

## 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.

#### Vacation Bible School

Shaw's religious education program is set to host a VBS program June 7 - 11 at Shaw Heights Elementary School from 6 - 8:55 pm. For more information, call **983-2206** or visit the Palmetto Chapel to complete registration.

### FSC



#### Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled Fridays at the Sumter Employment Security Commission. Participants can attend from 9 - 11 a.m. or 11 a.m. - 1 p.m. For more information and to register, call **895-1252**.

#### Heartlink

The next Heartlink meeting is set for Tuesday from 9 a.m. to 3 p.m. at the Conference Center. This seminar introduces military spouses, married less than five years, to the Air Force way of life. For more information, call **895-1252**.

#### Heart to Heart

A Heart to Heart meeting is set for Tuesday from 6 to 8 p.m. at Memorial Lake. The event allows family members of those deployed or remote to get together for support and networking. For more information and to register, call **895-1252**.

#### Free Microsoft Office software training

The Air Force Aid Society and the Family Support Center are set to host Microsoft Office training classes Tuesday through June 17 at the Education Center. Classes are for spouses of active-duty members, and will be held Tuesday and Thursday nights from 5:30 - 8 p.m. For more information, call **895-1252**.

#### Smooth Move Workshop

A Smooth Move Workshop is set for Wednesday from 8:30 a.m. to noon. The class is open to military, civilian employees and family members PCSing or separating. For more information, call **895-1252**.

#### Predeployment brief

The next predeployment brief is set for Thursday from 8 to 9:30 a.m. It's mandatory for those deploying for 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**.

#### Financial management

The FSC offers counseling on financial matters including debt management, budgets and savings plans. For more information, call **895-1252**.

### Information



#### End-of School Dance

A dance, sponsored by the Youth Center, is set for today from 7 to 9 p.m. at the Community Center for ages 6 - 12. The cost is \$5 for youth program members, \$7 for nonmembers. Juice and cookies will be available. For more information, call **895-2252**.

#### "Sumter during the Civil War"

A free living-history demonstration is set for Saturday from 10 a.m. to 4 p.m. at the Sumter County Museum. The program will feature a soldiers encampment, drill demonstrations and a battle skirmish. For more information, call **775-0908**.

#### Maxwell/Gunter Air Show

Maxwell Air Force Base, Ala., is hosting a two-day air show June 5 - 6 from 9 a.m. to 5 p.m. in commemoration of the 60th anniversary of D-Day. The show will feature the U.S. Air Force Thunderbirds aerial demonstration team and the U.S. Army Golden Knights parachute team. For more information, visit [www.maxwell.af.mil/airshow](http://www.maxwell.af.mil/airshow).

#### Parenting classes

Parenting classes, sponsored by Family Advocacy, are set for July 29, Sept. 30 and Oct. 28, from 4:30 to 6 p.m. at the Pediatric Clinic/New Parent Support building. This class is for parents of children 4 - 12 years old. For more information or to register, call Ms. Patti Busser at **895-6091**.

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

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

**Saturday** -- Baked chicken, Swedish meatballs, creole shrimp

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

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

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

**Wednesday** -- Sweet-n-sour pork, sukiyaki, szechwan chicken

**Thursday** -- Herb-baked chicken, stuffed cabbage rolls, 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

**7 p.m., The Alamo**, PG-13 (intense battle sequences) -- In the spring of 1836, nearly 200 Texans held a fort in San Antonio for 13 days under siege by Gen. Antonio Lopez de Santa Anna, ruler of Mexico and commander of its forces. Led by three men, the Texans and their deeds at the Alamo would pass into history as Gen. Sam Houston's rallying cry for Texas independence.

2hrs. 17 mins.

#### Saturday

**7 p.m., The Whole Ten Yards**, PG-13 (sexual content, some violence and language) -- This comedy follows the wacky misadventures of a hitman who lives next door to a mild-mannered dentist. Following the events of 'The Whole Nine Yards,' the dentist is now married to the hitman's ex-wife, and the hitman to the dentist's assistant. The hitman has traded his former life to be more of a family man, but these neighbors are about to discover it's not that easy to shake the mob.

1hr. 39 mins.

#### Sunday

**3 p.m., Home on the Range**, PG (mild rude humor) -- Set in the wild west, a herd of cows band together to save their farm. The widow owes mortgage on the property and has no way to pay for it. Fearing they'll be sold to the local meat-packing plant, the cows seek to find a way to earn the money.

1 hr. 16 mins.

Health & wellness

**Hypertension:**  
America's silent killer



High blood pressure, or hypertension, affects an estimated 50 million Americans -- more than one in every four adults. According to the Department of Health and Human Services and National Institutes of Health, it has contributed to millions of heart attacks, strokes and kidney failure cases each year, with an economic cost to the nation exceeding \$100 billion annually.

Hypertension is a major risk factor for heart disease and the chief risk factor for stroke and heart failure. It can lead to kidney damage and increase the chances of dementia. It can cause damage without showing any signs or symptoms and has been called "the silent killer."

Knowing your blood pressure numbers is crucial. The Health and Wellness Center offers a "Heart at Work" class the fourth Monday of each month at 10 a.m. This class provides a basic overview of hypertension while addressing ways to best manage it and incorporate positive lifestyle changes. (Information courtesy of U.S. Dept. of HHS and the NIH.)

**DASH of prevention worth pound of cure**

Healthy eating can lower the risk of developing high blood pressure and regulate abnormal blood pressure. "Dietary Approaches to Stop Hypertension" is a plan developed by the U.S. Department of Health and Human Services, along with the National Institutes of Health, that has been clinically proven to significantly reduce blood pressure. The DASH plan offers the following dietary tips for reducing blood pressure:

**Eat plenty of:**

- ☺ fruits
- ☺ vegetables
- ☺ low-fat dairy
- ☺ whole grains
- ☺ poultry and fish
- ☺ nuts

**Go easy on:**

- ☹ fats
- ☹ red meats
- ☹ sweets and sugared beverages
- ☹ salt and sodium

For more information or to download the DASH guide for eating, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) and follow the **Heart/Vascular** link. (Information courtesy of U.S. Dept. of HHS and the NIH.)



**Know your numbers**

**Sports**



Roger Quinto nails one for the commanders' team Tuesday.

**Shirts skin commanders, 12-5**

By Airman 1st Class Susan Penning  
Staff writer

Shaw's first shirts proved they were made of good material Tuesday when they nearly tore up the commanders 12-5 in a softball game at the Youth Center Sports Complex.

The commanders started at the plate, but were quickly shut out by smart in-fielding and an impressive catch by shirts' left-fielder Dan Livingston.

The shirts' first at bat showed promise. They hustled in five runs before a double play between Jay Ducharme and

Kelly Larson put the sergeants back in the field.

Shirts continued to load the bases in the bottom of the sec-



Photos by Airman 1st Class Susan Penning

Shirts' fielder Bryan Williams throws it back to the mound.

ond when Joe Whetstine hit a powerful home run to assist in a 9-0 lead going into the third.

Jim Laurent widened the gap farther with a triple as the score climbed to 12-0 in the bottom of the fourth.

Commanders caught a break at the top of the fifth when Ducharme nailed a grand slam and Carey Stegall batted in a run.

The third double-play of the day by the CCs' infield kept the first sergeants from any more runs, but to no avail. The shirts held them off in the top of the sixth, ending the game 12-5.

**What a racquet!** Tournament heats up at Fitness Center

**Racquetball winners**

**First-place team:**

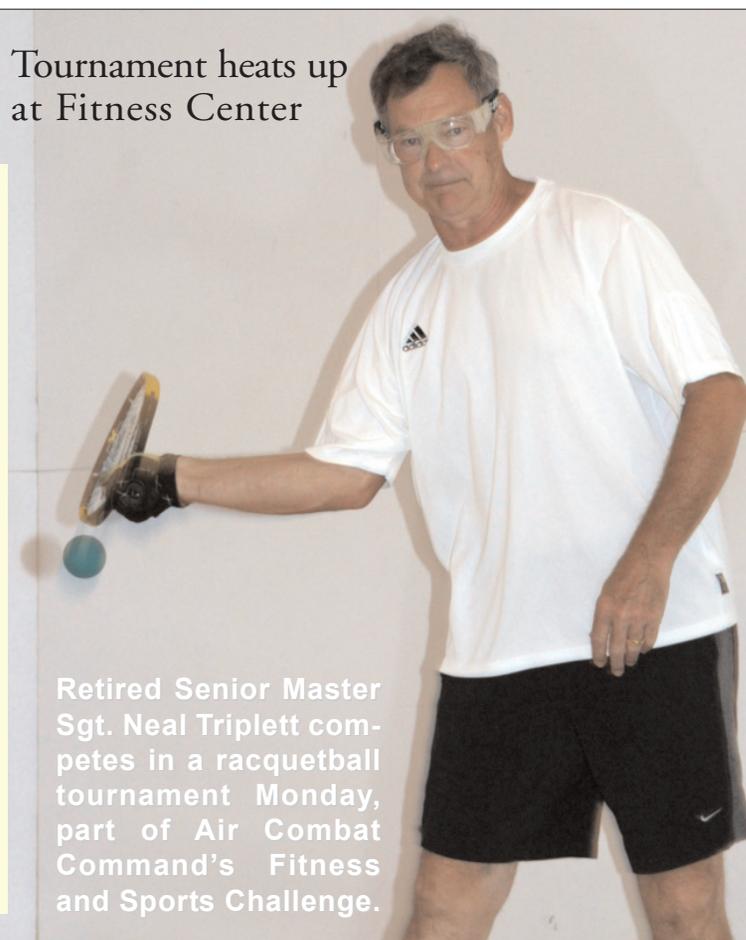
Senior Airman Stephen Bounds, 20th Equipment Maintenance Squadron, and Mr. James Justice

**Second-place team:**

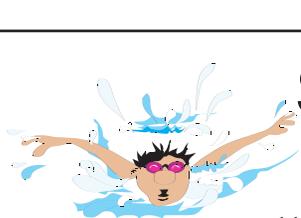
Retired Senior Master Sgt. Neil Triplett, Senior Master Sgt. Don Catalano, 28th Operational Weather Squadron, and retired Master Sgt. John Webster.

**Third-place team:**

Col. Mike Beale, 20th Fighter Wing vice commander, and Lt. Col. Nathan Hill, 20th FW wing inspections



Retired Senior Master Sgt. Neal Triplett competes in a racquetball tournament Monday, part of Air Combat Command's Fitness and Sports Challenge.



**Sports Short**



**Pool open**

Woodlands Pool is now open Mondays, Wednesdays and Fridays from 11 a.m. to 1 p.m. for lap swimming and from 1 to 6 p.m. for open swimming. Regular season for Woodlands Pool begins Monday and for Lakeside, May 28.