
Child care program meets military families' needs

By Ms. Adriene M. Dicks
Correspondent

Most parents are able to drop off and pick up their children from their child-care provider at the same time every day. But for military families, with extended hours, rotating schedules and working extra days, that may not be an option. Shaw's Family Child Care program is ready to meet the special needs of military families.

According to Fran Knox, 20th Services Squadron FCC coordinator, in addition to providing care to families with varying schedules, the program may also be desirable to families wanting a setting with less children being cared for by one provider. Each provider has no more than six children in their care, ages 2 weeks to 12 years old.

"With our program, children receive plenty of one-on-one attention from their provider," said Ms. Knox. "We also allow parents to keep their children of different ages together because they are not split up into age groups."

Each provider in the program is a licensed caregiver volunteering their time and homes. They each undergo fire, safety, health, first aid

and CPR training before becoming licensed. The providers also receive information on communicable diseases, administering medication and child abuse. When entering the program, the FCC coordinators make sure the providers have their homes properly set up for children. The providers are given materials for safety-proofing their homes, as well as books, toys and furniture. Mats and sheets are also provided for naptime and for those providers who offer overnight care.

Training continues throughout the program. Providers have annual training and meet once a month to get information on topics to benefit the children and themselves. Topics include stress management, relaxation and child abuse.

Ms. Knox said parents can also count on their children receiving healthy, balanced meals as the program is a part of a United States Department of Agriculture food program.

Each year, one provider is chosen to compete for Family Child Care Provider of the Year at the Air Combat Command and Air Force levels. The individual chosen this year for Shaw was Mrs. Mary Hall, wife of Capt. Delphis Hall, formerly of the 337th Recruiting Squadron. Since being

chosen, she and her family have PCSed. Mrs. Hall served as an FCC provider for more than a year at Shaw but had experience prior to coming here with military and civilian families.

According to Ms. Knox, she was chosen because she was well organized, had a positive attitude, wanted to better the program and loves working with children.

"(Mrs. Hall's) developmental ideas were excellent, and she was very innovative," said Ms. Knox. "Providers are given two years to receive their developmental license, but she worked hard and earned hers within a year."

In nominating Mrs. Hall for Provider of the Year, Lt. Col. Franklin Ladson, 20th SVS commander, described her as a phenomenal performer who made the FCC enjoyable and educational.

Those interested in becoming FCC providers or receiving care for their children can contact the FCC office at 895-1212. A four-day orientation class is offered the third Tuesday of each month except December, and all training provided is free. The FCC program also offers Extended Duty Care, Child Care for PCS and Child Care for Volunteers.

Shaw pools ready to provide cool, safe recreation

By Ms. Adriene M. Dicks
Correspondent

On a hot summer day, taking a dip at the beach or in a pool can seem like a harmless and fun way to cool down. But like any other outdoor activity, there are dangers the Shaw community should keep in mind and steps to take in order to stay safe when spending time at base pools.

One of the ways the 20th Services Squadron helps keep Team Shaw members safe is by having three to five lifeguards on duty at all times, according to Tim Godwin, 20th SVS pool supervisor. Mr. Godwin said each lifeguard has completed extensive training lifeguard certification, including 33 hours of instruction and nine hours of CPR instruction. Also involved in the training is Shaw's fire department.

"We work with the fire department in playing out scenarios I have seen in my years as a lifeguard," said Mr. Godwin. "The lifeguards learn the procedures to follow that can help save lives until more help arrives. This aids them in improving their response time in case an emergency were to really happen."

Miss Brittany McMickell is a first year 16-year-old lifeguard. However, this is not her first year working at the Shaw pools. She is among many teens who served as junior lifeguards. According to Mr. Godwin, junior lifeguards, between the ages of 10 and 15, train with and serve as observers

at the pools to assist the lifeguards.

"We use the junior lifeguards for their eyes. They observe what happens at the pools just as the lifeguards do, but if something happens, they watch as the lifeguards respond to the situations," said Mr. Godwin. "It's kind of like on-the-job training. They also serve as the simulated victims during training when we play out different scenarios."

Miss McMickell said being a junior lifeguard before becoming a lifeguard was very beneficial to her.

"As a junior lifeguard, I was able to see how the lifeguards respond to emergency situations," she said. "I knew what to expect and how to react. Being able to observe them made me more comfortable in my position as a lifeguard now."

According to Mr. Godwin, the best way to stay safe in the water is learning how to swim.

"Anyone can learn how to swim. Take a swimming class or spend some personal time with a swimming instructor," said Mr. Godwin. "It doesn't matter how old you are. Children can learn to swim at a very young age, and adults shouldn't feel they are ever too old to learn either. I am currently teaching someone, over 40 years old, to swim who had a fear of the water. This person is now on the way to being a strong swimmer."

Swimming classes are given at the Woodland Pool from 9 a.m. to noon Mondays, Wednesdays and Fridays and from 7 to 8 p.m.



Photos by Ms. Adriene M. Dicks

Mr. Godwin, left, observes as students demonstrate the back stroke during a swim class. Students are asked to explain the motions of each move before attempting the stroke.

Mondays, Wednesdays and Thursdays. Each class lasts three weeks. After the three-week session, there is a week for new students to sign up for the next class. To sign up for classes or find out about more activities, call the Woodland Pool at **895-3446** or the Lakeside Pool at **895-2733**.

Both the Woodland and Lakeside pools have rules posted in two areas for swimmers to see. Some of the rules are:

- Obey all instruction from lifeguards
- No running, horseplay or smoking allowed in the pool area
- Showers must be taken before entering the pool
- Any reports of thunder or lightning require the pool and pool area to be cleared

Although lifeguards are on duty at all times when the base pools are open, parents are still required to watch children 12 years old and younger. However, if children 11 and 12 years old can pass a swim test, their parents can sign for them to come to the pool unaccompanied. To enter the deep end of the pool, children younger than 12 must also pass the swim test. According to the SAFE KIDS campaign, drowning is the second leading cause of unintentional injury-related death among children younger than 15, with children younger than 5 at the highest risk. Many of the drownings and near-drownings happen when children are by a pool or in a bathtub unattended and it can only take seconds to occur.

For those who haven't learned to swim, the base pools have some safety equipment available, including swim belts and life jackets. Some flotation devices are allowed for children who are accompanied to the pool. However, Mr. Godwin said flotation devices must be used with care and attention.

"If air goes in, it comes out," said Mr. Godwin. "If a child uses a flotation device and the air comes out, he can go down in a matter of seconds. Parents have to be really careful about the equipment and toys they allow their children to use in pools." Fatigue can also be a factor when spending time in the water. Mr. Godwin said it's important to give the body a rest from time to time so it won't become too tired to support itself in the water.

"At 15 minutes to every hour, we call for adult swim. This is done to allow adults some time to relax in the pool without the children, but also to give the children some recovery time from being in the water," said Mr. Godwin. "If we didn't do that, some of them would stay in the water for hours at a time and that could be dangerous."

Carelessness can be dangerous around water, but when taking the proper precautions, swimming can be an enjoyable activity.

"Our staff is ready to welcome everyone to the pools for the summer," said Mr. Godwin. "We train hard and do our very best to provide the Shaw community with a safe and enjoyable experience at our pools."



Senior Airman Stephen Koehn, 20th Aeromedical-Dental Squadron bioenvironmental technician, checks the chlorine level of the Woodland Pool. It is checked every two hours by 20th ADOS and pool employees to ensure the water is safe for swimmers.

Investment class teaches how to make dollars grow

By Airman 1st Class Susan Penning
Staff writer

The purpose of investing is to reach financial goals such as saving for retirement, owning a home or sending children to college.

The Family Support Center held an investment seminar for Shaw members June 10.



Left, Ms. Carolyn Bridges, a Family Support Center financial advisor, briefs members on the Thrift Savings Plan.

During the class, various methods of long-term investing were explained.

"Building a portfolio involves first deciding on the investment approach you want to take," said Mr. James Griffin, a registered investment advisor. "To take advantage of tax benefits, that may mean finding a legal, government-recognized method of investing, such as a 401K plan, Roth or Traditional Individual Retirement Accounts, to name a few."

"The Thrift Savings Plan is one government-recognized investment plan which was specifically developed to help encourage service members to save long-term," said Ms. Carolyn Bridges, an FSC financial advisor.

According to Mr. Griffin, everyone's financial future is based on a three-legged stool:

1. **The government:** Social Security benefits are paid to those who reach a certain age.

2. **The employer:** Some companies have a pension plan to offer those who retire with that company.

Pension plans are becoming obsolete



Photos by Airman 1st Class Susan Penning

Senior Airman Sunny Shin, 20th Communications Squadron, learns the difference between stocks, bonds, mutual funds and annuities.

and Social Security benefits are dwindling, which is why the last leg is so important.

3. **Personal investments:** Building an investment portfolio where you contribute a certain amount of money on a regular basis will help you reach your long-term financial goals, based on solid planning.

"I'm always thrilled when someone in their late teens or early twenties comes to me and says they don't have a lot to invest but want to start saving what they can. These people understand the time value of money and will reap big benefits down the line," Mr. Griffin said.

For additional financial advice, call the FSC at 895-1252.



Spirit Spotlight



Staff Sgt. Leila Bussey



Organization: 20th Fighter Wing plans and inspections
Duty title: NCO in charge of information management
Job duties: Responsible for all aspects of information management, including workgroup management and report preparation
Hometown: Oak Hill, W. Va.
Time in service: Six years
Family: Staff Sgt. Bredrick Bussey, 20th Mission Support Squadron
Off-duty interests: Going to sporting events and watching movies

Words I live by: "I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business." -- Mr. Lorne A. Adrain

Staff Sgt. Rick Salazar



Organization: 20th Component Maintenance Squadron
Duty title: Unit deployment manager
Job duties: Manage the deployment of all squadron personnel and equipment
Hometown: Dallas
Time in service: Eight years
Family: Wife, Melissa; son, Preston; and daughter, Ariel
Off-duty interests: Spending time with family and motorcycle riding

Words I live by: The Golden Rule -- "Do unto others as you would have them do unto you."

Babysitting training



A babysitting certification course is set for July 15 from 8:20 a.m. to 3:30 p.m. in the Red Cross training room at the Family Support Center. The class will teach children ages 11 - 16 good business practices, leadership skills, and how to handle emergencies and hold babies.

Those interested can sign up at the Red Cross Center in the Family Support Center or by calling 895-1251. The cost is \$35 per child. Participants will need to bring a bag lunch.

Keeping grass in the green: some helpful tips

By Airman 1st Class Susan Penning
Staff writer

Lawns can be scorched easily in hot weather. To maintain the healthy appearance you've worked so hard to grow this spring, be vigilant about a quality watering regimen.

Balance is an important part of the process. According to www.yardcare.com, a website offering gardening tips and advice for both novice and advanced growers, gardeners should never assume during a warm spell that the more water is soaked into the lawn, the healthier it will be. Depending on the soil type, a lawn can use about one or two inches of water per week. To measure how much your grass is getting, put a few graduated cans or cups around in the sprinkling area to see how much water is collected. Run your sprinkler or irrigation system for 15 minutes, then measure the water in the cans.

Multiply that number by four to get the average total for one hour of watering time. This technique will also let you know which areas the sprinkling system is missing.

Additional watering tips from www.yardcare.com are offered below:

It is better to water for shorter periods of time, more often. Keep the soil consistently moist but not wet. This ensures your grass gets a steady supply of moisture without wasting water.

Timing is everything: Don't water at night. Water can sit on the lawn and may cause disease. Also, don't water at midday, when the most water is lost due to evaporation. Do water early in the morning; this is the time the lawn is able to utilize the most water.

Watering timers can be a great tool. Installing an automatic timer on your sprinkler or irrigation system will

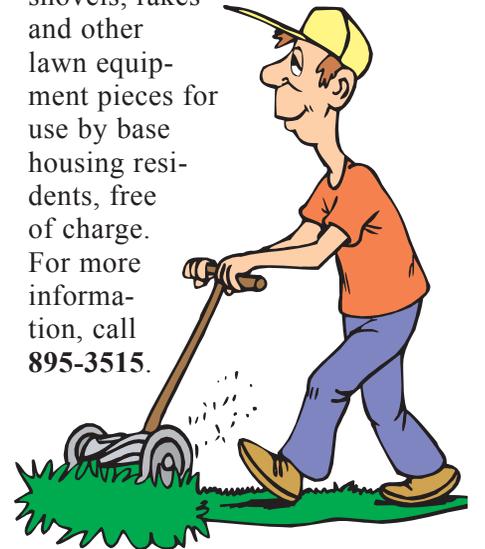
ensure you don't accidentally leave it running and over-soak the grass. It can give the peace of mind of knowing you won't be wasting water by forgetting to turn off the sprinkler, and the grass will benefit indefinitely from regular and efficient waterings. Timers are great for conserving water. Consider installing a rain sensor if you have an irrigation system.

Nothing can sabotage a lawn more quickly than chemical overload. Applying an overabundance of chemicals on your lawn could kill more than weeds. Organic lawns require less water than chemically treated ones, especially in hot weather. Try using a mulching mower and leaving your clippings on the lawn when you mow. This can help return valuable nutrients to the soil and help retain moisture.

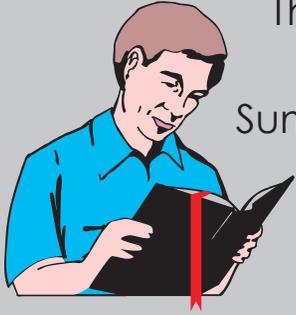
In addition to proper watering, it is always important to mow regularly. Mowing is a quick way to make a lawn look neat.

According to Shaw's Housing Office, base housing residents have an opportunity throughout the summer to compete for the Yard of the Month. Lawns are judged on neatness and creativity. Winners will be featured in The Shaw Spirit.

Shaw's housing maintenance office offers mowers, trimmers, shovels, rakes and other lawn equipment pieces for use by base housing residents, free of charge. For more information, call 895-3515.



Christian Fellowship Luncheon



The Christian Fellowship Luncheon is scheduled for Thursday at 11:30 a.m. in the Conference Center. The speaker for the event is Dr. Zona Jefferson, Sumter School District 17 superintendent and 20th Mission Support Squadron honorary commander. Reservations must be made by Tuesday at noon and tickets are \$3. For more information or to make reservations, call Ms. Judy Huntley at **895-1408** or the Base Chapel at **895-1106**.

