

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

Spouses Space

ACES

The Association of Civil Engineer Spouses is scheduled to have their monthly meeting Monday at 6:30 p.m. in Building 218. The group will put together care packages to send to Shaw's deployed 20th Civil Engineer Squadron troops. Membership is open to all 20th CES spouses. For more information, call 499-2336.

FSC

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," and sandpaper play. It's an opportunity for parents to network and share issues. For more information, call Marcy Prior at 499-2656.

Heart to Heart

Family members of remote or deployed service-members are invited to a Heart to Heart meeting Tuesday from 6 to 7:30 p.m. Those attending will visit the Auto Hobby Shop and receive basic car care information. Children are welcome. Please sign up by Monday. For more information, call 895-1252.

International Potluck Food Sampler

If you are foreign born and interested in meeting other foreign-born individuals, you are invited to the first planning meeting of the International Potluck Food Sampler Aug. 28 at 1 p.m. in the FSC classroom. The FSC is hosting the event in October, and the staff needs help for a successful event. Spouses

and friends are welcome. For more information, call Jocelynn LaShier or Cynthia Briggs at 895-1252.

Emotional eating and stress

The FSC is scheduled to host a lunch workshop on emotional eating and stress Aug. 26 11:30 a.m. to 12:30 p.m. A representative from Choice Behavioral Health Partnership will identify various stress triggers causing one to under, over or not eat at all and will discuss positive coping skills. For more information or to sign up, call 895-1252.

Local job search

This free workshop, Tuesday from 1 to 2 p.m., is open to military and family members at Shaw interested in finding employment in the local area. Guest speaker for the event will be Paulette Bennett of Companion Employment Services. Seating is limited. For more information or to register, call 895-1252.

Information

Live at Club Shaw

In the continuing summer concert series, Last Call, a classic rock band, will be at Club Shaw Saturday from 10 p.m. to 2 a.m. The band features Shaw's own Dean Johnson, 20th Civil Engineer Squadron. The event is free for members and \$2 for nonmembers. And back by popular demand, the new country/Southern rock band Blackriver will play Aug. 23 from 9 p.m. to 1 a.m. 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 Tuesday. 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.

Pizza Pub special

The Pizza Pub located at Club Shaw will have a special Aug. 28. Buy one medium pizza and get the second one for half price. For more information, call 666-4772.

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

The Skills Development Center is offering several specials throughout the month of August, including 10 percent off scrapbooking supplies Aug. 26 and a half-price firing day Aug. 27. The center is open noon to 8 p.m. For other information, call 895-2728.

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

Today -- Seafood Newburg, beef and corn pie, roast turkey

Saturday -- Savory baked chicken, Swedish meatballs

Sunday -- Oven-fried fish, Cantonese spareribs

Monday -- Pot roast, baked fish, roast pork loin

Tuesday -- Teriyaki chicken, veal parmesan, salmon cake

Wednesday -- Barbecue ribs, fried chicken, fried catfish

Thursday -- Herb-baked chicken, stuffed cabbage, southern fried catfish

(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

3 p.m., Legally Blonde 2: Red, White and Blonde, PG-13 (Some sex-related humor) -- Elle is juggling a career as a rising young lawyer as well as preparations for her wedding. But when she stands up for the rights of Bruiser, her chihuahua, Elle is fired from her job. She's devastated, but you can't keep her down. She goes to Washington to take matters into her own hands but faces a challenge. With her sassy signature blend of determination and intelligence, she bucks the system the Elle Woods way, inspiring those around her to find a voice of their own.

1 hr. 34 mins.

Saturday

7 p.m., Terminator 3: Rise of the Machines, R (Strong sci-fi violence and action, language and brief nudity) -- Arnold Schwarzenegger returns in this third installment of the popular sci-fi action saga as a cyborg from the future once again becoming involved in the affairs of twentysomething John Connor and his first battles with the SkyNet machine network.

1 hr. 48 mins.

Sunday

3 p.m., Sinbad: Legend of the Seven Seas, PG (Adventure action, some mild sensuality and brief language) -- Sinbad's adventure starts when Eris, the goddess of chaos, steals the "Book of Peace" and frames Sinbad for the crime. Setting out to prove his innocence, Sinbad travels to the realm Eris resides in, where he is challenged by terrifying monsters which include a giant scorpion, a giant serpent and the Roc, a 40-foot-tall bird made of ice and snow. Even if Sinbad can defeat all of these monsters, he also has to deal with the effects of Eris' golden "Apple of Discord," which has the ability to turn his friends into enemies when thrown into their midst.

1 hr. 25 mins.

Fitness Center Hours of operation

Monday-Friday 5 a.m.-11 p.m.
Saturday-Sunday 9 a.m.-8 p.m.
Holidays 9 a.m.-8 p.m.

Shaw Fitness Center Classes

Kickboxing

Mondays, Wednesdays, Fridays 5:30-6:30 a.m.

Cardio kickboxing

Mondays, Wednesdays 7-8 a.m. and 5-6 p.m.

Step

Mondays-Fridays noon-1 p.m.

Saturdays 10-11:30 a.m.

Abs

Tuesdays, Thursdays 5:10-5:30 p.m.

Saturdays 9:30-10 a.m.

Body conditioning

Mondays, Wednesdays, Fridays 6-7 p.m.

Yoga

Wednesdays 7-7:45 p.m.

Spin

Mondays, Wednesdays 5:30-6:30 p.m.

Tuesdays, Thursdays noon-1 p.m.

All classes offered are free! Class schedule subject to change. For more information, call **895-2789**.

Shaw steps toward fitness for life

Fitness Center promotes health, wellness through step aerobics

By Airman 1st Class Susan Penning
Staff writer

Step aerobics at Shaw offers a complete workout program that may transform the way your body looks and performs. In one hour, the class goes through a full stretching, step and weight routine.

The classes, free to military ID card holders, are scheduled Mondays-Fridays from noon-1 p.m. and Saturdays from 10-11:30 a.m. at the Fitness Center.

The first half of the class is primarily dedicated to aerobic exercise, which means it gets the heart pumping and burns those extra unwanted calories, said substitute aerobics instructor Staff Sgt. Michael Berube, 20th Equipment

Maintenance Squadron.

The second half of the class focuses on toning the body. Dumbbells are used to tone the arm muscles. Other exercises include leg lifts and abdominal crunches, which work on toning the leg muscles and stomach region.

"I've been coming to the class for about five years," said Berube. "It's really built up my endurance."

“Your mind can let go of work for awhile, and when you're done, you really feel you've accomplished something.”

Staff Sgt. Michael Berube
20th Equipment Maintenance Squadron

The class warms up with stretching, followed by cardiovascular work on the step. After the step, the toning portion begins

followed by a cool-down stretch. All equipment, including mats, weights and steps, are provided.

"The class is a great form of stress release," said Berube. "Your mind can let go of work for awhile, and when you're done, you really feel you've

accomplished something."

"I love it!" said Tracie Balanay, wife of Master Sgt. Gary Balanay, 609th Air Communications Squadron, who also attends the class. "I've been going to the class for more than a year and have lost weight, become more

toned and have higher endurance."

A lot of people wait to start exercising regularly until it becomes mandatory because of the weight management program. It's important to get in shape before ending up in that situation, said Berube.



Photo by Airman 1st Class Susan Penning

Shaw members work to strengthen their heart and burn calories during the cardiovascular portion of an afternoon step aerobics class Tuesday at the Fitness Center.