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.



Tori Burnett / Youth Center photo club

**Pyramid power:** Jessica Jackson and Kierra Simpson hold Dana Williams in a pyramid pose at cheerleading practice at the Youth Center. The YC cheerleaders support the flag football teams every week, and sign ups have started for basketball season. Call the Youth Center at 424-5392 for more information.

**Thursday**

▲ The long distance job search workshop is from 8 to noon at the FSC. Call 424-2486.

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ The investment fundamentals workshop is at the FSC from 9 to 11 a.m. Call 424-2486.

▲ Sponsorship training is from 9 to 9:30 a.m. at the FSC. Call 424-2486.

**Family Advocacy**

**Dads' boot camp**

The Boot Camp for Dads is a program in which veterans (new fathers) show rookies (fathers-to-be) the ropes of fatherhood. The program is for men only and is currently recruiting for new fathers-to-be. Classes are being held quarterly. The next three-hour workshop is scheduled for Thursday January 30, 2003. For more information, call 423-5168.

**Parenting class**

The Parenting class is a six-week program geared toward parents of children 3 and older. Topics include peer pressure, corrective teaching, how to prevent problems before they occur,

family meetings and how to stop problem behavior. Classes are held at the David Grant Medical Center. Call the Family Advocacy office to register at 423-5168.

**Anger management**

Anger management is a five-week course in which participants learn to recognize their feelings and direct them in a constructive manner, learn to communicate and listen more effectively, and learn new tools to deal with feelings appropriately. This class is held on Mondays at the DGMC or Thursdays at the Health and Wellness Center. Seating is limited. Call the Family Advocacy office at 423-5168 to register.

**Chapel**

**Catholic services**

▲ Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

▲ Thursday, noon, Catholic communion service, DGMC Chapel.

▲ Saturday, 4 to 4:45 p.m., confessions, Chapel One.

▲ Saturday Mass, 5 p.m., Chapel One.

▲ Sunday Mass, 9 a.m., Chapel One.

▲ Sunday, 9 a.m, children's liturgy of the Word, Chapel One.

▲ Sunday Mass, 12:30 p.m., Chapel Center.

**Protestant services**

▲ Friday, noon, 30-minute worship service, DGMC Chapel.

▲ Sunday, 8 a.m., community, praise and worship service, Chapel Center.

▲ Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

▲ Sunday, 11 a.m., community Gospel service, Chapel One.

**Contemporary**

Sundays, 5 p.m., Inside Out, Chapel Center. Children's program provided. For more information, contact Chaplain (Capt.) Herb Shao at 424-3943.

**Wicca classes**

Classes are held at various locations and times due to deployments. E-mail Beltane@prodigy.net for current information.

**Catholic Young Adult Group**

The Catholic Young Adult Group will hold their first meeting at the PEAK on Nov. 24 at 6 p.m. to discuss ways young adult Catholics can better connect to their faith. There will be activities and a social. Call Fr. Bob Monagle at 424-4709.

# Holiday planning can save time, money

**Tom Day**  
Family Support Center

When serving holiday dinner, most people will likely plan their guest list and menu ahead of time.

Why not plan ahead for the financial side of your holiday as well? Developing a spending plan can make the holidays easier and a lot less stressful.

Here are some tips that can help ease the stress of holiday spending:

- ▶ Determine how much you're willing to spend and stick to your limit. For example, if you set a spending limit of \$400, keep track of your purchases — both cash and credit - and stop buying when you've reached \$400.
- ▶ If you suffer from a lack of control when using credit cards, leave them at home when you go shopping.
- ▶ If holiday plans call for travel, making airline, rental car, and hotel reservations early will usually get you the best prices.
- ▶ If you'll be shipping presents, look for items that are lightweight and will fit into a large envelope. Shipping early will also help you avoid the added expense of rush delivery.
- ▶ Shop smarter by taking advantage of sales,

coupons, and bulk purchases. For big-ticket items - computers, for example — comparison shop in at least three locations.

▶ Consider alternative gifts, such as handmade items and home baked gifts. Also, consider how you can give in meaningful ways that don't

necessarily require money. For example, give of gift of your time. "Presence" — not "presents" — creates memories that will last long beyond the latest trendy outfit or trinket.

A recent survey conducted by Champion Mortgage found those people who avoid setting a holiday budget expect to spend \$1,105 on average this year. The second biggest spenders during the upcoming holiday season, at

\$989, are expected to be those people who say they set a budget, but generally don't stick to it. The group that said they would spend the least money during the holiday season (\$810 on average) was those who tend to stick to their budgets.

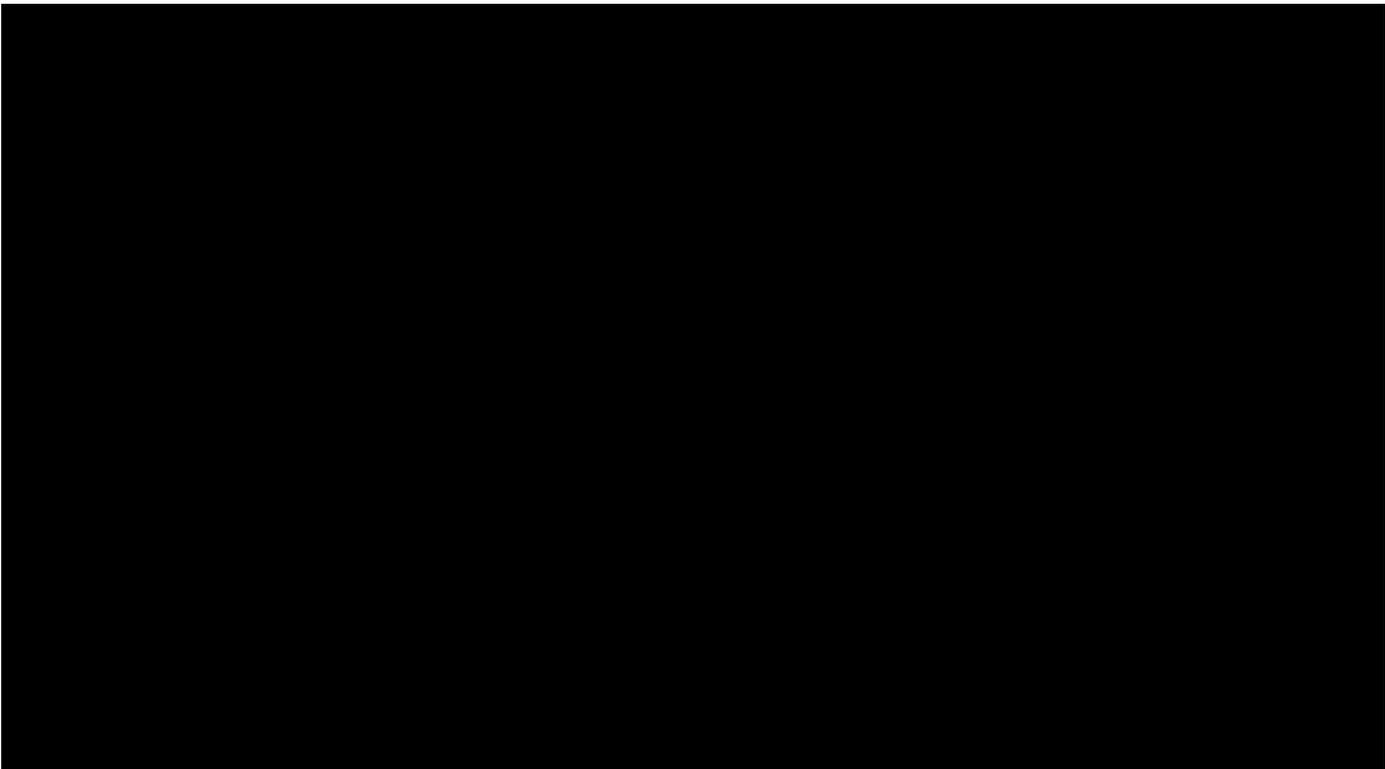
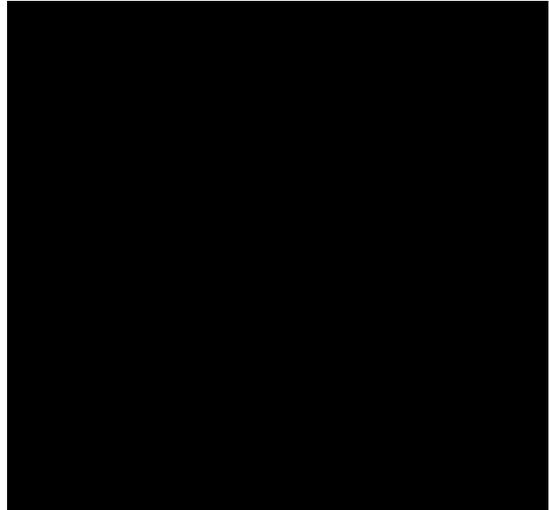
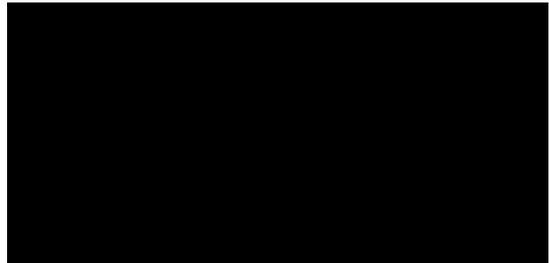
One of the most surprising statistics from the survey showed that more than one in three people anticipate feeling "some regret" about their holiday spending.

Perhaps the best advice of all is to work with a Family Support Center financial consultant to assist you in developing a spending plan. Call 424-2486 to schedule an appointment.

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**One in three people anticipate feeling "some regret" about their holiday spending.**

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## Avoiding weight creep AF implements new campaign

By Airman 1st Class Alice Moore  
60th AMW Public Affairs

According to diet officials, 61 percent of American adults are overweight and 26 percent are obese. To combat this issue and to maintain a fit and ready force, the Air Force is implementing a program called "Shape your Future Your Weigh."

By implementing a consistent product Health and Wellness Centers throughout the Air Force will be able to increase awareness of this nation-wide epidemic, said Capt. Kathy Detamore a registered dietitian from the 60th Medical Group. "This program is designed to provide practical strategies to prevent weight creep associated with aging as well as the traditional holiday-weight gain."

Detamore adds it's important for Air Force people to realize that weight plays an important role toward having mission success.

"Weight and overall wellness, play an integral part in our readiness missions. Addressing the problem of weight gain requires an urgent, combined effort and an examination of contributing factors on many levels," Detamore said.

Detamore believes the idea of combined efforts to address awareness for this campaign lies with individuals that believe they have a

problem and commanders taking a proactive approach to encourage individuals seeking help.

However, once an individual receives help, the journey to overall weight control doesn't stop, Detamore said. An individual must engage in proper practices for weight control.

"Exercise and proper nutrition are essential for keeping the weight off," Detamore said. "The proper amount of fruits and vegetables at meals as well as exercising close to five days a week is a must for success."

With the holidays approaching, Detamore said it's important to be extra cautious.

"Most Americans gain weight during the holidays. In fact, half of all weight gained annually is during this time frame."

To combat the weight creep Detamore recommends tips such as curbing a person's appetite prior to attending a gatherings. A good way to accomplish this is to have a small snack.

Detamore says to look for more information to follow in future article on Shape Your Future...Your Weigh campaign. Individuals interested in more information can call the HAWC at 424-4292 or visit its website at <https://www.travis.af.mil/dgmc/hawc>.



Airman 1st Class Alice Moore / 60th AMW Public Affairs

Senior Airman Mack Saterfield with the 60th Logistics Readiness Squadron works out at the base Fitness Center. Proper dieting and exercise is what experts are recommending for troops to avoid weight creeping whether long-term or from the holidays.

### Fight the weight creep over the holidays

Here are some ways to combat the 'holiday weight creep'.

- ▶ Have a small snack before going to holiday gatherings such as a glass of juice or a piece of fruit. Curbing your appetite will prevent you from going overboard once you get there.
- ▶ Survey the food table before diving in. Make your choices and socialize away from the table.

- ▶ Eat slowly and listen to your stomach. When you feel slightly full, stop eating.

- ▶ Limit your alcohol to two servings per day. Alcohol can break down your resolve to eat healthy. It can also be a significant source of calories.

- ▶ Continue to schedule exercise on your calendar despite your busy schedule. Not only will it help you control weight gain but it also manages stress.

## Falcons beat Army, win Commander-in-Chief's Trophy

By John Van Winkle  
U.S. Air Force Academy Public Affairs

WEST POINT, N.Y. (AFP) — The most important goal of the Falcons' season was achieved Nov. 9 with a 49-30 win over service academy rival Army.

By virtue of an earlier win over Navy, Air Force sealed winning the Commander-in-Chief's trophy. The trophy goes to the service academy which bests its academy rivals in college football and is presented to the winning team's seniors by the president every May at the White House.

"It's a huge win, as winning the Commander-in-Chief's Trophy is the No. 1 goal of our program," said Falcons quarterback Chance Harridge. "But then at the same time, we've been kind of down the last couple of weeks — three losses in a row to a couple of very good football teams."

The win snapped a three-game losing streak, after losses to No. 9 Notre Dame, No. 21 Colorado State University and an upset by the University of Wyoming.

With this victory, Air Force wins its sixth consecutive Commander-in-Chief's Trophy. The title is the Air Force Academy's 16th overall.

The Falcons' overall record versus Army improves to 24-12-1.

The Army's chance of notching its first win of the season took its first hit on Army's first play of the game. Army quarterback Reggie Nevels attempted to hook up with wideout Aaron Alexander for a long gain down the sideline, but Falcon cornerback Wes Crawley



John Van Winkle / AFPN

Falcon defensive back Paul Mayo (1) sends Army running back LaBerrick Williams (25) horizontal during an open-field tackle before fellow defensive back Joel Buelow (21) can deliver a hit.

leapt in front of Alexander to make the interception. With the interception, the Falcons offense had a chance to show a new and as-yet unseen offensive look.

"We felt they had worked so hard in defending the option that we were going to be a little more hodge-podge and try to get them to make a mistake," said Falcons head coach Fisher DeBerry. The Falcons came out in a more traditional I-formation, and hardly ran an option play the entire first quarter.

"That paid off for us," DeBerry said. "We got them out of position a few times and showed them some new formations they hadn't seen. We can run our option

and our base offense in the I anyway, but lining up in the I gives us the opportunity to run some plays that are better suited for our style of back."

The change in offensive alignments was only one of several wildcards the Air Force coaching braintrust played against Army. Four plays into their first possession, Harridge handed off to senior halfback Leotis Palmer, who threw a 43-yard touchdown strike to Joe Schieffer for the game's first score and Palmer's third touchdown pass of the year.

Army showed its talent on the next possession by responding with a sustained drive for a touchdown. But Murphy's Law came into play on their next possession, as quarterback Reggie Nevels was tripped by one of his linemen, fell down untouched in his end zone. The safety gave the Air Force two "free" points and a 9-7 lead.

It was a lead Air Force would never relinquish, but would increase with a strong running game and an occasional trick play.

Up 26-17 with 42 seconds left in the first half, Air Force offensive coordinator Chuck Peterson came down from the press box with a plan.

Still, Army's offense was unable to close the gap, as Air Force gave Army its ninth loss of the season, 49-30.

Air Force returns to Mountain West Conference action when the Falcons head to Nevada to face the University of Nevada - Las Vegas Rebels on Nov. 16.