

## 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

6 p.m., Sunday, Faith Factor

##### 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



#### Financial Management Investment Workshop

Free financial management training for military and their spouses is being offered April 14 from 1 to 4 p.m. at the Family Support Center.

Topics include investments, stocks, bonds, and more. For more information or to register, call 895-1252.

### FSC



#### FSC closure hours

The Family Support Center is closed for training Fridays from 9 a.m. to noon. For more information, call 895-1252.

#### Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled for today from 9 to 11 a.m. and 11 a.m. to 1 p.m. The classes are sponsored by the S.C. Employment Security Commission. For more information or to sign up, call 895-1252.

#### Job Expo

A job expo is set for Wednesday from 10 a.m. to 6 p.m. at the Sumter County Exhibition Center. Interested individuals should bring resumes and dress in business attire. For more information or to register, call 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, co-sponsored 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 Mrs. Marcy Prior at 499-2656.

#### Volunteer recognition barbeque

The annual Volunteer Recognition Barbeque, hosted by the FSC and the Volunteer Advisory Board, is set for April 19 from 5 to 7 p.m. at Memorial Lake. For more information, call 895-1252.

#### Police officers wanted

The hiring process for the Charlotte-Mecklenburg Police Department is set for April 22 at 1 p.m. at the FSC. Applicants will have two hours to complete a four-part test. For more information, call 895-1252.

### Information



#### English classes for adults

English classes for international adults are held Mondays and Wednesdays from 4 to 6 p.m. at Oakland Elementary School. A registration fee of \$25 is required. Books and materials are provided for adults to learn how to read, write, speak and understand English. For more information, call 778-6434.

#### Seeking musicians

The Community Center has paid positions open for persons interested in teaching music. For more information, call Mr. John Lonergan at 895-3382.

#### Self-Help

The Self-Help Store provides materials for self-help projects at base units. For assistance, turn in an Air Force Form 332: *Base Civil Engineer Work Request*, to the 20th Civil Engineer Squadron customer service desk in Building 250. For more information, call Master Sgt. Tracy Franklin at 895-5314.

#### Easter egg hunt

An Easter egg hunt is set for April 10 for children 12 years old and younger from 10 a.m. to noon at the Youth Center Sports Complex. Pictures with the Easter Bunny will be available for \$1. For more information, call 895-2252.

#### Rental trucks

The Auto Skills Center now offers rental trucks to Shaw members. For more information, call 666-4865 or 895-6383.

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

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

**Saturday** -- Cajun meatloaf, crispy-baked chicken, ribeye steak

**Sunday** -- Sauerbraten, tuna and noodles, chicken parmesan

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

**Tuesday** -- Onion-lemon fish, pork schnitzel, beef and spaghetti steak yakisoba

**Wednesday** -- Southern-fried chicken, barbeque spareribs, fried catfish

**Thursday** -- Tempura-fried fish, orange-spiced chops, liver with onions

(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., 50 First Dates**, PG-13 (crude sexual humor and drug references) -- Henry Roth, a veterinarian at an aquarium in Hawaii, falls in love with a girl who has short-term memory loss. He has to keep getting her to fall in love with him every time they meet in order for them to have a relationship, since she never remembers the last time she met him.

1 hr. 46 mins.

#### Saturday

**7 p.m., Broken Lizard's Club Dread**, R (violence, sexual content, language and drug use) -- At Club Dread, a swinging-singles-style island resort off the coast of Costa Rica, the festivities are interrupted by the presence of a machete-wielding serial killer, so it's up to the staff to try to stop the bloodshed before they lose all their business.

1 hr. 45 mins.

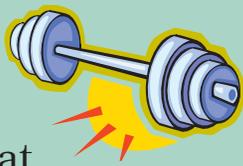
#### Sunday

**3 p.m., Welcome to Mooseport**, PG-13 (brief sexual comments and nudity) -- A former president settles down in a small coastal New England town. He's asked to run for the office of mayor of the town, however, the local hardware store owner runs against him "just to keep things honest." The president's life-long experience of political campaigns leads him to accelerate the competitive nature of the race to one of the most contentious fights of his career.

1 hr. 50 mins.

## Weight training tips

● **Know your limitations:** Lift what your body is capable of lifting.



● **Use proper form and posture:** Lifting weights incorrectly may result in injury.

● **Stay focused:** Concentrate on the exercise at hand.

● **Seek help:** If you are unsure about how to use weight training equipment, ask a professional for assistance.



*Photos by Staff Sgt. Alicia Prakash*

Airman 1st Class David Lenahan, 77th Aircraft Maintenance Unit, said "Use good form, and do slow, concentrated repetitions."



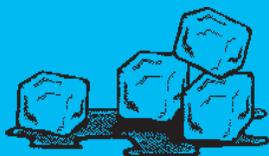
Airman 1st Class Daryl Knight (left), 20th Maintenance Operations Squadron, and Airman Israel Boston (right), 20th Logistics Readiness Squadron, stress the importance of using a spotter while lifting weights.



Mr. James Roberson, 609th Air Communications Squadron, said, "It is important to warm up beforehand."

## Summer Ice Hockey League

The Shaw Vipers ice hockey team is gearing up. Interested persons can call 2nd Lt. Erik Saracino at 895-0103.



## Shaw's Intramural Softball League

The intramural softball league is set to begin May 10. Squadrons may enter more than one team and a Letter of Intent should be received before April 30 at the Fitness Center.

For more information, call Tech. Sgt. Robert Sedberry at 895-2789.