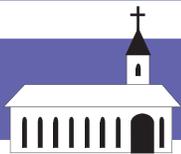


What's happening ...

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.

FSC



New FSC hours

Family Support Center 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**.

Transition Assistance Program seminar

A seminar for those retiring or separating from the Air Force is set for Tuesday through Thursday from 8 a.m. to 5 p.m. at the FSC. TAP seminars are designed to provide the tools necessary to conduct a successful job search as a civilian. For more information or to register, call **895-1252**.

Pre-deployment brief

A pre-deployment brief is set for Thursday from 8 to 9:30 a.m. at the FSC. It is mandatory for those deploying for 30 days or more and covers family separation preparation and anti-terrorism measures. Unit deployment managers with 10 or more deploying members should call the FSC to set up a date, time and location for a mass briefing. Spouses are highly encouraged to attend. 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 individuals and families with challenging life situations. For more information, call **895-1252**.

Volunteers needed

Volunteers are needed to help out at the FSC. Other base organizations in need of volunteers may call the FSC for assistance. For more information or to volunteer, call **895-1252**.

Free oil change

The Air Force Aid Society will pay for a one-time oil change and safety check. To be eligible, members must schedule an appointment to participate in the Personal Financial Management Program, sponsored by the FSC.

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.

VA representative

A Veteran's Administration representative is available to answer VA questions on Tuesdays and Wednesdays, by appointment only, at the FSC. 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 the FSC.

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



CPR certification

An adult CPR training class, sponsored by the American Red Cross, is set for June 24 from 6 to 10 p.m. at the Tri-County Service Center on North Guignard Drive in Sumter. Individuals completing the training will receive CPR certification. The cost is \$40. Advance payment and registration are required. For more information, call **775-2363**.

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. These classes are 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 -- Mexican-baked chicken, Swiss steak with tomato sauce, stuffed green peppers

Saturday --Crispy-baked chicken, cajun meat loaf, rib-eye steak

Sunday -- Tuna and noodles, sauerbraten, chicken parmesan

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

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

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

7 p.m., Envy, PG-13 (language and sexual/crude humor) -- A pair of life-long best friends and neighbors who work at the same company find their bond breaking after one of them becomes quite-literally stinking rich by selling an invention, and the other goes crazy with envy.
1hr. 39 mins.

Saturday

7 p.m., Kill Bill Volume 2, R (violence, language and drug use) -- Continuing the story-line which unfolded in "Kill Bill Vol. I," this is a revenge tale of an expert assassin, called The Bride, who sets out on a quest to wreak vengeance upon her former employer, Bill, and other members of their assassin circle, for shooting her at her wedding--along with everyone else in attendance--and leaving her for dead.
2 hrs. 14 mins.

Sunday

3 p.m., Ella Enchanted, PG (crude humor and language) -- Ella lives in a fanciful and magical world where all children are given a "gift" from a fairy Godmother at the moment of their birth. Little Ella's birthright is the gift -- and curse -- of obedience. As a result, Ella cannot refuse any command, and is often left at the mercy of unscrupulous personalities. In a bid to regain control of her life, Ella goes on a quest to free herself from this mysterious curse.
1 hr. 35 mins.

Sports



Tigers in training

Photos by Airman 1st Class Susan Penning



Left, children learn to swing properly during a golf workshop at Carolina Lakes Wednesday. Above, Mr. Bruce Miller, base golf course manager and workshop instructor, teaches Storm, son of Lee, 20th Services Squadron, and Tech. Sgt. Scotti Smith, 9th Air Force, how to grip.

Heat Index: a cool tool to use

By Lt. Col. Jim Harcarik
20th Aeromedical-Dental Squadron Bioenvironmental Engineering Flight commander

With temperatures soaring above 90 degrees and extreme temperatures reaching 100 this summer, Shaw members should be aware of the 'heat index' and how it can help prevent heat injuries.

Dehydration, followed by heat illness, can negatively impact mission accomplishment by causing impaired judgment and concentration. It is critical commanders, supervisors and workers are aware of the hazards associated with hot and humid weather operations and the actions they must take to prevent illnesses.

The Wet Bulb Globe Temperature, more commonly referred to as the heat index, is a decision tool for commanders to use. The WBGT takes into account three types of environmental and temperature readings: ambient air temperature, humidity and solar load. Humidity is the level of moisture in the air. Ambient air is the temperature in the air that surrounds us, and solar load is another name for radiant heat.

The readings are plugged into an equation, which then gives the WBGT.

The number generated is an index of the environment and should be used as a screening tool. Other factors to consider when making weather-related work

decisions include the type of clothing being worn and the type of labor being done.

When work must be performed in the heat of the day, supervisors should implement work-rest cycles and enforce water-intake standards.

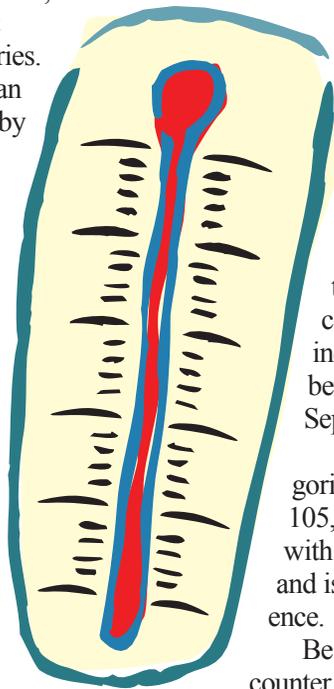
Additionally, supervisors need to be aware it may take new Shaw members 10-14 days to acclimate to the weather. Spending 30 to 45 minutes a day in the heat with a gradual increase to heat exposure over two weeks can help people acclimate.

The bioenvironmental engineering flight has the field apparatus necessary to determine the WBGT Index and will conduct representative heat stress WBGT index monitoring during the duty week between the months of June and September.

An overview of the various heat categories is listed in Shaw AFB Instruction 48-105, *Heat Injury Prevention Program*, along with the recommended work and rest cycles and is available on the base intranet for reference.

Be aware certain prescription and over-the-counter medications, including muscle-building supplements, can decrease the body's ability to cope with heat extremes.

If you are taking medication and are unsure how it may impact your ability to adjust to the heat, call **895-CARE** to speak to a health care provider.



Health & wellness

Sport/school physical appointments change

The 20th Medical Group recently made the following changes to the sports and school physicals schedule.

There will be no planned mass sports or school physicals this year. The 20th MDG recently implemented a process which tries to accommodate appointments on the day patients call. The medical treatment facility requires that members wishing to schedule an appointment call **895-CARE** the day they want their child to be seen.

Not all children will need a yearly physical. The following criteria outlines when an exam is required:

1. Any student entering District 17 schools for the first time must have a physical.
2. Kindergarten and first-grade students entering a District 2 school for the first time must have a physical.
3. Players who have not received a physical within the past 12 months must receive an exam before starting a sport.

Reminder: immunizations may take up to 48 hours to complete.

For more information, call **895-CARE**.
(Information courtesy of the 20th MDG)

Sports Shorts

Golf tourney

The Pick-A-U.S.-Open-Pro Tournament is set for Saturday at 9 a.m. at Carolina Lakes. The cost is \$15 for members, \$20 for non-members and includes green fees. For more information or to sign up, call **895-1399**.

Father's Day special

Dads bowl free at Shaw Lanes when bowling with a child June 18 from 10 a.m. to 8:30 p.m. and June 19 from noon to 9:30 p.m.

Rec shoot at range

A recreational shoot is set for Saturday from 9 a.m. to 3 p.m. at Shaw's Combat Arms facility. For more information, call **895-0286/0637**.