

## What's happening ...

### Chapel

Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

#### Worship schedule

##### Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel  
9:45 a.m., Sunday liturgical service, Friendship Chapel (weekly communion)

11 a.m., Sunday shared-faith Protestant service, Palmetto Chapel

4 p.m., Sunday youth group, chapel annex

7 p.m., Sunday, Young Adult Worship, Palmetto Chapel

##### Catholic services:

11:30 a.m., Tuesday - Friday, Daily Mass/  
Communion, Palmetto Chapel

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

### FSC

#### Volunteer of the Month

Nomination packages for July Volunteer of the Month are due to the Family Support Center today by 3 p.m. For more information, call **895-1252**.

#### TAP briefings

Mandatory Transition Assistance Program separation or retirement briefings are held at the FSC Mondays from 1 to 3 p.m. for military members planning to separate or retire. Members are encouraged to attend upon deciding to retire or separate to allow plenty of time to take advantage of benefits and entitlements earned for serving. Spouses are also encouraged to attend. O-5s and over may schedule one-on-one briefings. For more information, call **895-1252**.

#### Sponsorship training

Sponsorship training is set for Tuesday from 10 to 11 a.m. Training is mandatory for first-time sponsors and those who haven't sponsored for the past year. For more information or to sign up, call **895-1252**.

#### Predeployment brief

The next Predeployment brief is scheduled for Thursday from 8 to 9:30 a.m. It is mandatory for individuals departing on deployments of 30 days or more. This briefing covers family separation preparation and antiterrorism measures. Unit deployment managers with 10 or more deploying personnel should contact the FSC to coordinate a mass briefing date, time and location. If you receive a short-notice deployment notification, call the FSC to schedule an appointment. For more information, call **895-1252**.

#### Time for Tots

This parent-toddler group, cosponsored by the FSC and Family Advocacy, meets Thursdays from

10 to 11:30 a.m. at the Community Center. The next meeting's activities will include circle time, "Shells on the Seashore," during which participants will make sponge paint fish. It's an opportunity for parents to network and share parenting issues with fellow parents. For more information or to join the group, call Marcy Prior at **499-2656**.

#### Resume writing and interviewing

Classes in resume writing and interviewing are offered Fridays at the FSC. The morning session is from 9:30 to 11 a.m. and afternoon session is from 2 to 5 p.m. Plan to arrive 15 minutes early. Classes are sponsored and facilitated by the S.C. Employment Security Commission. For more information or to sign up, call **895-1252**.

### Information

#### Thunder Alley

Shaw Lanes hosts Thunder Alley Friday nights from 9 to 11 p.m. with lights, fog and lots of fun. For more information, call **895-2732**.

#### Club Shaw Jackpot Bingo

Club Shaw hosts Jackpot Bingo Tuesdays. Games begin at 6:30 p.m. For more information, call **666-3651**.

#### Members First breakfast special

Club Shaw members are invited to a Members First breakfast special Thursday from 6:30 to 8:30 a.m.. The cost is \$1 for all members. For more information, call **666-3651**.

#### Cute kid event

Are you a proud parent? Register your 0 - 6 year old for the Community Center cute kid event by Aug. 19. The event takes place Aug. 23 from noon to 4 p.m. Prizes will be given for all age groups and categories. For more information, call **895-3382**.

#### Bowler Appreciation Day

Shaw Lanes is scheduled to recognize Bowler Appreciation Day Aug. 27 from 10 a.m. to 9 p.m. Games will be 75 cents and shoe rental will be 50 cents. For more information, call **895-2732**.

#### Mom & Tot fitness

The Community Center hosts Mom & Tot fitness classes Mondays, Wednesdays and Fridays at 10 a.m. For more information, call **895-3382**.

#### Skills Development Center

Stop by the Skills Development Center and take advantage of the specials. For shopping convenience, the Skills Development Center, Auto Skills and the Wood Shop are open Thursdays from noon to 8 p.m. Auto Skills now has discounted moving truck rental available. For truck rental, call **666-4865**. For other information, call **895-2728**.

#### Red Cross dental assistant course

The dental assistant course is scheduled to begin Aug. 18 at the Shaw Dental Clinic. It is open to all

Shaw personnel, but preference will be given to military family members. The program requires a commitment of five days a week for a total of 40 hours a week. Assistants gain experience in restorative dentistry, and get an introduction to several dental specialties. Applications are available from the dental clinic reception desk. Application deadline is Monday. For more information, call **895-6108**.

#### Lunch menu entrees for Chief Master Sgt. Emerson E. Williams Dining Facility

**Today** -- Mexican baked chicken, Swiss steak with tomato sauce, stuffed green peppers

**Saturday** -- Crispy baked chicken, Cajun meatloaf, steak

**Sunday** -- Tuna and noodles, sauerbraten, chicken parmesan

**Monday** -- Swiss steak with tomato sauce, baked chicken, sweet Italian sausage

**Tuesday** -- Onion-lemon fish, pork schnitzel, yakisoba

**Wednesday** -- Mexican-baked chicken, enchiladas, tacos

**Thursday** -- Orange-spice chops, liver with onions, tempura fish

*(Information courtesy of the 20th Services Squadron.)*

### At the movies

*Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.*

\* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

#### Friday at 7 p.m. and Sunday at 3 p.m.

**3 p.m., Charlie's Angels: Full Throttle**, PG-13 (Action violence, sensuality and language) -- Full Throttle is a sequel to the blockbuster action-adventure-comedy hit released by Columbia Pictures and inspired by the popular television series. The sequel reunites Cameron Diaz, Drew Barrymore and Lucy Liu as the indomitable crime-fighting heroines. In the Angels' new adventure, the captivating trio once again demonstrates their expertise as espionage and martial arts and disguise.

1 hr. 51 mins.

#### Saturday

**7 p.m., 28 Days Later**, R (Strong violence, gore, language and nudity) -- A virus that locks those infected into a permanent state of killing rage, is accidentally released from a British research facility. Carried by animals and humans, the virus is impossible to contain and spreads across the entire planet. Twenty-eight days later, a small group of survivors are trapped in London, caught in a desperate struggle to protect themselves from the infected. As they attempt to salvage a future from the apocalypse, they find that their most deadly enemy is not the virus but the survivors.

1 hr. 48 mins.

# CSAF announces new fitness program

By Gen. John P. Jumper  
Air Force Chief of Staff

Our superb Total Force performance in Operations Enduring Freedom and Iraqi Freedom secured our reputation as the greatest Air Force in the world. We should all take great pride in that. When looking at our Air Force overall, I am very pleased. One aspect of our Total Force that does need improvement, however, is our physical fitness.

About ten years ago, we transitioned to fitness testing based on the cycle ergometry test. This was done to preclude injuries experienced in the previous 1.5-mile run format. It was also deemed a more precise and high-tech way to measure aerobic performance. My belief is we are a much different Air Force today. We deploy to all regions of the world, living in tent cities and working on flightlines in extreme temperatures. The amount of

energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It's time to change that.

We will soon release a new fitness program that gets back to the basics of running, sit-ups and pushups. The cycle ergometry test may still be used for those not medically cleared to run. We are planning to issue physical training gear as part of the program and to put responsibility for physical training in the chain of command, not with the medical community or the commander's support staff.

Physical fitness should also be an area of concern for the Air Force civil servants. I encourage the civilian members of our Air Force organiza-

tions to join with their uniformed peers in participating in this program.

While we have weight and body fat standards that we must meet, there will be some, weightlifters in particular, who may be perfectly fit but not meet these standards.

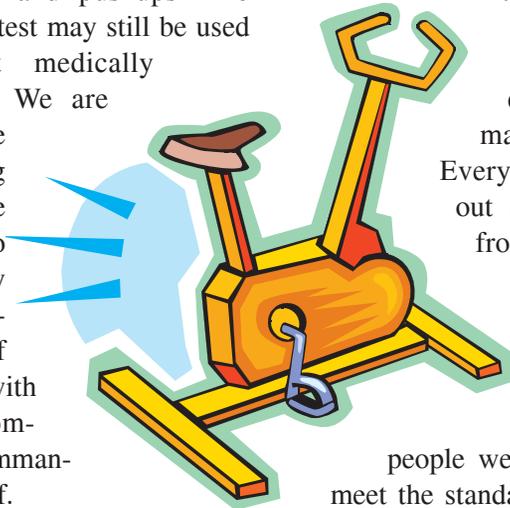
This is where I expect commanders to step in and make a decision. Every year we muster out about 400 people from our Air Force because of fitness issues. We should ask ourselves how many of those

people were really trying to meet the standard and how many leaders and supervisors took an active part in helping them meet the standard.

We will start this program on Jan.

1, so there is plenty of time for us to get ready. During the first week in January I plan to lead all Air Force General Officers in the Pentagon and the Washington, D.C. area in the PT test. During the same week, Chief Master Sgt. of the Air Force, Chief Master Sgt. Gerald Murray will do the same thing with our command chiefs in the area. We will follow that with the colonels, the remaining chief master sergeants, etc.

I think all of us were disappointed with the fitness standards we found in the operational Air Force. We expected to be required to sustain the standards required in basic training, the Air Force Academy, ROTC, or Officer Training School. Let's not disappoint ourselves any longer. The message is simple: if you are out of shape, fix it. If you have people in your squadron who need help, help them. January 2004 is the date. Be ready. (*Information courtesy of Air Force Print News*)



## SPORTS SHORTS

### Marathon runners

The Shaw Spirit is preparing an article on the upcoming Air Force Marathon. If you are a Shaw member participating in the event, scheduled for Sept. 20, please contact Airman 1st Class Susan Penning at 895-2015, or email [spirit.editor@shaw.af.mil](mailto:spirit.editor@shaw.af.mil).

### Soccer

Soccer officials are still needed for 7-8, 9-10 and 11-12 year-olds. -Coaches are needed for 5-6 and 7-8 year-olds. For more information, call Lee Smith at 895-2251.

### Bowling

Shaw Young American Bowling Alliance has scheduled 2003-2004 season registration for Aug. 16-17 and 23-24 at Shaw Lanes. The times are 1-3 p.m. each day. Fees are \$6 for ages 3-5 and \$12 for ages 5-19.

"Thunder Alley," free to all youth 3-21, is scheduled Aug. 16 from 1-3 p.m. and is limited to the first 64 bowlers. New registrations have priority. For more information, call Patty Weaver at 494-8150 or Mary Akers at 499-2274.

## Fit for life

Senior Airman Rod Jackson, 20th Operational Weather Squadron weather forecaster, maintains mission readiness by strengthening his biceps using dumbbells at the Fitness Center Thursday.

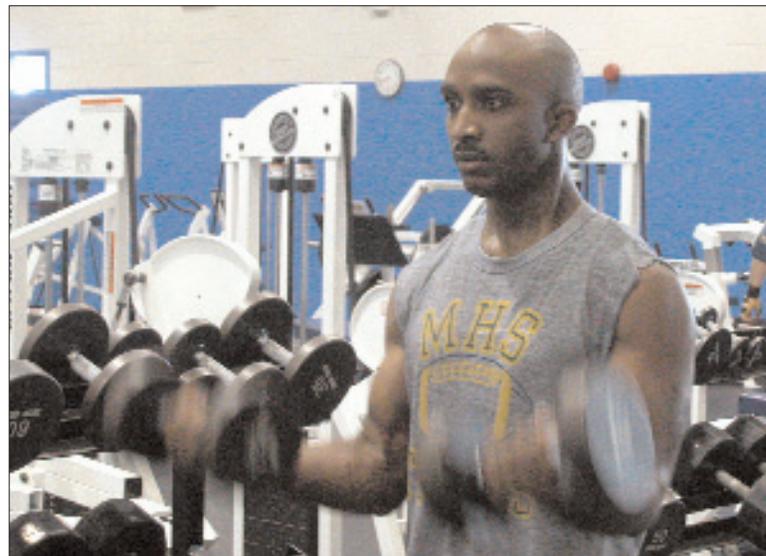


Photo by Airman 1st Class Susan Penning

## Men's intramural golf schedule, week nine

<u>American League - Aug. 12</u>	<u>Tee-time</u>	<u>National League - Aug. 14</u>	<u>Tee-time</u>
MOS/AFREP vs EMS/AMMO "B"	11:30 a.m.	MOS "B" vs FW/MO	11:30 a.m.
EMS/AGE vs 609 ACOMS	11:50 a.m.	MDG vs CMS/EGRESS	11:50 a.m.
CMS "A" vs LRS	12:10 p.m.	682 ASOS vs SVS	12:10 p.m.
CMS AIS vs COMM	12:30 p.m.	CES vs EMS AMMO "A"	12:30 p.m.
SFS vs CMS/PROPS	12:50 p.m.		

