

## 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

10 a.m., Sunday liturgical service, Friendship Chapel (weekly communion)

9:45 a.m., Sunday School, Shaw Heights Elementary School

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:

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

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

11 a.m., Sunday School, Shaw Heights Elementary School

Other faith groups may contact the chapel for information on worship times and locations.

### Spouses Space

#### Air Force wives support group online

The Air Force wives support group is now on the Web. The group, designed for Shaw wives, provides support through deployments, remote tours and daily military life. For more information, log on to <http://groups.msn.com/ShawAFBWivesGroup>.

#### ACES meeting

The Association of Civil Engineer Spouses will meet Dec. 15 at 6:30 p.m. in Building 218. Members are asked to bring snacks to share and \$5 for game prizes. Childcare is provided. Membership is open to 20th Civil Engineer Squadron spouses. For more information, call 499-2336.

### FSC

#### TAP briefings

A mandatory Transition Assistance Program separation or retirement briefing is set for Monday from 1 to 3 p.m. at the FSC. 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. For more information, call 895-1252.

#### Budget class

A budget class for E-4s and below is scheduled for Monday from 8:30 to 11:30 a.m. at the FSC. Spouses are welcome. For more information and reserve seating, 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.

#### Marketing yourself for a second career

A free presentation about marketing yourself for a second career will be held Tuesday from 9 to 11:30 a.m. in the Base Theater. It will focus on competition in the civilian job market, job searching, networking and successful interviewing. Members separating or retiring within three years are strongly encouraged to attend, but all base personnel and spouses are welcome. For more information, call 895-1252.

#### TAP Seminar

A three-day Transition Assistance Program seminar at the FSC is scheduled for Wednesday, Thursday and Dec. 12 from 8 a.m. to 5 p.m. for separating and retiring military members, civilian employees and spouses. The seminar provides necessary tools to conduct a successful job search as a civilian. Civilian attire should be worn. For more information, call 895-1252.

#### Predeployment brief

A predeployment brief is scheduled for Thursday from 8 to 9:30 a.m. It's mandatory for those departing on deployments of 30 days or more. It covers family separation and antiterrorism measures. Unit deployment managers with 10 or more deploying personnel should coordinate a mass briefing. Short-notice deploying members should call the FSC. For more information, call 895-1252.

#### Heart Link

Heart Link is scheduled for Jan. 6 at the Shaw Conference Center from 9 a.m. to 3 p.m. This is an orientation to introduce military spouses married less than five years to the Air Force way of life and includes prizes, gifts and a free lunch for all participants. Various agencies on base will present information pertaining to the military spouse. For more information, call 895-1252.

### Information

#### Pregnancy and parenting classes

A Healthy Pregnancy class is set for Dec. 19. The next class is scheduled for Jan. 16.

A Childbirth Education class is scheduled for Dec. 15 and 17.

The five-session Newborn Care Class is set for Jan. 6, 8, 13, 15 and 20.

For more information or to register, call 895-6091.

#### New York Air Guard

The New York Guard in Scotia, N.Y., has traditional Guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 3C1X1, 3C3X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4N0X1, 4P0X1, 4T0X1 and 6C0X1.

Full-time active duty positions are available in 2A5X1 and 2E271.

Contact Master Sgt. Ryerson at DSN 344-2456 or 1-800-524-5070.

#### Sumter Chamber Orchestra

The Sumter Chamber Orchestra is set to perform Saturday at 1:30 p.m. at the Sumter Opera House. This event is free to the public.

#### Lunch menu entrees for CMSgt Emerson E. Williams Dining Facility

**Today** -- Seafood newburg, beef and corn pie, roast turkey

**Saturday** -- Savory-baked chicken, Swedish meatballs, Creole shrimp

**Sunday** -- Oven-fried fish, Cantonese spareribs, grilled-mustard chicken breast

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

**Tuesday** -- Teriyaki chicken, veal parmesan, salmon cakes

**Wednesday** -- Barbeque ham steak, turkey and noodles, beef stroganoff

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

(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

**7 p.m., In the Cut**, R (Strong sexuality, including explicit dialogue, nudity, graphic crime scenes and language) -- A New York writing professor has an affair with a police detective investigating a murder in her neighborhood.

1 hr. 58 mins.

#### Saturday

**7 p.m., Texas Chainsaw Massacre**, R (Strong horror violence/gore, language and drug content) -- The only known survivor of a killing spree has broken the silence. She comes forward to tell the real story of what happened on a deserted rural Texas highway. A group of kids inadvertently found themselves besieged by a chainsaw wielding madman who left a trail of blood and terror forever known as the Texas Chainsaw Massacre.

1 hr. 30 mins.

#### Sunday

**3 p.m., Kill Bill**, R (Strong violence, language and some sexual content) -- Four years after surviving a bullet in the head, a woman emerges from a coma and swears revenge on her former master and his deadly squad of international assassins.

1 hr. 37 mins.

## PTLs train to keep Team Shaw fit

By Staff Sgt. Alicia Prakash  
Staff writer

Since the implementation of the new fitness requirements, fit to fight is becoming a common phrase throughout the Air Force. Coming in place now are physical training leaders.

PTLs are volunteers and selected individuals from each unit who represent a fit and healthy lifestyle. They receive initial training in two sessions: classroom-based and physical.

Classroom-based training covers body composition, motivation, group dynamics, safety and more. During classroom sessions, PTLs may ask questions or voice concerns about the program.

"I really learned a lot in the class," said Master Sgt. Brett Justus, 20th Civil Engineer Squadron assistant unaccompanied housing manager.

He said he learned programs need to be tailored to each individual and everyone progresses at a different rate.

"We have to build everyone up to the same point," Justus said.

The physical component of PTL

training is designed for PTLs to become accustomed to leading group exercise, said Brian Kirby, Health and Wellness Center fitness program manager.

At the end of exercise training, PTLs are tested and will be required to maintain a fitness score of 75 or better.

"PTLs should lead by example," said Justus.

Training for unit physical training leaders is held Tuesdays from 9 a.m. - noon in the Community Center and from 2 - 4:30 p.m. on the basketball court in the Fitness Center.

PTLs may attend both training sessions in the same day or on separate dates. However, the morning session must be completed first. For more information, call **895-1216**.



Photo by Staff Sgt. Alicia Prakash

**Senior Master Sgt. Tommy Derrick (left), 338th Training Squadron, Detachment 1, Fort Gordon, Ga., first sergeant, completes the physical training test assessed by Kirby (right) on the track as part of the PTL training.**

### SPORTS SHORTS

#### 5-K race

The 28th Operational Weather Squadron is sponsoring a 5-K race Saturday at 10 a.m. at Poinsett State Park.

Winners will be selected from categories of team, individual and age groups to receive awards and prizes. For more information, call Airman 1st Class Jackie Miller at **895-0945**.

#### Ham shoot

A ham shoot is set for Dec. 12 at Carolina Lakes Golf Course. Tee times will start at 10 a.m. The cost is \$15 per person for members, \$20 for nonmembers. Cart and green fees are not included. Two-person best ball and alternate shot applies. For more information, call **895-1399**.