

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 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 Monday through June 11 at Shaw Heights Elementary School from 6 to 8:55 pm. For more information, visit the Palmetto Chapel to complete registration.

FSC



New FSC hours

FSC hours are 8:30 a.m. - 4:30 p.m. Mondays through Thursdays. The FSC is open Fridays for emergencies and appointments only. Hours for the Loan Closet and to pick up sponsorship packets are Mondays through Thursdays from 8 a.m. to noon. For more information, call **895-1252**.

Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled Fridays at the Sumter Employment Security Commission on E. Calhoun Street. Participants can attend 9 - 11 a.m. or 11 a.m. - 1 p.m. For more information and to register, call **895-1252** or **773-7359**.

Sponsorship training

Sponsorship training is set for Tuesday from 10 to 11 a.m. at the FSC. It is mandatory for first-time sponsors or those who have not sponsored anyone within a year. For more information, call **895-1252**.

Budget class

A budget class for E-4s and below is set for Wednesday from 8 a.m. to noon. For more information, call **895-1252**.

Investment seminar

An investment seminar is set for Thursday from 1 to 4 p.m. at the FSC. Stocks, bonds, mutual funds, the Thrift Savings Plan, savings and retirement planning will be covered. For more information, call **895-1253**.

Volunteer award packages

Monthly volunteer nomination packages are due no later than 4:30 p.m. on the fifth day of each month. Packages can be e-mailed or dropped off at the FSC. For more information, call **895-1252**.

Free childcare

The Air Force Aid Society will pay for 20 hours of care per child for military families either leaving or arriving at a base. Members within 60 days of arriving or departing can pick up a voucher at the FSC. For more information, call **895-1252**.

Counseling available

The FSC offers counseling to provide members with information and referrals, matching family needs with community resources. Support is also available to help both individuals and families with challenging life situations. For more information, call **895-1252**.

Food locker

The FSC has a food locker for use by military families experiencing financial difficulties. For more information or to make a donation, call **895-1252**.

Financial help

Airmen experiencing financial difficulties can make an appointment to meet with a personal financial management planning counselor at the FSC. Bring a copy of your most recent Leave and Earnings Statement. For an appointment, call **895-1252**.

Education grant

The Air Force Aid Society provides \$1,500 grants to selected sons, daughters and spouses of military members. For more information on eligibility requirements, call **895-1252**.

Information



Family film series

This free, outdoor event takes place at the Sumter Amphitheater on Theater Drive, off of Wise Drive, the first and third Saturdays of each month. Movies begin at sunset and are appropriate for all ages. Those attending should arrive at 8 p.m. For more information, call **436-2640**.

Maxwell AFB Air Show

Maxwell Air Force Base, Ala., is hosting a two-day air show Saturday and Sunday 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.

Hispanic Heritage Dance

Shaw's Hispanic Heritage Committee is set to host a dance June 25 from 10 p.m. - 2 a.m. at Club Shaw. The cost is \$3 in advance, \$5 at the door. Refreshments will be available. For more information or to purchase tickets, e-mail jose.maldonado@shaw.af.mil, or call **895-9411**.

Air National Guard openings

Massachusetts is currently recruiting members for the Massachusetts Air National Guard. For more information, visit www.maainguard.org, or call **(800) 247-9151** or DSN **698-1569**.

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 loin of pork

Tuesday -- Teriyaki chicken, veal parmesan salmon cakes

Wednesday -- Sweet and 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



Friday

7 p.m., Johnson Family Vacation, PG-13 (sexual references, crude humor and drug material) -- Even the onboard navigation system has a meltdown on Nate Johnson and his family's cross-country trek to their annual family reunion. Can the Johnsons survive each other and all the obstacles the road throws at them to make it to Caruthersville, Missouri? Can they find Missouri?

1hr. 36 mins.

Saturday

7 p.m., The Punisher, R (pervasive brutal violence, language and nudity) -- Frank Castle is a man who has seen too much death in his life. On his final assignment he plays his undercover role perfectly, but the operation spins out of control. This places the FBI on the wrong side of a Tampa businessman. The man and his brutal followers unleash hell at Castle's family reunion, so Castle sets in motion a brilliant plan to punish the murderers.

2 hrs. 4 mins.

Sunday

The Base Theater is set to close Sunday due to a base exercise being conducted there. Normal movie showings will resume June 11.

Health & wellness

OBESITY
prevention tips

Although most people recognize the importance of exercising and eating healthy meals, the fast-paced lives many of us lead often allow little time to pay attention to our health. As a result of sedentary lifestyles and unhealthy dietary habits, more than two-thirds of American adults are now overweight or obese.

Obesity-related diseases, such as type II diabetes, cancer and cardiovascular disease, are responsible for more than 400,000 deaths annually, making obesity the second largest cause of preventable death in the United States.

Although moderate changes to diet and exercise habits can prevent obesity, many people are overwhelmed by trying to incorporate healthy changes into everyday life. Learning the facts about nutrition and physical activity is essential to leading a healthy lifestyle. You can start getting healthier today. Fortunately, combatting obesity doesn't have to be overly complicated, time-consuming or involve expensive diet plans or exercise equipment. Using the following tips can put you and your family on the road to better health.

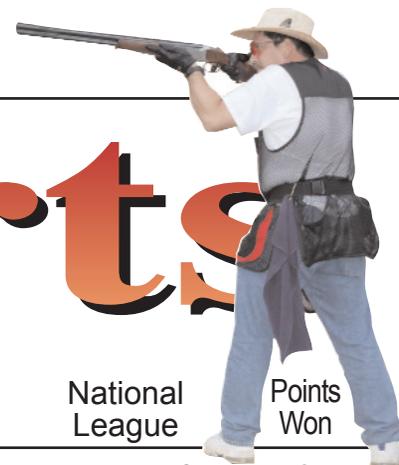
- ◆ Resolve to watch fewer hours of TV every day. Many people complain about not having time to exercise, but are unaware of the hours they spend sitting on the couch.
- ◆ Do sit-ups and push-ups while watching TV.
- ◆ Walk during your lunch hour. Take a family walk after dinner. This can be a great stress reliever and allow quality time to discuss family issues and goals.
- ◆ Drink water before every meal and throughout the day as a substitute for sugary and high-calorie beverages.
- ◆ Eat more fish, poultry and leaner cuts of red meat.
- ◆ Grill, steam or bake instead of frying meals.
- ◆ Perform gardening, house cleaning or home repair activities. These duties can burn up to 300 calories per hour.
- ◆ Play with your children for 30 minutes each day.
- ◆ Take dancing lessons or dance to music at home.
- ◆ Take the stairs instead of the escalator or elevator.
- ◆ Snack on fruits and vegetables instead of choosing high-fat and high-calorie chips or chocolate.

(Information courtesy of the Ad Council.)



Do you have a knack for choosing healthy snacks?

Sports



Skeet & Trap Standings	American League	Points Won	Points Lost	National League	Points Won	Points Lost
	9th AF	15	0	Retirees 2	9	1
Retirees 1	11	4	OSS	9	1	
SVS	11	4	ACOMS	5	5	
CMS	4	11	SFS	7	8	
CONS	2	13				
SIM	2	13				

(As of Monday)

Small changes lead to big fitness

By Airman 1st Class Susan Penning
Staff writer

Anyone can develop a more fit lifestyle. Physical activity doesn't have to take up a lot of time in the day.

According to the Department of Health and Human Services, many people can significantly increase their level of fitness by incorporating a few small steps into their daily routines.

It's essential to be realistic about how much time can be devoted every day to fitness. A lot of people have an all-or-nothing approach when it comes to physical activity. They feel they have to work out for more than an hour every single day or no benefits are gained. Although some athletes maintain this level of intensity every day, most of us are just too busy. So after a few days or weeks of trying to work out at an unrealistic pace, burn-out sets in and a sedentary lifestyle is resumed.

Instead of adopting the all-or-nothing approach to fitness, try starting small. The DHHS offers the following examples of realistic goals to set.

Add 15 minutes of activity to your daily routine. This could include walking, playing with your children, swimming, or any other sport or hobby you might enjoy.

When given the choice between walking or driving, choose walking.

"People often complain they don't have enough time to exercise, but I see them circling the parking lot for the closest spot. Why not park farther away and consider it an opportunity to improve your level of fitness?" said Staff Sgt. Joleen Black, Health and Wellness Center NCO in charge of clinical dietetics.

On the weekend, spend an hour each day doing physical activities -- gardening, hiking, playing a sport and taking a fitness class are a few examples.

When setting fitness goals, it is imperative to write them down and give yourself a set time period to accomplish those goals. The time frame is very important. Without it, you may lose momentum, and won't know whether you've been successful.

According to DHHS, at the end of the time period, you should ask yourself:

Was I successful in accomplishing my goals? If not, what got in the way? How can I overcome those obstacles? How can I build on the accomplishments I've made?

By setting goals, meeting them, then setting higher goals, you will eventually exceed your own expectations.

Remember, fitness has numerous benefits. According to information from Shaw's Health and Wellness Center, exercise aids in weight and stress management and has many disease-preventative properties. So, get out there and get moving!



Sports Shorts



Hockey players wanted

Shaw's ice hockey team, the Vipers, is currently seeking new players. For more information, call 895-0103.

Running trail

A new 1.5 mile running trail is available near Outdoor Recreation. A start/finish line is located near the gazebo, and the trail is marked every 1/4 mile.

Golf tournament

The Black Heritage Committee is set to host a golf tournament at Carolina Lakes June 18. Registration is 11:30 a.m. to 12:30 p.m. with a shotgun start at 1 p.m. The cost is \$20 for club members, \$25 for nonmembers, and includes cart and green fees. Reservations and payments are due by June 16. For more information, call 895-5310/5195.



Photo by Airman 1st Class Susan Penning