

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 School, Shaw Heights Elementary School

10 a.m., Sunday liturgical service, Palmetto 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:

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.

FSC



AFAS scholarship information

The Air Force Aid Society offers \$1,500 grants to qualifying applicants. For more information, visit the reception desk at the Family Support Center or log on to www.afas.org.

Morale call program

The morale call program is for families of military members deployed, TDY or on a remote tour. Four 15-minute calls per month may be made from home to a location with a DSN phone number. Register in person or by phone at the FSC. For more information, call 895-1252.

Pre-separation briefings

Mandatory pre-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.

Give Parents a Break

Give Parents a Break is set for Feb. 7 from 10 a.m. to 2 p.m. at the Child Development Center (infants - 5 years old) and the Youth Center (6 - 12 years old). You must meet certain criteria to be eligible. To sign up, get a referral certificate from one of the following agencies: FSC, Family Advocacy,

Medical Group, chapel or squadron. Parents must bring in the child's most current shot records and a referral certificate to the CDC/Youth Center. Subsequent sign-ups can be called in. First-come, first-serve basis only. Deadline to sign up is Thursday by noon. For more information, call the CDC at 895-2247, Youth Center at 895-2251 or the FSC at 895-1252.

Predeployment brief

The next predeployment brief is scheduled for Thursday from 8 to 9:30 a.m. 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 contact the FSC to coordinate a mass briefing. If you receive a short-notice deployment notification, call the FSC to schedule an appointment. Spouses are encouraged to attend. 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 Youth Center. It's an opportunity for parents to network and share issues. For more information, call Marcy Prior at 499-2656.

Resume writing and interviewing

Resume writing and interviewing classes are offered Fridays from 9 to 11 a.m. and 11 a.m. to 1 p.m. Plan to arrive 15 minutes early. Classes are sponsored by the S.C. Employment Security Commission. For more information or to sign up, call 895-1252.

Nominations for volunteers

Monthly military and civilian volunteer nominations are due to the FSC by the 5th of each month. Nominations should be placed on an AF Form 1206. For more information, call 895-1252.

Information



Valentine's dance

The Youth Center is hosting a Valentine's dance scheduled for Feb. 6 from 7 to 9 p.m. at the Community Center for ages six to 12. The cost is \$5 for members, \$7 for nonmembers. For more information, call 895-2252.

Commissary scholarship information

The Defense Commissary Agency offers \$1,500 scholarships to children of active-duty, Reserve, Guard and retired military personnel. Applicants must be under the age of 21. The deadline for applications is Feb. 18. For more information, log onto www.commissaries.com.

Pregnancy and parenting classes

A healthy pregnancy class is set for Feb. 20 at 9 a.m. in the Aerospace Physiology building. The next class is scheduled for March 19.

A childbirth education class is scheduled for Feb. 23 and 25 from 6 to 8:30 p.m. in the Pediatric/New Parent Support building.

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

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

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

Saturday -- Creole shrimp, Swedish meatballs, baked chicken

Sunday -- Cantonese spare ribs, oven-fried fish, grilled mustard chicken

Monday -- Pot roast, stuffed fish, roast loin of pork

Tuesday -- Teriyaki chicken, veal parmesan, salmon cakes

Wednesday -- Southern-fried chicken, barbecue spare ribs, fried catfish

Thursday -- Herb-baked chicken, Southern-fried catfish, stuffed cabbage rolls

(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., Paycheck, PG-13 (action violence and brief language) -- The short-term memory of Michael Jennings is erased after a top-secret project is complete. Instead of his usual paycheck, Jennings is told he has agreed to forfeit all payment. Jennings has no way to prove them wrong without clues since his memory is erased. Federal agents are on his heels and Jennings quickly learns more than just his paycheck is at stake. In a race against time, Jennings must put the pieces together before the people he once worked for have him killed.

1 hr. 50 mins.

Saturday

7 p.m., Something's Gotta Give, PG-13 (sexual content, brief nudity and strong language) -- Harry Langer has his world turned upside-down when he has a heart attack during a visit with his girlfriend and her mother, Erica. When his girlfriend goes to the city, Erica and the doctor take care of Harry. The doctor and Harry end up falling in love with Erica.

2 hrs. 13 mins.

Sunday

3 p.m., Mona Lisa Smile, PG-13 (sexual content and thematic issues) -- In 1953, Katherine Ann Willis arrives to teach Art History at Wellesley College. While the nation struggles with fears of a shifting political culture, the administrators at Wellesley want to re-corset the women who were the backbone of the World War II workforce. A passionate educator, Katherine takes on the establishment and deeply affects her students, altering the course of her life forever.

2 hrs. 5 mins.

ACOMS: getting 'fit to fight' together

By Staff Sgt. Alicia Prakash
Staff writer

The following is the second article in the "Shaw Squadrons Fit to Fight" series.

Teamwork can have a positive effect on the daily Air Force mission. The 609th Air Communications Squadron has another way teamwork assists in the mission:



Airman Memitt instructs a fitness class in addition to her regular workout and Physical Training Leader duties.

group exercise. The squadron comes together three times a week to get "fit to fight."

Mondays, Wednesdays and Fridays at 3:30 p.m., the 609th ACOMS stops air communication and starts fitness communication. They stretch for 10-15 minutes, run for 20 minutes and cool down for five minutes, according to Senior Airman Ashlee Memitt, 609th ACOMS Physical Training Leader. Prior to becoming one of the five PTLs in the squadron, Airman Memitt did step aerobics twice a week and ran five to six days a week.

Now, in addition to running, Airman Memitt is involved in fitness classes.

"I teach an abs class Tuesdays and Thursdays at the Fitness Center," she said. By teaching the class, Airman Memitt helps others do exercises properly and safely as well as keeping herself in shape.

As Airman Memitt aspires to ful-



Photos by Staff Sgt. Alicia Prakash

Members of the 609th ACOMS begin a 15-minute warm-up as part of their group workout on the base track Wednesday.

fill her goal of becoming an exercise physiologist, she helps others along the way.

Airman 1st Class Scott Cobb, 609th ACOMS, notices a difference in his fitness.

"I have lost weight, and I can run longer distances," said Airman Cobb.

During the squadron practice test

in December, Airman Cobb ran 1.5 miles in close to 19 minutes. His time improved by five minutes in three weeks.

"He shows so much commitment," said Airman Memitt. "His energy level is higher."

The 609th ACOMS continues to work together as a team and makes fitness a group effort.

SPORTS SHORTS

Spinning classes

The Fitness Center offers spinning classes during the following times:

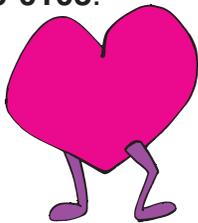
- Tuesdays at 6 a.m. and noon
- Wednesdays at 5 p.m.
- Thursdays at 6 a.m., 10 a.m., noon and 4 p.m.
- Fridays at noon and 5 p.m.
- Saturdays at 9 a.m.

Classes are open to personnel with Fitness Center access.

For more information, call **895-2789**.

American Heart Walk

The annual American Heart Walk is scheduled for March 13 at the Sumter County Chamber of Commerce. The cost is \$10 per walker or \$100 per team of 10 people. Interested Shaw personnel and their family members, call 2nd Lt. Erik Saracino at **895-0103**.



Jogging safety tips

Around the base

- Individuals running around Shaw should use the sidewalk whenever possible.
- Watch for vehicle traffic when crossing streets.
- Do not use headphones, earplugs or similar devices which can hinder hearing vehicles.
- When crossing the road, never assume a vehicle will stop for you.
- Wear reflective gear during hours of darkness.
- If jogging on the road, use the far left side, facing on-coming traffic.

(Information courtesy of 20th Fighter Wing Safety Office.)



Photo by Airman 1st Class Amber McCarthy

On the fast track

Staff Sgt. Donta Trapps, 20th Civil Engineer Squadron, does his 30-minute cardio workout at the Fitness Center Tuesday. He performs weight training and cardio five times a week.