

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.

Spouses space



Enlisted Spouses' Club auction

The Enlisted Spouses' Club's annual Time, Talent and Treasures Auction is set for March 5 at 5 p.m. at Club Shaw. For more information, call 666-2227.

OCSC scholarships

The Officer's Civilian Spouses Club offers scholarships to students enrolled in accredited schools. Shaw OCSC membership is not required. Selection is based on academic achievement, leadership ability, extracurricular activities and a written essay. Applications are available at the Family Support Center, Education Center and local high school guidance offices. The deadline for applications is March 15. For more information, call 469-2520.

FSC



Give Parents a Break

Give Parents a Break is set for Saturday from 10 a.m. to 2 p.m. at the Child Development Center (infant - 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: Family Support Center, Family Advocacy, Medical Group, the 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.

For more information, call the CDC at 895-2247, Youth Center at 895-2251 or the FSC at 895-1252.

AFAS scholarship information

The Air Force Aid Society offers \$1,500 grants to qualifying students. The deadline for applicants is March 12.

For more information, visit the FSC or log on to www.afas.org.

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, call 895-1252.

Budget class

A budget class for E-4s and below is scheduled for Wednesday from 8:30 to 11:30 a.m. at the FSC. Spouses are welcome to attend with their military sponsor. For more information, call 895-1252.

Predeployment brief

The next 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 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.

Job interviewing techniques

A seminar is set for Thursday from 11:30 a.m. to 12:30 p.m. at the FSC. The seminar is designed to assist in answering job interview questions. For more information, call 895-1252.

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.

Video e-mail

FSC offers video e-mails Mondays through Fridays from 7:30 a.m. to 4:30 p.m. Persons may record a one-minute video message to send. No appointment is needed.

Information



Base Library events

Kiddie Klub's Valentine's Day party is set for Tuesday at 10:30 a.m. in the Base Library for 2 to 5-year-olds. For more information, call 895-9808.

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 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.

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

Club Shaw talent search

Club Shaw is seeking talented singers, stand-up comics and band members to perform there. Those interested in auditioning, call 666-3651.

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

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

Saturday -- Cajun meat loaf, baked chicken, rib eye steak

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

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

Tuesday -- Lemon-baked fish, pork schnitzel, yak-isoba

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

Thursday -- Orange-spiced chops, liver with onions, tempura-fried 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.

Cheaper By the Dozen, PG (language and some thematic elements) -- Tom Baker and his wife, Mary, move to the big city, which is a big change for them and their 12 children. Tom and Mary are forced to try to find new ways of parenting their massive tribe, but they find their parenting styles aren't always compatible.

1 hr. 55 mins.

Saturday

7 p.m., Peter Pan, PG (adventure action sequences and peril) -- Peter Pan is the boy who won't age. He lives in Neverland with other ageless kids, the Lost Boys. A fairy gives three children -- Wendy, John, and Michael Darling -- the ability to fly; and soon they're off to Neverland, where they battle the evil Captain Hook and his band of pirates.

1 hr. 45 mins.

Med Group: fit to cure and fit to fight

By Staff Sgt. Alicia Prakash
Staff writer

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

Medical personnel spend their careers focusing on the health and wellness of others. With the new Air Force's Fit to Fight program, 20th Medical Group members can also focus on their own health.

As a 20th Medical Operations Squadron clinical nurse, 1st Lt. Rachel Stolley makes a career of getting Shaw's sick people well and keeping the well from getting sick. Now as a physical training leader for her squadron, she also assists with keeping the 20th MDOS healthy. The lieutenant was a cross-country runner in college and currently works out four to five times a week to keep herself in shape and set a good example for her squadron.

"Fitness has always been a part of my life," said Lt. Stolley.

Being an athlete, she had no problem with leaping into the Fit to Fight program.

She said the program teaches good lifestyle changes regarding fitness.

Staff Sgt. Jessica Odom, 20th MDOS Women's Health Clinic NCO in charge, is learning about good lifestyle changes. Within one month of her initial fitness test, she improved her run time and increased both her push-ups and sit-ups.

Senior Airman Michael DaCosta, 20th Medical Support Squadron laboratory technician and squadron PTL, said it is rewarding to see people achieve fitness objectives.

"I like to help people reach goals that once seemed impossible to them," he said.

With a background in track and field events, Airman DaCosta said he feels he can give trusted advice on how his squadron members can improve.

Making improvements is what

Sgt. Odom is doing. She said in addition to her family noticing her weight loss, the fitness training helps relieve her daily work stress. Sgt. Odom continues to work on

improving her fitness and encourages others not to give up.

"Keep working out a little bit every day and don't get discouraged," said Sgt. Odom.



Photo by Staff Sgt. Alicia Prakash

Senior Airman DaCosta runs at the track on base Thursday. He runs often to further increase his physical health.

Jogging safety tips



While in formation

- Squadron formations should run with traffic, using a road guard at the front and rear.
- Road guards should wear reflective vests during hours of darkness.
- Groups should remain in formation until the run is complete and all members are out of the road.

- Anyone leaving the formation should run on the opposite side of the road, facing traffic, and follow the same rules of individual joggers.
- Jogging on Patrol Rd. is prohibited during base exercises.
- The speed limit while passing a troop formation is 10 MPH.

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

Intramural Basketball

| American League | | National League | | Over-30 teams | | | | |
|-----------------|---|-----------------|---------|---------------|---|-----------|---|---|
| | W | L | W | L | W | L | | |
| 28 OWS | 5 | 0 | CMS | 7 | 0 | EMS | 6 | 0 |
| EMS | 5 | 1 | FIRE | 5 | 1 | LRS | 5 | 1 |
| MED | 4 | 2 | LRS B | 5 | 1 | CMS | 4 | 0 |
| AMMO | 3 | 2 | CES A | 4 | 2 | CES | 4 | 2 |
| COMM | 3 | 3 | OSS | 4 | 3 | AMXS | 3 | 3 |
| PROPS A | 3 | 3 | CES B | 3 | 3 | MED | 2 | 4 |
| LRS A | 2 | 3 | CMS/EWS | 2 | 4 | 1st Sgts. | 2 | 4 |
| MSS | 2 | 3 | EGRESS | 2 | 5 | SFS | 2 | 5 |
| SFS | 1 | 5 | CMS/AIS | 0 | 6 | AMMO | 1 | 5 |
| 682 ASOS | 0 | 6 | PROPS B | 0 | 7 | COMM | 0 | 5 |

As of Tuesday

Trap league

| American League | W | L |
|-----------------|----|----|
| Retirees | 42 | 28 |
| 20 CES | 41 | 29 |
| 9AF #1 | 39 | 31 |
| 79 AMU | 36 | 34 |
| 20 CMS | 32 | 38 |
| 20 CS | 20 | 50 |
| National League | | |
| 20 OSS | 40 | 20 |
| 20 CMS/FS | 32 | 23 |
| 9AF #2 | 28 | 27 |
| 20 SFS | 21 | 34 |
| 20 CONS | 19 | 36 |

Standings as of Wednesday